

BACHELOR OF SCIENCE IN INTEGRATED HEALTH SCIENCES: EXERCISE SCIENCE OPTION 2025-2026

FRESHMAN YEAR FALL	CREDITS	COMPLETED
AHMS 144 Medical Terminology	3	☐
KIN 205 Foundations in Health and Human Performance	3	☐
CATEGORY II: Mathematics M 121 College Algebra	3	☐
CATEGORY I: Communication COMX 115 Intro to Interpersonal Communications	3	☐
CATEGORY III: Natural Sciences BIOH 201/202 Anatomy + Physiology OR BIOH 104/105 Basic Human Biology	3	☐
TOTAL CREDITS 16		

SOPHOMORE YEAR FALL	CREDITS	COMPLETED
PSYX 150 Drugs and Society	3	☐
NURT 221 Basic Human Nutrition	3	☐
CATEGORY VI: Humanities & Fine Arts Any course in this area	3	☐
CATEGORY IV: Social Sciences & History Any course in this area	3	☐
ACT XXX Activity Course	1	☐
HPE 234 First Aid and CPR	2	☐
TOTAL CREDITS 15		

JUNIOR YEAR FALL	CREDITS	COMPLETED
Advisor approved elective	3	☐
HTH 325 Etiology of Disease	3	☐
HTH 378 Sex Education OR KIN 364 Research Methods in Health and Human Performance	3	☐
CHTH 374 Current issues in Health OR HTH 309 Contemporary Epidemics	3	☐
KIN 320 Exercise Physiology OR KIN 327 Kinesiology and Biomechanics	3	☐
TOTAL CREDITS 15		

SENIOR YEAR FALL	CREDITS	COMPLETED
HTH 378 Sex Education OR KIN 364 Research Methods in Health and Human Performance	3	☐
CHTH 374 Current issues in Health OR HTH 309 Contemporary Epidemics	3	☐
KIN 320 Exercise Physiology OR KIN 327 Kinesiology and Biomechanics	3	☐
HTH 498 Cooperative Education	3	☐
Advisor Approved Elective	3	☐
TOTAL CREDITS 15		

FRESHMAN YEAR SPRING	CREDITS	COMPLETED
BIOH 210/211 Anatomy and Physiology OR Category III course approved by advisor	4	☐
HTH 101 Opportunities in Health Professions	2	☐
HTH 110 Personal Health and Wellness	3	☐
CATEGORY V: Cultural Diversity Any course in this area	3	☐
CATEGORY I: Communications WRIT 101 College Writing I	3	☐
TOTAL CREDITS 15		

SOPHOMORE YEAR SPRING	CREDITS	COMPLETED
CATEGORY VI: Humanities & Fine Arts Any course in this area	3	☐
CATEGORY VII: Technology Any course in this area	3	☐
CATEGORY IV: Social Sciences & History PSYX 230 Developmental Psychology	3	☐
CHTH 262 Community Health	3	☐
AHAT 210 Prevention and Care of Athletic Injuries	3	☐
TOTAL CREDITS 15		

JUNIOR YEAR SPRING	CREDITS	COMPLETED
WRIT 3XX Upper Division Writing	3	☐
HTH 376 Understanding Obesity OR Upper Division Elective	3	☐
KIN 410 Advanced Strength + Conditioning OR KIN 415 Advanced Exercise Testing + Prescription	3	☐
KIN 483 Exercise Disease and Aging OR HTH 475 Legal + Ethical Issues in the Health + Exercise Profession	3	☐
KIN 440 Sport Psychology OR HTH 498 Cooperative Education	3	☐
TOTAL CREDITS 15		

SENIOR YEAR SPRING	CREDITS	COMPLETED
HTH 376 Understanding Obesity OR Upper Division Elective	3	☐
KIN 410 Advanced Strength + Conditioning OR KIN 415 Advanced Exercise Testing + Prescription	3	☐
KIN 483 Exercise Disease and Aging OR HTH 475 Legal + Ethical Issues in the Health + Exercise Profession	3	☐
KIN 440 Sport Psychology OR HTH 498 Cooperative Education	3	☐
TOTAL CREDITS 12		

