

Department of Health and Exercise Science Sports Medicine Concentration

Student Name _____

* **Career planning:** A major in Health and Exercise Science with a concentration in Sports Medicine is designed to serve as a **pre-professional degree only** and does not prepare the student to enter the job market upon graduation with a bachelor's degree. The Sports Medicine Concentration serves as an undergraduate degree preparing the student for graduate studies in allied health areas and a variety of medical professions. With this intent, students should maintain a minimum GPA of 3.0 in order to meet graduate study requirements

* **Curriculum:** The sequence of classes listed during each academic year allows for meeting all prerequisites for upper level classes and the All University Core Requirements. Students enrolling in classes out of sequence may find unnecessary delays in their graduation. While Faculty and Peer Advisors are available to assist you in your class scheduling, it is your responsibility to follow all requirements on this check-sheet and in the University Catalog. Students transferring into this concentration will likely face delays in graduation in order to meet all prerequisites.

* **Advising:** Faculty and Peer Advisors are available throughout the year to assist you with career and academic issues. Office hours are posted in the Health and Exercise Science Main Office (Rm 220) and on faculty office doors. It is suggested to make an appointment with Dr. Kathy Hutcheson, the Director of the Sports Medicine Concentration, the semester before your anticipated graduation date. She can be contacted at hutcheson@cahs.colostate.edu



Sport Medicine Program Requirements					
Freshman Year					
Course	Title	Prereqs	Credits	Grade	AUCC Category
MCC 117 AND MCC 118 AND MCC 125	College Algebra in Context I AND College Algebra in Context II AND Numerical Trigonometry <i>**** Must be completed by 60 credits</i>	*ELM or *MPE	1 1 1		1B
LSCC 102	Attributes of Living Systems		4		3A
EXCC 145	Health and Wellness		3		3G
PYCC 100	General Psychology		3		3C
COCC 150	College Composition <i>**** Must be completed by 60 credits</i>	*CPE	3		1A
CCC 107, 108 OR CCC 111, 112	Fundamentals of Chemistry, Lab OR General Chemistry I, Lab	MCC 117 MCC 118	4,1 4,1		3A
EX 100 (A – Z)	Activity Course		1		
AUCC 101, HYCC 150, HYCC 151, NRCC 320 (Choose 1 of the above, or one from categories 3D and 3F)	Historical Perspectives AND US Public Values and Institutions		3		3D & 3F
Elective credits			5		
Total Freshman Credits			30		

ELM – Entry Level Math

MPE – Mathematics Placement Examination

CPE – Composition Placement Examination

******** – Composition (3 credits) and mathematics (3 credits) **must be completed** within the first 60 credits.

Sophomore Year					
Course	Title	Prereqs	Credits	Grade	AUCC Category
EX 207	Anatomical Kinesiology	LSCC 102	3		
BS 301	Human Gross Anatomy (Fall Only)	LSCC 102 or BZ 110	5		
PHCC 121	General Physics I	MCC 125	5		3A
BS 300	Principles of Human Anatomy and Physiology	CCC 107 or CCC 111 & LSCC 102	4		
BS 302	Principles of Human Anatomy and Physiology – Lab	BS 300 **Coreq.	2		
PHCC 122	General Physics II	PHCC 121	5		3A
EX 332F	Techniques of Teaching Weight Training		1		
SPCC 200	Public Speaking		3		2A1
EX 240	First Aid and Emergency Care <i>(Can be waived with proof of CPR and First Aid Certifications)</i>		2		
Total Sophomore Credits			30		

Sports Medicine Program Requirements					
Junior Year					
Course	Title	Prereqs	Credits	Grade	AUCC
See Catalog	Arts and Humanities		3		3B
EX 319	Neuromuscular Aspects of Human Movement	BS 300 & BS 301	3		
LS 103 OR BZCC 110, 111	Biology of Organisms OR Principles of Animal Biology, Lab	LSCC 102	4		3A
C 245, 246	Fundamentals of Organic Chemistry, Lab	CCC 107 or C 113	4,1		
See Catalog	Global and Cultural Awareness		3		3E
BC 351	Principles of Biochemistry	LSCC 102 & C 245	4		
EX 307	Biomechanical Principles of Human Movement	PHCC 121 & EX 207 or BS 301	3		
EX 403	Physiology of Exercise	BS 300	4		4B
Elective credits			3		
Total Junior Credits			32		

Senior Year					
Course	Title	Prereqs	Credits	Grade	AUCC Category
FN 350	Human Nutrition	BS 300 & C 245	3		
EX 476	*Exercise and Chronic Disease To begin Fall, 2005 Rehabilitation Exercise Prior to Fall, 2005	*EX 403 EX 240 & EX 207	3		
EX 479	Psychology and Sport	PYCC 100	3		
EX 492	Health and Exercise Science Senior Seminar		2		4A & 4C
STCC 201 OR STCC 301 OR STCC 307/EHCC 307	General Statistics OR Introduction to Statistical Methods OR Introduction to Biostatistics	⇒MCC 117 ⇒MCC 118 ⇒MCC 118	3		2B
HDCC 101 OR PY 320	Individual and Family Development OR Abnormal Psychology	PYCC 100	3		
EX 405	Exercise Testing Instrumentation	EX 403	2		
EX 300 – EX 500	Select any 300 – 500 EX course	See Catalog	2 - 3		
Elective credits			6 - 7		
Total Senior Credits			28		
Total Program of Study Credits			120		

Students interested in continuing education in medicine, physical therapy, physician's assistant, nursing, and other health professions must see a Health Professions Advisor. They are located in Life Sciences Center 100 Aylesworth NE, 970-491-3658. **Many professional programs require courses other than Health and Exercise Science degree requirements.**