

# MAJOR IN HEALTH AND EXERCISE SCIENCE, EXERCISE SCIENCE CONCENTRATION

## Major Completion Map

### Freshman

Semester 1		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)	X		1A	3
HES 145	Health and Wellness for Everyone (GT-SS3)	X		1C	3
MATH 118	College Algebra in Context II (GT-MA1)	X		1B	1
MATH 124	Logarithmic and Exponential Functions (GT-MA1)	X		1B	1
Biology - Select one group from the following		X			4
Group A					
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	
Group B					
BZ 110	Principles of Animal Biology (GT-SC2)			3A	
BZ 111	Animal Biology Laboratory (GT-SC1)			3A	
Electives					3

### Total Credits

15

Semester 2		Critical	Recommended	AUCC	Credits
FSHN 150	Survey of Human Nutrition	X			3
HES 202	Introduction to Exercise Physiology	X			3
MATH 125	Numerical Trigonometry (GT-MA1)	X		1B	1
Chemistry - Select one group from the following:		X			5
Group A					
CHEM 107	Fundamentals of Chemistry (GT-SC2)	X		3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	X		3A	
Group B					
CHEM 111	General Chemistry I (GT-SC2)	X		3A	
CHEM 112	General Chemistry Lab I (GT-SC1)	X		3A	
Arts and Humanities ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			X	3B	3
AUCC 1B (Quantitative Reasoning) and CO 150 must be completed by the end of Semester 2.		X			

### Total Credits

15

### Sophomore

Semester 3		Critical	Recommended	AUCC	Credits
HES 207	Anatomical Kinesiology	X			4
PSY 100	General Psychology (GT-SS3)	X		3C	3
SPCM 200	Public Speaking	X			3
Arts and Humanities ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			X	3B	3
Historical Perspectives ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives</a> )			X	3D	3
CHEM 107/CHEM 108 or CHEM 111 /CHEM 112 and LIFE 102 or BZ 110/ BZ 111 must be completed by the end of Semester 3.		X			

### Total Credits

16

Semester 4		Critical	Recommended	AUCC	Credits
BMS 300	Principles of Human Physiology	X			4

2 Major in Health and Exercise Science, Exercise Science Concentration

BMS 302	Laboratory in Principles of Physiology	X			2
CHEM 113	General Chemistry II	X			3
CHEM 114	General Chemistry Lab II	X			1
Electives				X	6
BMS 300, FSHN 150, HES 145, and HES 207 must be completed by the end of semester 4.		X			

---

**Total Credits** **16**

**Junior**

<b>Semester 5</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
CHEM 245	Fundamentals of Organic Chemistry	X			4
CHEM 246	Fundamentals of Organic Chemistry Laboratory	X			1
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	X		2	3
HES 340	Exercise Prescription	X			3
PH 121	General Physics I (GT-SC1)	X		3A	5

---

**Total Credits** **16**

<b>Semester 6</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HES 319	Neuromuscular Aspects of Human Movement	X			4
HES 403	Physiology of Exercise	X		4B	3
HES 404	Physiology of Exercise Laboratory	X		4B	1
Statistics - Select one course from the following:		X			3
STAT 201	General Statistics (GT-MA1)			1B	
STAT 301	Introduction to Applied Statistical Methods				
STAT 307	Introduction to Biostatistics				
Electives				X	3

---

**Total Credits** **14**

**Senior**

<b>Semester 7</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
BMS 301	Human Gross Anatomy	X			5
HES 307	Biomechanical Principles of Human Movement	X			3
HES 345	Population Health and Disease Prevention	X			3
Guided Elective (See List on Concentration Requirements Tab)		X			3
(HES 307 or HES 319), HES 340, and HES 403 must be completed by the end of semester 7.		X			

---

**Total Credits** **14**

<b>Semester 8</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
Exercise Science Capstone - Select one course from the following:		X			3
HES 478A	Exercise Science Capstone: Seminar			4A,4C	
HES 478B	Exercise Science Capstone: Research			4A,4C	
HES 478C	Exercise Science Capstone: Teaching			4A,4C	
HES 478D	Exercise Science Capstone: Service Learning			4A,4C	
Guided Elective (See List on Concentration Requirements Tab)		X			7
Electives		X			4
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			

---

**Total Credits** **14**

---

**Program Total Credits:** **120**