

Exercise Physiology (B.S.H.S.) – Personal Training & Fitness

2025-2026 Academic Catalog, Bachelor of Science in Health Science – Exercise Physiology, Personal Training and Fitness 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
BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2341	Human Anatomy & Physiology II	3

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	

Exercise Physiology – PTF

55 Hours

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

EXERCISE PHYSIOLOGY MAJOR		18
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

PERSONAL TRAINING AND FITNESS CONCENTRATION		21
EXSS 2350	Prevention and Care of Athletic Injuries	3
EXSS 2352	Personal Health and Fitness	3
EXSS 3330	Concepts of Personal Training	3
EXSS 3335	The Science of Weight Loss and Body Recomposition	3
EXSS 3360	Sport Venue/Event Management	3
EXSS 4320	Group Fitness Programming	3
EXSS 4350	Principles of Strength and Conditioning	3

Electives

25 Hours

ELECTIVES		25
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
Personal Training & Fitness Concentration	21
Electives	25
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

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2025-2026 Academic Catalog, Bachelor Science in Health Science – Exercise Physiology – Personal Training and Fitness – DEGREE SEQUENCE

FRESHMAN FALL 16 Hours

EXSS 2340	Introduction to Exercise and Sport Science	3
ENGL 1321	Rhetoric & Composition I	3
CSBS 1311	Engaging the Old Testament	3
COMM 1320	Public Speaking	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 2353	Lifespan Nutrition	3
CSBS 1312	Engaging the New Testament	3
ENGL 1322	Rhetoric & Composition II	3
	MATH (1304 or higher)	3
	Fine Arts	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 2352	Personal Health & Fitness	3
EXSS 3360	Sport Venue & Event Mgt	3
EXSS 2350	Prevention & Care for Athl Injuries	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE SPRING 14 Hours

EXSS 3378	Exercise Psychology	3
BIOL 2341	Human Anatomy & Physiology II	3
BIOL 2141	Human Anatomy & Physiology II Lab	1
EXSS 3107	Advanced Cardiovascular Training	1
EXSS 3354	Performance Nutrition	3
EXSS 4392	Tests and Measurements in EXSS	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

JUNIOR FALL 15 Hours

	US History or US Government	3
EXSS 3395	Physiology of Exercise	3
EXSS 2345	Human Anatomy (Rec Elective)	3
EXSS 4344	Leadership in Health Science	3
EXSS 3335	Sci of Weight Loss & Body Recomp	3
UMHB 1005	Fine Arts Experience	0

JUNIOR SPRING 15 Hours

EXSS 3396	Physiology of Exercise II	3
EXSS 3330	Concepts of Personal Training	3
EXSS 4320	Group Fitness Programming	3
EXSS 3390	Anatomical Kinesiology	3
EXSS 4378	Sport Finance (Rec Elective)	3
UMHB 1005	Fine Arts Experience	0

SENIOR FALL 15 Hours

EXSS 4050	EXSS Assessment	0
EXSS 4394	Exercise Testing and Prescription	3
EXSS 4350	Principles of Strength and Conditioning	3
	Elective	3
	Elective	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

SENIOR SPRING 13 Hours

EXSS 4398	Internship	3
	Elective	3
	Elective	3
	Elective	3
	Elective	1
UMHB 1005	Fine Arts Experience	0

Total Credit Hours: 120