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

Academic Core for B.S.H.S. 40 I		Hours	Exercise Physiology – S & C		1 Hours	
		6	Grades of "C" or better are required in all courses (including support course counting toward the Exercise Physiology major.			
CSBS 1311 Engaging the Old Testament		3				
CSBS 1312	Engaging the New Testament	3	HEALTH SCIE	NCE FOUNDATION	16	
			EXSS 2340	Introduction to Exercise and Sport Science	3	
NGLISH		9	BIOL 2340	Human Anatomy & Physiology I	3	
ENGL 1321	Rhetoric & Composition I	3	BIOL 2140	Human Anatomy & Physiology I Lab	1	
NGL 1322	Rhetoric & Composition II	3	EXSS 2353	Lifespan Nutrition		
ENGL	Literature	3	EXSS 3390	Anatomical Kinesiology	3	
	or higher is required in ENGL 1321 and ENGL 1322.		EXSS 3395	Physiology of Exercise	3	
rigidad of a Configuration equilibrium ENOL 1921 unu ENOL 1922.			EXSS 4050	EXSS Assessment	(
EXERCISE & SPORT SCIENCE		2	EXSS 4344	Leadership in Health Science	3	
EXSS 3107	Advanced Cardiovascular Training	1	PSYC 1301	General Psychology	-	
EXSS 3135	•	1	EXSS 3107	Advanced Cardiovascular Training		
	Advanced Resistance Training		EXSS 3135	Advanced Resistance Training	_	
A grade of "C" o	r higher is required in both EXSS 3107 and EXSS 3135	5.		SS 2353, PSYC 1301, EXSS 3107, and EXSS 3135 are already o	accounted	
TAIL ADEC CE	TECT ONE	2	in the Academic	•	iccountec	
INE ARTS — SE		3	III the Academic	core.		
ARTS 1310	Drawing I	3	EXERCISE PH	YSIOLOGY MAJOR	15	
ARTS 1320	Design	3	FXSS 3354	Performance Nutrition	3	
ARTS 1350	Art Appreciation	3	EXSS 3378	Exercise Psychology	3	
ARTS 2360	Ceramics I	3	EXSS 3396	Physiology of Exercise II	3	
			EXSS 4392	Tests and Measurements in EXSS	3	
COMM 2335	Film Appreciation	3	EXSS 4394	Exercise Testing and Prescription	3	
INA 2330	Exploring the Fine Arts	3	LA33 4334	Exercise resuing and Prescription	-	
MUSI 1340	Music Appreciation	3	STRENGTH A	ND CONDITIONING CONCENTRATION	30	
THEA 2350	Theatre Appreciation	3	EXSS 2140	SCEP Observation	1	
	• • • • • • • • • • • • • • • • • • • •		EXSS 2345	Human Anatomy	3	
WORLD CULT	URES	3	EXSS 3379	Sport Psychology	3	
XSS 2353	Lifespan Nutrition	3		, ,,		
			EXSS 4108	Advanced Olympic Lifting Techniques	1	
AB SCIENCE		4	EXSS 4315	Ergogenic Aids in Sport	3	
BIOL 2141	Human Anatomy & Physiology II Lab	1	EXSS 4319	Program Design in Strength and Conditioning	3	
3IOL 2341	Human Anatomy & Physiology II	3	EXSS 4335	Biomechanics of Human Movement	3	
5101 2541	Hamatranatomy & mysiology ii	9	EXSS 4350	Principles of Strength and Conditioning	3	
PUBLIC SPEAKING		3	EXSS 4351	Rehabilitation and Therapeutic Exercise	3	
		3	EXSS 4185	CSCS Seminar	1	
COMM 1320	Public Speaking	3	EXSS 4670	Internship in Strength and Conditioning	6	
MATHEMATICS		3				
MATH 1304	Survey of Mathematics	3	Electives	19	Hours	
OCIAL SCIEN	CE	3				
PSYC 1301	General Psychology	3	ELECTIVES		19	
510 1501	General i Sychology	9	You need 19 a	dditional hours to reach your minimum 120 require	ed hrs.	
