

# MAJOR IN HEALTH AND EXERCISE SCIENCE, HEALTH PROMOTION 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	
Elective				3
<b>Total Credits</b>				<b>15</b>

Semester 2	Critical	Recommended	AUCC	Credits
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>

### 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="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-C03)		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>