### ACADEMIC PLANNING SHEET

#### B.S. HEALTH SCIENCE

**Pre-Athletic Training Emphasis**

**COLORADO STATE UNIVERSITY – PUEBLO**

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<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Year</strong></td>
<td><strong>Second Year</strong></td>
</tr>
<tr>
<td>HS 101: Intro to Health Professions</td>
<td>AT 232: First Aid</td>
</tr>
<tr>
<td>EXHP 162: Personal Health</td>
<td>AT 260: Injuries/Illnesses Care &amp; Prevention</td>
</tr>
<tr>
<td>EXHP 162L: Personal Health Lab</td>
<td>BIOL 112: Nutrition</td>
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<tr>
<td>ENG 101: English Composition I</td>
<td>ENG 102: English Composition II</td>
</tr>
<tr>
<td>MATH 156: Statistics</td>
<td>BIOL 100/L: Principles of Biology/Lab</td>
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<tr>
<td>General Education</td>
<td>OR</td>
</tr>
<tr>
<td><strong>TOTAL SEMESTER HOURS</strong></td>
<td><strong>15</strong></td>
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<tr>
<td><strong>Second Year</strong></td>
<td><strong>Third Year</strong></td>
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<tr>
<td>AT 234: Emergency Care</td>
<td>AT 301: Physical Assessment</td>
</tr>
<tr>
<td>BIOL 223/L: Human Physiology &amp; Anatomy I/Lab</td>
<td>CHEM 111: Principles of Chemistry/Lab</td>
</tr>
<tr>
<td>EXHP 222: Behavior Facilitation</td>
<td>EXHP 364: Kinesiology</td>
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<tr>
<td>PSYCH 151: Human Development</td>
<td>EXHP 343: Research and Statistics</td>
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<tr>
<td>General Education</td>
<td>PSYCH 205: Introduction to Sport Psychology</td>
</tr>
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<td><strong>TOTAL SEMESTER HOURS</strong></td>
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**B.S. HEALTH SCIENCE**

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**2019-2020 CATALOG**

### General Education Requirements: 35 semester hours
- ENG 101: English Composition I (3) **
- ENG 102: English Composition II (3) **
- Mathematics Course (3)
  - MATH 156: Statistics (3) **
- Humanities Courses (9)
  - COMR 103: Speaking and Listening (3) **
- History Course (3)
- Social Sciences Courses (6)
  - PSYCH 151: Human Development (3) **
- Natural and Physical Sciences Courses (8) (2 courses with labs)
  - BIOL 223: Human Physiology & Anatomy I (3) **
  - BIOL 225L Human Physiology & Anatomy I Lab (1) **
  - BIOL 224: Human Physiology & Anatomy II (3) **
  - BIOL 224L Human Physiology & Anatomy II Lab (1) **

### Required Major Courses: 68 semester hours
- HS 101 Introduction to Health Professions (2) **
- CHEM 111/L: Principles of Chemistry and Lab (4) **
- EXHP 162: Personal Health (3) **
- EXHP 162L: Personal Health Lab (1) **
- EXHP 201: Drugs and Healthy Lifestyles (3) **
- NSG 207: Nursing Pathophysiology (3) **
- EXHP 222: Behavior Facilitation (3) **
- AT 232: First Aid (2) **
- AT 234: Emergency Care (2) **
- AT 260: Injuries/Illnesses Care & Prevention (3) **
- AT 301: Physical Assessment (3) F
- EXHP 320: NSCA Test Prep (3) S
- AT 323: Functional Exercise Training (2) **
- EXHP 343: Research and Statistics (3) **
- EXHP 344: Exercise Physiology (3) **
- EXHP 344L: Exercise Physiology Lab (1) **
- EXHP 364: Kinesiology (3) **
- EXHP 432: Applied Sport and Exercise Psych (3) S
- EXHP 436: Exercise Assessment (3) **
- EXHP 440: Biomechanics (3) F
- EXHP 461: Managing Events and Programs (3) **
- HS 498: Internship (12) **

### Other Required Courses 9 semester hours
- BIOL 112: Nutrition (3) **
- BIOL 220: Medical Terminology (2) S
- CIS 104: Excel Spreadsheets (1) **
- PSYCH 205: Introduction to Sport Psychology (3) F

### Hours Outside the Major: 8 semester hours
- BIOL 100/L: Principles of Biology and Lab (4) ** OR
- BIOL 206/L: Microbiology and Lab (4) **
- PHYS 201: Principles of Physics I and Lab (4) **

**Course may be offered Fall or Spring**

### Institutional Graduation Requirements:
- Total of 120 semester hours, minimum.
- Complete a minimum of 40 semester hours in upper-division courses.
- Overall cumulative grade point average of 2.00.
- A minimum of 60 sem. hours must be earned from a four year institution. Of these, a minimum of 30 sem. hours of credit must be earned in residence.
- Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- All other requirements as specified in the Catalog.

### Additional Major Graduation Requirements:
- Complete the major of study with a cumulative GPA of 2.00 or higher
- Earn a minimum grade of a “C” in all prerequisite and major courses
- Earn a cumulative of 2.0 or higher in required English and speech communication courses.

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06/6/18