JS HISTORY O	OR US GOVERNMENT – SELECT ONE	3				
HIST 2311	American History to 1877	3				
HIST 2312	American History since 1877	3	Total Hours		40	
POLS 2305	United States Government	3		Academic Core for B.S.H.S. Exercise Physiology		
POLS 2306	Texas State and Local Government	3	Health Science	e Foundation	16	
013 2300	Texas state and local dovernment	3	Exercise Physic	ology Major	15	
FRESHMAN SEMINAR		1	Strength & Co	nditioning Concentration	30	
JMHB 1101	Freshman Seminar	1	Electives		19	
DIVILID TIOT	Tresmilar Schillar	1	Total hours re	quired for graduation	120	
HAPEL-1 to 4			Additional Gra	duation Requirements		
JMHB 1002	Chapel			· · · · · · · · · · · · · · · · · · ·	36	
Fine Arts Experience 2 to 9 credits				Minimum Upper Level hours Minimum hours taken at UMHB		
Fine Arts Experience – 2 to 8 credits				er Level hours taken at UMHB	30 24	
JMHB 1005	Fine Arts Experience		Minimum cum		3.0	

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FRESHMAN FALL 16		L6 Hours	FRESHMAN SPRING		16 Hours
ENGL 1321	Rhetoric & Composition I	3	EXSS 2340	Introduction to Exercise and Sport Science	3
CSBS 1311	Engaging the Old Testament	3	EXSS 2140	SCEP Observation	1
COMM 1320	Public Speaking	3	CSBS 1312	Engaging the New Testament	3
PSYC 1301	General Psychology	3	ENGL 1322	Rhetoric & Composition II	3
	Elective	3	EXSS 2353	Lifespan Nutrition	3
UMHB 1101	First Year Seminar	1		MATH (1304 or higher)	3
UMHB 1002	Chapel	0	UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0	UMHB 1005	Fine Arts Experience	0
SOPHOMORE FALL		L4 Hours	SOPHOMORE	SPRING	17 Hours
ENGL	Literature	3	BIOL 2341	Human Anatomy & Physiology II	3
BIOL 2340	Human Anatomy & Physiology I	3	BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2140	Human Anatomy & Physiology I Lab	1	EXSS 3107	Advanced Cardiovascular Training	1
EXSS 3135	Advanced Resistance Training	1	2,100 010,	US History or US Government	3
EXSS 2345	Human Anatomy	3		Elective	3
	Fine Arts	3		Elective	3
				Elective	3
UMHB 1002	Chanel	()			
UMHB 1002 UMHB 1005	Chapel Fine Arts Experience	0	UMHB 1002		
UMHB 1002 UMHB 1005	Chapel Fine Arts Experience	0	UMHB 1002 UMHB 1005	Chapel Fine Arts Experience	0
	Fine Arts Experience			Chapel Fine Arts Experience	0
UMHB 1005	Fine Arts Experience	0	UMHB 1005	Chapel Fine Arts Experience	0
UMHB 1005	Fine Arts Experience	0 15 Hours	UMHB 1005	Chapel Fine Arts Experience	0 0 14 Hours
JUNIOR FALL EXSS 3395	Fine Arts Experience Physiology of Exercise	0 L5 Hours 3	JUNIOR SPRINE EXSS 3396	Chapel Fine Arts Experience IG Physiology of Exercise II	0 0 14 Hours 3
JUNIOR FALL EXSS 3395 EXSS 4392	Fine Arts Experience Physiology of Exercise Tests and Measurements in EXSS	0 L5 Hours 3 3	JUNIOR SPRIME EXSS 3396 EXSS 3378	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology	0 0 14 Hours 3 3
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 3390	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology	0 L5 Hours 3 3 3	JUNIOR SPRIME EXSS 3396 EXSS 3378 EXSS 4108	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques	0 0 14 Hours 3 3 3
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 3390	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning	0 L5 Hours 3 3 3 3	JUNIOR SPRIME EXSS 3396 EXSS 3378 EXSS 4108	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition	0 0 14 Hours 3 3 1 3
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 3390 EXSS 4350	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective	0 L5 Hours 3 3 3 3 3	JUNIOR SPRIME EXSS 3396 EXSS 3378 EXSS 4108	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective	0 0 14 Hours 3 3 1 3 3 3
