

# Exercise and Health Sciences BS

## New 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 2.5 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 C- 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	
<input type="checkbox"/>	<b>ENGL 101 Freshman English I 3CR</b>	<input type="checkbox"/>	<b>EHS 120 Careers in Exercise &amp; Health 3CR</b>
<input type="checkbox"/>	<b>ENGL 102 Freshman English II 3CR</b> <i>(prerequisite: ENGL 101)</i>	<input type="checkbox"/>	<b>EHS 160 Fitness &amp; Wellness 3CR</b>
<input type="checkbox"/>	<b>First Year Seminar 4CR</b> <i>(required of those who enter UMB &lt; 30CR)</i>	<input type="checkbox"/>	<b>EHS 230 Strength &amp; Conditioning 3CR</b>
<input type="checkbox"/>	<b>Intermediate Seminar 3CR</b>	<input type="checkbox"/>	<b>EHS 260 Physical Activity &amp; Health 3CR</b> <i>(prerequisite: EHS 160 &amp; EHS 280)</i>
<input type="checkbox"/>	<b>Arts (AR) or Humanities (HU)</b>	<input type="checkbox"/>	<b>EHS 280 Stats for Health Professionals 3CR</b> <i>(prerequisite: MATH 114Q, or higher placement)</i>
<input type="checkbox"/>	<b>Arts (AR) or Humanities (HU)</b>	<input type="checkbox"/>	<b>EHS 300 Health Fitness Assessment 4CR</b> <i>(prerequisite: EHS 160)</i>
<input type="checkbox"/>	<b>Social/Behavioral Science (SB)</b>	<input type="checkbox"/>	<b>EHS 310 Applied Kinesiology 3CR</b> <i>(prerequisite: BIOL 207 and BIOL 208)</i>
<input type="checkbox"/>	<b>World Languages (WL) or World Cultures (WC)</b>	<input type="checkbox"/>	<b>EHS 320 Adapted Physical Activity 3CR</b> <i>(prerequisite: EHS 300)</i>
<input type="checkbox"/>	<b>World Languages (WL) or World Cultures (WC)</b>	<input type="checkbox"/>	<b>EHS 345 Health Behavior Change 3CR</b> <i>(prerequisite: EHS 160)</i> <i>Note: EHS 340 also satisfies this requirement</i>
<input type="checkbox"/>	<b>BIOL 207 Anatomy &amp; Physiology I 4CR</b> <i>(prerequisite: BIOL 111)</i>	<input type="checkbox"/>	<b>EHS 370 Exercise Program Design 3CR</b> <i>(prerequisite: EHS 230 &amp; EHS 300)</i>
<input type="checkbox"/>	<b>BIOL 208 Anatomy &amp; Physiology II 4CR</b> <i>(prerequisite: BIOL 111 and BIOL 207)</i>	<input type="checkbox"/>	<b>EHS 385 Exercise Physiology I 3CR*</b> <i>(prerequisite: BIOL 207 &amp; BIOL 208)</i> <i>Note: EHS 380 also satisfies this requirement</i>
<input type="checkbox"/>	<b>Writing Proficiency Requirement</b> <i>(must pass by the completion of 75 CR)</i>	<input type="checkbox"/>	<b>EHS 490 Internship in EHS 12CR</b> <i>(prerequisite: department consent required)</i>
		<input type="checkbox"/>	<b>EHS Elective #1</b> <i>(must be at least 3 CR)</i>
		<input type="checkbox"/>	<b>EHS Elective #2</b> <i>(must be at least 3 CR)</i>
		<input type="checkbox"/>	<b>EHS Elective #3</b> <i>(must be at the 300 or 400 level and at least 3 CR)</i>

\* 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.

In the New 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)  
EHS 240 Prevention/Care of Sport Injuries (3 CR)  
EHS 250 Nutrition for Sports Performance (3 CR)  
EHS 270 Worksite Health Promotion (3 CR)  
EHS 330 Conditioning for Performance (3 CR)  
EHS 350 Obesity and Weight Management (3 CR)  
EHS 360 Wellness Coaching (3 CR)  
EHS 386 Exercise Physiology I Lab (1 CR)  
EHS 390 Exercise Physiology II (4 CR)  
EHS 400 Practicum in Adult Fitness (3 CR)  
EHS 410 Exercise and Aging (3 CR)  
EHS 420 Pediatric Exercise (3 or 4 CR)<sup>†</sup>  
EHS 430 Practicum in Pediatric Exercise (3 CR)  
EHS 440 Health Fitness Management (3 CR)  
EHS 460 Research Methods I (3 CR)  
EHS 470 Research Methods II (3 CR)  
EHS 480 Clinical Exercise Physiology (3 CR)  
EHS 485 Independent Study (1 to 6 CR)

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<sup>†</sup> With instructor permission, students enrolled in *EHS 420 Pediatric Exercise* may complete a community-based practicum for 1 additional credit.