Sample Four Year Plan

Health Science (BS), Pre-Medical Sciences Concentration

This sample academic plan has been developed by the Health Science faculty and reviewed by Truman's Pre-Med Committee. The listed courses fulfill the Exercise Science (BS) (Pre-Medical Science concentration) degree requirements, which incorporates prerequisites required by most medical schools. To ensure you are planning appropriately for your chosen pre-professional field, review this list of prerequisite courses **HERE**.

While the following plan is geared at students who intend to pursue medical school and complete the MCAT, if a student does not choose to pursue medical school or complete the MCAT, courses denoted with (**) could be replaced with other Pre-Medical Sciences concentration course options. See the Health Science (BS) Academic Program page on the University Catalog for a complete list of options.

Semester 1
- TRU 120: First Year Seminar (3 cr)
- HLTH 255: Intro to Community and Public Health (3 cr)
- BIOL 107: Cells, Molecules, and Genes (4 cr) ^
- MATH 186: Precalculus (4 cr)

Semester 2
- HLTH 270: Health Systems and Consumers (3 cr)
- CHEM 130: Chemical Principles I (4 cr) ^
- ENG 190: Writing as Critical Thinking (3 cr)
- PSYC 166: General Psychology (3 cr)
- Dialogues Curriculum course (3 cr) *(Arts & Humanities Perspective recommended)*

Semester 3
- HLTH 290: Public Health Education Principles (3 cr)
- CHEM 131: Chemical Principles II (4 cr)
- PHYS 185: College Physics I (4 cr) **
- COMM 170: Public Speaking (3 cr) **OR** COMM 252: Interpersonal Communication (3 cr)

Semester 4
- HLTH 349: WE/Research Methods in Health Science (3 cr) ^
- HLTH 325: Health Management and Policy (3 cr)
- CHEM 329: Organic Chemistry I (3 cr) **
- BIOL 104: Ecology and Evolution of the Organism (4 cr)
- Arts & Humanities Perspective course (3 cr) *(English or WE recommended)*

Semester 5
- HLTH 366: Program Assessment & Planning (3 cr)
- HLTH 410: Health Communication Methods (3 cr)
- CHEM 331: Organic Chemistry II (3 cr) **
- PHYS 186: College Physics II (4 cr) **
- Elementary Foreign Language I (3 cr)

**Optional INDV 320: MCAT Prep course (2 cr)*

Semester 6
- JINS 3XX: WE/Junior Interdisciplinary Seminar (3 cr) ^
- BIOL 325: Human Physiology (4 cr)
- CHEM 335: Biochemistry I: Structure and Function (3 cr) **
- CHEM 333: Organic Chemistry Lab (2 cr) **
- Elementary Foreign Language II (3 cr)

** Prepare and register for graduate school entrance exam (e.g., MCAT, OAT, or DAT)*

Semester 7
- Missouri Statute requirement *(HIST 2100 recommended)*
- Dialogues Curriculum course (3 cr) *(Arts & Humanities Perspective recommended)*
- Elective courses (11 cr)

** Register for the CHES Exam (Senior Test)*

Semester 8
- HLTH 440: Program Implementation & Evaluation (3 cr)
- HLTH 400: CHES Exam Review (1 cr)
- Dialogues Curriculum and Elective course(s) to complete degree (10 cr)

** Take CHES Exam in April/October (Senior Test)*

NOTES:

- (^) = All students must complete Perspectives requirements. Health Science Pre-Medical Sciences students are specifically **required** to complete **BIOL 107, CHEM 130, and PSYC 166** to fulfill Required Support.
- (**) = Students who wish to take the MCAT are recommended to complete a minimum of **PHYS 185**, **PHYS 186**, and **CHEM 329**, **CHEM 331**, **CHEM 333** and **CHEM 335**.
- WE = Writing Enhanced course
- The Writing Enhanced (WE) course requirements are met by completing HLTH 320 (as an elective in the major or another WE course in any area), HLTH 349, and JINS 3XX.
- See course pre-requisites at catalog.truman.edu/.
- You are encouraged to use these materials in conjunction with the Truman Catalog and Degree Works (available on TruView) as a guide in planning your progress toward completion of degree requirements. The Office of the Registrar is responsible for certifying completion of degree requirements based on requirements specified in the catalog.
- If you have not completed the Civics Exam, we recommend doing so in your **first year**.
- Truman students are required to complete a Portfolio to graduate. We recommend starting to compile your work for the Portfolio sooner than later.
- Students must complete their Application to Graduate **the semester prior to graduating**. Apply to graduate through TruView.
- Graduating seniors need to complete their seniors test and questionnaire. We recommend reviewing the Assessment & Testing page to plan accordingly.
- **The Dialogues curriculum** requires a certain number of courses/credit hours in the following Perspectives: Social, Arts and Humanities, STEM, Communications, and Statistics. The exact number of courses a student will be required to take during their undergraduate career varies individually according to the credit transferred in.

Department Chair: Please contact the Center for Academic Excellence with any updates to the plan above. Revised 3-9-2026