

2023-2024
Bachelor of Science in Integrative Physiology
Concentration in Sports Medicine



Year 1		Semester 1	Year 2		Semester 3	Year 3		Semester 5	Year 4		Semester 7
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 499 - Capstone	3		
CHMY 121N - Intro to General Chemistry	4		BIOH 202 - Anatomy & Physiology I Lab		General Education Course (Y)	3		AHAT 324 - Assessment of the Extremities	3		
COMX 111A - Public Speaking	3		NUTR 221 - Basic Human Nutrition	3	KIN 310 - Strength Training & Conditioning	2		AHAT 325 - Assessment of the Extremities Lab	2		
BIOH 112 - Human Form and Function, or	3		AHAT 210 - Prevention & Care of Athl Injur	2	PHSX 205N - College Physics I	4		KIN 320 - Exercise Physiology	3		
BIOB 160N - Principles of Living Systems	3		AHAT 213 - Prevention & Care of Athl Injur Lab	1	PHSX 206N - College Physics I Lab	1		KIN 321 - Exercise Physiology Lab	1		
General Education Course (H)	3		Math Choice	3				KIN 440 - Sport Psychology	3		
		Semester Credits = 16				Semester Credits = 13				Semester Credits = 15	
Year 1		Semester 2	Year 2		Semester 4	Year 3		Semester 6	Year 4		Semester 8
Spring Term			Spring Term			Spring Term			Spring Term		
KIN 205 - Foundations of HHP	3		BIOH 211 - Anatomy & Physiology II	4	KIN 322 - Kinesiology	3		AHAT 342 - Therapeutic Interventions	2		
CHMY 123 - Intro to Organic & Biochem	4		BIOH 212 - Anatomy & Physiology II Lab		KIN 323 - Kinesiology Lab	1		AHAT 343 - Therapeutic Interventions Lab	1		
CHMY 124 - Intro to Organic & Biochem Lab	2		PSYX 1005 - Introduction to Psychology	3	KIN 410 - Advanced Strength Training	3		KIN 425 - Biomechanics	3		
WRIT 101 - College Writing	3		If M 121 in Fall, take	3	General Education Course (X)	3		KIN 426 - Biomechanics Lab	1		
General Education Course (L)	3		M 122 College Trig		STAT 216 - Statistics	4		HTH 475E - Legal & Ethical Issues in Hlth Perf	3		
		Semester Credits = 15	Intermediate College Writing	3				NUTR 411 - Nutrition for Sport & Exercise	3		
				Semester Credits = 13		Semester Credits = 14				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

