

2023-2024
 Bachelor of Science in Integrative Physiology
 Concentration in Exercise Applied



Year 1		Year 2		Year 3		Year 4	
Fall Term		Fall Term		Fall Term		Fall Term	
Semester 1	Semester 3	Semester 5	Semester 7	Semester 1	Semester 3	Semester 5	Semester 7
KIN 201 - Basic Exercise Prescription	3	BIOH 201 - Anatomy & Physiology I	4	KIN 330 - Motor Learning & Control	3	KIN 498 - Internship	3
CHMY 121N - Intro to General Chemistry	4	BIOH 202 - Anatomy & Physiology I Lab	3	General Education Course (Y)	3	HTH 475E - Legal & Ethical Issues in Hlth Perf	3
COMX 111A - Public Speaking	3	General Education Course (X)	3	Upper Division Elective	3	Upper Division Elective	3
BIOH 112 - Human Form and Function, or BIOB 160N - Principles of Living Systems	3	Intermediate College Writing	3	PHSX 205N - College Physics I	4	Upper Division Elective	3
General Education Course (H)	3	Math Choice M 121 Algebra or M 151 Pre Calculus	3	PHSX 206N - College Physics I Lab	1		
		NUTR 221 - Basic Human Nutrition	3				
	Semester Credits = 16		Semester Credits = 16		Semester Credits = 14		Semester Credits = 12
Year 1		Year 2		Year 3		Year 4	
Spring Term		Spring Term		Spring Term		Spring Term	
Semester 2	Semester 4	Semester 6	Semester 8	Semester 2	Semester 4	Semester 6	Semester 8
KIN 205 - Foundations of HHP	3	BIOH 211 - Anatomy & Physiology II	4	KIN 320 - Exercise Physiology	3	NUTR 411 - Nutrition For Sports & Exercise	3
CHMY 123 - Intro to Organic & Biochem	4	BIOH 212 - Anatomy & Physiology II Lab	3	KIN 321 - Exercise Physiology Lab	1	KIN 447 - Analytics Comm Tech, or AHAT 342/343 - Therapeutic Interv + Lab	3
CHMY 124 - Intro to Organic & Biochem Lab	2	PSYX 1005 - Introduction to Psychology	3	Upper Division Elective	3	KIN 425 - Biomechanics	3
WRIT 101 - College Writing	3	If M 121 in Fall, take M 122 College Trig	3	Elective	3	Upper Division Elective	3
General Education Course (L)	3	STAT 216 - Statistics	4	HTH 475E - Legal & Ethical Issues in Hlth Perf	3	Upper Division Elective	3
						Upper Division Elective	3
	Semester Credits = 15		Semester Credits = 14		Semester Credits = 13		Semester Credits = 15

ElevateU Career Readiness Plan

GRADUATE CAREER-READY BY GETTING INVOLVED IN THE BELOW ACTIVITIES WHILE AT UM.

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

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*
- Consider an [internship abroad](#)*
- 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

EXPERIENCE
and Grow

- 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

ELEVATE
to Your Career

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

EMBRACE
Your Goals

- Strengthen relationships with faculty and supervisors who can guide and recommend you*
 - Connect with alumni in fields or companies of interest through the [Griz Career Network](#)
 - Expand your network to gain insights and support through [LinkedIn](#)
 - Conduct [career conversations](#) with professionals in fields of interest
 - Gain industry and company-specific skills through free [Forage](#) job simulations
 - [Schedule an appointment](#) to discuss Networking Strategies, 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](#)
- [Career Trailhead professional readiness program](#)
- [College of Humanities and Sciences Career Planning Center](#)
- [Davidson Honors College Career Development Program](#)
- [School of Law Career Development Office](#)
- [Missoula College Career Services](#)

