

**School of Exercise & Sport Science B.S. in Health Science
(Pre-OT Concentration) 2025-2026
Degree Program – 3 ½ Year Planner**

Freshman Year -Fall			Freshman Year - Spring			Freshman Year - Summer		
ENGL 1321	Comp I	3	COMM 1320	Public Speaking	3	EXSS 3170	Health Science Clinical I	1
CSBS 1311	Engaging the Old Testament	3	CSBS 1312	Engaging the New Testament	3	PSYC 1301	General Psychology	3
EXSS 2335	Intro to Health Sciences	3	SOCI 1311	Introduction to Sociology	3			
MATH 1306	College Algebra	3	BIOL 2340/2140	A&P 1 w/lab	4			
UMHB 1101	Freshman Seminar	1	ENGL 1322	Comp II	3			
XXXX - -	Fine Arts course	3	UMHB 1002	Chapel				
UMHB 1002	Chapel		UMHB 1005	FAE				
UMHB 1005	FAE							
16 credit hours			16 credit hours			4 credit hours		

Sophomore Year - Fall			Sophomore Year – Spring			Sophomore Year - Summer		
MATH 2303	Statistics	3	EXSS 2355	Medical Terminology	3	ENGL 23XX	English Literature	3
EXSS 2345	Human Anatomy	3	PSYC 3315	Abnormal Psych	3	EXSS 4170	H.S. Clinical II	1
PSYC 2311	Developmental Psych	3	MATH 1320	Pre-Calculus	3			
BIOL 2341/2141/2141P	A&P II w/lab	4	EXSS 3390	Anatomical Kinesiology	3			
EXSS 2353	Lifespan Nutrition	3	XXXX - -	U.S. History/Govt.	3			
UMHB 1002	Chapel		UMHB 1002	Chapel				
UMHB 1005	FAE		UMHB 1005	FAE				
16 credit hours			15 credit hours			4 credit hours		

Junior Year - Fall			Junior Year - Spring			Junior Year - Summer		
EXSS 4395	Motor Behavior	3	EXSS 3396	Physiology of Exercise II	3	EXSS 4103	Seminar in Health Science	1
EXSS 3395	Physiology of Exercise I	3	EXSS 3357	Pharmacology	3	XXXX - -	Recommended Elective	3
PHYS 2411	Physics	4	EXSS 3107	Adv Cardiovascular Training (OR EXSS 4120)	1			
XXXX - -	Recommended Elective	3	EXSS 4351	Rehab & Ther Exercise	3			
XXXX - -	Recommended Elective	3	EXSS 4344	Leadership in H.S.	3			
UMHB 1005	FAE		XXXX - -	Recommended Elective	3			
			UMHB 1005	FAE				
16 credit hours			14 credit hours			4 credit hours		

Senior Year – Fall		
EXSS 4360	Pathophys of Chronic Disease	3
EXSS 3135	Adv Resistance Training	1
EXSS 4335	Biomechanics of Human Movement	3
EXSS 4050	Health Science Assessment	0
XXXX - -	Recommended Elective	3
XXXX - -	Recommended Elective	3
UMHB 1005	FAE	
13 credit hours		

Total credit hours in degree: 120

*Choose from list of recommended electives or with advisor's approval.