



**University of Montana - Four-Year Academic Plan 2022-2023**

**College of Health**

**Bachelor of Science - Integrative Physiology  
Exercise Science, Applied Concentration**

This is an example of a four year graduation plan for a degree in Exercise Science, Applied Concentration.

This is a sample academic plan. Students should meet with an academic advisor prior to registration to formulate their own plan.

| Year 1  |           | Year 2   |           | Year 3  |           | Year 4   |            |
|---|-----------|--|-----------|---|-----------|--|------------|
| Fall  |           | Fall   |           | Fall  |           | Fall   |            |
| KIN 205 - Foundations HHP   | 3         | Human Anatomy & Physiology I + Lab   | 4         | HTH 475E - Legal Ethical Issues Health Ex Professions | 3         | KIN 447 - Analytic & Com Techniques OR 342/343 - Therapeutic Interventions/Lab | AHAT 3     |
| CHMY 121N - Intro to General Chemistry  | 4         | NUTR 221N - Basic Human Nutrition  | 3         | STAT 216 - Introduction to Statistics                 | 4         | KIN 498 - Internship   | 3          |
| *COMX 111A - Public Speaking  | 3         | M 121 - College Algebra OR<br>M 151 - Precalculus  | 3         | Electives   | 6         | PHSX 205N/206N - College Physics I/Lab   | 5          |
| BIOH 112 - Human Form and Function I OR<br>BIOB 160N - Principles of Living Systems | 3         | General Education Requirement (L, H, X or Y)   | 3         | General Education Requirement (L, H, X or Y)          | 3         | Elective   | 3          |
| Credits   | 13        | Credits  | 13        | Credits   | 16        | Credits  | 14         |
| Spring  |           | Spring   |           | Spring  |           | Spring   |            |
| KIN 201 - Basic Exercise Prescription   | 3         | Human Anatomy & Physiology II + Lab  | 4         | KIN 320/321 - Exercise Physiology/Lab                 | 4         | KIN 425/426 - Biomechanics & Lab   | 3          |
| CHMY 123/124 - Intro to Organic & Biochemistry /Lab                                 | 6         | KIN 330 - Motor Learning & Control   | 3         | Electives   | 9         | NUTR 411 - Nutrition for Sport & Exercise                                      | 3          |
| WRIT 101 - College Writing  | 3         | M 122 (If Needed) - College Trigonometry<br>-WRIT 121 - Intro to Technical Writing OR<br>WRIT 201 - College Writing II | 3         | General Education Requirement (L, H, X or Y)          | 3         | Electives  | 9          |
| PSYX 100S - Intro to Psychology   | 3         | Elective   | 3         |   |           |  |            |
| BIOH 113 (If Needed) - Human Form & Function II                                     |           | General Education Requirement (L, H, X or Y)   | 3         |   |           |  |            |
| Credits   | 15        | Credits  | 16        | Credits   | 16        | Credits  | 15         |
| Summer  |           | Summer   |           | Summer  |           | Summer   |            |
|   |           |  |           |   |           |  |            |
|   |           |  |           |   |           |  |            |
| Credits   | 0         | Credits  | 0         | Credits   | 0         | Credits  | 0          |
| <b>Total Credits</b>  | <b>28</b> | <b>Total Credits</b>   | <b>57</b> | <b>Total Credits</b>                                  | <b>89</b> | <b>Total Credits</b>   | <b>118</b> |

**Notes:**

\* If last names starts with A-L take WRIT 101, M-Z take COMX 111A

- Held off campus at the Missoula College

\*\* Students must complete at least 18 elective credit hours in addition to the required courses above.

\*\*\* If student takes BIOH 201N-211N or another 200 level Anatomy and Physiology Sequence they will need to take additional upper division credits to meet the University requirement of 39 upper division credits for graduation.

\*\*\*\* Additional classes will be needed for those hoping to complete prerequisites for PT, PA, OT, Chiropractic schools, etc. - see advisor.

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