

College of Health and Human Sciences  
 Department of Health and Exercise Science  
 Major in Health and Exercise Science  
 Concentration: Health Promotion effective: 2-16-2015

| Course          | Number           | Title                                       | Credit    | AUCC |
|-----------------|------------------|---|-----------|------|
| <b>FRESHMAN</b> |                  |   |           |      |
| CHEM            | 103              | Chemistry in Context                        | 3         | 3A   |
| CHEM            | 104              | Chemistry in Context                        | 1         | 3A   |
| CO              | 150 <sup>P</sup> | College Composition                         | 3         | 1A   |
| FSHN            | 150              | Survey of Human Nutrition                   | 3         |      |
| HES             | 120              | Introduction to Health and Exercise Science | 1         |      |
| HES             | 145              | Health and Wellness                         | 3         |      |
| HES             | 232A             | Techniques of Teaching Weight Training      | 1         |      |
| HES             | 232B             | Techniques of Teaching Aerobics             | 1         |      |
| LIFE            | 102              | Attributes of Living Systems                | 4         | 3A   |
| BZ              | 110/111          | Principles of Animal Biology and Lab        | 4         | 3A   |
| MATH            | 117 <sup>P</sup> | College Algebra in Context I                | 1         | 1B   |
| MATH            | 118 <sup>P</sup> | College Algebra in Context II               | 1         | 1B   |
| MATH            | 124 <sup>P</sup> | Logarithmic and Exponential                 | 1         | 1B   |
| MATH            | 125 <sup>P</sup> | Numerical Trigonometry                      | 1         | 1B   |
| PSY             | 100              | General Psychology                          | 3         | 3C   |
|                 |                  | Arts and Humanities <sup>1</sup>            | 3         | 3B   |
|                 |                  | <b>Total</b>                                | <b>30</b> |      |

**SOPHOMORE**

|                                     |                  |  |              |    |
|-------------------------------------|------------------|--|--------------|----|
| ACT                                 | 205              | Fundamentals of Accounting                   | 3            |    |
| BMS                                 | 300 <sup>P</sup> | Principles of Human                          | 4            |    |
| BUS                                 | 150              | Business Computing Concepts and Applications | 3            |    |
| CS                                  | 110              | Personal Computing                           | 4            |    |
| ECON                                | 202 <sup>P</sup> | Principles of Microeconomics                 | 3            | 3C |
| HES                                 | 207 <sup>P</sup> | Anatomical Kinesiology                       | 3            |    |
| HES                                 | 240*             | First Aid and Emergency                      | 2            |    |
| SPCM                                | 200              | Public Speaking                              | 3            |    |
| <i>select one of the following:</i> |                  |  |              |    |
| STAT                                | 201 <sup>P</sup> | General Statistics                           | 3            |    |
| STAT                                | 301 <sup>P</sup> | Introduction to Statistical                  | 3            |    |
| STAT                                | 307 <sup>P</sup> | Introduction to Biostatistics                | 3            |    |
|                                     |                  | Arts and Humanities <sup>1</sup>             | 3            | 3B |
|                                     |                  | Historical Perspectives <sup>2</sup>         | 3            | 3D |
|                                     |                  | <b>Total</b>                                 | <b>30-31</b> |    |

**JUNIOR**

|     |                   |  |   |    |
|-----|-------------------|--|---|----|
| HES | 340 <sup>P</sup>  | Exercise Prescription                    | 1 |    |
| HES | 386A <sup>P</sup> | Practicum in Adult Fitness               | 2 |    |
| HES | 345 <sup>P</sup>  | Population Health and Disease Prevention | 3 |    |
| HES | 356 <sup>P</sup>  | Wellness Programming                     | 3 |    |
| HES | 403 <sup>P</sup>  | Physiology of Exercise                   | 4 | 4B |
| MKT | 305 <sup>P</sup>  | Fundamentals of Marketing                | 3 |    |

**JUNIOR (cont.)**

| Course | Number           | Title                                      | Credit       | AUCC |
|--------|------------------|--|--------------|------|
| MKT    | 320 <sup>P</sup> | Integrated Marketing Communication         | 3            |      |
| CO     | 300 <sup>P</sup> | Writing Arguments                          | 3            | 2    |
| JTC    | 300 <sup>P</sup> | Professional and Technical Communication   | 3            | 2    |
|        |                  | Global and Cultural Awareness <sup>3</sup> | 3            | 3E   |
|        |                  | Electives                                  | 4-5          |      |
|        |                  | <b>Total</b>                               | <b>29-30</b> |      |

**SENIOR**

|     |                   |   |            |        |
|-----|-------------------|---|------------|--------|
| HES | 434 <sup>P</sup>  | Physical Activity Throughout the Lifespan | 3          |        |
| HES | 456 <sup>P</sup>  | Advanced Wellness Programming             | 3          | 4A, 4C |
| HES | 486B <sup>P</sup> | Practicum in Wellness Program Management  | 3          |        |
| HES | 487 <sup>P</sup>  | Internship †                              | 15         |        |
|     |                   | Electives                                 | 6          |        |
|     |                   | <b>Total</b>                              | <b>30</b>  |        |
|     |                   | <b>Program Total</b>                      | <b>120</b> |        |

The minimum GPA for students in the Health Promotion concentration must be 2.750 with no grade below C in the following courses: BMS 300, FSHN 150, HES 145, and HES 207 before departmental approval will be given to register for HES 486B, Practicum-Wellness Program Management; and HES 487, Internship.

<sup>P</sup> This course has at least one prerequisite. Check the Courses of Instruction section of the catalog <http://catalog.colostate.edu/> to see the course prerequisites.

<sup>1</sup> Select from the list of courses in category 3B in the All-University Core Curriculum (AUCC). Only 3 of the 6 credits required for Arts and Humanities may come from intermediate (L\*\*\*\*200 and L\*\*\*\*201) foreign language courses.

<sup>2</sup> Select from the list of courses in category 3D in the AUCC.

<sup>3</sup> Select from the list of courses in category 3E in the AUCC.

\* Students with current certification in Adult, Infant, and Child CPR, General First Aid, and AED may waive this course and replace it with 2 elective credits.

**† Cardiac Care Internship Requirements -**

HES 420<sup>P</sup> Electrocardiograph and Exercise Management, 3cr is required for students enrolling in Cardiac Care Internships. Students may use elective credits in the junior or senior years to fulfill this requirement. A minimum grade of B (3.0) is required in HES 420 prior to internship placement.

BMS 420<sup>P</sup> Cardiopulmonary Physiology, 3cr and BMS 450<sup>P</sup> Pharmacology, 3cr are recommended, but not required, for students enrolling in Cardiac Care Internships.