Health Science (B.S.H.S) — Pre-Athletic Training 2025-2026 Academic Catalog, Bachelor of Science in Health Science, Pre-Athletic Training Concentration

	Core for B.S.H.S. 40 H	lours	meditin SCIE	ence - Pre-Athletic Training	76 Hou
CHRISTIAN STUDIES			HEALTH SCIENCE FOUNDATION		:
CSBS 1311	Engaging the Old Testament	<u>6</u> 3	EXSS 2335	Introduction to Health Sciences	
CSBS 1312	Engaging the New Testament	3	BIOL 2340	Human Anatomy & Physiology I	
5555 1512	21.848.118 110 11011 12011110111		BIOL 2140	Human Anatomy & Physiology I Lab	
NGLISH		9	EXSS 2353	Lifespan Nutrition	
NGL 1321	Rhetoric & Composition I	3	EXSS 3390	Anatomical Kinesiology	
NGL 1321 NGL 1322	Rhetoric & Composition II	3	EXSS 3395	Physiology of Exercise	
NGL 1322 NGL	Literature	3	EXSS 4050	EXSS Assessment	
		3	EXSS 4344	Leadership in Health Science	
i graae oj a C	or higher is required in ENGL 1321 and ENGL 1322.		PSYC 1301	General Psychology	
XERCISE & SPO	DRT SCIENCE	2		·	
		2	EXSS 3135	Advanced Resistance Training	
XSS 3135	Advanced Resistance Training	1		Select one:	
	Select one:		EXSS 3107	Advanced Cardiovascular Training	
XSS 3107	Advanced Cardiovascular Training	1	EXAC 4120	Marathon and Half-Marathon Training	
XAC 4120	Marathon and Half-Marathon Training	1		SS 2353, PSYC 1301, EXSS 3107/4120, and EXSS 3135	are already
	•	-	accounted for in the Academic Core.		are aiready
grade of C or	r higher is required in this section		accounted for m	ine reductine core.	
FINE ARTS—SELECT ONE			HEALTH SCIE	NCE MAJOR	
RTS 1310	Drawing I	3	EXSS 2345	Human Anatomy	
RTS 1320			EXSS 2355	Medical Terminology	
	Design	3	EXSS 3357	Pharmacology	
RTS 1350	Art Appreciation	3	EXSS 3396	Physiology of Exercise II	
RTS 2360	Ceramics I	3	EXSS 4360	Pathophysiology of Chronic Disease	
OMM 2335	Film Appreciation	3	EXSS 4103	Seminar in Health Sciences	
INA 2330	Exploring the Fine Arts	3	2,00 1100	Serima III reality serences	
			PRE-AT CONG	CENTRATION	
1USI 1340	Music Appreciation	3	BIOL 1150	Biology for Science Majors Lab	
HEA 2350	Theatre Appreciation	3	BIOL 1350	Biology for Science Majors	
		_	BIOL 3175	Human Physiology Lab	
VORLD CULTU		<u>3</u>	BIOL 3375	Human Physiology	
XSS 2353	Lifespan Nutrition	3	CHEM 1410	General Chemistry I	
				•	
AB SCIENCE		4	CHEM 1420	General Chemistry II	
IOL 2141	Human Anatomy & Physiology II Lab	1	MATH 1320	Pre Calculus	
IOL 2341	Human Anatomy & Physiology II	3	MATH 2303	Statistics	
	, , ,		PHYS 2411	General Physics I	
UBLIC SPEAKIN	NG	3	EXSS 2350	Prevention and Care of Athletic Injuries	
OMM 1320	Public Speaking	3	EXSS 3170	Health Science Clinical I	
OWIWI 1320	r abile speaking	3	EXSS 3354	Performance Nutrition	
NATHEMATICS		3	EXSS 3379	Sport Psychology	
1ATH 1306	College Algebra	3	EXSS 4170	Health Science Clinical II	
1555	5511665711852114	J	EXSS 4171	Health Science Clinical III	
OCIAL SCIENC	CE	3	EXSS 4335	Biomechanics of Human Movement	
SYC 1301	General Psychology	3	EXSS 4351	Rehabilitation and Therapeutic Exercise	
			Grades of "C" or	better are required in all courses in the major (inclua	lina reauired
S HISTORY O	OR US GOVERNMENT – SELECT ONE	3		and required courses from other departments.)	5 /
IIST 2311	American History to 1877	3	Minimum cumul		
IST 2312	American History since 1877	3	wiii ii	anve 6171 0j 3.2.	
