

MAJOR IN HEALTH AND EXERCISE SCIENCE, HEALTH PROMOTION CONCENTRATION

Major Completion Map

Freshman

Semester 1		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)		X	1A	3
HES 145	Health and Wellness for Everyone (GT-SS3)		X	1C	3
MATH 118	College Algebra in Context II (GT-MA1)		X	1B	1
MATH 124	Logarithmic and Exponential Functions (GT-MA1)		X	1B	1
Biology - Select one group from the following:			X		4
Group A					
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	
Group B					
BZ 110	Principles of Animal Biology (GT-SC2)			3A	
BZ 111	Animal Biology Laboratory (GT-SC1)			3A	
Electives					3

Total Credits **15**

Semester 2		Critical	Recommended	AUCC	Credits
FSHN 150	Survey of Human Nutrition		X		3
HES 202	Introduction to Exercise Physiology		X		3
MATH 125	Numerical Trigonometry (GT-MA1)	X		1B	1
Chemistry - Select one group from the following:			X		5
Group A					
CHEM 107	Fundamentals of Chemistry (GT-SC2)		X	3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)		X	3A	
Group B					
CHEM 111	General Chemistry I (GT-SC2)		X	3A	
CHEM 112	General Chemistry Lab I (GT-SC1)		X	3A	
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	3
AUCC 1B (Quantitative Reasoning) and CO 150 must be completed by the end of Semester 2.			X		

Total Credits **15**

Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
HES 207	Anatomical Kinesiology		X		4
PSY 100	General Psychology (GT-SS3)		X	3C	3
SPCM 200	Public Speaking		X		3
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	3
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			X	3D	3
CHEM 107/CHEM 108 or CHEM 111/CHEM 112 and LIFE 102 or BZ 110/BZ 111 must be completed by the end of Semester 3.			X		

Total Credits **16**

Semester 4		Critical	Recommended	AUCC	Credits
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions	X			4
HES 303	Biomechanics and Neurophysiology		X		3
Electives					6
BMS 300 or HES 300, FSHN 150, HES 145, and HES 207 must be completed by the end of semester 4.		X			
Total Credits					13
Junior					
Semester 5		Critical	Recommended	AUCC	Credits
CO 301B	Writing in the Disciplines: Sciences (GT-C03)		X	2	3
HES 232	Techniques of Teaching Group Exercise	X			1
HES 340	Exercise Prescription	X			3
HES 354	Theory of Health Behavior		X		3
MKT 305	Fundamentals of Marketing		X		3
Health Promotion Guided Electives (See course list on concentration requirements tab)			X		3
Total Credits					16
Semester 6		Critical	Recommended	AUCC	Credits
HES 355	Integration of Health Behaviors	X			3
HES 386	Practicum–Adult Fitness				2
HES 403	Physiology of Exercise	X		4B	3
HES 404	Physiology of Exercise Laboratory		X	4B	1
Statistics - Select one course from the following:			X		3
STAT 201	General Statistics (GT-MA1)			1B	
STAT 301	Introduction to Applied Statistical Methods				
STAT 307	Introduction to Biostatistics				
Health Promotion Guided Elective (see course list on concentration requirement tab)			X		3
Total Credits					15
Senior					
Semester 7		Critical	Recommended	AUCC	Credits
HES 345	Population Health and Disease Prevention	X			3
HES 434	Physical Activity Throughout the Lifespan	X			3
HES 455	Health Promotion Programming	X		4A,4C	3
HES 486	Practicum–Wellness Program Management	X			3
Electives		X			6
The benchmark courses for the 7th semester are the remaining courses in the entire program of study (except for HES 487).		X			
Total Credits					18
Semester 8		Critical	Recommended	AUCC	Credits
HES 487	Internship	X			12
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					12
Program Total Credits:					120