

2023-2024  
 Bachelor of Science in Integrative Physiology  
 Concentration in Exercise Pre-Professional



Year 1		Year 2		Year 3		Year 4	
Fall Term		Fall Term		Fall Term		Fall Term	
KIN 201 - Basic Exercise Prescription	3	BIOH 201 - Anatomy & Physiology I	4	KIN 330 - Motor Learning & Control	3	KIN 498 - Internship, <b>or</b>	3
CHMY 121N - Intro to General Chemistry	4	BIOH 202 - Anatomy & Physiology I Lab		General Education Course (Y)	3	KIN 499 - Capstone	
COMX 111A - Public Speaking	3	General Education Course (X)	3			HTH 475E - Legal & Ethical Issues in Hlth Perf	3
BIOH 112 - Human Form and Function, <b>or</b>	3	Intermediate College Writing	3	Elective	3	Kin 460 - ECG	2
BIOB 160N - Principles of Living Systems	3	<b>Math Choice</b> M 121 Algebra <b>or</b> M 151 Pre Calculus	3	PHSX 205N - College Physics I	4	Elective	3
General Education Course (H)	3	NUTR 221 - Basic Human Nutrition	3	PHSX 206N - College Physics I Lab	1	Elective	3
Semester Credits = 16		Semester Credits = 16		Semester Credits = 14		Semester Credits = 14	
Year 1		Year 2		Year 3		Year 4	
Spring Term		Spring Term		Spring Term		Spring Term	
KIN 205 - Foundations of HHP	3	BIOH 211 - Anatomy & Physiology II	4	KIN 320 - Exercise Physiology	3	KIN 483 - Exercise, Disease, and Aging	3
CHMY 123 - Intro to Organic & Biochem	4	BIOH 212 - Anatomy & Physiology II Lab		KIN 321 - Exercise Physiology Lab	1	KIN 484 - Exercise, Disease, and Aging Lab	1
CHMY 124 - Intro to Organic & Biochem Lab	2	PSYX 1005 - Introduction to Psychology	3	PHSX 207N - College Physics II	4	KIN 447 - Analytics Comm Tech, <b>or</b>	3
WRIT 101 - College Writing	3	If M 121 in Fall, take M 122 College Trig	3	PHSX 208N - College Physics II Lab	1	AHAT 342/343 - Therapeutic Interv + Lab	3
General Education Course (L)	3	BIOH 160 - Principles of Living Systems	3	Elective	3	Elective	3
		BIOB 161 - Principles of Living Systems Lab	1	STAT 216 - Statistics	4	Elective	3
Semester Credits = 15		Semester Credits = 14		Semester Credits = 16		Semester Credits = 13	

# 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](#)

