



UNIVERSITY OF MARY HARDIN-BAYLOR
BACHELOR OF SCIENCE
FITNESS AND WELLNESS PROMOTION

STUDENT NAME _____

ID # _____

EMAIL _____

PHONE # _____

	124 MINIMUM HOURS
	36 UPPER LEVEL HOURS
	31 HOURS AT UMHB

CHRISTIAN STUDIES - 6 HOURS			
CSBS 1311	Engaging the Old Testament		
CSBS 1312	Engaging the New Testament		

MAJOR			
12 HOURS (6 UPPER LEVEL) AT UMHB			
12 HOURS MINIMUM UPPER LEVEL			
FITNESS AND WELLNESS PROMOTION			
39 HOURS			
EXSS 2340	Intro to EXSS		
EXSS 2352	Personal Fitness&Wellness		
EXSS 3310	Communication in Sport		
EXSS 3354	Performance Nutrition		
EXSS 3360	Sport Venue/Event Mgt		
EXSS 3374	Sport Promo/Marketing		
EXSS 3390	Anatomical Kinesiology		
EXSS 3395	Physiology of Exercise		
EXSS 4320	Group Fitness Programming		
EXSS 4325	Entrepreneurship in Fitness		
EXSS 4330	Wellness Program/Assessm		
EXSS 4350	Principles & Techniques		
EXSS 4398	Internship in EXSS		

ELECTIVES - AS NEEDED TO COMPLETE 124 HRS			
Upper Level Courses Recommended			
EXSS 3379*	Exercise/Sport Psyc		
EXSS 3396*	Physiology of Exercise II		
EXSS 4344*	Admin of EXSS		

ENGLISH - 12 HOURS			
ENGL 1321^	Comp I		
ENGL 1322^	Comp II		
ENGL	Literature		
ENGL	Literature		

*Must earn a "C" or higher in ENGL 1321 & 1322

LABORATORY SCIENCE			
12 HOURS			
TWO DIFFERENT DISCIPLINES			
BIOL 2340/2140	A&P I w/lab*		
BIOL 2341/2141	A&P II w/lab*		

*Requires a grade of C or higher for major

QUANTITATIVE REASONING - 3 HOURS			
MATH 1304	Quant Reasoning or higher		

SCI INQUIRY OR NATURAL SCI - 3 HOURS			

FINE ARTS - 3 HOURS			

FRESHMAN SEMINAR - 1 HOUR			
UMHB 1101			

CHAPEL - 1 TO 4 CREDITS			
UMHB 1002			
UMHB 1002			
UMHB 1002			
UMHB 1002			

SOCIAL SCIENCE - 6 HOURS			
TWO DIFFERENT DISCIPLINES OUTSIDE OF THE MAJOR			

WORLD IDEAS OR PHILOSOPHY OR NON-US HISTORY - 3 HOURS			

GLOBAL ISSUES OR SOCIAL SCIENCE - 3 HOURS			

PUBLIC SPEAKING			
3 HOURS			
COMM 1320	Public Speaking		

ACTIVITY PE - 2 COURSES			
EXSS 3107	Adv Cardiovascular Training		
EXSS 3135	Adv Resistance Training		

Grades of "C" or better required in all courses in the Exercise Science major.

FINE ARTS EXPERIENCE			
2 TO 8 CREDITS			
UMHB 1005			
UMHB 1005			
UMHB 1005			
UMHB 1005			
UMHB 1005			
UMHB 1005			
UMHB 1005			
UMHB 1005			
UMHB 1005			

Date of Entry _____

Expected Graduation Date _____

PREVIOUS COLLEGES / UNIVERSITIES ATTENDED:

(1) _____

(2) _____

(3) _____

ADVISOR (Major)/Date _____

*Recommended Support Courses