

MAJOR 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 ¹	College Algebra in Context II (GT-MA1)	1B	1
MATH 124 ¹	Logarithmic and Exponential Functions (GT-MA1)	1B	1
MATH 125 ¹	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: ²			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 (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			3
Elective			3
Total Credits			30

Sophomore

BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions		4
HES 207	Anatomical Kinesiology		4
HES 303 ³	Biomechanics and Neurophysiology		3
PSY 100	General Psychology (GT-SS3)	3C	3
SPCM 200	Public Speaking		3
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			3
Historical Perspectives (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			3
Electives			6
Total Credits			29

Junior

CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2	3
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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
Total Credits			31
Senior			
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 ⁴			6
Total Credits			30
Program Total Credits:			120

Health Promotion Guided Electives List

Code	Title	AUCC	Credits
ACT 205	Fundamentals of Accounting		3
ANTH 340	Medical Anthropology		3
or ANTH 379	Evolutionary Medicine and Human Health		
BMS *** Upper-Division course(s)			2-6
BUS 205	Legal and Ethical Issues in Business		3
or BUS 220	Ethics in Contemporary Organizations (GT-AH3)		
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

¹ MATH 155 or MATH 160 can be substituted for MATH 118, MATH 124 and MATH 125.

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

³ Students may substitute HES 307 and HES 319 for HES 303.

⁴ 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).