

# Trek Curriculum Map

Year 1  
Pre-Clerkship  
(Plains)

Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul					
First Course	Foundational Principles	Traverse 1	Hematologic & Lymphatic Systems	Gastrointestinal System	Traverse 2	Pulmonary & Cardiovascular System		Renal & Urinary Systems	Traverse 3	Nervous System	Musculoskeletal & Integumentary Systems		Mind & Behavior	Traverse 4	Endocrine & Metabolic Systems	Reproductive System & Life Cycle	Traverse 5

Year 2  
Clerkship  
(Foothills)

Discovery/ Summer Break	Foothills Basecamp	Longitudinal Integrated Clerkships (LICs)		7 LIC Specialties: Internal Medicine, Pediatrics, Obstetrics/Gynecology, Emergency Medicine, Psychiatry, Surgery, Family Medicine
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Year 3  
Post-Clerkship  
(Alpine\*)

LICs	3 Advanced Science Courses (ASC):  Advanced Neurosciences, Advanced Immunology, Cardiology Connections	USMLE Step 1 Prep & Test		Alpine Basecamp	Trail Immersions	Trail Distributed Work	Acting Internship	Critical Care	Integrated Science Selective	Alpine Coursework
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Year 4  
Post-Clerkship  
(Alpine/Summit)

Alpine  Acting Internships, Aways, Research, Electives, Longitudinal Courses		Additional Alpine Coursework	Match Day	Summit  Transition to Residency Basecamp, Advanced Electives	Graduation
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- MS1
- MS2
- MS3
- MS4

- The three pillars of the Trek Curriculum - **Medical Sciences, Clinical Sciences, and Health Systems Science** - are incorporated through all phases of the curriculum.
- Five **Traverse** weeks occur throughout the Plains year and consist of comprehensive assessments and longitudinal activities supporting students’ professional growth and development.
- The **Basecamp** course is a longitudinal curriculum that spans the clinical years of medical school, helping students to develop and advance relevant knowledge and skills required for the next stage of their clinical training.
- The **Trail Immersion** sessions prepare students to be change agents in chosen areas of concentration that play to their strengths.
- Curriculum is delivered at the Anschutz Medical Campus, Fort Collins Regional campus, and clerkship sites throughout the state.

\*This diagram of the Alpine year is meant to serve as a sample student schedule. The order of the courses taken during the Alpine year and the course lengths will vary by student.