

**DEPARTMENT OF HEALTH & EXERCISE SCIENCE** (updated 8.24.2017)

***Sports Medicine Concentration Check Sheet ( 120 Total Program of Study Credits )\****

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Date: \_\_\_\_\_

YEAR 1 (30 Total Credits)				YEAR 4 (29 Total Credits)			
S/G	Course	Cr	Prereqs	S/G	Course	Cr	Prereqs
	Arts & Humanities (Cat. 3B)	3			BMS 301 Hum Gross Anatomy	5	LIFE102 or BZ110
	MATH 118 College Algebra in Con II	1	MPE① or MATH117		HES 345 Pop Health & Disease Prev	3	HES145
	MATH 124 Logarithmic & Exp Func	1	MPE or MATH118		HES 319 Neuro Asp of Hum Move	4	BMS300 & HES207
	MATH 125 Numerical Trigonometry	1	MPE or MATH118		HES 492 HES Capstone	3	HES340, HES307, HES319 & HES403
	CO 150 College Composition	3	See Comp Placement Procedures②		General Electives	4	See notes ⑤
	PSY 100 General Psychology (Cat. 3C)	3			SM Guided Elective #1	3	See List
	HES 145 Health & Wellness	3					
	FSHN 150 Survey of Human Nutrition	3			SM Guided Elective #2	3	See List
	LIFE 102 Attributes of Living Systems OR	4					
	BZ 110/111 Prin of Anim Biology/Lab	3/1			SM Guided Elective #3	4	See List
	CHEM 111/112 General Chem I/Lab OR	4/1	MATH118 & Chem Prep③ or CHEM105				
	CHEM 107/108 Fund of Chem	4/1	Math117				
	Arts & Humanities (Cat. 3B)	3					

**Degree Total: 120 credits**

**YEAR 2 (31 Total Credits)**      **Sports Medicine Guided Electives (select minimum of 10 credit hours): ⑤⑧**

S/G	Course	Cr	Prereqs			Cr	Prereqs
	Historical Perspectives (Cat. 3D)	3			LIFE 103 Biology of Organisms	4	LIFE102
	SPCM 200 Public Speaking	3			LIFE 201 A or B Intro Genetics	3	LIFE102
	HES 207 Anatomical Kinesiology	3	Math125 or concurrent		LIFE 205 Survey Micro Bio	3	CHEM107 or 111 & LIFE102
	Global & Cultural Awareness (Cat. 3E)	3	See notes ④		LIFE 210 Int Eukary Cell Bio	3	CHEM111/112 & LIFE102
	CHEM 113/114 Gen Chemistry II/Lab	3/1	CHEM111 & MATH124		BZ 310 Cell Biology	4	BZ110 or LIFE103 & CHEM245-C or better
	BMS 300 Prin Human Physiology	4	CHEM111 & LIFE102		MIP 300 General Microbiology	3	LIFE102 & CHEM 245 or 341
	BMS 302 Prin Human Physiology Lab	2	BMS300 (recommended coreq)		MIP 315 Human and Animal Disease	3	LIFE102 & CHEM 245 or 341
	General Electives	3	See notes ⑤		BZ 350 Molecular & Gen Genetics	4	LIFE102 & STATS
	General Electives	3	See notes ⑤		BC 351 Principles of Biochemistry	4	LIFE 102 & CHEM 245
	STAT 201/STAT 301 or STAT 307	3	MATH117 & 118		BMS 300-499 not already required (any two):	3-5	See Catalog

**YEAR 3 (30 Total Credits)**

S/G	Course	Cr	Prereqs			Cr	Prereqs
	PH 121 General Physics I	5	MATH125		FSHN 470 Integr Nutr & Metabolism	3	FSHN350 & BC351
	HES 340 Exercise Prescription ⑥	3	HES145, FSHN150, HES207 & BMS300		HES 410 Bioethics		PHIL205 or 7 credits 3B
	CO 301B Writing in Discipline of Science	3	CO 150		HES 420 Electrocardiograph & Ex Mgmt	3	BMS300
	HES 403 Physiology of Exercise	4	LIFE102 & BMS300		HES 379 Psychology & Sport	3	PSY100
	HES 307 Bio Princ of Hum Movement	4	PH121 & HES207		HES 434 PA Throughout the Lifespan	3	BMS300
	CHEM 245/246 Fun Org Chem/Lab	4/1	CHEM113, See notes ⑦		HES 480 Exercise & Chronic Disease	3	HES403, BC351 & FSHN350
	FSHN 350 Human Nutrition	3	BMS300 (can be concurrent) & CHEM245		MATH 155 Calculus for Bio Science	4	MATH124 & 125
	HES 354 Theory of Health Behavior	3	PSY100 & HES145		MATH 160 Calculus for Phys Scien	4	MATH124 & 126
					PH 122 General Physics II	5	PH121
					PH 142 Physics for Scien & Engin II	5	PH141 & MATH161 or 255
					PSY 260 Child Psychology	3	PSY100
					Any PSY 300-499 (minimum 3 credit):		

**Important Notes:**

- ① MPE - Mathematics Placement Examination - <http://www.math.colostate.edu/placement/placement.shtml>; MATH155, 160 or 161 will fulfill the MATH117-125 requirement
- ② Composition Placement Survey - <http://composition.colostate.edu/students/placement/>
- ③ CHEM PREP - Needs to be completed before CHEM111 or take CHEM105 <http://www.chem.colostate.edu/undergraduates/chemprep>
- ④ AUCC Category 3E - If planning to study abroad, you will receive Global & Cultural Awareness credit. SA 482V - Study Abroad (fall/spring) Study Abroad is recommended by the end of sophomore year; check with the Education Abroad office for more details.
- ⑤ When selecting your electives, talk with Health Professions Advisors to help determine best choices for your graduate program
- ⑥ HES145, HES207, FSHN150 & BMS300 and are prereqs for HES 340; No grade lower than C
- ⑦ CHEM341, 343 & 344 may be substituted for CHEM245/246; 3 course series must be completed to receive substitute, prereq is CHEM113
- ⑧ The Sports Medicine Guided Electives course list is fully inclusive, thus there will be no substitutions
  - 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 during an appointment. HES students with 60+ credits should see a HES faculty advisor. Seniors should meet with a Faculty Advisor the semester before anticipated graduation. For additional information visit <http://www.hes.chhs.colostate.edu/students/undergraduate/advising.aspx>

**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.

\*DARS is the official University record of your degree requirements