

College of Health and Human Sciences
 Department of Health and Exercise Science
 Major in Health and Exercise Science
 Concentration: Sports Medicine effective: 2/16/2015

Course	Number	Title	Credit	AUCC
FRESHMAN				
CHEM	111 ^P	General Chemistry I	4	3A
CHEM	112 ^P	General Chemistry Lab I	1	3A
CO	150 ^P	College Composition	3	1A
HES	120	Introduction to Health and Exercise	1	
HES	145	Health and Wellness	3	
HES	207 ^P	Anatomical Kinesiology	3	
HES	100A-P	Beginning Physical Education ¹	1	
HES	232A	Techniques of Teaching Weight Training	1	

LIFE	102	Attributes of Living Systems	4	3A
BZ	110/111	Principles of Animal Biology and Lab	4	3A

select a minimum of three credits from

the following:

MATH	117 ^P	College Algebra in Context I	1	1B
MATH	118 ^P	College Algebra in Context II	1	1B
MATH	124 ^P	Logarithmic and Exponential Function	1	1B
MATH	155 ^P	Calculus for Biological Scientists I	4	1B
MATH	160 ^P	Calculus for Physical Scientists I	4	1B
MATH	125 ^P	Numerical Trigonometry	1	1B
PSY	100	General Psychology	3	3C
		Arts and Humanities ²	3	3B
TOTAL			31-32	

SOPHOMORE

BMS	300 ^P	Principles of Human Physiology	4	
BMS	302 ^P	Laboratory in Principles of Physiology	2	
CHEM	113 ^P	General Chemistry II	3	
CHEM	114 ^P	General Chemistry II Lab	1	
<i>Select one of the following:</i>				
CHEM	245 ^P	Fundamentals of Organic Chemistry	4	
CHEM	246 ^P	Fundamentals of Organic Chemistry	1	
OR				
CHEM	341 ^P	Modern Organic Chemistry I	3	
CHEM	343 ^P	Modern Organic Chemistry II	3	
CHEM	344 ^P	Modern Organic Chemistry Laboratory	2	
HES	240*	First Aid and Emergency Care	2	
PH	121 ^P	General Physics I	5	
SPCM	200	Public Speaking	3	
		Arts and Humanities ²	3	3B
TOTAL			28-31	

JUNIOR

BC	351 ^P	Principles of Biochemistry	4	
BMS	301 ^P	Human Gross Anatomy	5	
HES	379 ^P	Psychology and Sport	3	
HES	403 ^P	Physiology of Exercise	4	4B
<i>Select one of the following:</i>				
CO	300	Writing Arguments	3	2
CO	301B	Writing in the Disciplines - Science	3	2
JTC	300	Professional and Technical Communication	3	2
Two Science Electives ³			6-10	
Historical Perspectives ⁴			3	3D
TOTAL			28-32	

SENIOR

FSHN	350 ^P	Human Nutrition	3	
HES	307 ^P	Biomechanical Principles of Human	3	
HES	319 ^P	Neuromuscular Aspects of Human Movement	3	

SENIOR (cont.)

Course	Number	Title	Credit	AUCC
HES	405 ^P	Exercise Testing Instrumentation	2	
HES	476 ^P	Exercise and Chronic Disease	3	4A, 4C
HES	***	HES, Upper-Division ⁵	2-3	

Select one of the following:

STAT	201 ^P	General Statistics	3	
STAT	301 ^P	Introduction to Statistical Methods	3	
STAT	307 ^P	Introduction to Biostatistics	3	
Global and Cultural Awareness ⁵			3	3E
Electives ⁷			2-11	
TOTAL			25-33	

Science Electives

Select two choices from the following

list:

BMS	***	Upper-Division BMS course not required elsewhere ⁵	3-5	
BZ	310 ^P	Cell Biology	4	
BZ	350 ^P	Molecular and General Genetics	4	
OR				
SOCR	330 ^P	Principles of Genetics	3	
HES	***	HES Upper-Division course not required elsewhere ⁵	3-5	
LIFE	103 ^P	Biology of Organisms - Animals and Plants	4	
LIFE	201A-B ^P	Introductory Genetics	3	
AND				
LIFE	203 ^P	Introductory Genetics Laboratory	2	
LIFE	205 ^P	Microbial Biology	3	
AND				
LIFE	206 ^P	Microbial Biology Laboratory	2	
LIFE	210 ^P	Introductory Eukaryotic Cell Biology	3	
AND				
LIFE	212 ^P	Introductory Cell Biology Laboratory	2	
MATH	155 ^P	Calculus for Biological Scientists I	4	1B
OR				
MATH	160 ^P	Calculus for Physical Scientists I	4	1B
MIP	300 ^P	General Microbiology	3	
MIP	315 ^P	Human and Animal Disease	3	
PH	122 ^P	General Physics II	5	
OR				
PH	142 ^P	Physics for Scientists and Engineers II	5	
PSY	260 ^P	Child Psychology	3	
OR				
PSY	***	Upper-Division PSY course (minimum 3 credits)	3	

^P 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.

¹ Select from any HES 100 course.

² 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.

³ Select two choices from the Science Electives department list. Some choices may be a single course, others may be a pair of courses.

⁴ Select from the list of courses in category 3D in the AUCC.

⁵ Select any upper division (300 to 400 - level) HES course.

⁶ Select from the list of courses in category 3E in the AUCC.

⁷ Select enough elective credits to bring program total to 120 credits, of which at least 42 must be upper-division (300- to 400 level).

* 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.