



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

College of Health

**Bachelor of Science - Integrative Physiology
Sports Medicine Concentration**

This is an example of a four year graduation plan for a degree in Sports Medicine 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	KIN 310 - Strength Training, and Conditioning	2	AHAT 324/325 - Assessment of the Extremities/Lab	3
CHMY 121N - Intro to General Chemistry	4	AHAT 210/213 - Prev & Care of Ath Injuries /Lab	3	KIN 330 - Motor Learning & Control	3	KIN 320/321 - Exercise Physiology/Lab	4
*COMX 111A - Public Speaking	3	NUTR 221N - Basic Human Nutrition	3	PHSX 205N/206N - College Physics I/Lab	5	KIN 440 - Sport Psychology	3
BIOH 112 - Human Form and Function I (or) BIOB 160N - Principles of Living Systems	3	M 121 - College Algebra OR M 151 - Precalculus	4	General Education Requirement (L, H, X or Y)	3	KIN 460 - ECG Analysis	2
COLS 194 - Freshmen Seminar	2			General Elective	3	KIN 499 - Capstone	3
Credits	15	Credits	14	Credits	16	Credit	15
Spring		Spring		Spring		Spring	
KIN 201 - Basic Exercise Prescription	3	Human Anatomy & Physiology II + Lab	4	KIN 322 - Kinesiology 323- Anatomical Kinesiology Lab	KIN 4	AHAT 342/343 - Therapeutic Interventions/Lab	3
CHMY 123/124 - Intro to Organic & Biochem /Lab	6	M 122 (If Needed) - College Trigonometry	3	KIN 410 - Advanced Strength Training Methods	3	HTH 475E - Legal Ethical Issues Hlth Ex Prof	3
WRIT 101 - College Writing	3	~WRIT 121 - Intro to Technical Writing OR WRIT 201 - College Writing II	3	STAT 216 - Introduction to Statistics	4	KIN 425/426 - Biomechanics & Lab	4
PSYX 100S - Intro to Psychology	3	General Education Requirement (L, H, X or Y)	6	General Education Requirement (L, H, X or Y)	3	NUTR 411 - Sport Nutrition	3
BIOH 113 (If Needed) - Human Form & Function II						General Elective	3
Credits	15	Credits	16	Credits	14	Credits	16
Summer		Summer		Summer		Summer	
Credits	0	Credits	0	Credits	0	Credits	0
Total Credits	30	Total Credits	60	Total Credits	90	Total Credits	121

Notes:

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

~ Held off campus at the Missoula College

** 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.