

BACHELOR OF SCIENCE IN HEALTH SCIENCES (BSHS) IN PHYSIOLOGY AND MEDICAL SCIENCES

Sample four-year plan for College Algebra as your first semester math course – this tool can help you generally understand the recommended flow of classes; however, it's always best to consult with your Academic Advisor to create a plan that is best for you!

FIRST YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|--|--------------|--|--------------|
| ENGL 101 First-Year Composition I | 3 | ENGL 102 First-Year Composition II | 3 |
| MATH 112 College Algebra | 3 | MATH 120R Pre-Calculus | 4 |
| CHEM 151 General Chemistry I | 4 | CHEM 152 General Chemistry II | 4 |
| PSIO 101 Tackling Physiological Topics, or T1 Gen Ed (150 or 160), or second language course | 3-4 | T1 Gen Ed (150 or 160), or second language course | 3-4 |
| T1 Gen Ed (150 or 160) | 3 | | |
| Total Units | 16-17 | Total Units | 14-15 |

SECOND YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|--|-----------|--|-----------|
| MATH 122A + B Calculus I | 5 | MATH 263, BIOS 376, or ECOL 379 Biostatistics | 3 |
| CHEM 241a Organic Chemistry Lecture | 3 | CHEM 241b Organic Chemistry Lecture | 3 |
| CHEM 243a Organic Chemistry Lab | 1 | CHEM 243b Organic Chemistry Lab | 1 |
| PSIO 201 Human Anatomy & Physiology I | 4 | PSIO 202 Human Anatomy & Physiology II | 4 |
| T1 Gen Ed (150 or 160) | 3 | T2 Gen Ed (300/400 level) | 3 |
| | | T2 Gen Ed (300/400 level) | 3 |
| Total Units | 16 | Total Units | 17 |

*A second language is required through second semester proficiency or higher.

Physiology Emphasis

THIRD YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|--|--------------|---|--------------|
| PSIO 303 Integrative Cellular Physiology | 3 | PSIO 305 Integrative Systems Physiology | 3 |
| PSIO 4XX lecture | 3 | PSIO 4XX lecture | 3 |
| MCB 181R Introductory Biology I | 3 | ECOL 182R Introductory Biology II | 3 |
| MCB 181L Introductory Biology I Lab | 1 | ECOL 182L Introductory Biology II Lab | 1 |
| PHYS 102 Introductory Physics I | 3 | PHYS 103 Introductory Physics II | 3 |
| PHYS 181 Introductory Physics I Lab | 1 | PHYS 182 Introductory Physics II Lab | 1 |
| Total Units | 14 | Total Units | 14 |

FOURTH YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|--|--------------|---|--------------|
| PSIO 4XX lecture | 3 | PSIO 4XX lecture | 3 |
| PSIO Major Elective | 3 | PSIOM Major Elective | 3 |
| PSIOM Major Elective | 3 | PSIOM Major Elective | 3 |
| BIOC 384 Foundations in Biochemistry or BIOC 385 Metabolic Biochemistry | 3 | UD general elective (any 300/400-level course) | 3 |
| T2 Gen Ed (300/400 level) | 3 | UD general elective (any 300/400-level course) | 3 |
| Total Units | 15 | Total Units | 15 |

***120 total units required for graduation, 42 of which must be upper-division (300/400-level).
Your major requirements do NOT provide you with enough upper-division unit requirements for
graduation, so it's important for you to incorporate other upper-division courses into your plan.**

Medical Sciences Emphasis

THIRD YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|--|-----------|---|-----------|
| PSIO 303 Integrative Cellular Physiology | 3 | PSIO 305 Integrative Systems Physiology | 3 |
| PSIO 4XX lecture | 3 | PSIO 4XX lecture | 3 |
| MCB 181R Introductory Biology I | 3 | ECOL 182R Introductory Biology II | 3 |
| MCB 181L Introductory Biology I Lab | 1 | ECOL 182L Introductory Biology II Lab | 1 |
| PHYS 102 Introductory Physics I | 3 | PHYS 103 Introductory Physics II | 3 |
| PHYS 181 Introductory Physics I Lab | 1 | PHYS 182 Introductory Physics II Lab | 1 |
| Total Units | 14 | Total Units | 14 |

