

Health and Exercise Science (Sports Medicine)

60 Credits Catalog Year: 2020/2021

Required Courses	Credits	Pre or Co Regs Rgd	Cours Fall	se Avail	lability Sum
General Education Courses		• •		·	
Arts / Humanities GT-AH1-AH4	3		✓	✓	✓
Arts / Humanities GT-AH1-AH4	3		✓	✓	✓
BIO 111 - General College Biology I with Lab: GT-SC1*	5		✓	✓	✓
BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1*	4	✓	✓	✓	✓
BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1	4	✓	✓	✓	✓
COM 115 - Public Speaking*	3		✓	✓	✓
ENG 121 - English Composition I: GT-CO1*	3	✓	✓	✓	✓
ENG 122 - English Composition II: GT-CO2	3	✓	✓	✓	✓
History GT-HI1	3		✓	✓	✓
MAT 121 - College Algebra: GT-MA1*	4		✓	✓	✓
PSY 101 - General Psychology I: GT-SS3*	3		✓	✓	✓
Social / Behavioral Science GT-SS3	3		✓	✓	✓
Additional Required Courses					
CHE 111 - General College Chemistry I with Lab: GT-SC1*	5	✓	✓	✓	✓
CHE 112 - General College Chemistry II with Lab: GT-SC1*	5	✓	✓	•	✓
HWE 100 - Human Nutrition	3		✓	✓	✓
HWE 111 - Health and Fitness*	3			✓	
MAT 135 - Introduction to Statistics: GT-MA1*	3		•	•	✓



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Pre-Requisites, Co-Requisites, and Recommendations (grade C or better required)

Where requirements are listed as course categories (e.g. Electives, Arts/Humanities) rather than as specific courses, please note that depending upon course choice, pre-requisites may be required.

BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1*

• Pre-Requisite: BIO 111 - General College Biology I with Lab: GT-SC1 OR Score of 75+ on Biology Placement Test

BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1

• Pre-Requisite: BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1

CHE 111 - General College Chemistry I with Lab: GT-SC1*

• Pre-Requisite: MAT 121 - College Algebra: GT-MA1 or equivalent placement scores

CHE 112 - General College Chemistry II with Lab: GT-SC1*

• Pre-Requisite: CHE 111 - General College Chemistry I with Lab: GT-SC1

• Pre-Requisite: MAT 121 - College Algebra or Higher

ENG 121 - English Composition I: GT-CO1*

• Co-Requisite: CCR 094 - Studio 121

ENG 122 - English Composition II: GT-CO2

• Pre-Requisite: ENG 121 - English Composition I OR ENG 131 - Technical Writing I

Notes

In order to meet program requirements, students registered for ENG 121 or ENG 131 must also register for CCR 094
unless they can demonstrate otherwise meeting the CCR 094 standard through assessment testing, prior college
coursework, or recent High School coursework. See an Advisor for details.

Graduation Requirements

- All courses required for this degree must be completed with a "C" or better to be considered for transfer to another Colorado institution. Transferability of courses to colleges or universities outside of Colorado is determined by the receiving institutio
- To graduate, students must apply for graduation (form available at www.arapahoe.edu/departments-and-programs/graduation) by the deadline and meet all degree requirements.



