

BS-FITNESS & HUMAN PERFORMANCE

2018-2019

Year 1	Semester 1 Fall	Semester 2 Spring	Summer	Total
	Language, Philosophy & Culture (pick from list) 3	COMM 1315 Public Speaking 3		
	PSYC 1100, First-Year Experience 1	Creative Arts (pick from list) 3		
	HIST 1301 US History I or POLS 2305 Fed Government 3	HIST 1301 US History I or POLS 2305 Fed Government 3		
	Math 1314 College Algebra 3	BIOL 1307 Biology for Science Majors + Lab 4		
	WRIT 1301 Composition I 3	WRIT 1302 Composition II 3		
	BIOL 1306 Biology for Science Majors + Lab 4			
	Semester Hours 17	16	0	33
Year 2	Semester 1 Fall	Semester 2 Spring	Summer	Total
	PSYC 2301 Intro to Psychology 3	SOCI 1301 Intro to Sociology 3		
	HIST 1302 U.S. History II or POLS 2306 Texas Government 3	HIST 1302 U.S. History II or POLS 2306 Texas Government 3		
	Lower-Level Elective or CHEM 1311 General Chemistry + Lab (if Pre-Clinical) 3(4)	Lower-Level Elective or PHYS 1302 College Physics II + Lab (if Pre-Clinical) 3(4)		
	Lower-Level Elective or PHYS 1301 College Physics I + Lab (if Pre-Clinical) 3(4)	Lower-Level Elective or CHEM 1312 General Chemistry + Lab (if Pre-Clinical) 3(4)		
	HLTH 2301, Introduction to Exercise Science 3	Lower-Level Elective (HLTH 2303 highly recommended) 3		
	Semester Hours 15-17	15-17	0	30-34

Year 3	Semester 1 Fall	Semester 2 Spring	Summer	Total		
	WRIT 3306 or 3307	3	HLTH 3301 or 3303 or 3304	3		
	HSH Extra Departmental Elective: ANTH or GEOG or SOCI (see list)	3	HLTH 3309 or 4302 or Concentration Course	3		
	HLTH 3301 or 3303	3	HLTH 4301 or 4302 or 4305	3		
	HLTH 3304 or 3309 or 4301	3	HLTH 4305 or 4308 or 4370	3		
	HLTH 4305 or 4308 or Concentration Course	3	FHP Program Concentration Course	3		
	Semester Hours	15		15	0	30
Year 4	Semester 1 Fall	Semester 2 Spring	Summer	Total		
	HLTH 4302 or 4305 or 4370	3	Concentration Course or Elective	3		
	HLTH 4305 or 4308 or 4370	3	FHP Program Concentration Course	3		
	HLTH 4305 or 4308 or Concentration Course	3	FHP Program Concentration Course	3		
	FHP Program Concentration Course	3	Elective	3		
	FHP Program Concentration Course	3	Elective			
	Semester Hours	15		15	0	30
	Total Plan Hours					123-127

- State of Texas Core Curriculum Course. Please refer to the 2016-2017 UHCL Undergraduate Catalog (www.uhcl.edu/catalog) for approved options.
 - This document is only intended as a guide. Please see an academic advisor for assistance with academic planning.
- Critical Pathway Courses - "C" or better is recommended
A minimum of 45 upper level credits is required

