

Exercise and Fitness Studies - Bachelor of Science College of Liberal Arts and Social Sciences

I. Core Requirements (39 hours)

Course Name	Hours	TCCNS	UH
Communication (6 hours)			
English Composition I	3	ENGL 1301	ENGL 1301
English Composition II	3	ENGL 1302	ENGL 1302
Mathematics (3 hours)			
College Algebra	3	MATH 1314	MATH 1314
Mathematics Reasoning (3 hours, UH Component Area Option)			
Elementary Statistical Methods <u>or</u> Statistical Methods in Psychology	3	MATH 1342 <u>or</u> PSYC 2317	MATH 1342 <u>or</u> PSYC 2317
Life & Physical Sciences (6 hours)			
Biology for Science Majors I	3	BIOL 1306 <u>or</u> 1406	BIOL 1306
Foundations of Chemistry I <u>or</u> Fundamentals of Chemistry I <u>or</u> Fundamentals of Chemistry II	3	CHEM 1305 <u>or</u> 1405 <u>or</u> CHEM 1311 <u>or</u> 1411 <u>or</u> CHEM 1312 <u>or</u> 1412	CHEM 1305 <u>or</u> CHEM 1311 <u>or</u> CHEM 1312
Creative Arts (3 hours)			
Choose one course from your current college's core approved list.			
Language, Philosophy, & Culture (3 hours)			
Choose one course from your current college's core approved list.			
Social & Behavioral Sciences			
Met by UH course KIN 1304, Public Issues in Physical Activity and Obesity which is a required course for this major and UH Core Social & Behavioral Science (no transfer equivalent, alternative Core Social & Behavioral Science transfer may count for core, but may also cause excess total hours)			
American History (6 Hours)			
Choose two courses from your current college's core-approved list.			
Government/Political Sciences (6 hours)			
Federal Government	3	GOVT 2305	GOVT 2305
Texas Government	3	GOVT 2306	GOVT 2306
Writing in the Disciplines (3 hours, UH Component Area Option)			
Choose one course from your current college's core approved Component Area Option list.			

II. Major Requirements (6 hours)

Course Name	Hours	TCCNS	UH
Nutrition and Diet Therapy	3	BIOL 1322	NUTR 2332
Choose one of the following courses:	3	The following courses satisfy this requirement: • MATH Core classes • Life & Physical Sciences Core classes • Any class with the following prefixes: BIOL, CHEM, COSC, GEOL, MATH or PHYS	

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Transfer Credit Limit

A maximum of 66 hours (grades C- or better) of 1000/2000 level transfer hours may be applied toward a UH degree. These are the 66 hours that best meet the degree requirements for your UH degree combination (Major, Double Major, Double Degree, and Minor).

- Students who currently attend UH should refer to their departmental advisor **BEFORE** taking courses at another college.
- Courses listed above are **suggested** courses for this degree. Other courses in combination may apply to a degree.
- See department or course catalog for further information on your degree plan.

Texas Undergraduate In-State Tuition Enrollment Cap

Under current rules, Texas resident undergraduate students who enrolled for the first time in a Texas public institution of higher education in fall 1999 or later may be charged a premium tuition rate after they reach an established enrollment cap. For details, see [Texas Enrollment Cap | Office of the Provost | University of Houston](#)