

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 110 Introductory Studio Physics I	4	PSIOM Major Elective	3
BIOC 384 Foundations in Biochemistry or BIOC 385 Metabolic Biochemistry	3	PHYS 111 Introductory Studio Physics II	4
UD general elective (any 300-400-level course)	3	UD general elective (any 300-400-level course)	1
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 110 Introductory Studio Physics I	4	PHYS 111 Introductory Studio Physics II	4
UD general elective (any 300/400-level course)	1	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 110 Introductory Studio Physics I	4	PHYS 111 Introductory Studio Physics II	4
UD general elective (any 300/400-level course)	1	UD general elective (any 300/400-level course)	3
Total Units	14	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 110 Introductory Studio Physics I	4	PHYS 111 Introductory Studio Physics II	4
UD general elective (any 300/400-level course)	3	UD general elective (any 300/400-level course)	1
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.**