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RECOMMENDED COURSE SEQUENCE FULL-TIME TRACK

Year 1: Fall	Credits	Course
	3	Arts / Humanities GT-AH1-AH4
		~Recommended Arts / Humanities Course(s)~
		FRE 112 - French Language II
		LIT 115 - Introduction to Literature I: GT-AH2* LIT 201 - World Literature to 1600: GT-AH2*
		MUS 121 - Music History Medieval through Classical Period: AH1*
		PHI 111 - Introduction to Philosophy: GT-AH3*
		PHI 113 - Logic: GT-AH3*
		SPA 211 - Spanish Language III: GT-AH4
	5	BIO 111 - General College Biology I with Lab: GT-SC1
	3	ENG 121 - English Composition I: GT-CO1
	4	MAT 121 - College Algebra: GT-MA1
Year 1: Spring	Credits	Course
	4	BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1
	3	ENG 122 - English Composition II: GT-CO2
	3	History GT-HI1
		~Recommended History Course(s)~
		HIS 101 - Western Civilization: Antiquity-1650: GT-HI1*
		HIS 102 - Western Civilization: 1650-Present: GT-HI1*
		HIS 111 - The World: Antiquity-1500: GT-HI1* HIS 112 - The World: 1500-Present: GT-HI1*
		HIS 235 - History of the American West HI1*
		HIS 245 - US in the World: GT-HI1*
		HIS 247 - 20th Century World History: GT-HI1*
	3	HWE 100 - Human Nutrition
	3	HWE 111 - Health and Fitness
Year 2: Fall	Credits	Course
	4	BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1
	5	CHE 111 - General College Chemistry I with Lab: GT-SC1
	3	COM 115 - Public Speaking
	3	PSY 101 - General Psychology I: GT-SS3
Year 2: Spring	Credits	Course
	3	Arts / Humanities GT-AH1-AH4
		~Recommended Arts / Humanities Course(s)~
		FRE 211 - French Language III: GT-AH4
		LIT 202 - World Literature After 1600: GT-AH2*
		LIT 225 - Introduction to Shakespeare: GT-AH2* MUS 120 - Music Appreciation: GT-AH1*
		PHI 112 - Ethics: GT-AH3*
		PHI 114 - Comparative Religions: GT-AH3*
		SPA 212 - Spanish Language IV: GT-AH4
	5	CHE 112 - General College Chemistry II with Lab: GT-SC1
	3	MAT 135 - Introduction to Statistics: GT-MA1
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Social / Behavioral Science GT-SS3

~Recommended Social / Behavioral Science Course(s)~

POS 205 - International Relations: GT-SS1*

POS 225 - Comparative Government: GT-SS1*

SOC 207 - Environmental Sociology: GT-SS3*



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RECOMMENDED COURSE SEQUENCE PART-TIME TRACK

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Year 1: Fall	Credits	Course
	5	BIO 111 - General College Biology I with Lab: GT-SC1
	3	ENG 121 - English Composition I: GT-CO1
Year 1: Spring	Credits	Course
	4	BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1
	3	HWE 100 - Human Nutrition
	4	MAT 121 - College Algebra: GT-MA1
Year 1: Summer	Credits	Course
	3	PSY 101 - General Psychology I: GT-SS3
Year 2: Fall	Credits	Course
	4	BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1
	5	CHE 111 - General College Chemistry I with Lab: GT-SC1
Year 2: Spring	Credits	Course
1 0	3	Arts / Humanities GT-AH1-AH4
		~Recommended Arts / Humanities Course(s)~
		FRE 112 - French Language II
		LIT 115 - Introduction to Literature I: GT-AH2*
		LIT 201 - World Literature to 1600: GT-AH2*
		MUS 121 - Music History Medieval through Classical Period: AH1* PHI 111 - Introduction to Philosophy: GT-AH3*
		PHI 113 - Logic: GT-AH3*
		SPA 211 - Spanish Language III: GT-AH4
	5	CHE 112 - General College Chemistry II with Lab: GT-SC1
	3	MAT 135 - Introduction to Statistics: GT-MA1
Year 2: Summer	Credits	Course
	3	COM 115 - Public Speaking
Year 3: Fall	Credits	Course
	3	Arts / Humanities GT-AH1-AH4
		~Recommended Arts / Humanities Course(s)~
		FRE 211 - French Language III: GT-AH4
		LIT 202 - World Literature After 1600: GT-AH2*
		LIT 225 - Introduction to Shakespeare: GT-AH2* MUS 120 - Music Approximation: GT-AH1*
		MUS 120 - Music Appreciation: GT-AH1* PHI 112 - Ethics: GT-AH3*
		PHI 114 - Comparative Religions: GT-AH3*
		SPA 212 - Spanish Language IV: GT-AH4
	3	ENG 122 - English Composition II: GT-CO2



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Year 3: Spring	Credits	Course
	3	History GT-HI1
		~Recommended History Course(s)~
		HIS 101 - Western Civilization: Antiquity-1650: GT-HI1*
		HIS 102 - Western Civilization: 1650-Present: GT-HI1*
		HIS 111 - The World: Antiquity-1500: GT-HI1*
		HIS 112 - The World: 1500-Present: GT-HI1*
		HIS 235 - History of the American West HI1*
		HIS 245 - US in the World: GT-HI1*
		HIS 247 - 20th Century World History: GT-HI1*
	3	HWE 111 - Health and Fitness
	3	Social / Behavioral Science GT-SS3
		~Recommended Social / Behavioral Science Course(s)~
		POS 205 - International Relations: GT-SS1*
		POS 225 - Comparative Government: GT-SS1*
		SOC 207 - Environmental Sociology: GT-SS3*

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