

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

2025-2026 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**

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

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

FINE ARTS – SELECT ONE **3**

ARTS 1310	Drawing I	3
ARTS 1320	Design	3
ARTS 1350	Art Appreciation	3
ARTS 2360	Ceramics I	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
-----------	--------------------	---

LAB SCIENCE **4**

	Laboratory Science Course	4
--	---------------------------	---

PUBLIC SPEAKING **3**

COMM 1320	Public Speaking	3
-----------	-----------------	---

MATHEMATICS **3**

MATH 1304	Survey of Mathematics	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	
-----------	----------------------	--

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	-
EXSS 4050	EXSS Assessment	0

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

ELECTIVES **18**

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

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

2025-2026 Academic Catalog, Bachelor of Science in Health Science – EC-12 Physical Education, Coaching Concentration – DEGREE SEQUENCE

FRESHMAN FALL **13 Hours**

ENGL 1321	Rhetoric & Composition I	3
CSBS 1311	Engaging the Old Testament	3
COMM 1320	Public Speaking	3
EXSS 2340	Introduction to Exercise and Sport Science	3
UMHB 1101	First Year Seminar	1
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

FRESHMAN SPRING **15 Hours**

ENGL 1322	Rhetoric & Composition II	3
MATH 1304	Survey of Mathematics	3
CSBS 1312	Engaging the New Testament	3
PSYC 1301	General Psychology	3
	Fine Arts	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE FALL **16 Hours**

ENGL	Literature	3
BIOL 2340	Human Anatomy & Physiology I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
EXSS 2353	Lifespan Nutrition	3
EXSS 2352	Personal Health and Fitness	3
	US History or US Government	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE SPRING **16 Hours**

EXSS 2350	Prevention and Care of Athletic Injuries	3
EXSS 3300	Teaching Team and Individual Sports	3
EXSS 3384	Coaching Theory	3
EXSS 3107	Advanced Cardiovascular Training	1
EXSS 3378	Exercise Psychology	3
	Elective	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

JUNIOR FALL **16 Hours**

	Lab Science	4
EXSS 4310	Teaching Children and Adolescents P.E.	3
EXSS 3390	Anatomical Kinesiology	3
EXSS 3379	Sport Psychology	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

JUNIOR SPRING **16 Hours**

EXSS 3135	Advanced Resistance Training	1
EXSS 3354	Performance Nutrition	3
EXSS 3312	Methods of Coaching	3
EXSS 3360	Sport Venue/Event Management	3
EXSS 3395	Physiology of Exercise	3
EXSS 4392	Tests and Measurements in EXSS	3
UMHB 1005	Fine Arts Experience	0

SENIOR FALL **16 Hours**

EXSS 3141	Exercise and Sport Science Practicum	1
EXSS 4395	Motor Behavior	3
EXSS 4344	Leadership in Health Science	3
EXSS 4350	Principles of Strength and Conditioning	3
	Elective	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

SENIOR SPRING **12 Hours**

EXSS 4398	Field Experience in EXSS	3
EXSS 4379	Legal Aspects of Sport	3
	Elective	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

Total Credit Hours: 120