

Health Science (B.S.H.S) – Pre-Athletic Training

2025-2026 Academic Catalog, Bachelor of Science in Health Science – Health Science, Pre-Athletic Training 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
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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 1306	College Algebra	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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Health Science - Pre-Athletic Training

76 Hours

HEALTH SCIENCE FOUNDATION 16

EXSS 2335	Introduction to Health Sciences	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 3135	Advanced Resistance Training	-

Select one:

EXSS 3107	Advanced Cardiovascular Training	-
EXAC 4120	Marathon and Half-Marathon Training	-

The hours for EXSS 2353, PSYC 1301, EXSS 3107/4120, and EXSS 3135 are already accounted for in the Academic Core.

HEALTH SCIENCE MAJOR 16

EXSS 2345	Human Anatomy	3
EXSS 2355	Medical Terminology	3
EXSS 3357	Pharmacology	3
EXSS 3396	Physiology of Exercise II	3
EXSS 4360	Pathophysiology of Chronic Disease	3
EXSS 4103	Seminar in Health Sciences	1

PRE-AT CONCENTRATION 44

BIOL 1150	Biology for Science Majors Lab	1
BIOL 1350	Biology for Science Majors	3
BIOL 3175	Human Physiology Lab	1
BIOL 3375	Human Physiology	3
CHEM 1410	General Chemistry I	4
CHEM 1420	General Chemistry II	4
MATH 1320	Pre Calculus	3
MATH 2303	Statistics	3
PHYS 2411	General Physics I	4
EXSS 2350	Prevention and Care of Athletic Injuries	
EXSS 3170	Health Science Clinical I	1
EXSS 3354	Performance Nutrition	
EXSS 3379	Sport Psychology	
EXSS 4170	Health Science Clinical II	1
EXSS 4171	Health Science Clinical III	1
EXSS 4335	Biomechanics of Human Movement	3
EXSS 4351	Rehabilitation and Therapeutic Exercise	3

Grades of "C" or better are required in all courses in the major (including required support courses and required courses from other departments.)

Minimum cumulative GPA of 3.2.

Electives

4 Hours

ELECTIVES 4

You need 4 additional hours to reach your minimum 120 required hrs.

Total Hours

Academic Core for B.S.H.S. Health Science	40
Health Science Foundation	16
Health Science Major	16
Pre-AT Concentration	44
Electives	4

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	3.20

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

ENGL 1321	Rhetoric & Composition I	3
CSBS 1311	Engaging the Old Testament	3
MATH 1306	College Algebra	3
COMM 1320	Public Speaking	3
EXSS 2335	Introduction to Health Sciences	3
UMHB 1101	First Year Seminar	1
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

FRESHMAN SPRING 16 Hours

ENGL 1322	Rhetoric & Composition II	3
CSBS 1312	Engaging the New Testament	3
MATH 1320	Pre Calculus	3
EXSS 2353	Lifespan Nutrition	3
PSYC 1301	General Psychology	3
EXSS 3170	Health Science Clinical I	1
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE FALL 17 Hours

BIOL 1150	Biology for Science Majors I Lab	1
BIOL 1350	Biology for Science Majors I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
BIOL 2340	Human Anatomy & Physiology I	3
EXSS 2350	Prevention and Care of Athletic Injuries	3
ENGL	Literature	3
	Fine Arts	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

SOPHOMORE SPRING 15 Hours

BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2341	Human Anatomy & Physiology II	3
	US History or US Government	3
EXSS 2345	Human Anatomy	3
MATH 2303	Statistics	3
EXSS 3135	Advanced Resistance Training	1
EXSS 4170	Health Science Clinical II	1
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

JUNIOR FALL 15 Hours

CHEM 1410	General Chemistry I	4
EXSS 3395	Physiology of Exercise	3
EXSS 3107	Advanced Cardiovascular Training	1
EXSS 3357	Pharmacology	3
BIOL 3375	Human Physiology	3
BIOL 3175	Human Physiology Lab	1
UMHB 1005	Fine Arts Experience	0

JUNIOR SPRING 15 Hours

CHEM 1420	General Chemistry II	4
EXSS 3396	Physiology of Exercise II	3
EXSS 2355	Medical Terminology	3
EXSS 4171	Health Science Clinical III	1
EXSS 4103	Seminar in Health Sciences	1
EXSS 3390	Anatomical Kinesiology	3
UMHB 1005	Fine Arts Experience	0

SENIOR FALL 14 Hours

PHYS 2411	General Physics I	4
EXSS 3379	Sport Psychology	3
EXSS 4335	Biomechanics of Human Movement	3
	Elective	4
UMHB 1005	Fine Arts Experience	0

SENIOR SPRING 12 Hours

EXSS 3354	Performance Nutrition	3
EXSS 4360	Pathophysiology of Chronic Disease	3
EXSS 4351	Rehabilitation and Therapeutic Exercise	3
EXSS 4344	Leadership in Health Science	3
EXSS 4050	EXSS Assessment	0
UMHB 1005	Fine Arts Experience	0

Total Credit Hours: 120