

# MAJOR IN HEALTH AND EXERCISE SCIENCE, HEALTH PROMOTION CONCENTRATION

The Health Promotion concentration provides academic content and experience in promoting positive health behaviors such as physical activity, weight management, stress management, identification of risk factors associated with chronic disease (cardiovascular rehabilitation, cancer rehabilitation, pulmonary rehabilitation) and exercise prescription. The curriculum focuses on exercise science, behavior change, health promotion program development, and practical field experiences.

This concentration prepares students for careers in a wide variety of allied health fields for all ages, from youth to older adults. Graduates of this concentration pursue careers working in clinical rehabilitative settings, corporate health and wellness programs, fitness facility management, strength and conditioning, non-profit organizations, public health, chiropractic fields, therapeutic recreation, firefighting, and health/wellness areas. Students in this concentration have also been very successful in continuing their formal education with graduate school.

## Learning Objectives

Students will:

1. Demonstrate critical thinking and the ability to apply knowledge related to the key concepts, issues, and tools fundamental to health and exercise science.
2. Understand the importance of physical activity in optimizing physical and mental health and preventing/treating disease and disability in people of all ages and provide a detailed explanation of physical activity guidelines and recommendations.
3. Develop and demonstrate practical knowledge and understanding in human anatomy and physiology through active classroom learning,

laboratory, supervised college teaching, capstone projects, research involvement, practicums, and/or internship experiences.

4. Demonstrate the ability to communicate effectively through writing and oral presentations. Writing skills will focus on the ability to synthesize and apply health and exercise science disciplinary knowledge. Presentation skills will focus on the ability to find and summarize scientific information, develop complementary visual aids, and speak with confidence.
5. Demonstrate the ability to design and implement a comprehensive community-based health promotion program.
6. Develop a depth of knowledge that enables them to critically evaluate health-related programs and products and distinguish between evidence-based facts and popular fads.
7. Develop collaborative skills necessary to work as a cooperative, productive, and accountable team member while working with individuals of diverse backgrounds.

## Accelerated Program

The Health Promotion concentration includes an accelerated program option (<https://provost.colostate.edu/accelerated-programs/>) for students to graduate on a faster schedule. Accelerated programs typically include 15-16 credits each fall and spring semester for three years, plus 6-9 credits over two to three summer sessions. [Students who enter CSU with prior credit \(AP, IB, transfer, etc.\) may use applicable courses to further accelerate their graduation. Visit the Office of the Provost website for additional information about Accelerated Programs](#) (<https://provost.colostate.edu/accelerated-programs/>).

Learn more about the Health Promotion concentration on the Department of Health and Exercise Science website. (<https://www.chhs.colostate.edu/hes/programs-and-degrees/b-s-in-health-and-exercise-science/health-promotion-concentration/>)

## Requirements Effective Fall 2025

### Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 150	Introduction to Human Nutrition		3
HES 145	Health and Wellness for Everyone (GT-SS3)	1C	3
HES 202	Introduction to Exercise Physiology (GT-SC2)	3A	3
MATH 118 <sup>1</sup>	College Algebra in Context II (GT-MA1)	1B	1
MATH 124 <sup>1</sup>	Logarithmic and Exponential Functions (GT-MA1)	1B	1
MATH 125 <sup>1</sup>	Numerical Trigonometry (GT-MA1)	1B	1
Biology - Select one group from the following:			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	
Chemistry - Select one group from the following: <sup>2</sup>			5
Group A			
CHEM 107	Fundamentals of Chemistry (GT-SC2)	3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	3A	

Group B			
CHEM 111	General Chemistry I (GT-SC2)	3A	
CHEM 112	General Chemistry Lab I (GT-SC1)	3A	
Arts and Humanities ( <a href="https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			3B
Elective			3
<b>Total Credits</b>			<b>30</b>
<b>Sophomore</b>			
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions		4
HES 207	Anatomical Kinesiology		4
HES 303 <sup>3</sup>	Biomechanics and Neurophysiology		3
PSY 100	General Psychology (GT-SS3)	3C	3
SPCM 200	Public Speaking		3
Arts and Humanities ( <a href="https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			3B
Historical Perspectives ( <a href="https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives">https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives</a> )			3D
Electives			6
<b>Total Credits</b>			<b>29</b>
<b>Junior</b>			
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2	3
HES 232	Techniques of Teaching Group Exercise		1
HES 340	Exercise Prescription		3
HES 354	Theory of Health Behavior		3
HES 386	Practicum–Adult Fitness		2
HES 403	Physiology of Exercise	4B	3
HES 404	Physiology of Exercise Laboratory	4B	1
MKT 305	Fundamentals of Marketing		3
HES *** Upper Division Elective			3
Statistics - Select one course from the following:			3
STAT 201	General Statistics (GT-MA1)	1B	
STAT 301	Introduction to Applied Statistical Methods		
STAT 307	Introduction to Biostatistics		
Health Promotion Guided Electives: Select a minimum of 6 credits from the guided electives list below.			6
<b>Total Credits</b>			<b>31</b>
<b>Senior</b>			
HES 345	Population Health and Disease Prevention		3
HES 434	Physical Activity Throughout the Lifespan		3
HES 455	Health Promotion Programming	4A,4C	3
HES 486	Practicum–Wellness Program Management		3
HES 487	Internship		12
Electives <sup>4</sup>			6
<b>Total Credits</b>			<b>30</b>
<b>Program Total Credits:</b>			<b>120</b>

