

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

Sample four-year plan for Calculus I 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
WRIT 101 First-Year Composition I	3	WRIT 102 First-Year Composition II	3
MATH 122A + B Calculus I	5	MATH 263, BIOS 376, or ECOL 379 Biostatistics	3
CHEM 151 General Chemistry I	4	CHEM 152 General Chemistry II	4
Gen Ed – Core Course, or second language course	3-4	PSIO 101 Tackling Physiological Topics or Gen Ed – Core Course, or second language course	3-4
UNIV 101 Intro to Gen Ed Experience	1		
Total Units	15-16	Total Units	13-14

SECOND YEAR

FALL SEMESTER	Units	SPRING SEMESTER	Units
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
Gen Ed – Core Course (Writing Emphasis)	3	Gen Ed – Core Course	3
Gen Ed – Core Course	3	Gen Ed – Core Course	3
		UNIV 301 Gen Ed Portfolio	1
Total Units	14	Total Units	15

GOOD TO KNOW

- There are specific General Education courses that are required – please review [the General Education Curriculum](#) and plan accordingly with [your Academic Advisor](#).
- You must take [a Writing Emphasis Course](#), which can be done through one of your General Education courses.
- [A second language](#) is required through second semester proficiency or higher.
- You must complete PSIO 201 and PSIO 202 with a “C” or better before being able to enroll in upper-division (300/400-level) PSIO courses.
- PSIO 303 and PSIO 305 require the successful completion of PSIO 201, PSIO 202, CHEM 151, CHEM 152, and Calculus I (MATH 122B, MATH 119A, or MATH 125).

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 110 Introductory Studio Physics I	4	PHYS 111 Introductory Studio Physics II	4
Total Units	14	Total Units	14

FOURTH YEAR

FALL SEMESTER	Units	SPRING SEMESTER	Units
PSIO 4XX lecture	3	PSIO 4XX lecture	3
PSIOM 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
UD general elective (any 300/400-level course)	3	UD general elective (any 300/400-level course)	3
Total Units	15	Total Units	15

GOOD TO KNOW

- PSIO 303 is **ONLY** offered in the Fall semester.
- PSIO 305 is **ONLY** offered in the Spring semester.
- 120 total units required for graduation.
- 42 units 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 110 Introductory Studio Physics I	4	PHYS 111 Introductory Studio Physics II	4
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
UD general elective (any 300/400-level course)	3	PSIOM Major Elective	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

GOOD TO KNOW

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- PSIO 305 is **ONLY** offered in the Spring semester.
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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 110 Introductory Studio Physics I	4	PHYS 111 Introductory Studio Physics II	4
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	PSIOM Major Elective	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

GOOD TO KNOW

- PSIO 303 is **ONLY** offered in the Fall semester.
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- 120 total units required for graduation.
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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 110 Introductory Studio Physics I	4	PHYS 111 Introductory Studio Physics II	4
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
UD general elective (any 300/400-level course)	3	UD general elective (any 300/400-level course)	3
Total Units	15	Total Units	15

GOOD TO KNOW

- PSIO 303 is **ONLY** offered in the Fall semester.
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- 120 total units required for graduation.
- 42 units 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.