

# Health Science (B.S.H.S) – Pre-Med

2025-2026 Academic Catalog, Bachelor of Science in Health Science – Health Science, Pre-Med 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-Med

83 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-MED CONCENTRATION 51

BIOL 1150	Biology for Science Majors Lab	1
BIOL 1350	Biology for Science Majors	3
BIOL 1160	Biology for Science Majors II Lab	1
BIOL 1360	Biology for Science Majors II	3
BIOL 3310	Genetics	3
BIOL 3175	Human Physiology Lab	1
BIOL 3375	Human Physiology	3
CHEM 1410	General Chemistry I	4
CHEM 1420	General Chemistry II	4
CHEM 3410	Organic Chemistry I	4
CHEM 3420	Organic Chemistry II	4
CHEM 4430	Biochemistry	4
EXSS 3170	Health Science Clinical I	1
EXSS 4170	Health Science Clinical II	1
MATH 1320	Pre Calculus	3
MATH 2303	Statistics	3
PHYS 2411	General Physics I	4
PHYS 2412	General Physics II	4

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

Minimum cumulative GPA of 3.2.

### Total Hours

Academic Core for B.S.H.S. Health Science	40
Health Science Foundation	16
Health Science Major	16
Pre-Med Concentration	51
<b>Total hours required for graduation</b>	<b>123</b>

### 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-Med

2025-2026 Academic Catalog, Bachelor Science in Health Science – Health Science – Pre-Med – DEGREE SEQUENCE

## FRESHMAN FALL 17 Hours

ENGL 1321	Rhetoric & Composition I	3
CSBS 1311	Engaging the Old Testament	3
MATH 1306	College Algebra	3
EXSS 2335	Introduction to Health Sciences	3
CHEM 1410	General Chemistry I	4
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
CHEM 1420	General Chemistry II	4
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

## SOPHOMORE FALL 17 Hours

COMM 1320	Public Speaking	3
PSYC 1301	General Psychology	3
BIOL 2340	Human Anatomy & Physiology I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
BIOL 1350	Biology for Science Majors I	3
BIOL 1150	Biology for Science Majors I Lab	1
EXSS 3390	Anatomical Kinesiology	3
UMHB 1002	Chapel	0
UMHB 1005	Fine Arts Experience	0

## SOPHOMORE SPRING 17 Hours

EXSS 3170	Health Science Clinical I	1
BIOL 1160	Biology for Science Majors II Lab	1
BIOL 1360	Biology for Science Majors II	3
BIOL 2341	Human Anatomy & Physiology II	3
BIOL 2141	Human Anatomy & Physiology II Lab	1
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 3410	Organic Chemistry I	4
EXSS 3395	Physiology of Exercise	3
EXSS 3107	Advanced Cardiovascular Training	1
BIOL 3175	Human Physiology Lab	1
BIOL 3375	Human Physiology	3
ENGL	Literature	3
UMHB 1005	Fine Arts Experience	0

## JUNIOR SPRING 14 Hours

CHEM 3420	Organic Chemistry II	4
EXSS 3396	Physiology of Exercise II	3
EXSS 2355	Medical Terminology	3
BIOL 3310	Genetics	3
EXSS 4103	Seminar in Health Sciences	1
UMHB 1005	Fine Arts Experience	0

## SENIOR FALL 14 Hours

PHYS 2411	General Physics I	4
EXSS 4344	Leadership in Health Science	3
CHEM 4430	Biochemistry	4
	US History or US Government	3
UMHB 1005	Fine Arts Experience	0

## SENIOR SPRING 13 Hours

PHYS 2412	General Physics II	4
EXSS 4360	Pathophysiology of Chronic Disease	3
EXSS 3357	Pharmacology	3
EXSS 4050	EXSS Assessment	0
	Fine Arts	3
UMHB 1005	Fine Arts Experience	0

**Total Credit Hours: 123**