

EC-12 Physical Education (B.S.H.S) – Coaching Concentration

2024-2025 Academic Catalog, Bachelor of Science in Health Science – EC-12 Physical Education, Coaching 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	Theatre Appreciation	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 2305	United States Government	3
POLS 2306	Texas State and Local Government	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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EC-12 Physical Education – Coaching 62 Hours

Grades of "C" or better are required in all courses (including support courses) counting toward the EC-12 Physical Education 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.

EC-12 PHYSICAL EDUCATION MAJOR 22

EXSS 2350	Prevention and Care of Athletic Injuries	3
EXSS 2352	Personal Health and Fitness	3
EXSS 3141	Exercise and Sport Science Practicum	1
EXSS 3300	Teaching Team and Individual Sports (Theory Course)	3
EXSS 3378	Exercise Psychology	3
EXSS 4310	Teaching Children and Adolescents Phys. Education	3
EXSS 4392	Tests and Measurements in EXSS	3
EXSS 4395	Motor Behavior	3

COACHING CONCENTRATION 24

EXSS 3312	Methods of Coaching	3
EXSS 3354	Performance Nutrition	3
EXSS 3360	Sport Venue/Event Management	3
EXSS 3384	Coaching Theory	3
EXSS 3379	Sport Psychology	3
EXSS 4350	Principles of Strength and Conditioning	3
EXSS 4379	Legal Aspects of Sport	3
EXSS 4398	Field Experience in EXSS	3

A grade of "C" or higher is required in the Coaching Concentration.

Electives 18 Hours

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You need 18 additional hours to reach your minimum 120 required hrs.

Total Hours

Academic Core for B.S.H.S.	40
Health Science Foundation	16
EC-12 Physical Education Major	22
Coaching Concentration	24
Electives	18
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	2.0