

EC-12 Physical Education (B.S.H.S) – Teacher Certification

2025-2026 Academic Catalog, Bachelor of Science in Health Science – EC-12 Physical Education, Teacher Certification Concentration

Academic Core for B.S.H.S.

43 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
	Lab Science	4

PUBLIC SPEAKING		3
COMM 1320	Public Speaking	3

MATHEMATICS		3
MATH 1304	Survey of Mathematics	3

SOCIAL SCIENCE – SELECT ONE		3
PSYC 1301	General Psychology	3
EDUC 2399	Child and Adolescent Development	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

TECHNOLOGY		3
EDUC 2311	Classroom Technology	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 – Teacher Cert. 63 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

TEACHING CERTIFICATION CONCENTRATION		25
EDUC 3315	Students and Learning	3
EDUC 4324	Classroom Management	3
EDUC 4328	Curriculum Design	3
EDUC 4385	Educational Internship	3
EDUC 4250	Certification Preparation Seminar	2
EDUC 4501	Student Teaching I	5
EDUC 4502	Student Teaching II	5
EXSS 4104	Senior Seminar	1

Admissions to Teacher Education Program- Cumulative GPA must be a minimum of 2.75. A minimum 3.00 GPA and no grade lower than a "C" are required in certification area & professional development.

Electives

14 Hours

ELECTIVES	14
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You need 14 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
Teaching Certification Concentration	28
Electives	14
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	2.75

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

FRESHMAN FALL 16 Hours

ENGL 1321	Rhetoric & Composition I	3
CSBS 1311	Engaging the Old Testament	3
COMM 1320	Public Speaking	3
MATH 1304	Survey of Mathematics	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 16 Hours

ENGL 1322	Rhetoric & Composition II	3
CSBS 1312	Engaging the New Testament	3
BIOL 2340	Human Anatomy & Physiology I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
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
EXSS 2353	Lifespan Nutrition	3
EXSS 2352	Personal Health and Fitness	3
	US History or US Government	3
EXSS 2350	Prevention and Care of Athletic Injuries	3
EXSS 3107	Advanced Cardiovascular Training	1
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE SPRING 16 Hours

EXSS 3300	Teaching Team and Individual Sports	3
EDUC 2311	Classroom Technology	3
EDUC 3315	Students and Learning	3
EXSS 3378	Exercise Psychology	3
EXSS 3135	Advanced Resistance Training	1
	Elective	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

JUNIOR FALL 16 Hours

EXSS 4310	Teaching Children and Adolescents P.E.	3
EXSS 3390	Anatomical Kinesiology	3
	Lab Science	4
EXSS 4344	Leadership in Health Science	3
EDUC 4324	Classroom Management	3
UMHB 1005	Fine Arts Experience	0

JUNIOR SPRING 16 Hours

EXSS 3395	Physiology of Exercise	3
EXSS 4392	Tests and Measurements in EXSS	3
EDUC 4328	Curriculum Design	3
EXSS 3141	Exercise and Sport Science Practicum	1
	Elective	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

SENIOR FALL 12 Hours

EDUC 4385	Educational Internship	3
EXSS 4104	Senior Seminar	1
EXSS 4395	Motor Behavior	3
	Elective	3
	Elective	2
UMHB 1005	Fine Arts Experience	0

SENIOR SPRING 12 Hours

EDUC 4250	Certification Preparation Seminar	2
EDUC 4501	Student Teaching I	5
EDUC 4502	Student Teaching II	5
UMHB 1005	Fine Arts Experience	0

Total Credit Hours: 120