

University of Mary Hardin-Baylor
School of Exercise & Sport Science
Bachelor of Science in Health Sciences-Exercise
Physiology
Personal Training and Fitness Concentration

<p>Freshman Year – Fall Semester</p> <p>EXSS 2340 Intro to Exercise and Sport Science ENGL 1321 Rhetoric and Comp I CSBS 1311 Engaging the Old Testament COMM 1320 Public Speaking PSYC 1301 General Psychology UMHB 1101 Freshman Seminar UMHB 1002 Chapel UMHB 1005 FAE TOTAL: 16 hours</p>	<p>Freshman Year – Spring Semester</p> <p>EXSS 2353 Lifespan Nutrition CSBS 1312 Engaging the New Testament ENGL 1322 Rhetoric and Comp II MATH 1304 or higher Fine Arts Course (3 hours) UMHB 1002 Chapel UMHB 1005 FAE TOTAL : 15 hours</p>
<p>Sophomore Year – Fall Semester</p> <p>ENGL (3 hours) Literature class BIOL 2340/2140 Human Anatomy I and lab EXSS 3135 Advanced Resistance Training EXSS 3378 Exercise Psychology EXSS 3360 Sport Venue / Event Management EXSS 2350 Prevention and Care UMHB 1002 Chapel UMHB 1005 FAE TOTAL: 17 hours</p>	<p>Sophomore Year – Spring Semester</p> <p>EXSS 2352 Personal Health and Fitness BIOL 2341/2141 Human Anatomy II and lab EXSS 3107 Advanced Cardio Fitness EXSS 3354 Performance Nutrition EXSS 4392 Tests and Measurements UMHB 1002 Chapel UMHB 1005 FAE TOTAL: 14 Hours</p>
<p>Junior Year – Fall Semester</p> <p>History or Political Science (3 hours) EXSS 3395 Exercise Physiology I EXSS 2345 Human Anatomy (Rec Elective) EXSS 4344 Leadership in Health Science EXSS 3391 Science of Weight Loss and Body Recomp. UMHB 1005 FAE TOTAL: 15 hours</p>	<p>Junior Year – Spring Semester</p> <p>EXSS 3396 Exercise Physiology II EXSS XXXX Concepts of Personal Training EXSS 4320 Group Fitness Programming EXSS 3390 Anatomical Kinesiology EXSS 4378 Sport Finance (Rec Elective) UMHB 1005 FAE TOTAL: 15 hours</p>
<p>Senior year – Fall Semester</p> <p>EXSS 4394 Exercise Testing and Prescription EXSS 4350 Principles of Strength and Conditioning Elective (9 hours) UMHB 1005 FAE TOTAL: 15 hours</p>	<p>Senior Year – Spring Semester</p> <p>EXSS 4398 Internship Elective (10 hours) UMHB 1005 FAE TOTAL: 13 hours</p>