Exercise and Health Sciences BS

Curriculum Advising Worksheet

- EHS students must complete all General Education and Core requirements, **as well as enough general electives to reach at least 120 total credits.**
- EHS students must maintain a cumulative grade point average of 2.0 or higher.
- All EHS courses, BIOL 207 and BIOL 208 must be passed with a C- or better and cannot be taken on a pass/fail basis. A grade of D+ or below in any of these courses is considered failing.
- EHS Electives are any courses within the EHS Department not required by the EHS Core.
- Please refer to the UMass Boston Online Course Catalog for course descriptions and further information.

Gen Ed Requirements		EHS Core Curriculum	
☐	**ENGL 101 Freshman English I 3CR**	☐	**EHS 120 Careers in Exercise & Health 3CR**
☐	**ENGL 102 Freshman English II 3CR** *(prerequisite: ENGL 101)*	☐	**EHS 160 Fitness & Wellness 3CR**
☐	**First Year Seminar 4CR** *(required of those who enter UMB < 30CR)*	☐	**EHS 230 Strength & Conditioning 3CR**
☐	**Intermediate Seminar 3CR** *(prerequisite: ENGL 102 and minimum of 30 credits*	☐	**EHS 260 Physical Activity & Health 3CR** *(prerequisite: EHS 160 & EHS 280)*
☐	**Arts (AR) or Humanities (HU) 3CR**	☐	**EHS 280 Stats for Health Professionals 3CR** *(prerequisite: MATH 114QR, or higher placement)*
☐	**Arts (AR) or Humanities (HU) 3CR**	☐	**EHS 300 Health Fitness Assessment 4CR** *(prerequisite: EHS 160)*
☐	**Social/Behavioral Science (SB) 3CR**	☐	**EHS 310 Applied Kinesiology 3CR** *(prerequisite: BIOL 207 and BIOL 208)*
☐	**World Languages (WL) or World Cultures (WC) 3CR or 4CR**	☐	**EHS 320 Adapted Physical Activity 3CR** *(prerequisite: EHS 300)*
☐	**World Languages (WL) or World Cultures (WC) 3CR or 4CR**	☐	**EHS 345 Health Behavior Change 3CR** *(prerequisite: EHS 160)* *Note: EHS 340 also satisfies this requirement*
☐	**BIOL 207 Anatomy & Physiology I 4CR** *(prerequisite: BIOL 111)*	☐	**EHS 370 Exercise Program Design 3CR** *(prerequisite: EHS 230 & EHS 300)*
☐	**BIOL 208 Anatomy & Physiology II 4CR** *(prerequisite: BIOL 111 and BIOL 207)*	☐	**EHS 385 Exercise Physiology I 3CR*** *(prerequisite: BIOL 207 & BIOL 208)* *Note: EHS 380 also satisfies this requirement*
☐	**Writing Proficiency Requirement** *(must pass by the completion of 60 credits)*	☐	**EHS 490 Internship 12CR option** **OR** **EHS 491 Internship 6CR W/Two EHS Electives = 12CR** *(prerequisite: department consent required)* **Elective #1** _____ **Elective #2**_____
		☐	**EHS Elective #1** *(must be at least **3CR**)*
		☐	**EHS Elective #2** *(must be at least **3CR**)*
		☐	**EHS Elective #3** *(must be at the 300 or 400 level and at least **3CR**)*

Degree requirements 120 credits

- EHS Core & Biol 207/208 = 63 credits
- General Education requirement = 28-30 credits
- General Elective credits needed to 120 after all program requirements have been completed = 29 credits

In the EHS Curriculum, the following courses are considered EHS Electives. Please refer to the UMass Boston Online Course Catalog for course descriptions, prerequisites and further information:

EHS 150 Introduction to Nutrition (3 CR)
(prerequisite: None)
EHS 240 Prevention Care of Sports Injuries (3CR)
(prerequisite: None)
EHS 250 Nutrition for Sports Performance (3 CR)
(prerequisite: EHS 150)
EHS 270 Worksite Health Promotion (3 CR)
(prerequisite: EHS 150 & 260)
EHS 297 Special Topics
(prerequisite: None)
EHS 330 Conditioning for Performance (3 CR)
(prerequisite: EHS 230)
EHS 350 Obesity and Weight Management (3 CR)
(prerequisite: EHS 150 & 260)
EHS 386 Exercise Physiology I Lab (1 CR)
(prerequisite: EHS 385)
EHS 390 Exercise Physiology II (4 CR)
(prerequisite: EHS 385 & 386)
EHS 400 Practicum in Adult Fitness (3 CR)
(prerequisite: EHS 300 & 370)
EHS 410 Exercise and Aging (3 CR)
(prerequisite: EHS 385)
EHS 420 Pediatric Exercise (3 or 4 CR)[†]
(prerequisite: EHS 385)
EHS 421 Pediatric Externship (By arrangement)[†]
(Co-requisite: EHS 420)
EHS 440 Health Fitness Management (3 CR)
(prerequisite: EHS 300)
EHS 460 Research Methods I (3 CR)
(prerequisite: EHS 260 & 280)
EHS 470 Research Methods II (3 CR)
(prerequisite: EHS 300 & 460)
EHS 480 Clinical Exercise Physiology (3 CR)
(prerequisite: EHS 385)
EHS 485 Independent Study (1 to 6 CR)
(By arrangement)

[†] With instructor permission, students enrolled in *EHS 420 Pediatric Exercise* may complete a community-based practicum for 1 additional credit.
[*] *EHS 385 Exercise Physiology* is a 3-credit lecture course. Students who wish to get further experiential learning opportunities in exercise physiology may enroll in EHS 386 Exercise Physiology I Lab either simultaneous to or after the completion of EHS 385.