FOURTH YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|---|-----------|--|-----------|
| BIOC 384 Foundations in Biochemistry or BIOC 385 Metabolic Biochemistry | 3 | Medical Science course | 3 |
| Medical Science course | 3 | PSIOM Major Elective | 3 |
| PSIOM Major Elective | 3 | PSIOM Major Elective | 3 |
| PSIOM Major Elective | 3 | UD general elective (any 300/400-level course) | 3 |
| T2 Gen Ed (300/400 level) | 3 | UD general elective (any 300/400-level course) | 3 |
| Total Units | 15 | Total Units | 15 |

***120 total units required for graduation, 42 of which must be upper-division (300/400-level). Your major requirements do NOT provide you with enough upper-division unit requirements for graduation, so it's important for you to incorporate other upper-division courses into your plan.**

Exercise and Extreme Physiology Emphasis

THIRD YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|--|-----------|---|-----------|
| PSIO 303 Integrative Cellular Physiology | 3 | PSIO 305 Integrative Systems Physiology | 3 |
| PSIO 420 Exercise + Environmental PSIO | 3 | Emphasis Course | 3 |
| MCB 181R Introductory Biology I | 3 | ECOL 182R Introductory Biology II | 3 |
| MCB 181L Introductory Biology I Lab | 1 | ECOL 182L Introductory Biology II Lab | 1 |
| PHYS 102 Introductory Physics I | 3 | PHYS 103 Introductory Physics II | 3 |
| PHYS 181 Introductory Physics I Lab | 1 | PHYS 182 Introductory Physics II Lab | 1 |
| Total Units | 14 | Total Units | 14 |

FOURTH YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|---|-----------|--|-----------|
| BIOC 384 Foundations in Biochemistry or BIOC 385 Metabolic Biochemistry | 3 | Emphasis course | 3 |
| Emphasis course | 3 | PSIOM Major Elective | 3 |
| PSIOM Major Elective | 3 | PSIOM Major Elective | 3 |
| PSIOM Major Elective | 3 | UD general elective (any 300/400-level course) | 3 |
| T2 Gen Ed (300/400 level) | 3 | UD general elective (any 300/400-level course) | 3 |
| Total Units | 15 | Total Units | 15 |

***120 total units required for graduation, 42 of which must be upper-division (300/400-level). Your major requirements do NOT provide you with enough upper-division unit requirements for graduation, so it's important for you to incorporate other upper-division courses into your plan.**

Physiological Research and Innovation Emphasis

THIRD YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|--|-----------|---|-----------|
| PSIO 303 Integrative Cellular Physiology | 3 | PSIO 305 Integrative Systems Physiology | 3 |
| Emphasis Core course | 3 | Emphasis Core course | 3 |
| MCB 181R Introductory Biology I | 3 | ECOL 182R Introductory Biology II | 3 |
| MCB 181L Introductory Biology I Lab | 1 | ECOL 182L Introductory Biology II Lab | 1 |
| PHYS 102 Introductory Physics I | 3 | PHYS 103 Introductory Physics II | 3 |
| PHYS 181 Introductory Physics I Lab | 1 | PHYS 182 Introductory Physics II Lab | 1 |
| Total Units | 14 | Total Units | 14 |

FOURTH YEAR

| FALL SEMESTER | Units | SPRING SEMESTER | Units |
|---|-----------|--|-----------|
| BIOC 384 Foundations in Biochemistry or BIOC 385 Metabolic Biochemistry | 3 | Emphasis course | 3 |
| Emphasis Core course | 3 | PSIOM Major Elective | 3 |
| PSIOM Major Elective | 3 | PSIOM Major Elective | 3 |
| PSIOM Major Elective | 3 | UD general elective (any 300/400-level course) | 3 |
| T2 Gen Ed (300/400 level) | 3 | UD general elective (any 300/400-level course) | 3 |
| Total Units | 15 | Total Units | 15 |

***120 total units required for graduation, 42 of which must be upper-division (300/400-level). Your major requirements do NOT provide you with enough upper-division unit requirements for graduation, so it's important for you to incorporate other upper-division courses into your plan.**