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 3390 EXSS 4350	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective Fine Arts Experience	0 L5 Hours 3 3 3 3 3	JUNIOR SPRIN EXSS 3396 EXSS 3378 EXSS 4108 EXSS 3354	Chapel Fine Arts Experience Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective Elective Fine Arts Experience	14 Hours 3 3 1 3 3 1
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 3390 EXSS 4350 UMHB 1005	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective Fine Arts Experience	0 L5 Hours 3 3 3 3 0	JUNIOR SPRIN EXSS 3396 EXSS 3378 EXSS 4108 EXSS 3354 UMHB 1005	Chapel Fine Arts Experience Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective Elective Fine Arts Experience	14 Hours 3 3 1 3 1 0
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 4350 UMHB 1005 SENIOR FALL	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective Fine Arts Experience	0 L5 Hours 3 3 3 3 0	JUNIOR SPRIN EXSS 3396 EXSS 3378 EXSS 4108 EXSS 3354 UMHB 1005	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective Elective Fine Arts Experience	14 Hours 3 3 1 3 1 0 13 Hours
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 4350 UMHB 1005 SENIOR FALL EXSS 4050	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective Fine Arts Experience	0 15 Hours 3 3 3 3 0	JUNIOR SPRIN EXSS 3396 EXSS 3378 EXSS 4108 EXSS 3354 UMHB 1005 SENIOR SPRIN EXSS 4394* EXSS 4394* EXSS 4335* EXSS 4185	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective Elective Fine Arts Experience IG Exercise Testing and Prescription Biomechanics of Human Movement CSCS Seminar	14 Hours 3 3 1 3 1 0 13 Hours
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 4390 EXSS 4350 UMHB 1005 SENIOR FALL EXSS 4050 EXSS 3379	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective Fine Arts Experience EXSS Assessment Sport Psychology	0 15 Hours 3 3 3 3 0	JUNIOR SPRIN EXSS 3396 EXSS 3378 EXSS 4108 EXSS 3354 UMHB 1005 SENIOR SPRIN EXSS 4394* EXSS 4394* EXSS 4335* EXSS 4185 EXSS 4670	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective Elective Fine Arts Experience IG Exercise Testing and Prescription Biomechanics of Human Movement CSCS Seminar Internship in Strength and Conditioning	14 Hours 3 3 1 3 1 0 13 Hours
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 4350 UMHB 1005 SENIOR FALL EXSS 4050 EXSS 3379 EXSS 4344	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective Fine Arts Experience EXSS Assessment Sport Psychology Leadership in Health Science	0 15 Hours 3 3 3 3 0	JUNIOR SPRIM EXSS 3396 EXSS 3378 EXSS 4108 EXSS 3354 UMHB 1005 SENIOR SPRIM EXSS 4394* EXSS 4394* EXSS 4335* EXSS 4185 EXSS 4670 UMHB 1005	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective Elective Fine Arts Experience Exercise Testing and Prescription Biomechanics of Human Movement CSCS Seminar Internship in Strength and Conditioning Fine Arts Experience	14 Hours 3 3 1 3 1 0 13 Hours 3 3 1 0 1 Hours
JUNIOR FALL EXSS 3395 EXSS 4392 EXSS 4350 UMHB 1005 SENIOR FALL EXSS 4050 EXSS 4379 EXSS 4344 EXSS 4351	Physiology of Exercise Tests and Measurements in EXSS Anatomical Kinesiology Principles of Strength and Conditioning Elective Fine Arts Experience EXSS Assessment Sport Psychology Leadership in Health Science Rehabilitation and Therapeutic Exercise	0 15 Hours 3 3 3 3 0 15 Hours 0 3 3 3 3	JUNIOR SPRIMEXSS 3396 EXSS 3378 EXSS 4108 EXSS 3354 UMHB 1005 SENIOR SPRIMEXSS 4394* EXSS 4394* EXSS 4335* EXSS 4185 EXSS 4670 UMHB 1005 (*The department of the company	Chapel Fine Arts Experience IG Physiology of Exercise II Exercise Psychology Advanced Olympic Lifting Techniques Performance Nutrition Elective Elective Fine Arts Experience IG Exercise Testing and Prescription Biomechanics of Human Movement CSCS Seminar Internship in Strength and Conditioning	14 Hours 3 3 1 3 1 0 13 Hours 3 3 1 0 es are taken

Total Credit Hours: 120