OLS 2305	United States Government	3	Electives		4 Hou
			Electives		4 1100
OLS 2306	Texas State and Local Government	3	ELECTIVES		
RESHMAN SEIV	ΛΙΝΔΡ	1		ditional hours to reach your minimum 120 re	guirod bro
			10u neeu 4 au	uitional flours to reach your millimum 120 fe	quii eu iii s.
MHB 1101	Freshman Seminar	1			
HAPEL-1 to 4 o	credits		Total Hours		
				- f D C C -	
UMHB 1002 Chapel			Academic Core for B.S.H.S. Health Science		
			Health Science Foundation		
no Arto Francii -			Health Science	•	
	Fine Arts Experience		Pre-AT Concer	tration	
	Tille Ai is Experience		Electives		
	Tille At 3 Experience				
	The ALS Experience			quired for graduation	1
<u> </u>	Tille Al 3 Experience		Total hours re	quired for graduation duation Requirements	1
	The Ard Experience		Total hours re	duation Requirements	1
<u> </u>	THE ALS EXPERENCE		Total hours red Additional Gra Minimum Upp	duation Requirements er Level hours	1
ine Arts Experie IMHB 1005	THE ALG EXPERENCE		Total hours red Additional Gra Minimum Upp Minimum hou	duation Requirements	1

Health Science (B.S.H.S) — Pre Athletic Training 2025-2026 Academic Catalog, Bachelor Science in Health Science – Health Science - Pre-Athletic Training – DEGREE SEQUENCE

FRESHMAN FALL		16 Hours	FRESHMAN SPRING		16 Hours
ENGL 1321	Rhetoric & Composition I	3	ENGL 1322	Rhetoric & Composition II	3
CSBS 1311	Engaging the Old Testament	3	CSBS 1312	Engaging the New Testament	3
MATH 1306	College Algebra	3	MATH 1320	Pre Calculus	3
COMM 1320	Public Speaking	3	EXSS 2353	Lifespan Nutrition	3
EXSS 2335	Introduction to Health Sciences	3	PSYC 1301	General Psychology	3
UMHB 1101	First Year Seminar	1	EXSS 3170	Health Science Clinical I	1
UMHB 1002	Chapel	0	UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0	UMHB 1005	Fine Arts Experience	0
SOPHOMORE FALL		17 Hours	SOPHOMORE	SPRING	15 Hours
BIOL 1150	Biology for Science Majors I Lab	1	BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 1350	Biology for Science Majors I	3	BIOL 2341	Human Anatomy & Physiology II	3
BIOL 2140	Human Anatomy & Physiology I Lab	1		US History or US Government	3
BIOL 2340	Human Anatomy & Physiology I	3	EXSS 2345	, Human Anatomy	3
EXSS 2350	Prevention and Care of Athletic Injuries	3	MATH 2303	Statistics	3
ENGL	Literature	3	EXSS 3135	Advanced Resistance Training	1
	Fine Arts	3	EXSS 4170	Health Science Clinical II	1
UMHB 1002	Chapel	0	UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0	UMHB 1005	Fine Arts Experience	0
JUNIOR FALL		15 Hours	JUNIOR SPRIN	ıg	15 Hours
	General Chemistry I	15 Hours 4	JUNIOR SPRIM	I G General Chemistry II	
CHEM 1410	General Chemistry I Physiology of Exercise				4
CHEM 1410 EXSS 3395	•	4	CHEM 1420	General Chemistry II	4
CHEM 1410 EXSS 3395 EXSS 3107	Physiology of Exercise	4	CHEM 1420 EXSS 3396	General Chemistry II Physiology of Exercise II	4 3 3
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357	Physiology of Exercise Advanced Cardiovascular Training	4 3 1	CHEM 1420 EXSS 3396 EXSS 2355	General Chemistry II Physiology of Exercise II Medical Terminology	4 3 3 1
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375	Physiology of Exercise Advanced Cardiovascular Training Pharmacology	4 3 1 3	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III	4 3 3 1 1
