

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

2023-2024 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 1350	Art Appreciation	3
COMM 2335	Film Appreciation	3
FINA 2330	Exploring the Fine Arts	3
MUSI 1340	Music Appreciation	3
THEA 2350	Introduction to the Theatre	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 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 4398	Internship in Exercise Science	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

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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
<b>Total hours required for graduation</b>	<b>120</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	3.0