

# Exercise Physiology (B.S.H.S) – Clinical Exercise Physiology

2025-2026 Academic Catalog, Bachelor of Science in Health Science – Exercise Physiology, Clinical Exercise Physiology Concentration

## Academic Core for B.S.H.S.

**40 Hours**

<b>CHRISTIAN STUDIES</b>		<b>6</b>
CSBS 1311	Engaging the Old Testament	3
CSBS 1312	Engaging the New Testament	3

<b>ENGLISH</b>		<b>9</b>
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.

<b>EXERCISE &amp; SPORT SCIENCE</b>		<b>2</b>
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

<b>FINE ARTS – SELECT ONE</b>		<b>3</b>
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

<b>WORLD CULTURES</b>		<b>3</b>
EXSS 2353	Lifespan Nutrition	3

<b>LAB SCIENCE</b>		<b>4</b>
BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2341	Human Anatomy & Physiology II	3

<b>PUBLIC SPEAKING</b>		<b>3</b>
COMM 1320	Public Speaking	3

<b>MATHEMATICS</b>		<b>3</b>
MATH 1304	Survey of Mathematics	3

<b>SOCIAL SCIENCE</b>		<b>3</b>
PSYC 1301	General Psychology	3

<b>US HISTORY OR US GOVERNMENT – SELECT ONE</b>		<b>3</b>
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

<b>FRESHMAN SEMINAR</b>		<b>1</b>
UMHB 1101	Freshman Seminar	1

<b>CHAPEL – 1 to 4 credits</b>		
UMHB 1002	Chapel	

<b>Fine Arts Experience – 2 to 8 credits</b>		
UMHB 1005	Fine Arts Experience	

## Exercise Physiology – CEP

**55 Hours**

Grades of "C" or better are required in all courses (including support courses) counting toward the Exercise Physiology major.

<b>HEALTH SCIENCE FOUNDATION</b>		<b>16</b>
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 4050	EXSS Assessment	0
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.

<b>EXERCISE PHYSIOLOGY MAJOR</b>		<b>18</b>
EXSS 3354	Performance Nutrition	3
EXSS 3378	Exercise Psychology	3
EXSS 3396	Physiology of Exercise II	3
EXSS 4392	Tests and Measurements in EXSS	3
EXSS 4394	Exercise Testing and Prescription	3
EXSS 4398	Field Experience in EXSS	3

<b>CLINICAL EXERCISE PHYSIOLOGY CONCENTRATION</b>		<b>21</b>
EXSS 3335	Science of Weight Loss and Body Recomposition	3
EXSS 2335	Medical Terminology	3
EXSS 3357	Pharmacology	3
EXSS 4351	Rehabilitation and Therapeutic Exercise	3
EXSS 4360	Pathophysiology of Chronic Disease	3
EXSS 4385	ECG Analysis	3
PSYC 3320	Health Psychology	3

## Electives

**25 Hours**

<b>ELECTIVES</b>		<b>25</b>
You need 25 additional hours to reach your minimum 120 required hrs.		

## Total Hours

Academic Core for B.S.H.S. Exercise Physiology	40
Health Science Foundation	16
Exercise Physiology Major	18
Clinical Exercise Physiology Concentration	21
Electives	25

<b>Total hours required for graduation</b>	<b>120</b>
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## 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	2.00

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2025-2026 Academic Catalog, Bachelor Science in Health Science – Exercise Physiology - Clinical Exercise Physiology – DEGREE SEQUENCE

## **FRESHMAN FALL** **16 Hours**

ENGL 1321	Rhetoric & Composition I	3
CSBS 1311	Engaging the Old Testament	3
COMM 1320	Public Speaking	3
	Fine Arts	3
PSYC 1301	General Psychology	3
UMHB 1101	First Year Seminar	1
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

## **FRESHMAN SPRING** **15 Hours**

EXSS 2340	Introduction to Exercise and Sport Science	3
CSBS 1312	Engaging the New Testament	3
ENGL 1322	Rhetoric & Composition II	3
EXSS 2353	Lifespan Nutrition	3
	MATH (1304 or higher)	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

## **SOPHOMORE FALL** **17 Hours**

ENGL	Literature	3
BIOL 2340	Human Anatomy & Physiology I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
EXSS 3135	Advanced Resistance Training	1
EXSS 3354	Performance Nutrition	3
	Elective courses	6
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

## **SOPHOMORE SPRING** **17 Hours**

EXSS 2355	Medical Terminology	3
BIOL 2341	Human Anatomy & Physiology II	3
BIOL 2141	Human Anatomy & Physiology II Lab	1
EXSS 3107	Advanced Cardiovascular Training	1
EXSS 3378	Exercise Psychology	3
	Elective courses	6
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

## **JUNIOR FALL** **16 Hours**

	US History or US Government	3
EXSS 3395	Physiology of Exercise	3
EXSS 4392	Tests and Measurements in EXSS	3
EXSS 4344	Leadership in Health Science	3
EXSS 4394	Exercise Testing and Prescription	3
	Elective	1
UMHB 1005	Fine Arts Experience	0

## **JUNIOR SPRING** **15 Hours**

EXSS 3396	Physiology of Exercise II	3
PSYC 3320	Health Psychology (Spring Only)	3
EXSS 4385	ECG Analysis (Spring Only)	3
EXSS 3390	Anatomical Kinesiology	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

## **SENIOR FALL** **12 Hours**

EXSS 3357	Pharmacology	3
EXSS 3335	The Science of Weight Loss and Body Rec.	3
EXSS 4050	EXSS Assessment	0
EXSS 4351	Rehabilitation and Therapeutic Exercise	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

## **SENIOR SPRING** **12 Hours**

EXSS 4360	Pathophysiology of Chronic Disease	3
EXSS 4398	Field Experience in EXSS	3
	Elective courses	6
UMHB 1005	Fine Arts Experience	0

**Total Credit Hours: 120**