

SCHOOL OF HEALTH SCIENCES & HUMAN MOVEMENT

School of Health Sciences & Human Movement Vision and Mission

Our vision is to be the peoples' choice for Health Science and Human Movement degree programs through the delivery of innovative instruction to establish diverse professionals. We develop diverse professionals through engaging curriculum.

Our mission provides broad theory-based foundations which incorporate laboratory and field-based learning opportunities resulting in real-world experience, training, inter-professional education, and mentoring. Our diverse students develop skills that promote healthy lifestyles and fitness. Students graduate ready to seek employment or pursue advanced education in fields of health science, human movement, or related professions. Our graduates are ethical and productive contributors to the health and well-being of their communities.

Program Goals

1. Provide coursework that prepares students to effectively work in careers with diverse populations and cultures, and that adequately prepares students for advanced education in a dynamically changing health science and human movement community.
2. Use relevant and best practice pedagogy, activities and assessments which connect students to the workforce/community.
3. Engage in the use of current technologies in preparing students for the health and human movement-related needs of the future.
4. Expose students to contemporary ethics and cultural issues they will encounter in the health science and human movement work force.

The School of Health Sciences & Human Movement Awards Four Degrees and Three 3+2 Programs:

1. A Bachelor of Science degree in Exercise Science, Physical Education, and Recreation (EXPER). The BS in Exercise Science, Physical Education, and Recreation (EXPER) program includes four concentration of study:
 - Exercise Science
 - Physical Education K-12 Teacher Preparation
 - Recreation
 - Strength & Conditioning
2. A Bachelor of Science degree in Health Science (HS). The BS in HS includes five concentration of study:
 - Health Science
 - Health Coaching
 - Public Health
 - Pre-Accelerated Nursing
 - Pre-Athletic Training
 - Pre-Nursing
3. A Bachelor of Applied Science in Health Science and Administration
 - This degree is designed for students who have earned an AAS or AGS in an allied health field and is delivered completely online through CSU Pueblo Extended Studies.
4. A Master of Science in Athletic Training

- This degree can be complete as a 3+2 through the Pre-Athletic Training concentration or as a 2 year Master degree after earning a Bachelor degree.
5. Three 3+2 Programs are available to complete a bachelor and master degree in five years.
 - 3+2 BS Exercise Science, Physical Education and Recreation (K-12 Physical Education) and MEd in Education with a Health endorsement
 - 3+2 BS Health Sciences and MBA with Healthcare Administration
 - 3+2 BS Health Sciences (Pre-AT) and MS in Athletic Training

Undergraduate General Requirements

All HSHM Majors are required to:

- Complete an EXPER or HS concentration 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.

EXPER Majors

The BS degree in EXPER prepares program graduates for professional positions in worksite, clinical, school, fitness government and community settings.

- Graduates of the Exercise Science coursework are prepared for exercise and fitness-related professional positions. This concentration is an excellent selection for students preparing for advanced study in fields such as exercise physiology, coaching, heart rehabilitation, or sport administration.
- Graduates of the Physical Education K-12 Teacher Preparation concentration who also complete the Teacher Education program, and receive a passing score on the Colorado Department of Education PRAXIS test are eligible to receive Teacher Licensure in the State of Colorado. Licensed graduates can find physical education teaching positions in both the public and private school settings.
- Graduates of the Recreation concentration are prepared for careers in City and County Recreation Departments, YMCAs, Intramural Sports, Resort & Travel destinations, Outdoor Adventure, Wilderness Experiences, Youth Camps and Developmental Programs.
- Graduates of the Strength and Conditioning concentration are prepared to take the National Strength and Conditioning Association certification. Graduates can find employment in fitness and recreation facilities, high school and college athletics and the health and wellness industries.

EXPER Student Learning Outcomes

General Exercise Science, Physical Education, Strength and Conditioning and Recreation students will:

1. Possess content knowledge and skills necessary for their perspective fields of study;
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting;

3. Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest;
4. Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting; and
5. Apply and demonstrate knowledge, skills and critical problem solving in a field-based setting.