JUNIOR FALL CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375 BIOL 3175 UMHB 1005	Physiology of Exercise Advanced Cardiovascular Training Pharmacology Human Physiology	4 3 1 3 3	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171 EXSS 4103	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III Seminar in Health Sciences	4 3 3 1 1 3
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375 BIOL 3175 UMHB 1005	Physiology of Exercise Advanced Cardiovascular Training Pharmacology Human Physiology Human Physiology Lab	4 3 1 3 3 1 0	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171 EXSS 4103 EXSS 3390 UMHB 1005	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III Seminar in Health Sciences Anatomical Kinesiology Fine Arts Experience	4 3 3 1 1 3 0
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375 BIOL 3175 UMHB 1005	Physiology of Exercise Advanced Cardiovascular Training Pharmacology Human Physiology Human Physiology Lab Fine Arts Experience	4 3 1 3 3 1 0	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171 EXSS 4103 EXSS 3390	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III Seminar in Health Sciences Anatomical Kinesiology Fine Arts Experience	4 3 3 1 1 3 0
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375 BIOL 3175 UMHB 1005 SENIOR FALL PHYS 2411	Physiology of Exercise Advanced Cardiovascular Training Pharmacology Human Physiology Human Physiology Lab Fine Arts Experience	4 3 1 3 3 1 0	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171 EXSS 4103 EXSS 3390 UMHB 1005	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III Seminar in Health Sciences Anatomical Kinesiology Fine Arts Experience	44 3 3 1 1 3 0 4 12 Hours
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375 BIOL 3175 UMHB 1005 SENIOR FALL PHYS 2411 EXSS 3379	Physiology of Exercise Advanced Cardiovascular Training Pharmacology Human Physiology Human Physiology Lab Fine Arts Experience General Physics I Sport Psychology	4 3 1 3 3 1 0	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171 EXSS 4103 EXSS 3390 UMHB 1005	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III Seminar in Health Sciences Anatomical Kinesiology Fine Arts Experience	4 3 3 1 1 3 0 1 2 Hours
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375 BIOL 3175 UMHB 1005 SENIOR FALL PHYS 2411 EXSS 3379	Physiology of Exercise Advanced Cardiovascular Training Pharmacology Human Physiology Human Physiology Lab Fine Arts Experience General Physics I Sport Psychology Biomechanics of Human Movement	4 3 1 3 3 1 0 14 Hours 4 3 3	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171 EXSS 4103 EXSS 3390 UMHB 1005 SENIOR SPRIM EXSS 3354 EXSS 4360	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III Seminar in Health Sciences Anatomical Kinesiology Fine Arts Experience	4 3 3 1 1 3 0 12 Hours 3 3 3
CHEM 1410 EXSS 3395 EXSS 3107 EXSS 3357 BIOL 3375 BIOL 3175	Physiology of Exercise Advanced Cardiovascular Training Pharmacology Human Physiology Human Physiology Lab Fine Arts Experience General Physics I Sport Psychology	4 3 1 3 3 1 0	CHEM 1420 EXSS 3396 EXSS 2355 EXSS 4171 EXSS 4103 EXSS 3390 UMHB 1005 SENIOR SPRIN EXSS 3354 EXSS 4360 EXSS 4351	General Chemistry II Physiology of Exercise II Medical Terminology Health Science Clinical III Seminar in Health Sciences Anatomical Kinesiology Fine Arts Experience Performance Nutrition Pathophysiology of Chronic Disease Rehabilitation and Therapeutic Exercise	15 Hours 4 3 3 1 1 3 0 12 Hours 3 3 3 3 0 0 0

Total Credit Hours: 120