

**Bachelor of Science in Health Science
EC-12 Physical Education Coaching Concentration**

Freshman Year-Fall Semester

ENGL 1321 Rhetoric & Comp I
CSBS 1311 Engaging the Old Testament
COMM 1320 Public Speaking
EXSS 2340 Intro to Exercise & Sport Science
UMHB 1101 Freshman Seminar
UMHB 1002 Chapel
UMHB 1005 FAE

Total: 13 hours

Sophomore Year-Fall Semester

ENGL Literature Course (3 credit hours)
BIOL 2340/2140 Human A & P I w/lab
EXSS 2353 Lifespan Nutrition
EXSS 2352 Personal Fitness/Wellness
HIST/POLS Course (3 credit hours)
UMHB 1002 Chapel
UMHB 1005 FAE

Total: 16 hours

Junior Year-Fall Semester

BIOL 2341/2141 Human A & P II
EXSS 4310 Teaching Children & Adol PE
EXSS 3390 Anatomical Kinesiology
EXSS 3379 Sport Psychology
Elective Courses (3 credit hours)
UMHB 1005 FAE

Total: 16 hours

Senior Year-Fall Semester

EXSS 3141 Practicum
EXSS 4395 Motor Behavior
EXSS 4344 Leadership in Health Science
EXSS 4350 Principles of Str/Cond
Elective Courses (6 credit hours)
UMHB 1005 FAE

Total: 16 hours

Freshman Year-Spring Semester

ENGL 1322 Rhetoric & Comp II
MATH 1304 Quantitative Reasoning
CSBS 1312 Engaging the New Testament
PSYC 1301 General Psychology
Fine Arts Course (3 credit hours)
UMHB 1002 Chapel
UMHB 1005 FAE

Total: 15 hours

Sophomore Year-Spring Semester

EXSS 2350 Prevention & Care of Athletic Injuries
EXSS 3300 Teaching Team & Ind Sports
EXSS 3384 Coaching Theory
EXSS 3107 Adv Cardio Training
EXSS 3378 Exercise Psychology
Elective Course (3 credit hours)
UMHB 1002 Chapel
UMHB 1005 FAE

Total: 16 hours

Junior Year-Spring Semester

EXSS 3135 Adv Resistance Training
EXSS 3354 Performance Nutrition
EXSS 3312 Methods of Coaching
EXSS 3360 Sport Venue/Event Mgmt
EXSS 3395 Exercise Physiology I
EXSS 4392 Tests & Measurements
UMHB 1005 FAE

Total: 16 hours

Senior Year-Spring Semester

EXSS 4398 EXSS Internship
EXSS 4379 Legal Aspects of Sport
Elective Courses (6 credit hours)
UMHB 1005 FAE

Total: 12 hours

Total Credit Hours: 120