## Health Promotion Guided Electives List

Code	Title	AUCC	Credits
ACT 205	Fundamentals of Accounting		3
ANTH 340 or ANTH 379	Medical Anthropology Evolutionary Medicine and Human Health		3
BMS *** Upper-Division course(s)			2-6
BUS 205 or BUS 220	Legal and Ethical Issues in Business Ethics in Contemporary Organizations (GT-AH3)		3
CHEM 113	General Chemistry II		3
ECON 325	Health Economics		3
FACS 320	Finance-Personal and Family		3
FIN 200	Personal Finance and Investing (GT- 1B MA1)		3
FIN 305	Fundamentals of Finance		3
FSHN 200-500 course(s)			3-6
HDFS 101	Lifespan Development (GT-SS3)	3C	3
HDFS 201	Perspectives in Gerontology		3
HDFS*** Upper-division course(s)			3-6
HES*** Upper-division course(s)			1-6
LIFE 103	Biology of Organisms-Animals and Plants (GT-SC1)	3A	4
OT 215	Medical Terminology		1
PH 121	General Physics I (GT-SC1)	3A	5
PSY 252	Mind, Brain, and Behavior		3
PSY 260	Child Psychology		3
PSY *** Upper-Division course(s)			3-6

## Cardiac Care Internship Requirements

Students enrolling in internships in cardiac care must take HES 420 prior to the internship. Students may use elective credits in the sophomore, junior, or senior year to do so. A minimum grade of B (3.000) is required in HES 420 prior to internship placement.

Code	Title	Credits
HES 420	Electrocardiography and Exercise Management	3
It is recommended, but not required, that students enrolling in cardiac care internships take the following courses using elective credit:		
BMS 420	Cardiopulmonary Physiology	3
BMS 450	Pharmacology	3

<sup>1</sup> MATH 155 or MATH 160 can be substituted for MATH 118, MATH 124 and MATH 125.

<sup>2</sup> CHEM 111/CHEM 112 should be seriously considered by students who want to go on to graduate studies.

<sup>3</sup> Students may substitute HES 307 and HES 319 for HES 303.

<sup>4</sup> Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).

## 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	
Elective					3
<b>Total Credits</b>					<b>15</b>
<b>Semester 2</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
FSHN 150	Introduction to Human Nutrition		X		3
HES 202	Introduction to Exercise Physiology (GT-SC2)		X	3A	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="https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			X	3B	3
AUCC 1B and CO 150 must be completed by the end of Semester 2.		X			
<b>Total Credits</b>					<b>15</b>
<b>Sophomore</b>					
<b>Semester 3</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
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="https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> )			X	3B	3
Historical Perspectives ( <a href="https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives">https://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			
<b>Total Credits</b>					<b>16</b>
<b>Semester 4</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions	X			4
HES 303	Biomechanics and Neurophysiology		X		3
Electives					6
BMS 300 or HES 300, FSHN 150, HES 145, and HES 207 must be completed by the end of semester 4.		X			
<b>Total Credits</b>					<b>13</b>
<b>Junior</b>					
<b>Semester 5</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)		X	2	3
HES 232	Techniques of Teaching Group Exercise	X			1
HES 340	Exercise Prescription	X			3
HES 354	Theory of Health Behavior		X		3
MKT 305	Fundamentals of Marketing		X		3
Health Promotion Guided Elective (See course list on concentration requirements tab)			X		3
<b>Total Credits</b>					<b>16</b>

<b>Semester 6</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HES 386	Practicum–Adult Fitness				2
HES 403	Physiology of Exercise	X		4B	3
HES 404	Physiology of Exercise Laboratory		X	4B	1
HES *** Upper Division Elective					3
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				
Health Promotion Guided Elective (see course list on concentration requirement tab)			X		3
<b>Total Credits</b>					<b>15</b>
<b>Senior</b>					
<b>Semester 7</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HES 345	Population Health and Disease Prevention	X			3
HES 434	Physical Activity Throughout the Lifespan	X			3
HES 455	Health Promotion Programming	X		4A,4C	3
HES 486	Practicum–Wellness Program Management	X			3
Electives		X			6
The benchmark courses for the 7th semester are the remaining courses in the entire program of study (except for HES 487).		X			
<b>Total Credits</b>					<b>18</b>
<b>Semester 8</b>		<b>Critical</b>	<b>Recommended</b>	<b>AUCC</b>	<b>Credits</b>
HES 487	Internship	X			12
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
<b>Total Credits</b>					<b>12</b>
<b>Program Total Credits:</b>					<b>120</b>