

Exercise Physiology (B.S.H.S) – Strength & Conditioning

2022-2023 Academic Catalog, Bachelor of Science in Health Science – Exercise Physiology, Strength & Conditioning 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 – Strength & Conditioning

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 15

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 4398	Internship in Exercise Science	3

STRENGTH AND CONDITIONING CONCENTRATION 30

EXSS 2140	SCEP Observation	1
EXSS 2345	Human Anatomy	3
EXSS 3379	Sport Psychology	3
EXSS 4108	Advanced Olympic Lifting Techniques	1
EXSS 4315	Ergogenic Aids in Sport	3
EXSS 4319	Program Design in Strength and Conditioning	3
EXSS 4335	Biomechanics of Human Movement	3
EXSS 4350	Principles of Strength and Conditioning	3
EXSS 4351	Rehabilitation and Therapeutic Exercise	3
EXSS 4185	CSCS Seminar	1
EXSS 4670	Internship in Strength and Conditioning	6

Electives 19 Hours

Total Hours

Academic Core for B.S.H.S. Exercise Physiology	40
Health Science Foundation	16
Exercise Physiology Major	15
Strength & Conditioning Concentration	30
Electives	19
Total hours required for graduation	120

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	3.0