### 2023-2024
Bachelor of Science in Integrative Physiology
Concentration In Applied Human Physiology

<table>
<thead>
<tr>
<th>Semester</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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</thead>
<tbody>
<tr>
<td>Fall Term</td>
<td>BIOM 250/251 - Microb for Hlth Sci + Lab</td>
<td>BIOH 212 - Anatomy &amp; Physiology I Lab</td>
<td>KIN 320/321 - Exercise Physiology + Lab</td>
<td>KIN 483 - Exercise, Disease, and Aging</td>
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<tr>
<td>Spring Term</td>
<td>CHMY 123 - Intro to Organic &amp; Biochem</td>
<td>BIOM 360/361 - General Micro</td>
<td>KIN 484 - Exercise, Disease, and Aging Lab</td>
<td>KIN 460 - ECG</td>
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<tr>
<td>Fall Term</td>
<td>KIN 205 - Foundations of HHP 3</td>
<td>PSYX 100S - Introduction to Psychology</td>
<td>PSYX 230 - Developmental Psychology, or PSYX 340 - Psychological Disorders</td>
<td>AHAT 342/343 - Therapeutic Interv + Lab</td>
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<tr>
<td>Spring Term</td>
<td>WRIT 101 - College Writing 3</td>
<td>General Education Course (X or Y) 3</td>
<td>General Education Course (L) 3</td>
<td>HTH 475E - Legal &amp; Ethical Issues in Hlth Perf</td>
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<tr>
<td>Fall Term</td>
<td>AHAT 210 Prev &amp; Care of Ath Injuries</td>
<td>AHAT 213 Prev &amp; Care of Ath Injuries Lab</td>
<td>AHAT 214 - Technics of Long Distance Running</td>
<td>Concentration in Applied Human Physiology</td>
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<tr>
<td>Spring Term</td>
<td>BIOM 250/251 - Microb for Hlth Sci + Lab</td>
<td>BIOM 360/361 - General Micro</td>
<td>BIOM 362/363 - Therapeutics &amp; Gen Lab</td>
<td>Bachelor of Science in Integrative Physiology</td>
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Credits:
- Semester 1: 15 Credits
- Semester 2: 13 Credits
- Semester 3: 13 Credits
- Semester 4: 14 Credits
- Semester 5: 10 Credits
- Semester 6: 14 Credits
- Semester 7: 12 Credits
- Semester 8: 8 Credits

Total Credits: 120 Credits
Discover how your strengths, values, and interests relate to career and education pathways.

- Take the Strong Interest Inventory or other career assessments to see what careers may be a good fit for you.*
- Download the Handshake app and activate your account to explore jobs*
- Attend “careers and opportunities” fairs and join a First Time at the Fair tour*
- Join student groups that align with your interests*
- Explore career options at What Can I Do With This Major? (click on “Major Exploration”)*
- Learn about specific occupations on O*Net Online
- Schedule an appointment for Career Planning and Major Exploration

EXPLORE Pathways for you

EXPERIENCE and Grow

ELEVATE to Your Career

EMBRACE Your Goals

Refine your personal brand and develop stand-out application materials to achieve your goals

Participate in experiential (hands-on) learning to refine your interests and goals.

- Seek and apply for internships or part-time jobs on Handshake*
- Participate in Volunteer Programs*
- Consider studying abroad or at another US university for a semester or year*
- Conduct undergraduate research at UM*
- Secure a paid micro-internship
- Participate in the Griz Career Skills Program
- Schedule an appointment for Internship Search, International Internship Search, National Student Exchange, Job Search Strategies, and Handshake How-To

- Meet employers at career fairs and events*
- Develop a stellar resume and cover letter*
- Practice interview skills
- Learn how to negotiate your salary and benefits package
- Fine-tune your LinkedIn profile
- Apply for jobs, graduate/professional school, or national service
- Schedule an appointment for Resume, Cover letter, Interview Prep, Personal Statement, LinkedIn, Graduate School Planning

Develop skills and network to help you pursue your goals

YOUR CAREER SUPPORT OFFICES AT UM

Experiential Learning & Career Success (ELCS) is for all UM students!

Students in the following Schools and Colleges have additional access to the following career services:

- College of Business Career Development Center
- Davidson Honors College Career Development Program
- Career Trailhead professional readiness program
- School of Law Career Development Office
- College of Humanities and Sciences Career Planning Center
- Missoula College Career Services

The elements of ElevateU can be done in any order. For the best outcomes, we recommend getting started with items marked with a * in your first two years, though most of them can be done at any time.