

DEPARTMENT OF HEALTH & EXERCISE SCIENCE (updated 8.24.2017)

Health Promotion Concentration Check Sheet (120 Total Program of Study Credits)*

Name:

ID#:

Date:

YEAR 1 (30 Total Credits)

S/G	Course	Cr	Prereqs
	Arts & Humanities (Cat. 3B)	3	
	MATH 118 College Algebra in Con II	1	MPE or MATH117 ①
	LIFE 102 Attributes of Living Systems OR BZ 110/111 Prin of Anim Biology/Lab	4 3/1	
	CO 150 College Composition	3	See Comp Placement Procedures ②
	PSY 100 General Psychology (Cat. 3C)	3	
	HES 145 Health & Wellness	3	
	FSHN 150 Survey of Human Nutrition	3	
	MATH 124 Logarithmic & Exp Func	1	MPE or MATH118
	MATH 125 Numerical Trigonometry	1	MPE or MATH118
	CHEM 111/112 General Chem I/Lab OR	4/1	MATH118 & Chem Prep or CHEM105
	CHEM 107/108 Fund of Chem	4/1	MATH117 or placement out
	Arts & Humanities (Cat. 3B)	3	

YEAR 2 (31 Total Credits)

S/G	Course	Cr	Prereqs
	STAT 201/STAT 301 or STAT 307	3	MATH117, 118
	HES 207 Anatomical Kinesiology	3	MATH125 or concurrent registration
	Historical Perspectives (Cat. 3D)	3	
	SPCM 200 Public Speaking	3	
	Global & Cultural Awareness (Cat. 3E)	3	see notes ③
	ECON 202 Princ of Microecon	3	MATH117 or MATH118
	HES 303 Biomech & Neurophys	3	HES207, see notes ④
	BMS 300 Prin Human Physiology	4	CHEM107/111 & LIFE102
	General Elective	3	
	General Elective	3	

YEAR 3 (31 Total Credits)

S/G	Course	Cr	Prereqs
	CO 301B Writing in Disipline of Science	3	CO150
	MKT 305 Fund of Marketing	3	ECON202
	HES 354 Theory of Health Behavior	3	PSY100, HES145
	HES 340 Exercise Prescription	3	HES145, HES207, FHSN150, BMS300⑤
	HES 232 Tech of Teaching Grp Exercise	1	HES207
	HES 403 Physiology of Exercise	4	LIFE102, BMS300
	HES 386 Adult Fitness	2	See notes ⑥
	MKT 320 Integrated Mkt Comm	3	MKT305
	HES 355 Integr of Health Behaviors	3	HES340, HES354
	HP Guided Electives #1	3	
	HP Guided Electives #2	3	

YEAR 4 (28 Total Credits)

S/G	Course	Cr	Prereqs
	HES 345 Pop Health & Disease Prev	3	HES145
	HES 434 Phys.Activity Lifespan	3	BMS300
	HES 486 Practicum	3	HES386
	HES 455 Health Promotion Programming	3	HES386, HES355 & HES403
	General Electives	4	
	HES 487	12	All Coursework Complete

Degree Total: 120 credits

Required Course for ALL Cardiac Care Internship Placements

S/G	Course	Cr	Prereqs
	HES 420 Electrocardiograph & Ex Mgmt	3	BMS300

Recommended Cardiac Rehabilitation Electives

S/G	Course	Cr	Prereqs
	BMS 420 Cardiopulmonary Physiology	3	BMS300
	BMS 450 Pharmacology	3	BMS300 or 360, (BC351 or LIFE210)

Important Notes:

- ① MPE - Mathematics Placement Examination
<http://www.math.colostate.edu/placement/placement.shtml>
 - ② Composition Placement Survey
<http://composition.colostate.edu/students/placement/>
 - ③ AUCC Category 3E - Global & Cultural Awareness credits if studying abroad - SA 482V - Study Abroad (fall/spring) -If you are thinking of education abroad, it is recommended that you complete it by the end of your sophomore year; check with the Education Abroad office for more details.
 - ④ May Sub HES307 & HES319 for HES303
 - ⑤ HES340 prereq. no grade lower than C in FSHN150, HES145, HES207, BMS300
 - ⑥ A minimum GPA of 2.75 is required in the following courses, with no grade lower than C: HES 145, HES 207, FSHN 150 & BMS 300 and are prereqs for HES 386. Along with HES232, CPR/AED Adult, Child, Infant & First Aid certification
 CHEM PREP - Needs to be completed before CHEM111 or take CHEM105
<http://www.chem.colostate.edu/undergraduates/chemprep>
 Remember to periodically review the Degree Progress Audit (DARS) to make sure you are on track for graduation. Check your RamWeb account under "My Undergraduate Degree Plan".
 HES students with 0-60 credits will have an advising code restriction & must see an HES ASC to receive the code. HES students with 60+ credits should see a HES faculty advisor or attend Open Advising. Seniors should meet with an advisor the semester before anticipated graduation. For additional information visit
<http://www.hes.chhs.colostate.edu/students/undergraduate/advising.aspx>
 Minimum grade of B is required in HES420 for cardiac internship placement
 General Electives are of your choice and may be used for Minor Degree coursework or graduate school prerequisites.
- General Notes:**

A total of 120 credits are needed to graduate. It is **YOUR responsibility** to ensure you have met all the requirements and have acquired enough electives to reach 120 credits.

Health Promotion Guided Electives (select minimum of 6 credit hours):

	HES 379 Psychology & Sport	3	PSY100
	HES 420 Electrocardiograph & Ex Mgmt	3	BMS300
	ACT 205 Fund of Accounting	3	
	ECON 325 Health Economics (SP)	3	ECON202
	PSY 252 Mind, Brain & Behavior	3	PSY100, SP only
	PSY 315 Social Psychology	3	PSY100
	CHEM 320 Chem of Addictions (SP)	3	CHEM107 or CHEM111
	BMS 420 Cardiopulmonary Physiology	3	BMS300
	BMS 450 Pharmacology	3	BMS300

*DARS is the official University record of your degree requirements