

## 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        |
|----------------------------------------------------|--------------|-------------------------------------------------------|--------------|
| WRIT 101 First-Year Composition I                  | 3            | WRIT 102 First-Year Composition II                    | 3            |
| MATH 100 Math Lab                                  | 3            | MATH 112 College Algebra                              | 3            |
| UNIV 100 – Support for MATH 100                    | 1            | 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,<br>or second language course    | 3-4          |
| Gen Ed – Core Course, or second<br>language course | 3-4          | PSIO 101 – Tackling PSIO Topics in<br>Today's Society | 3            |
| UNIV 101 Intro to Gen Ed Experience                | 1            |                                                       |              |
| <b>Total Units</b>                                 | <b>15-16</b> | <b>Total Units</b>                                    | <b>16-17</b> |

### SECOND YEAR

| FALL SEMESTER                                      | Units        | SPRING SEMESTER                        | Units        |
|----------------------------------------------------|--------------|----------------------------------------|--------------|
| MATH 120R Pre-Calculus                             | 4            | MATH 119A or MATH 122A + B Calculus I  | 4-5          |
| 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,<br>or second language course | 3-4          | Gen Ed – Core Course                   | 3            |
| <b>Total Units</b>                                 | <b>15-16</b> | <b>Total Units</b>                     | <b>16-17</b> |

### 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         |
| 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 (Writing Emphasis)         | 3         | UNIV 301 Gen Ed Portfolio               | 1         |
| UD general elective (any 300/400-level course)  | 3         | Gen Ed – Core Course                    | 3         |
| <b>Total Units</b>                              | <b>16</b> | <b>Total Units</b>                      | <b>17</b> |

### 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         |
| <b>Total Units</b>                                                      | <b>16</b> | <b>Total Units</b>                             | <b>16</b> |

### 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         |
| 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 263, BIOS 376, or ECOL 379 (Biostatistics) | 3         | PSIOM Major Elective                    | 3         |
| Gen Ed – Core Course (Writing Emphasis)         | 3         | UNIV 301 Gen Ed Portfolio               | 1         |
| <b>Total Units</b>                              | <b>16</b> | <b>Total Units</b>                      | <b>14</b> |

### 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         |
| <b>Total Units</b>                                                      | <b>15</b> | <b>Total Units</b>                             | <b>15</b> |

### 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.

## 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 263, BIOS 376, or ECOL 379 (Biostatistics) | 3         | CHEM 243b Organic Chemistry Lab         | 1         |
| Gen Ed – Core Course (Writing Emphasis)         | 3         | UNIV 301 Gen Ed Portfolio               | 1         |
| <b>Total Units</b>                              | <b>16</b> | <b>Total Units</b>                      | <b>14</b> |

### 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         |
| <b>Total Units</b>                                                      | <b>14</b> | <b>Total Units</b>                             | <b>16</b> |

### 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.

## 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 263, BIOS 376, or ECOL 379 (Biostatistics) | 3         | CHEM 243b Organic Chemistry Lab         | 1         |
| Gen Ed – Core Course (Writing Emphasis)         | 3         | UNIV 301 Gen Ed Portfolio               | 1         |
| <b>Total Units</b>                              | <b>16</b> | <b>Total Units</b>                      | <b>14</b> |

### 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         |
| <b>Total Units</b>                                                      | <b>16</b> | <b>Total Units</b>                             | <b>16</b> |

### 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.