

# EXERCISE SCIENCE - PRE-PROFESSIONAL B.S.

## Bachelor of Science - Health & Human Performance; Exercise Science - Pre-Professional Concentration

### Phyllis J. Washington College of Education and Human Sciences

Degree Specific Credits: 103-122

Required Cumulative GPA: 2.0

Catalog Year: 2018-2019

## General Education Requirements

Information regarding these requirements can be found in the General Education Section (<http://catalog.umt.edu/academics/general-education-requirements>) of the catalog.

### Summary

Code	Title	Hours
Lower-Division Departmental Required Courses		12
Outside Major Lower-Division Required Courses		43-59
Upper-Division Departmental Required Courses		22-25
Outside Major Upper-Division Required Courses		8
Elective Courses		18
Total Hours		103-122

### Lower-Division Departmental Required Courses

**Note:** Students should take ECP 120 within two years of graduation in order to ensure current certification. Students may also substitute outside Emergency Medical Responder Certification for these courses.

Code	Title	Hours
<b>Complete all of the following courses:</b>		
ECP 120	Emergency Medical Responder Lecture	3
KIN 201	Basic Exercise Prescription	3
KIN 205	Foundations of HHP	3
NUTR 221 N	Basic Human Nutrition	3
Total Hours		12

Minimum Required Grade: C-

### Outside Major Lower-Division Required Courses

**Notes:** Students interested in medical or dental school should replace CHMY 121N, CHMY 123 and CHMY 124 with CHMY 141N/CHMY 142N, CHMY 143N/CHMY 144N, CHMY 221/CHMY 222, and CHMY 223/CHMY 224. Students interested in physical therapy or other graduate medical professions generally take

CHMY 121N, CHMY 123 and CHMY 124. You should talk to the HHP advisors prior to starting your chemistry series

Code	Title	Hours
<b>Complete one of the following courses:</b>		
BIOH 112	Human Form and Function I	3-5
BIOH 113	Human Form and Function II	
BIOB 160N	Principles of Living Systems	
<b>Complete all of the following courses:</b>		
BIOB 170N	Princpls Biological Diversity	3
BIOB 171N	Princpls Biological Dvrsty Lab	2
<b>Complete one of the Chemistry sequences:</b>		
<b>General Chemistry:</b>		
CHMY 121N	Introduction to General Chemistry	9-20
CHMY 123 & CHMY 124	Introduction to Organic and Biochemistry and Introduction to Organic and Biochemistry Lab	
<b>College Chemistry:</b>		
CHMY 141N & CHMY 142N	College Chemistry I and College Chemistry I Lab	4-6
CHMY 143N & CHMY 144N	College Chemistry II and College Chemistry II Lab	
CHMY 221 & CHMY 222	Organic Chemistry I and Organic Chemistry I Lab	10
CHMY 223 & CHMY 224	Organic Chemistry II and Organic Chemistry II Lab	
<b>Complete one of the following courses:</b>		
M 121 & M 122	College Algebra and College Trigonometry	10
M 151	Precalculus	
M 162	Applied Calculus	10
M 171	Calculus I	
<b>Complete one of the following physics sequences:</b>		
<b>Algebra- and Trigonometry-based:</b>		
PHSX 205N & PHSX 206N	College Physics I and College Physics I Laboratory	10
PHSX 207N & PHSX 208N	College Physics II and College Physics II Laboratory	
<b>Calculus-based:</b>		
PHSX 215N & PHSX 216N	Fund of Physics w/Calc I and Physics Laboratory I w/Calc	3-4
PHSX 217N & PHSX 218N	Fund of Physics w/Calc II and Physics Laboratory II w/Calc	
<b>Complete one of the following courses:</b>		
STAT 216	Introduction to Statistics (must be pre-approved by advisor)	3-4
PSYX 222	Psychological Statistics (must be pre-approved by advisor)	
SOCI 202	Social Statistics (must be pre-approved by advisor)	3-4
WILD 240	Intro to Biostatistics (must be pre-approved by advisor)	
EDU 421	Statistical Procedures in Educ (must be pre-approved by advisor)	3-4
<b>Complete all of the following courses:</b>		

COMX 111A	Introduction to Public Speaking	3
PSYX 100S	Intro to Psychology	3
Total Hours		40-56

Minimum Required Grade: C-

## Upper-Division Departmental Required Courses

Code	Title	Hours
<b>Complete all of the following courses:</b>		
HTH 475E	Legal and Ethical Issues Health and Exercise Professions	3
KIN 320	Exercise Physiology	3
KIN 321	Exercise Physiology Lab	1
KIN 330	Motor Learning and Control	3
KIN 447	Analytical & Communicative Techniques	3
or AHAT 342	Therapeutic Interventions	
KIN 460	ECG Assessment	2
KIN 483	Exercise Disease & Aging	3
KIN 484	Exercise Disease & Aging Lab	1
KIN 498	Internship	3-6
or KIN 499	Capstone	
Total Hours		22-25

Minimum Required Grade: C-

## Outside Major Upper-Division Required Courses

**Notes:** Students are required to take either BIOH 112 OR BIOH 113 OR BIOB 160N prior to taking Anatomy and Physiology. Students who take the BIOH 201N and BIOH 211N Anatomy and Physiology series may need to take additional upper division credits beyond the courses required in this concentration to meet the university of Montana requirement of 39 upper-division credits for graduation.

Code	Title	Hours
<b>Complete one of the following Anatomy and Physiology sequences:</b>		8
University of Montana - Mountain Campus		
BIOH 365 & BIOH 370	Human AP I for Health Profns and Human AP II for Health Profns	
Missoula College		
BIOH 201N & BIOH 211N	Human Anat Phys I (equiv 301) and Human Anat Phys II (equiv 311)	
Total Hours		8

Minimum Required Grade: C-

## Elective Courses

Code	Title	Hours
<b>Complete the following elective credits:</b>		18

Electives require adviser pre-approval. Students must complete 18 elective credit hours in addition to the list of lower and upper division courses above. Students who complete the BIOH 365/370 Anatomy and Physiology series will need an additional 7-10 upper division credit hours and students who complete the BIOH 201/202 and BIOH 211/212 for their Anatomy and Physiology will require an additional 15-18 upper division credits. You should use your elective courses to meet the additional prerequisite course requirements of graduate programs you are interested in attending.

Minimum Required Grade: C-