

MAJOR IN HEALTH AND EXERCISE SCIENCE, PRE-NURSING CONCENTRATION

corresponding Health and Exercise Science Nursing Concentration, all coursework in Semesters 1-4 must be completed with a grade of C or better.

Requirements Effective Fall 2026

Students must have an cumulative 2.0 GPA in all AUCC courses. If students would like to apply to the 3+2 Master's of Nursing and the

Freshman

		AUCC	Credits
CHEM 107 ¹	Fundamentals of Chemistry (GT-SC2)	3A	4
CHEM 108 ¹	Fundamentals of Chemistry Laboratory (GT-SC1)	3A	1
CO 150	College Composition (GT-CO2)	1A	3
FSHN 150	Introduction to Human Nutrition		3
HDFS 101	Lifespan Development (GT-SS3)	3C	3
HES 145	Health and Wellness for Everyone (GT-SS3)	1C	3
HES 202	Introduction to Exercise Physiology (GT-SC2)	3A	3
HES 207	Anatomical Kinesiology		4
MATH 118 ²	College Algebra in Context II (GT-MA1)	1B	1
MATH 124 ²	Logarithmic and Exponential Functions (GT-MA1)	1B	1
Select one group from the following:			4
Group A			
BZ 110	Principles of Animal Biology (GT-SC2)	3A	
BZ 111	Animal Biology Laboratory (GT-SC1)	3A	
Group B			
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			3
Total Credits			33

Sophomore

HES 340	Exercise Prescription		3
HES 354	Theory of Health Behavior		3
LIFE 205	Microbial Biology		3
LIFE 206	Microbial Biology Laboratory		2
MATH 125 ²	Numerical Trigonometry (GT-MA1)	1B	1
OT 215	Medical Terminology		1
PSY 100	General Psychology (GT-SS3)	3C	3
SOC 100	Introduction to Sociology (GT-SS3)	3C	3
SPCM 200	Public Speaking		3
Select one course from the following:			4
BMS 300	Principles of Human Physiology		
HES 300	Physiology for Clinical Health Professions		
Select one course from the following:			3
STAT 201	General Statistics (GT-MA1)	1B	
STAT 301	Introduction to Applied Statistical Methods		
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			3

Historical Perspectives (<https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives>) 3D 3

Total Credits		35
Junior		
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2 3
HDFS 332	Death, Dying, and Grief	3
HES 345	Population Health and Disease Prevention	3
HES 403	Physiology of Exercise	4B 3
HES 404	Physiology of Exercise Laboratory	4B 1
HES 420	Electrocardiography and Exercise Management	3
HES 434	Physical Activity Throughout the Lifespan	3
HES 440	Perspectives in Clinical Patient Care	3
Pre-Nursing Guided Elective (see list below)		3
Elective ^{3,4}		3
Total Credits		28
Senior		
BMS 301	Human Gross Anatomy	5
HES 303	Biomechanics and Neurophysiology	3
HES 310	Human Pathophysiology	3
HES 455	Health Promotion Programming	4A,4C 3
Pre-Nursing Guided Elective (see list below)		7
Elective ^{3,4}		3
Total Credits		24
Program Total Credits:		120

Pre-Nursing Guided Elective List

Code	Title	Credits
Select a minimum of 7 credits from this list:		
BC 351	Principles of Biochemistry	4
BMS ***	Upper Division Electives	0-7
CHEM 245	Fundamentals of Organic Chemistry	4
CHEM 246	Fundamentals of Organic Chemistry Laboratory	1
FSHN 340	Food as Medicine	3
HDFS 201	Current Topics in Healthy Aging	3
HDFS 315	Disability Across the Lifespan and Culture	3
HES ***	Upper Division Electives	0-7
MIP 300	General Microbiology	3
MIP 302	General Microbiology Laboratory	2
PBHL 200	Introduction to Public Health (GT-SS3)	3
PSY 252	Mind, Brain, and Behavior	3
PSY 320	Psychopathology	3
SOC 344	Health, Medicine, and Society	3

⁴ Nursing pathophysiology is a common prerequisite for BSN programs. A recommended external option is NSG 207 online from CSU Pueblo. Students should consult with their advisor for additional options.

¹ CHEM 111/CHEM 112 can be substituted for CHEM 107/CHEM 108.

² MATH 155 or MATH 160 may be substituted for MATH 118, MATH 124, and MATH 125.

³ Select enough elective credits to bring the program total to a minimum of 120 credits, of which at least 42 must be upper-division (300-400).