HEALTH SCIENCES, BACHELOR OF SCIENCE: PRE-ATHLETIC TRAINING EMPHASIS

HEALTH SCIENCES
Health Sciences Director: Dr. Carol Foust

Faculty: Clark, Kies-Bolkema, Pickerill

The mission of the Bachelor of Science in Health Science is to prepare students for jobs in public health, athletic training and other allied health careers as well as prepare students for admission to the undergraduate BSN degree, accelerated nursing program, Master in Athletic Training and graduate school at other institutions in a variety of health science related degree such as the Master of Science in Nursing, Master of Science in Athletic Training, Master of Public Health, Master of Occupational Therapy, Doctorate of Physical Therapy. The program is also an excellent degree path for individuals who already have a two year allied health degree to bridge them to a Bachelor of Science degree in Health Science. This degree will allow students to earn credentials to move seamlessly into careers with clinics, academic institutions, laboratories, government and community and private agencies and professional sports teams.

The HS department awards two degrees:
A Bachelor of Science degree in Health Science. The BS in Health Science (HS) program currently includes four emphasis of study:

• General Health Science
• Pre-Athletic Training
• Pre-Nursing
• Public Health

A Master’s Degree in Athletic Training (MS)

• 3+2 Athletic Training (MS)

Colorado State University-Pueblo is currently seeking accreditation for their new Masters in Athletic Training program and is not accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The institution will be submitting a self-study to begin this accreditation process on July 1, 2021. Submission of the self-study and completion of a site visit does not guarantee that the program will become accredited. Students that graduate from the program prior to accreditation WILL NOT be eligible to sit for the credentialing examination for athletic trainers and will not be eligible for licensure in most states.

Department Vision
The HS Department’s vision is to provide students with a broad-based theoretical foundation supported by laboratory and field experiences that allow individual observations, inferences, and hands-on mastery of skills related to the promotion of healthy lifestyles. This vision is accomplished by creating effective professional learning opportunities based on the following conceptual hierarchy of learning skills: Information Retrieval, Conceptual Understanding, Information Analysis, Critical Thinking, Development of Relevant Skill, and Practical Application of Ideas. In so doing we prepare student to become productive, accountable, ethical, and responsible professionals.

This 4 year program is intended for the students planning to complete the MS in Athletic Training 2 year Master’s Program or who are not accepted into the MS in Athletic Training 3+2 Program.

• Graduates of the Pre-Athletic Training emphasis are prepared for entry into Master level Athletic Training Programs as well as advanced education in other related graduate programs.

Graduation Requirements

• Complete an HS emphasis of study with a cumulative GPA of 2.50 or higher;
• Earn a 2.0 overall GPA to enroll in 300 or 400 level courses in the department;
• Earn a minimum grade of a “C” in all prerequisite and major courses;
• Repeat prerequisite and major courses with a grade of “D” or lower until a grade of “C” or higher is achieved; and
• Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.

Course | Title | Credits
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Required Core Courses
HS 101 | Introduction to Health Professions | 2
CHEM 111 | Principles of Chemistry | 4
& 111L | and Principles of Chemistry Lab | 3
NSG 207 | Nursing Pathophysiology | 3
BIOI 220 | Medical Terminology | 2

Total Credits | 11

1 Students interested in Physical Therapy, Physician Assistant or Occupational Therapy should take CHEM 121 General Chemistry I (4 c.h.) & CHEM 121L General Chemistry Lab I (1 c.h.).

Course | Title | Credits
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Required Health Sciences Core | | 11

Required Major Courses
EXHP 162 | Personal Health | 3
EXHP 162L | Personal Health Lab | 1
EXHP 201 | Drugs and Healthy Lifestyles | 3
EXHP 222 | Behavior Facilitation | 3
AT 232 | First Aid | 2
AT 234 | Emergency Care | 2
AT 260 | Injury/Illness Care and Prevention | 3
AT 301 | Physical Assessment | 3
EXHP 320 | NSCA Test Preparation | 3
AT 323 | Functional Exercise Training | 2
EXHP 343 | Research and Statistics | 3
EXHP 344 | Exercise Physiology | 3
EXHP 344L | Exercise Physiology Lab | 1
EXHP 364 | Kinesiology | 3
EXHP 432 | Applied Sport & Exercise Psychology | 3
EXHP 436 | Exercise Assessment | 3
General Education

The general education requirement for graduation includes a total of 35 semester credits in two categories: Skills Component and Knowledge Component. Please see the General Education Requirement section under Academic Policies for more information.

Student Learning Outcomes

1. Summarize and synthesize information relevant to assessing and improving population health and healthcare issues;
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting in the health sciences;
3. Evaluate and integrate critical concepts and skills acquired in the health sciences curriculum to common professional problems in the health science fields of interest;
4. Exhibit effective oral and written communication as well as mass communication regarding subjects related to the health sciences in an individual and group setting;
5. Apply and demonstrate knowledge, skills and critical problem solving in a field-based and/or clinical setting;
6. Successfully enter into a health science related career or into a graduate program;

Assessment of HS Student/Program Outcomes

The student outcomes are measured and assessed through several techniques:

- Student samples of writing, communication, and project implementation.
- End of program case study assessment and end of program examination;
- Fieldwork and internship portfolios and projects;
- Fieldwork and internship site supervisor evaluations;
- Student exit surveys; and
- Employer surveys and Advisory Committee

End of program exams will be, or will be representative of, the professional certification exams in each emphasis area including case study questions developed by the faculty and HS Advisory Committee (made up of professionals in the health sciences field). The end of program exams are completed during an appropriate field based course at the end of the course of study but before graduation. The HS curriculum map details the specific types of assessments used in the capstone and experiential end of program courses to assess the Program’s Student Outcomes.

General Education

Students planning to pursue a doctorate in physical therapy should take CHEM 121 General Chemistry I (4 c.h.) & CHEM 121L General Chemistry Lab I (1 c.h.).