

BACHELOR OF SCIENCE - FITNESS & HUMAN PERFORMANCE

2019-2020

Year 1	Semester 1 Fall	Semester 2 Spring	Summer	Total
	Creative Arts (pick from list) 3	COMM 1315 Public Speaking 3		
	PSYC 1100, First-Year Experience 1	Language, Philosophy, and Culture (pick from list) 3		
	HIST 1301 US History I or POLS 2305 Fed Government 3	HIST 1302 US History II or POLS 2306 Texas Government 3		
	Math 1314 College Algebra 3	BIOL 2302 Anatomy & Physiology II + BIOL 2102 Lab 4		
	WRIT 1301 Composition I 3	WRIT 1302 Composition II 3		
	BIOL 2301 Anatomy & Physiology I + BIOL 2101 Lab 4			
	Semester Hours 17	16		33
Year 2	Semester 1 Fall	Semester 2 Spring	Summer	Total
	PSYC 2301 Intro to Psychology 3	SOCI 1301 Intro to Sociology 3		
	HIST 1301 US History I or POLS 2305 Fed 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) 4	Lower-Level Elective or PHYS 1302 College Physics II + Lab (if Pre-Clinical) 4		
	Lower-Level Elective or PHYS 1301 College Physics I + Lab (if Pre-Clinical) 4	Lower-Level Elective or CHEM 1312 General Chemistry + Lab (if Pre-Clinical) 4		
	HLTH 2301, Introduction to Exercise Science 3	Lower-Level Elective (HLTH 2303 highly recommended) 3		
	Semester Hours 15-17	15-17		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: Any 3300- or 4300-level ANTH or GEOG or SOCI 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 (Note: HLTH 4370 is the prerequisite requirement for HLTH 4301) 3		
	HLTH 4305 or 4308 or Concentration Course 3	FHP Program Concentration Course 3		
	Semester Hours 15	15		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	3300 - 4300 Elective 3		
	FHP Program Concentration Course 3	3300 - 4300 Elective 3		
	Semester Hours 15	15	0	30
	Total Plan Hours			120

A minimum of 45 upper level credits is required.

- State of Texas Core Curriculum Course. Please refer to the 2019-2020 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.