

MAJOR IN HEALTH AND EXERCISE SCIENCE, PRE-NURSING CONCENTRATION

Many students pursuing a degree in Health and Exercise Science (HES) plan to apply to nursing school, and this concentration is designed to prepare them for post-baccalaureate nursing programs, including accelerated Bachelor of Nursing programs. The coursework within this concentration covers common nursing school prerequisites (<https://hp.colostate.edu/>). HES courses are tailored to equip students with the skills to help people protect, maintain, and improve their health and quality of life throughout the lifespan. Students in this concentration are strongly encouraged to consult with their academic advisor and the Health Professions Advising Team (<https://hp.colostate.edu/>) to ensure they meet the specific prerequisites for their targeted nursing schools.

This concentration also serves as a pathway to CSU's 3+2 Master of Science in Nursing (MSN) program, offered on the Fort Collins campus in collaboration with CSU Pueblo's School of Nursing. Students interested in the 3+2 MSN program must begin in the Pre-Nursing Concentration and apply to the MSN program during their third semester. If accepted, students will transition from this concentration to the Major in Health and Exercise Science, Nursing Concentration (<https://catalog.colostate.edu/general-catalog/colleges/health-human-sciences/health-exercise-science/health-exercise-science-major-nursing-concentration/>). If not accepted, students will remain in the Pre-Nursing Concentration to complete the nursing prerequisite coursework and earn their Bachelor of Science degree in Health and Exercise Science (<https://catalog.colostate.edu/general-catalog/colleges/health-human-sciences/health-exercise-science/health-exercise-science-major/>), after which they can apply to accelerated Bachelor of Nursing programs.

Learning Objectives

Upon successful completion of this concentration, students will be able to:

1. Demonstrate critical thinking and the ability to apply knowledge related to the key concepts, issues, and tools fundamental to health and exercise science.
2. Understand the importance of physical activity in optimizing physical and mental health and preventing/treating disease and disability in people of all ages and provide a detailed explanation of physical activity guidelines and recommendations.
3. Develop and demonstrate practical knowledge and understanding in human anatomy and physiology through active classroom learning, laboratory, supervised college teaching, capstone projects, research involvement, practicums, and/or internship experiences.
4. Demonstrate the ability to communicate effectively through writing and oral presentations. Writing skills will focus on the ability to synthesize and apply health and exercise science disciplinary knowledge. Presentation skills will focus on the ability to find and summarize scientific information, develop complementary visual aids, and speak with confidence.
5. Demonstrate competence in health promotion and disease prevention in a community-based health related program.
6. Develop a depth of knowledge that enables them to critically evaluate health-related programs and products and distinguish between evidence-based facts and popular fads.

7. Develop collaborative skills necessary to work as a cooperative, productive, and accountable team member while working with individuals of diverse backgrounds.