Assessment of EXPER Student/Program Outcomes

The student outcomes are measured and assessed through several techniques:

- Case study assessment and end of program examination;
- Internship, fieldwork and student teaching portfolios and projects;
- Internship, fieldwork and student teaching site supervisor evaluations;
- Student exit surveys; and
- Potential employer surveys and/or Advisory Committee;
- End of program exams will be, or will be representative of, the professional certification exams in each concentration area. Case study questions will be developed by the faculty and EXPER Advisory Committee (made up of professionals in the EXPER field). The end of program exam will be completed during an appropriate field based course at the end of the course of study but before graduation. The EXHPR 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.

EXPER Minors

Five minors are available in Exercise Science, Physical Education, and Recreation:

- The Exercise Science minor is available to all non-EXPER majors. This minor is ideal for other majors interested in Exercise Science or Strength and Conditioning.
- The Coaching minor is available to all students and is a great choice for students aspiring to coach.
- The Outdoor Education minor is for students who want to teach adventure education, outdoor skills and lead trips within the educational settings.
- The Recreation minor is available to all non-REC majors. The minor is ideal for those majoring in EXPER, social work, sociology, and biology as well as for students aspiring to teach in public/private schools.
- The Fitness and Recreational Sports Management minor is ideal for business students, community/ commercial recreation students or any student interested in managing fitness and recreational sports facilities.
- The Tourism Minor is idea for business, communications, or exercise science students who are interested in the expanding field of tourism.

EXPER minors will:

- Complete the credit hour requirement of the minor;
- Complete all required coursework with a cumulative GPA of 2.5 or higher;
- Earn a minimum grade of a "C" in all minor courses;
- Repeat minor courses with a grade of "D" or lower until a grade of "C" or higher is achieved;

- Possess content knowledge and skills necessary for their perspective fields of study;
- Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest; and
- Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting.

Health Sciences (HS)

The Bachelor of Science in Health Science prepares students for jobs in public health, athletic training and other allied health careers and prepares 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 degrees such as the Master of Science in Athletic Training, Master of Public Health, Master of Healthcare Administration, Master of Counseling, Master of Occupational Therapy, and Doctorate of Physical Therapy. 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.

HS Majors

The BS degree in Health Science prepares program graduates for professional positions in worksite, clinical, school, government and community settings.

- Graduates from the Health Science concentration are prepared to work in a wide variety of health science settings and professional positions including home health care coordinator, health maintenance organization care coordinator, case manager, insurance company prevention coordinator, women, infant and children health worker, health navigator, and any number of other related careers.
- Graduates from the Health Coaching concentration are prepared to work in worksite health promotion programs, insurance prevention programs, case manager, behavioral health site, or in private practice as a health coach assisting clients with behavior change and disease prevention.
- Graduates from the Pre-Athletic Training concentration are prepared to enter a Master's degree in Athletic Training and/or work in the fitness or sports industry.
- Students in the Pre-Nursing concentration are prepared to apply for entrance into the basic Bachelor of Science in Nursing Program.
- Students in the Public Health concentration are prepared to work in a variety of public health positions in government and community settings. Public Health promotes and protects the health of people in the communities where they work, live and play through education, research, prevention initiatives, and policy change.
- Students from the Pre-Accelerated Nursing concentration will be prepared to enter the CSU Pueblo accelerated nursing program. The application is due by October 1 for a summer start in the next academic year.

HS 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 or other healthcare 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.
- Case study assessment and end of program examination;
- Fieldwork and internship portfolios and projects;
- Fieldwork and internship site supervisor evaluations;
- Student exit surveys; and
- Potential employer surveys

End-of-program exams will be, or will be representative of, the professional certification exams in each concentration 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.

HS Minors

Two minors are available in Health Sciences:

- The Public Health minor is available to students who are interested in working in disease prevention and community health. It is ideal for students majoring in EXPER, business, mass communications, psychology, sociology and math.
- The Health Coaching minor is available to students who are interested in expanding their knowledge of coaching individuals through health behavior change and is ideal for students majoring in Psychology, Sociology, Social Work, Communications and EXPER.

