

BACHELOR OF SCIENCE IN HEALTH SCIENCES – PHYSIOLOGY AND MEDICAL SCIENCES

For students starting in the 2026-2027 academic year

UNIVERSITY REQUIREMENTS

University Composition Requirement (3-6 units)
 WRIT 101 First-Year Composition and 3 _____
 WRIT 102 First-Year Composition 3 _____
 OR WRIT 109H First-Year Composition Honors 3 _____

Second Language (0-8 units)
 Complete one of the following:
 A) Complete courses through 2nd semester level
 B) Pass a language proficiency exam at 2nd semester level

General Education

Exploring Perspectives (12 units)
 Artist _____ 3 _____
 Humanist _____ 3 _____
 Social Scientist _____ 3 _____
 Natural Scientist _____ 3 _____
 MCB 181R OR CHEM 151 _____ 3-4 _____

Building Connections (6 units)
 _____ 3 _____
 _____ 3 _____

Civic Institutions (3 units)
 _____ 3 _____

UNIV 101 – Intro to Gen Ed Experience 1 _____
 UNIV 301 – Gen Ed Portfolio 1 _____

Writing Emphasis Course 300/400-LEVEL COURSE 3 _____

FOUNDATION SCIENCE REQUIREMENTS (35 units)

CHEM 151 General Chemistry I 4 _____
 CHEM 152 General Chemistry II 4 _____
 CHEM 241a Organic Chemistry I Lecture 3 _____
 CHEM 243a Organic Chemistry I Lab 1 _____
 CHEM 241b Organic Chemistry II Lecture 3 _____
 CHEM 243b Organic Chemistry II Lab 1 _____
 MCB 181R Introductory Biology I Lecture 3 _____
 MCB 181L Introductory Biology I Lab 1 _____
 ECOL 182R Introductory Biology II Lecture 3 _____
 ECOL 182L Introductory Biology II Lab 1 _____
 PHYS 110 Introductory Studio Physics I 4 _____
 PHYS 111 Introductory Studio Physics II 4 _____
 BIOC 384 Foundations in Biochemistry _____
 OR BIOC 385 Metabolic Biochemistry 3 _____
 OR ACBS 445 Nutritional PSIO + Metabolic BIOC _____

MATHEMATICS REQUIREMENTS (6-8 units)

1) Calculus I or Mathematics of the Biological Systems
 MATH 122a and MATH 122b 1/4 _____
 OR MATH 125 3 _____
 OR MATH 119a 4 _____

2) Calculus II or Biostatistics
 MATH 129 3 _____
 OR MATH 263 OR BIOS 376 OR ECOL 379 3 _____

PHYSIOLOGY AND MEDICAL SCIENCES MAJOR (36 units)

Required Courses (14 units)
 PSIO 201 Human Anatomy & Physio I (F, SP, SSI) 4 _____
 PSIO 202 Human Anatomy & Physio II (F, SP, SSII) 4 _____
 PSIO 303 Integrative Cellular Physio (F only) 3 _____
 PSIO 305 Integrative System Physio (SP only) 3 _____

***Students must complete both PSIO 201 and PSIO 202 before being eligible to enroll in any 300/400-level PSIO courses**

Exercise and Extreme Physiology (22 units)

Emphasis Requirements

I. Required Core – complete one course (3 units)

PSIO 420 Exercise Physiology 3 _____
 PSIO 441 Musculoskeletal Physiology 3 _____

II. Emphasis Electives (9 units)

PSIO 420 Exercise Physiology 3 _____
 PSIO 425 Meas. and Eval of Physiological Function 3 _____
 PSIO 426 Extreme Physiology 3 _____
 PSIO 429 Muscle Physiology 3 _____
 PSIO 441 Musculoskeletal Physiology 3 _____
 PSIO 442 Biomechanics of Human Movement 3 _____
 PSIO 465 Neurophysiology 3 _____
 PSIO 485 Cardiovascular Physiology 3 _____
 PSIO 487 Physiology of Aging 3 _____
 PSIO 495M Musculoskeletal Physiology 2 _____
 PHCL 430 Pain Pharmacology 3 _____

III. Additional Required Major Electives (10 units)

Lectures (complete at least 6 units from [approved list](#))

Elective Course _____ 1-4 _____
 Elective Course _____ 1-4 _____
 Elective Course _____ 1-4 _____

Any major elective (complete at least 4 units from [approved list](#))

Elective Course _____ 1-4 _____
 Elective Course _____ 1-4 _____
 Elective Course _____ 1-4 _____

Graduation Requirements	
120 units _____	42 UD units _____
2.0+ cumulative GPA _____	2.0 major GPA _____
Most students will need additional electives to complete their total units for graduation. Talk with your advisor to plan for what you need!	