

University of Mary Hardin-Baylor
School of Exercise & Sport Science
B.S. in Health Science (Pre-OT Concentration)
Degree Program – 3 ½ Year Planner

Freshman Year-Fall Semester

- ENGL 1321 Comp I
 - CSBS 1311 Engaging the Old Testament
 - EXSS 2335 Found Health Sciences
 - UMHB 1101 Freshman Seminar
 - Fine Arts course-3 credit hours
 - MATH 1306 College Algebra
 - UMHB 1002 Chapel
 - UMHB 1005 FAE
- TOTAL: 16 credit hours*

Freshman Year-Spring Semester

- COMM 1320 Public Speaking
 - CSBS 1312 Engaging the New Testament
 - SOCI 1305 Introduction to Sociology
 - BIOL 2340/2140/2140P A&P 1 w/lab
 - ENGL 1322 Comp II
 - UMHB 1002 Chapel
 - UMHB 1005 FAE
- TOTAL: 16 credit hours*

Freshman Year-Summer

- EXSS 3170 Health Science Clinical I
 - PSYC 1301 General Psychology
- TOTAL: 4 credit hours*

Sophomore Year-Fall Semester

- MATH 2303 Statistics-prereq MATH 1306
 - EXSS 2345 Human Anatomy
 - PSYC 2311 Developmental Psych
 - BIOL 2341/2141/2141P A&P II w/lab
 - EXSS 2353 Lifespan Nutrition
 - UMHB 1005 FAE
 - UMHB 1002 Chapel
- TOTAL: 16 credit hours*

Sophomore Year-Spring Semester

- HIST/POLS Course 3 credit hours
 - EXSS 2355 Medical Terminology
 - PSYC 3315 Abnormal Psych
 - MATH 1320 Pre-Calculus
 - EXSS 3390 Anatomical Kinesiology
 - UMHB 1005 FAE
 - UMHB 1002 Chapel
- TOTAL: 15 credit hours*

Sophomore Year-Summer

- ENGL 23XX English Literature
 - EXSS 4170 Health Science Clinical II
- TOTAL: 4 credit hours*

Junior Year-Fall Semester

- EXSS 4395 Motor Behavior
- PHYS 2411 Physics
- EXSS 3395 Physiology of Exercise I
- Recommended Elective 3 credit hours*
- Recommended Elective 3 credit hours*
- UMHB 1005 FAE

TOTAL: 16 credit hours

Junior Year-Spring Semester

- EXSS 3396 Physiology of Exercise II
- EXSS 3357 Pharmacology
- EXSS 3107 Adv Cardiovascular Training
- EXSS 4351 Rehab & Ther Exercise
- EXSS 4344 Leadership in Health Science
- Recommended Elective 3 credit hours*
- UMHB 1005 FAE

TOTAL: 16 credit hours

Junior Year-Summer

- EXSS 4103 Seminar in Health Science
- Recommended Elective 3 credit hours*

Total: 4 credit hours

Senior Year-Fall Semester

- EXSS 4360 Pathophys of Chronic Disease
- EXSS 4050 Health Science Assessment
- EXSS 3135 Adv Resistance Training
- EXSS 4335 Biomechanics of Human Movement
- Recommended Elective 3 credit hours*
- Recommended Elective 3 credit hours*
- UMHB 1005 FAE

Total: 13 credit hours

Total credit hours in degree: 120

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

10/2021