

**University of Mary Hardin-Baylor**  
**School of Exercise & Sport Science**  
**Bachelor of Science in Exercise Physiology**  
**Strength and Conditioning Education**

<p><b>Freshman Year – Fall Semester</b></p> <p>ENGL 1321 Rhetoric and Comp I          CSBS 1311 Engaging the Old Testament          COMM 1320 Public Speaking          PSYC 1301 General Psychology          Elective (3 hours)          UMHB 1101 Freshman Seminar          UMHB 1002 Chapel          UMHB 1005 FAE  <b>TOTAL: 16 hours</b></p>	<p><b>Freshman Year – Spring Semester</b></p> <p>EXSS 2340 Intro to Exercise and Sport Science          CSBS 1312 Engaging the New Testament          ENGL 1322 Rhetoric and Comp II          EXSS 2353 Lifespan Nutrition          MATH 1304 or higher          UMHB 1002 Chapel          UMHB 1005 FAE  <b>TOTAL : 15 hours</b></p>
<p><b>Sophomore Year – Fall Semester</b></p> <p>ENGL (3 hours) Literature class          BIOL 2440 Human Anatomy I and lab          EXSS 3135 Advanced Resistance Training          EXSS 2345 Human Anatomy          Fine Arts Course (3 hours)          UMHB 1002 Chapel          UMHB 1005 FAE  <b>TOTAL: 14 hours</b></p>	<p><b>Sophomore Year – Spring Semester</b></p> <p>BIOL 2441 Human Anatomy II and lab          Electives (8 hours)          UMHB 1002 Chapel          UMHB 1005 FAE          EXSS 3107 Advanced Cardiovascular Training          History or Political Science (3 hours)  <b>TOTAL: 16 Hours</b></p>
<p><b>Junior Year – Fall Semester</b></p> <p>EXSS 3395 Exercise Physiology I          EXSS 4392 Tests and Measurements          EXSS 3378 Exercise Psychology          EXSS 4350 Principles of S&amp;C          UMHB 1005 FAE          Elective (3 hours)  <b>TOTAL: 15 hours</b></p>	<p><b>Junior Year – Spring Semester</b></p> <p>EXSS 3396 Exercise Physiology II          EXSS 3390 Anatomical Kinesiology          EXSS 4198 Advanced Olympic Techniques          EXSS 3354 Performance Nutrition          UMHB 1005 FAE          Elective (3 hours)  <b>TOTAL: 13 hours</b></p>
<p><b>Senior year – Fall Semester</b></p> <p>EXSS 4394 Exercise Testing and Prescription          EXSS 4344 Leadership in Health Science          EXSS 4351 Rehab and Therapeutic Exercise          EXSS 4319 Program Design in S&amp;C          EXSS 4315 Ergogenic Aids in Sport          EXSS 3379 Sport Psychology          EXSS 4335 Biomechanics          Elective (3 hours)          UMHB 1005 FAE  <b>TOTAL: 24 hours</b></p>	<p><b>Senior Year – Spring Semester</b></p> <p>EXSS 4185 CSCS Seminar          EXSS 4670 Internship in S&amp;C          UMHB 1005 FAE  <b>TOTAL: 7 hours</b></p>
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