

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

Sample four-year plan for Math 100 (Math Lab) 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 100 Math Lab	3	MATH 112 College Algebra	3
SAS 100AX Math Success Strategies	2	*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	*Gen Ed – Core Course, or second language course	3-4
UNIV 101 Intro to Gen Ed Experience	1	PSIO 101 – Tackling PSIO Topics in Today’s Society	3
*Gen Ed – Core Course (late-start)	3		
Total Units	16	Total Units	16-17

*Enrolling in MCB 181L and MCB 181R may vary. If you are unable to enroll in MCB 181L and MCB 181R, starting and/or completing your second-semester language requirement is recommended.

SECOND YEAR

FALL SEMESTER	Units	SPRING SEMESTER	Units
MATH 120R Pre-Calculus	4	MATH 122A + B Calculus I	5
*CHEM 151 General Chemistry I	4	CHEM 152 General Chemistry II	4
PSIO 201 Human Anatomy & Physiology I	4	PSIO 202 Human Anatomy & Physiology II	4
*Gen Ed – Core Course, or second language course	3-4	*Gen Ed – Core Course	3
Total Units	15-16	Total Units	16

*Please see a more detailed breakdown of the core courses required in the Gen Ed curriculum.

*To enroll in 300/400-level PSIO courses, students must complete their Calculus 1 requirement (MATH 122A + MATH 122B or MATH 125 or MATH 119A), and earn a letter grade of a “C” or higher in both PSIO 201 and PSIO 202.

Physiology Emphasis

THIRD YEAR

FALL SEMESTER	Units	SPRING SEMESTER	Units
PSIO 303 Integrative Cellular Physiology	3	PSIO 305 Integrative Systems Physiology	3
MATH 129 (Calculus 2)			
or			
MATH 263, BIOS 376, or ECOL 379 (Biostatistics)	3	PSIO 4XX lecture	3
CHEM 241a Organic Chemistry Lecture	3	PSIO 4XX lecture	3
CHEM 243a Organic Chemistry Lab	1	CHEM 241b Organic Chemistry Lecture	3
PSIOM Major Elective	3	CHEM 243b Organic Chemistry Lab	1
*Gen Ed – Core Course	3	UNIV 301 Gen Ed Portfolio	1
UD general elective (any 300/400-level course)	3	*Gen Ed – Core Course	3
Total Units	16	Total Units	17

FOURTH YEAR

FALL SEMESTER	Units	SPRING SEMESTER	Units
PSIO 4XX lecture	3	PSIO 4XX lecture	3
PSIOM Major Elective	3	PSIOM Major Elective	3
PHYS 102 Introductory Physics I	3	PSIOM Major Elective	3
PHYS 181 Introductory Physics I Lab	1	PHYS 103 Introductory Physics II	3
BIOC 384 Foundations in Biochemistry or BIOC 385 Metabolic Biochemistry	3	PHYS 182 Introductory Physics II Lab	1
UD general elective (any 300-400-level course)	3	UD general elective (any 300-400-level course)	3
Total Units	16	Total Units	16

***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
CHEM 241a Organic Chemistry Lecture	3	CHEM 241b Organic Chemistry Lecture	3
CHEM 243a Organic Chemistry Lab	1	CHEM 243b Organic Chemistry Lab	1
MATH 129 (Calculus 2) or MATH 263, BIOS 376, or ECOL 379 (Biostatistics)	3	PSIOM Major Elective	3
*Gen Ed – Core Course	3	UNIV 301 Gen Ed Portfolio	1
Total Units	16	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
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	3
UD general elective (any 300/400-level course)	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
CHEM 241a Organic Chemistry Lecture	3	PSIOM Major Elective	3
CHEM 243a Organic Chemistry Lab	1	CHEM 241b Organic Chemistry Lecture	3
MATH 129 (Calculus 2) or MATH 263, BIOS 376, or ECOL 379 (Biostatistics)	3	CHEM 243b Organic Chemistry Lab	1
*Gen Ed – Core Course	3	UNIV 301 Gen Ed Portfolio	1
Total Units	16	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
PHYS 102 Introductory Physics I	3	PHYS 103 Introductory Physics II	3
PHYS 181 Introductory Physics I Lab	1	PHYS 103 Introductory Physics II Lab	1
UD general elective (any 300/400-level course)	3	UD general elective (any 300/400-level course)	3
Total Units	16	Total Units	16

***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
CHEM 241a Organic Chemistry Lecture	3	PSIOM Major Elective	3
CHEM 243a Organic Chemistry Lab	1	CHEM 241b Organic Chemistry Lecture	3
MATH 129 (Calculus 2) or MATH 263, BIOS 376, or ECOL 379 (Biostatistics)	3	CHEM 243b Organic Chemistry Lab	1
*Gen Ed – Core Course	3	UNIV 301 Gen Ed Portfolio	1
Total Units	16	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
PHYS 102 Introductory Physics I	3	PHYS 103 Introductory Physics II	3
PHYS 181 Introductory Physics I Lab	3	PHYS 182 Introductory Physics II Lab	1
UD general elective (any 300/400-level course)		UD general elective (any 300/400-level course)	3
Total Units	16	Total Units	16

***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.**

Breakdown of General Education Core Courses

In addition to the required UNIV 101 and UNIV 301 courses, you are required to complete seven total core courses as part of the General Education curriculum, each falling under a specific category (as seen below). There are numerous course options that can satisfy each category, so pick whatever is most interesting to you! [EXAMPLE HERE](#).

This tutorial ([LINK TO VIDEO](#)) should help you find courses that can count in these categories.

*Please note that CHEM 151 can count towards the “Natural Scientist” requirement, so if you complete CHEM 151 to satisfy the General Chemistry I requirement, you will not need an additional Natural Scientist course.

