

# KINESIOLOGY (B.S.)

| Code                                           | Title                                | Hours |
|------------------------------------------------|--------------------------------------|-------|
| <b>General Education Core Curriculum</b>       |                                      |       |
| <i>Communication</i>                           |                                      |       |
| ENGL 1301                                      | Composition I                        | 3     |
| Select one of the following:                   |                                      | 3     |
| COMM 1315                                      | Public Speaking I                    |       |
| COMM 1321                                      | Business and Prof Speech             |       |
| FREN 1311                                      | Beginning French I                   |       |
| SPAN 1311                                      | Beginning Spanish I                  |       |
| <i>Mathematics</i>                             |                                      |       |
| MATH 1313                                      | Mathematics for Allied Health        | 3     |
| or MATH 1332                                   | Contemporary Mathematics I           |       |
| or MATH 1333                                   | Contemporary Mathematics II          |       |
| <i>Life and Physical Sciences</i> <sup>1</sup> |                                      |       |
| BIOL 2401                                      | Anatomy and Physiology I             | 4     |
| BIOL 2402                                      | Anatomy and Physiology II            | 4     |
| <i>Language, Philosophy, and Culture</i>       |                                      |       |
| Select one of the following:                   |                                      | 3     |
| DSDE 1374                                      | Introduction to Deaf Studies         |       |
| ENGL 2300                                      | Ethics and Literature                |       |
| ENGL 2326                                      | American Literature                  |       |
| ENGL 2331                                      | World Literature                     |       |
| ENGL 2376                                      | African-American Literature          |       |
| FREN 2312                                      | Intermediate French II               |       |
| PHIL 1370                                      | Philosophy of Knowledge              |       |
| PHIL 2306                                      | Ethics                               |       |
| SPAN 2312                                      | Intermediate Spanish II              |       |
| <i>Creative Arts</i>                           |                                      | 3     |
| ARTS 1301                                      | Art Appreciation                     |       |
| ARTS 1303                                      | Art History I                        |       |
| COSC 1324                                      | The Art of Computer Game Development |       |
| DANC 2303                                      | Dance Appreciation                   |       |
| MUSI 1306                                      | Music Appreciation                   |       |
| MUSI 1309                                      | Jazz History and Appreciation        |       |
| MUSI 1310                                      | History of Rock and Roll             |       |
| PHIL 1330                                      | Arts and Ideas                       |       |
| <i>American History</i>                        |                                      |       |
| Select two of the following:                   |                                      | 6     |
| HIST 1301                                      | U S History I 1763-1877              |       |
| HIST 1302                                      | U S History II Since 1877            |       |
| HIST 2301                                      | Texas History                        |       |
| <i>Government/Political Science</i>            |                                      |       |
| POLS 2301                                      | Intro to American Government I       | 3     |
| POLS 2302                                      | Intro/American Government II         | 3     |
| <i>Social and Behavioral Sciences</i>          |                                      | 3     |
| PSYC 2301                                      | General Psychology                   |       |
| SOCI 1301                                      | Introduction to Sociology            |       |
| <i>Component Area Option</i>                   |                                      |       |
| ENGL 1302                                      | Composition II                       | 3     |
| PSYC 2317                                      | Introduction to Statistical Methods  | 3     |

or MATH 1342 Elementary Statistical Methods

|                                      |                                         |
|--------------------------------------|-----------------------------------------|
| Required Major Courses               |                                         |
| <i>Kinesiology Core</i> <sup>1</sup> |                                         |
| Any DISC Course                      |                                         |
| KINT 2371                            | Functional Anatomy/Physiology           |
| KINT 3310                            | Wellness Strategies                     |
| KINT 3315                            | Biomechanics                            |
| KINT 3330                            | Exercise Physiology                     |
| KINT 3130                            | Exercise Physiology Lab                 |
| KINT 4350                            | Exercise Prescription                   |
| Free Electives                       |                                         |
| <i>Human Performance Pathway</i>     |                                         |
| ATED 3371                            | Principles of Coaching                  |
| KINT 2374                            | Psychology of Sport & Exercise          |
| KINT 3322                            | Strength & Conditioning                 |
| KINT 3324                            | Metabolic Effects of Sport and Exercise |
| KINT 3342                            | Cardiopulmonary Exercise Physiology     |
| KINT 3380                            | Testing Procedures & Measureme          |
| KINT 4318                            | Neuromuscular Physiology                |
| KINT 4325                            | Advanced Program Design                 |
| KINT 4355                            | ExRx for Special Populations            |
| KINT 4357                            | Health Risk Appraisal                   |
| LEAD 4330                            | Leader Coaching                         |
| SMGT 3355                            | Event and Facility Mgmt                 |
| <b>Total Hours</b>                   |                                         |

