

Health Science (B.S.H.S) – Pre-OT

2023-2024 Academic Catalog, Bachelor of Science in Health Science – Health Science, Pre-Occupational Therapy 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

Select one:		
EXSS 3107	Advanced Cardiovascular Training	1
EXAC 4120	Marathon and Half-Marathon Training	1
Select one:		
EXSS 3135	Advanced Resistance Training	1
EXAC 3120	Crossfit	1

A grade of "C" or higher is required in this section

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
-----------	--------------------	---

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
-----------	-----------------	---

MATHEMATICS 3

MATH 1306	College Algebra	3
-----------	-----------------	---

SOCIAL SCIENCE 3

PSYC 1301	General Psychology	3
-----------	--------------------	---

US HISTORY OR US GOVERNMENT – SELECT ONE 3

HIST 2311	American History to 1877	3
HIST 2312	American History since 1877	3
POLS 2305	United States Government	3
POLS 2306	Texas State and Local Government	3

FRESHMAN SEMINAR 1

UMHB 1101	Freshman Seminar	1
-----------	------------------	---

CHAPEL – 1 to 4 credits

UMHB 1002	Chapel	
-----------	--------	--

Fine Arts Experience – 2 to 8 credits

UMHB 1005	Fine Arts Experience	
-----------	----------------------	--

Health Science - Pre-OT 62 Hours

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

HEALTH SCIENCE FOUNDATION 16

EXSS 2335	Introduction to Health Sciences	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.

HEALTH SCIENCE MAJOR 16

EXSS 2345	Human Anatomy	3
EXSS 2355	Medical Terminology	3
EXSS 3357	Pharmacology	3
EXSS 3396	Physiology of Exercise II	3
EXSS 4360	Pathophysiology of Chronic Disease	3
EXSS 4103	Seminar in Health Sciences	1
EXSS 4050	Health Science Assessment	0

PRE-OT CONCENTRATION 30

EXSS 3170	Health Science Clinical I	1
EXSS 4170	Health Science Clinical II	1
EXSS 4335	Biomechanics of Human Movement	3
EXSS 4351	Rehabilitation and Therapeutic Exercise	3
EXSS 4395	Motor Behavior	3
MATH 1320	Pre Calculus	3
MATH 2303	Statistics	3
PSYC 2311	Developmental Psychology	3
PSYC 3315	Abnormal Psychology	3
PHYS 2411	General Physics I	4
SOCI 1311	Introduction to Sociology	3

Grades of "C" or better are required in all courses in the Pre-OT major (including required support courses and required courses from other departments.)

Minimum cumulative GPA of 3.2.

Electives 18 Hours

UPPER LEVEL ELECTIVES 1

You need 1 additional hour to reach your minimum 36 UL required hrs.

ELECTIVES 17

You need 17 additional hours to reach your minimum 120 required hrs.

Total Hours

Academic Core for B.S.H.S. Health Science	40
Health Science Foundation	16
Health Science Major	16
Pre-OT Concentration	30
Upper Level Electives	1
Electives	17
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	3.20