

# Exercise Physiology (B.S.H.S.) – Personal Training and Fitness

2022-2023 Academic Catalog, Bachelor of Science in Health Science – Exercise Physiology, Personal Training and Fitness Concentration

## Academic Core for B.S.H.S.

40 Hours

### **CHRISTIAN STUDIES** **6**

CSBS 1311	Engaging the Old Testament	3
CSBS 1312	Engaging the New Testament	3

### **ENGLISH** **9**

ENGL 1321	Rhetoric & Composition I	3
ENGL 1322	Rhetoric & Composition II	3
ENGL	Literature	3

A grade of a "C" or higher is required in ENGL 1321 and ENGL 1322.

### **EXERCISE & SPORT SCIENCE** **2**

EXSS 3107	Advanced Cardiovascular Training	1
EXSS 3135	Advanced Resistance Training	1

A grade of "C" or higher is required in both EXSS 3107 and EXSS 3135.

### **FINE ARTS – SELECT ONE** **3**

ARTS 1350	Art Appreciation	3
COMM 2335	Film Appreciation	3
FINA 2330	Exploring the Fine Arts	3
MUSI 1340	Music Appreciation	3
THEA 2350	Introduction to the Theatre	3

### **WORLD CULTURES** **3**

EXSS 2353	Lifespan Nutrition	3
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### **LAB SCIENCE** **4**

BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2341	Human Anatomy & Physiology II	3

### **PUBLIC SPEAKING** **3**

COMM 1320	Public Speaking	3
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### **MATHEMATICS** **3**

MATH 1304	Survey of Mathematics	3
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### **SOCIAL SCIENCE** **3**

PSYC 1301	General Psychology	3
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### **US HISTORY OR US GOVERNMENT – SELECT ONE** **3**

HIST 2311	American History to 1877	3
HIST 2312	American History since 1877	3
POLS 2310	State and Federal Government I	3
POLS 2311	State and Federal Government II	3

### **FRESHMAN SEMINAR** **1**

UMHB 1101	Freshman Seminar	1
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### **CHAPEL – 1 to 4 credits**

UMHB 1002	Chapel	
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### **Fine Arts Experience – 2 to 8 credits**

UMHB 1005	Fine Arts Experience	
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## Exercise Physiology – Personal Training & Fitness

Grades of "C" or better are required in all courses (including support courses) counting toward the Exercise Physiology major.

### **HEALTH SCIENCE FOUNDATION** **16**

EXSS 2340	Introduction to Exercise and Sport Science	3
BIOL 2340	Human Anatomy & Physiology I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
EXSS 2353	Lifespan Nutrition	-
EXSS 3390	Anatomical Kinesiology	3
EXSS 3395	Physiology of Exercise	3
EXSS 4344	Leadership in Health Science	3
PSYC 1301	General Psychology	-
EXSS 3107	Advanced Cardiovascular Training	-
EXSS 3135	Advanced Resistance Training	-

The hours for EXSS 2353, PSYC 1301, EXSS 3107, and EXSS 3135 are already accounted for in the Academic Core.

### **EXERCISE PHYSIOLOGY MAJOR** **18**

EXSS 3354	Performance Nutrition	3
EXSS 3378	Exercise Psychology	3
EXSS 3396	Physiology of Exercise II	3
EXSS 4392	Tests and Measurements in EXSS	3
EXSS 4394	Exercise Testing and Prescription	3
EXSS 4398	Internship in Exercise Science	3

### **PERSONAL TRAINING AND FITNESS CONCENTRATION** **21**

EXSS 2350	Prevention and Care of Athletic Injuries	3
EXSS 2352	Personal Health and Fitness	3
EXSS 3330	Concepts of Personal Training	3
EXSS 3335	The Science of Weight Loss and Body Recomposition	3
EXSS 3360	Sport Venue/Event Management	3
EXSS 4320	Group Fitness Programming	3
EXSS 4350	Principles of Strength and Conditioning	3

Electives **25 Hours**

### **Total Hours**

Academic Core for B.S.H.S. Exercise Physiology	40
Health Science Foundation	16
Exercise Physiology Major	18
Personal Training & Fitness Concentration	21
Electives	25
<b>Total hours required for graduation</b>	<b>120</b>

### **Additional Graduation Requirements**

Minimum Upper Level hours	36
Minimum hours taken at UMHB	30
Minimum Upper Level hours taken at UMHB	24
Minimum cumulative GPA	2.0