120

## Human Performance Pathway

|                                       |                                      |
|---------------------------------------|--------------------------------------|
| <b>First Year</b>                     |                                      |
| <b>Fall</b>                           |                                      |
| Any DISC Course                       |                                      |
| ENGL 1301                             | Composition I                        |
| BIOL 2401                             | Anatomy and Physiology I             |
| History Core                          |                                      |
| Creative Arts Core                    |                                      |
| <b>Hours</b>                          |                                      |
| <b>Spring</b>                         |                                      |
| BIOL 2402                             | Anatomy and Physiology II            |
| ENGL 1302                             | Composition II <sup>1</sup>          |
| One From:                             |                                      |
| MATH 1313                             | Mathematics for Allied Health        |
| MATH 1332                             | Contemporary Mathematics I           |
| MATH 1333                             | Contemporary Mathematics II          |
| History Core                          |                                      |
| Language, Philosophy and Culture Core |                                      |
| <b>Hours</b>                          |                                      |
| <b>Second Year</b>                    |                                      |
| <b>Fall</b>                           |                                      |
| KINT 2371                             | Functional Anatomy/Physiology (KC-2) |
| KINT 3310                             | Wellness Strategies (KC-3)           |
| ATED 3371                             | Principles of Coaching               |
| Political Science Core                |                                      |
| PSYC 2301                             | General Psychology                   |
| or SOCI 1301                          | or Introduction to Sociology         |
| <b>Hours</b>                          |                                      |
| <b>Spring</b>                         |                                      |
| KINT 2374                             | Psychology of Sport & Exercise       |
| KINT 3330                             | Exercise Physiology                  |

15

|                           |                                                                          |            |
|---------------------------|--------------------------------------------------------------------------|------------|
| KINT 3130                 | Exercise Physiology Lab                                                  | 1          |
| SMGT 3355                 | Event and Facility Mgmt                                                  | 3          |
| Political Science Core    |                                                                          | 3          |
| Communication Core        |                                                                          | 3          |
| <b>Hours</b>              |                                                                          | <b>16</b>  |
| <b>Third Year</b>         |                                                                          |            |
| <b>Fall</b>               |                                                                          |            |
| KINT 3315                 | Biomechanics                                                             | 3          |
| KINT 3324                 | Metabolic Effects of Sport and Exercise                                  | 3          |
| KINT 4350                 | Exercise Prescription                                                    | 3          |
| Free Elective             |                                                                          | 3          |
| Free Elective             |                                                                          | 3          |
| <b>Hours</b>              |                                                                          | <b>15</b>  |
| <b>Spring</b>             |                                                                          |            |
| KINT 3322                 | Strength & Conditioning                                                  | 3          |
| KINT 3380                 | Testing Procedures & Measureme                                           | 3          |
| KINT 4318                 | Neuromuscular Physiology                                                 | 3          |
| Free Elective             |                                                                          | 3          |
| Free Elective             |                                                                          | 3          |
| <b>Hours</b>              |                                                                          | <b>15</b>  |
| <b>Fourth Year</b>        |                                                                          |            |
| <b>Fall</b>               |                                                                          |            |
| KINT 3342                 | Cardiopulmonary Exercise Physiology                                      | 3          |
| KINT 4355                 | ExRx for Special Populations                                             | 3          |
| PSYC 2317<br>or MATH 1342 | Introduction to Statistical Methods<br>or Elementary Statistical Methods | 3          |
| LEAD 4330                 | Leader Coaching                                                          | 3          |
| Free Elective             |                                                                          | 3          |
| <b>Hours</b>              |                                                                          | <b>15</b>  |
| <b>Spring</b>             |                                                                          |            |
| KINT 4325                 | Advanced Program Design                                                  | 3          |
| KINT 4357                 | Health Risk Appraisal                                                    | 3          |
| Free Elective             |                                                                          | 3          |
| Free Elective             |                                                                          | 3          |
| <b>Hours</b>              |                                                                          | <b>12</b>  |
| <b>Total Hours</b>        |                                                                          | <b>120</b> |