HS minors will:

- Complete the credit hour requirement of the minor;
- Complete all required coursework with a cumulative GPA of 2.5 or higher;
- Earn a minimum grade of a "C" in all minor courses;
- Repeat minor courses with a grade of "D" or lower until a grade of "C" or higher is achieved;
- Possess content knowledge and skills necessary for their perspective fields of study;
- Evaluate and integrate critical concepts and skills acquired in the HS program to common professional problems in the fields of interest; and

- Exhibit effective oral and written communication regarding subjects related to HS in an individual and group setting.

Academic Programs

Undergraduate Programs

- Athletic Training 3+2 Program, Bachelor of Science/Master of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/athletic-training-3-2-plan-bs-ms/>)
- Exercise Science, Physical Education, & Recreation: General Exercise Science Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/exercise-science-physical-education-and-recreation-bs-general-exercise-science-concentration/>)
- Exercise Science, Physical Education, & Recreation: K-12 Physical Education Teacher Preparation Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/exercise-science-physical-education-and-recreation-bs-k-12-physical-education-teacher-preparation-concentration/>)
- Exercise Science, Physical Education, & Recreation: K-12 Teacher Preparation Concentration 3+2 Plan, Integrated Bachelor of Science/ Master of Education: Health & Physical Education Concentration (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/exercise-science-physical-education-and-recreation-k-12-teacher-preparation-3-2-plan-bs-med/>)
- Exercise Science, Physical Education, & Recreation: Recreation Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/exercise-science-physical-education-recreation-bs-recreation-concentration/>)
- Exercise Science, Physical Education, & Recreation: Strength & Conditioning Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/exercise-science-physical-education-and-recreation-bs-strength-and-conditioning-concentration/>)
- Health Science & Administration, Bachelor of Applied Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-science-and-administration-bas/>)
- Health Sciences General Concentration 3+2 Plan, Integrated Bachelor of Science/Master of Business Administration: Healthcare Administration Concentration (<https://catalog.csupueblo.edu/the-hasan-school-of-business/health-sciences-general-3-2-plan-integrated-bs-mba-healthcare-administration-concentration/>)
- Health Sciences: General Health Science Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-science-bs-general-health-science-concentration/>)
- Health Sciences: Health Coaching Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-science-bs-health-coaching-concentration/>)
- Health Sciences: Pre-Accelerated Nursing Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-science-bs-accelerated-nursing-pathway-concentration/>)

- Health Sciences: Pre-Athletic Training Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-science-bs-pre-athletic-training-concentration/>)
- Health Sciences: Pre-Nursing Concentration (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-science-pre-nursing-concentration/>)
- Health Sciences: Public Health Concentration, Bachelor of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-science-bs-public-health-concentration/>)

Minors

- Coaching, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/coaching-minor/>)
- Exercise Science, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/exercise-science-minor/>)
- Fitness & Recreational Sports Management, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/fitness-and-recreational-sports-management-minor/>)
- Health Coaching, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/health-coaching-minor/>)
- Outdoor Recreation, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/outdoor-recreation-minor/>)
- Public Health, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/public-health-minor/>)
- Recreation, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/recreation-minor/>)
- Tourism, Minor (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/tourism-minor/>)

Certificates

- Health & Fitness Certification for the Department of Corrections (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/department-of-corrections-health-and-fitness-certification/>)
- Recreation Leadership, Certificate (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/recreation-leadership-certificate/>)

3+2 Programs

- Athletic Training 3+2 Program, Bachelor of Science/Master of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/athletic-training-3-2-plan-bs-ms/>)
- Athletic Training, Master of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/athletic-training-ms/>)
- Exercise Science, Physical Education, & Recreation: K-12 Teacher Preparation Concentration 3+2 Plan, Integrated Bachelor of Science/

Master of Education: Health & Physical Education Concentration (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/exercise-science-physical-education-and-recreation-k-12-teacher-preparation-3-2-plan-bs-med/>)

- Health Sciences General Concentration 3+2 Plan, Integrated Bachelor of Science/Master of Business Administration: Healthcare Administration Concentration (<https://catalog.csupueblo.edu/the-hasan-school-of-business/health-sciences-general-3-2-plan-integrated-bs-mba-healthcare-administration-concentration/>)

Graduate Programs

- Athletic Training, Master of Science (<https://catalog.csupueblo.edu/college-of-health-and-education/school-of-health-science-and-human-movement/athletic-training-ms/>)