

Exercise Physiology (B.S.H.S.) – Strength & Conditioning

2025-2026 Academic Catalog, Bachelor of Science in Health Science – Exercise Physiology, Strength & Conditioning 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 3107	Advanced Cardiovascular Training	1
EXSS 3135	Advanced Resistance Training	1

A grade of "C" or higher is required in both EXSS 3107 and EXSS 3135.

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
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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
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MATHEMATICS **3**

MATH 1304	Survey of Mathematics	3
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SOCIAL SCIENCE **3**

PSYC 1301	General Psychology	3
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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
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CHAPEL – 1 to 4 credits

UMHB 1002	Chapel	
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Fine Arts Experience – 2 to 8 credits

UMHB 1005	Fine Arts Experience	
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Exercise Physiology – S & C

61 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 **15**

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

STRENGTH AND CONDITIONING CONCENTRATION **30**

EXSS 2140	SCEP Observation	1
EXSS 2345	Human Anatomy	3
EXSS 3379	Sport Psychology	3
EXSS 4108	Advanced Olympic Lifting Techniques	1
EXSS 4315	Ergogenic Aids in Sport	3
EXSS 4319	Program Design in Strength and Conditioning	3
EXSS 4335	Biomechanics of Human Movement	3
EXSS 4350	Principles of Strength and Conditioning	3
EXSS 4351	Rehabilitation and Therapeutic Exercise	3
EXSS 4185	CSCS Seminar	1
EXSS 4670	Internship in Strength and Conditioning	6

Electives

19 Hours

ELECTIVES **19**

You need 19 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	15
Strength & Conditioning Concentration	30
Electives	19
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	3.0

Exercise Physiology (B.S.H.S) – Strength and Conditioning

2025-2026 Academic Catalog, Bachelor Science in Health Science – Exercise Physiology - Strength and Conditioning – DEGREE SEQUENCE

FRESHMAN FALL 16 Hours

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

FRESHMAN SPRING 16 Hours

EXSS 2340	Introduction to Exercise and Sport Science	3
EXSS 2140	SCEP Observation	1
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 14 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 2345	Human Anatomy	3
	Fine Arts	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE SPRING 17 Hours

BIOL 2341	Human Anatomy & Physiology II	3
BIOL 2141	Human Anatomy & Physiology II Lab	1
EXSS 3107	Advanced Cardiovascular Training	1
	US History or US Government	3
	Elective	3
	Elective	3
	Elective	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

JUNIOR FALL 15 Hours

EXSS 3395	Physiology of Exercise	3
EXSS 4392	Tests and Measurements in EXSS	3
EXSS 3390	Anatomical Kinesiology	3
EXSS 4350	Principles of Strength and Conditioning	3
	Elective	3
UMHB 1005	Fine Arts Experience	0

JUNIOR SPRING 14 Hours

EXSS 3396	Physiology of Exercise II	3
EXSS 3378	Exercise Psychology	3
EXSS 4108	Advanced Olympic Lifting Techniques	1
EXSS 3354	Performance Nutrition	3
	Elective	3
	Elective	1
UMHB 1005	Fine Arts Experience	0

SENIOR FALL 15 Hours

EXSS 4050	EXSS Assessment	0
EXSS 3379	Sport Psychology	3
EXSS 4344	Leadership in Health Science	3
EXSS 4351	Rehabilitation and Therapeutic Exercise	3
EXSS 4319	Program Design in Strength and Conditioning	3
EXSS 4315	Ergogenic Aids in Sport	3
UMHB 1005	Fine Arts Experience	0

SENIOR SPRING 13 Hours

EXSS 4394*	Exercise Testing and Prescription	3
EXSS 4335*	Biomechanics of Human Movement	3
EXSS 4185	CSCS Seminar	1
EXSS 4670	Internship in Strength and Conditioning	6
UMHB 1005	Fine Arts Experience	0

(*The department recommends that, *if possible*, these courses are taken during previous terms in order to focus on the internship during their last semester)

Total Credit Hours: 120