

# Health Science (B.S.H.S) – Pre-AT

2024-2025 Academic Catalog, Bachelor of Science in Health Science – Health Science, Pre-Athletic Training Concentration

<b>Academic Core for B.S.H.S.</b>		<b>40 Hours</b>	<b>Health Science - Pre-Athletic Training</b>		<b>76 Hours</b>
<b>CHRISTIAN STUDIES</b>		<b>6</b>	<b>HEALTH SCIENCE FOUNDATION</b>		<b>16</b>
CSBS 1311	Engaging the Old Testament	3	EXSS 2335	Introduction to Health Sciences	3
CSBS 1312	Engaging the New Testament	3	BIOL 2340	Human Anatomy & Physiology I	3
<b>ENGLISH</b>		<b>9</b>	BIOL 2140	Human Anatomy & Physiology I Lab	1
ENGL 1321	Rhetoric & Composition I	3	EXSS 2353	Lifespan Nutrition	-
ENGL 1322	Rhetoric & Composition II	3	EXSS 3390	Anatomical Kinesiology	3
ENGL	Literature	3	EXSS 3395	Physiology of Exercise	3
<i>A grade of a "C" or higher is required in ENGL 1321 and ENGL 1322.</i>			EXSS 4344	Leadership in Health Science	3
<b>EXERCISE &amp; SPORT SCIENCE</b>		<b>2</b>	PSYC 1301	General Psychology	-
	Select one:			Select one:	
EXSS 3107	Advanced Cardiovascular Training	1	EXSS 3107	Advanced Cardiovascular Training	-
EXAC 4120	Marathon and Half-Marathon Training	1	EXAC 4120	Marathon and Half-Marathon Training	-
	Select one:			Select one:	
EXSS 3135	Advanced Resistance Training	1	EXSS 3135	Advanced Resistance Training	-
EXAC 3120	Crossfit	1	EXAC 3120	Crossfit	-
<i>A grade of "C" or higher is required in this section</i>			<i>The hours for EXSS 2353, PSYC 1301, EXSS 3107/4120, and EXSS 3135/3120 are already accounted for in the Academic Core.</i>		
<b>FINE ARTS – SELECT ONE</b>		<b>3</b>	<b>HEALTH SCIENCE MAJOR</b>		<b>16</b>
ARTS 1350	Art Appreciation	3	EXSS 2345	Human Anatomy	3
COMM 2335	Film Appreciation	3	EXSS 2355	Medical Terminology	3
FINA 2330	Exploring the Fine Arts	3	EXSS 3357	Pharmacology	3
MUSI 1340	Music Appreciation	3	EXSS 3396	Physiology of Exercise II	3
THEA 2350	Theatre Appreciation	3	EXSS 4360	Pathophysiology of Chronic Disease	3
<b>WORLD CULTURES</b>		<b>3</b>	EXSS 4103	Seminar in Health Sciences	1
EXSS 2353	Lifespan Nutrition	3	EXSS 4050	Health Science Assessment	0
<b>LAB SCIENCE</b>		<b>4</b>	<b>PRE-AT CONCENTRATION</b>		<b>44</b>
BIOL 2141	Human Anatomy & Physiology II Lab	1	BIOL 1150	Biology for Science Majors Lab	1
BIOL 2341	Human Anatomy & Physiology II	3	BIOL 1350	Biology for Science Majors	3
<b>PUBLIC SPEAKING</b>		<b>3</b>	BIOL 3175	Human Physiology Lab	1
COMM 1320	Public Speaking	3	BIOL 3375	Human Physiology	3
<b>MATHEMATICS</b>		<b>3</b>	CHEM 1410	General Chemistry I	4
MATH 1306	College Algebra	3	CHEM 1420	General Chemistry II	4
<b>SOCIAL SCIENCE</b>		<b>3</b>	MATH 1320	Pre Calculus	3
PSYC 1301	General Psychology	3	MATH 2303	Statistics	3
<b>US HISTORY OR US GOVERNMENT – SELECT ONE</b>		<b>3</b>	PHYS 2411	General Physics I	4
HIST 2311	American History to 1877	3	EXSS 2350	Prevention and Care of Athletic Injuries	
HIST 2312	American History since 1877	3	EXSS 3170	Health Science Clinical I	1
POLS 2305	United States Government	3	EXSS 3354	Performance Nutrition	
POLS 2306	Texas State and Local Government	3	EXSS 3379	Sport Psychology	
<b>FRESHMAN SEMINAR</b>		<b>1</b>	EXSS 4170	Health Science Clinical II	1
UMHB 1101	Freshman Seminar	1	EXSS 4171	Health Science Clinical III	1
<b>CHAPEL – 1 to 4 credits</b>			EXSS 4335	Biomechanics of Human Movement	3
UMHB 1002	Chapel		EXSS 4351	Rehabilitation and Therapeutic Exercise	3
<b>Fine Arts Experience – 2 to 8 credits</b>			<i>Grades of "C" or better are required in all courses in the major (including required support courses and required courses from other departments.)</i>		
UMHB 1005	Fine Arts Experience		<i>Minimum cumulative GPA of 3.2.</i>		

## Electives 4 Hours

### ELECTIVES 4

You need 4 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-AT Concentration	44
Electives	4
<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	3.20