

# Health Science (B.S.H.S) – Pre-OT

2024-2025 Academic Catalog, Bachelor of Science in Health Science – Health Science, Pre-Occupational Therapy Concentration

<b>Academic Core for B.S.H.S.</b>		<b>40 Hours</b>	<b>Health Science - Pre-OT</b>	<b>62 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-OT CONCENTRATION</b>		<b>30</b>
BIOL 2141	Human Anatomy & Physiology II Lab	1	EXSS 3170	Health Science Clinical I	1
BIOL 2341	Human Anatomy & Physiology II	3	EXSS 4170	Health Science Clinical II	1
<b>PUBLIC SPEAKING</b>		<b>3</b>	EXSS 4335	Biomechanics of Human Movement	3
COMM 1320	Public Speaking	3	EXSS 4351	Rehabilitation and Therapeutic Exercise	3
<b>MATHEMATICS</b>		<b>3</b>	EXSS 4395	Motor Behavior	3
MATH 1306	College Algebra	3	MATH 1320	Pre Calculus	3
<b>SOCIAL SCIENCE</b>		<b>3</b>	MATH 2303	Statistics	3
PSYC 1301	General Psychology	3	PSYC 2311	Developmental Psychology	3
<b>US HISTORY OR US GOVERNMENT – SELECT ONE</b>		<b>3</b>	PSYC 3315	Abnormal Psychology	3
HIST 2311	American History to 1877	3	PHYS 2411	General Physics I	4
HIST 2312	American History since 1877	3	SOCI 1311	Introduction to Sociology	3
POLS 2305	United States Government	3	<i>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.)</i>		
POLS 2306	Texas State and Local Government	3	<i>Minimum cumulative GPA of 3.2.</i>		
<b>FRESHMAN SEMINAR</b>		<b>1</b>	<b>Electives</b>		<b>18 Hours</b>
UMHB 1101	Freshman Seminar	1	<b>UPPER LEVEL ELECTIVES</b>		<b>1</b>
<b>CHAPEL – 1 to 4 credits</b>			You need 1 additional hour to reach your minimum 36 UL required hrs.		
UMHB 1002	Chapel		<b>ELECTIVES</b>		<b>17</b>
<b>Fine Arts Experience – 2 to 8 credits</b>			You need 17 additional hours to reach your minimum 120 required hrs.		
UMHB 1005	Fine Arts Experience		<b>Total Hours</b>		
			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	
			<b>Total hours required for graduation</b>	<b>120</b>	
			<b>Additional Graduation Requirements</b>		
			Minimum Upper Level hours	36	
			Minimum hours taken at UMHB	30	
			Minimum Upper Level hours taken at UMHB	24	
			Minimum cumulative GPA	3.20	