

# BACHELOR OF SCIENCE WITH A MAJOR IN KINESIOLOGY WITH A CONCENTRATION IN HEALTH & FITNESS (BS)

## Degree Requirements

CIP:31.0505.00

### HOURS REQUIRED

120 semester credit hours (SCH): 45 hours must be advanced, with fulfillment of degree requirements as specified in the "Requirements for Graduation (<http://catalog.tamui.edu/undergraduate-information/academic-regulations/>)" section of this catalog and the General Requirements for Undergraduate degrees at the beginning of this section.

Code	Title	Semester Credit Hours
<b>[University Core Curriculum] (<a href="https://catalog.tamui.edu/appendix-a-core-curriculum-optional-course-information/">https://catalog.tamui.edu/appendix-a-core-curriculum-optional-course-information/</a>)</b>		
Select 42 SCH as outlined in the suggested plans and as specified in the "Requirements for Graduation"		42
<b>Common Body of Knowledge</b>		
KINE 1101	Aerobic Activities	1
KINE 1111	Weight Training&Conditioning	1
BIOL 2102	Anatomy & Physiology II-Lab	1
KINE 2300	Physical Fitness	3
KINE 2301	Foundations of Fitness&Sports	3
KINE 2303	Care & Preven of Athl Injuries	3
KINE 2312	Anatomical Kinesiology	3
KINE 2322	Pathophysiology Allied Health	3
KINE 3311	Physiology of Exercise	3
KINE 3312	Principles of Health Promo-WIN	3
KINE 3314	Tests and Evaluation	3
KINE 3316	Psych Aspects of Sport&Exercis	3
KINE 3317	Nutrition for Exercise&Sports	3
KINE 3318	Fundamentals of Biomechanics	3
KINE 4317	Foundations of Sports Mgt	3
KINE 4318	Exercise Prescription	3
KINE 4336	Psyc of Sport Injury&Rehab WIN	3
<b>Concentration</b>		
KINE 3313	Essentials of Persnl Training	3
KINE 3315	Scien Prin of Strength & Cond	3
KINE 4312	Adv Care & Prevn of Athl Injur	3
KINE 4313	Therap Modali for Ath Trainers	3
KINE 4319	Practicum in Kinesiology	3
<b>Minor</b>		

The recommended minor options for the Health and Fitness Concentration are Marketing and Management from the A. R. Sanchez, JR., School of Business. Select a minimum of 18 SCH from one discipline at least twelve of which must be at the 3000-4000 level. See Appendix C. Instead of a minor, students may complete 18 SCH of electives, 12 SCH of which must be at the 3000-4000 level, from any discipline.

**Total Semester Credit Hours** 120

\* Students pursuing the kinesiology concentrations from the College of Nursing and Health Sciences, who wish to change to the certification program must meet the requirements for admission for the College of Education.

## Four-Year Degree Plan

Following is a suggested four-year degree plan. Students are encouraged to see their advisor each semester for help with program decisions and enrollment; responsible for reviewing the **Program of Study Requirements**, meeting all course prerequisites, and **writing intensive course (WIN)** requirements for graduation. See Academic Regulations-Undergraduate online. (<https://catalog.tamui.edu/undergraduate-information/academic-regulations/>)

### Freshman

Fall	Semester Credit Hours
ENGL 1301 English Composition I	3
MATH 1342 Introductory Statistics	3
PSYC 2314 Lifespan Growth&Development	3
BIOL 2301 Anatomy & Physiology I	3
BIOL 2101 Anatomy & Physiology I-Lab	1
UNIV 1201 Learn a Global Context I	2
<b>Semester Credit Hours</b>	<b>15</b>

### Spring

ENGL 1302 English Composition II	3
HIST 1302 The US Since 1877	3
BIOL 2302 Anatomy & Physiology II	3
BIOL 2102 Anatomy & Physiology II-Lab	1
KINE 1111 Weight Training&Conditioning	1
UNIV 1302 Signature Course	3
<b>Semester Credit Hours</b>	<b>14</b>

### Sophomore

Fall	Semester Credit Hours
HIST 1301 The US to 1877	3
PSCI 2305 American National Government	3
KINE 1101 Aerobic Activities	1
KINE 2301 Foundations of Fitness&Sports	3
KINE 2312 Anatomical Kinesiology	3
Language, Philosophy & Culture	3
<b>Semester Credit Hours</b>	<b>16</b>

### Spring

PSCI 2306 American State Government	3
KINE 2300 Physical Fitness	3
KINE 2303 Care & Preven of Athl Injuries	3

KINE 2322	Pathophysiology Allied Health	3
Creative Arts		3
<b>Semester Credit Hours</b>		<b>15</b>

**Junior**

**Fall**

KINE 3312	Principles of Health Promo-WIN	3
KINE 3313	Essentials of Persnl Training	3
KINE 3316	Psych Aspects of Sport&Exercis	3
KINE 3318	Fundamentals of Biomechanics	3
Minor/General Elective		3
<b>Semester Credit Hours</b>		<b>15</b>

**Spring**

KINE 3311	Physiology of Exercise	3
KINE 3314	Tests and Evaluation	3
KINE 3315	Scien Prin of Strength & Cond	3
KINE 3317	Nutrition for Exercise&Sports	3
Minor/General Elective		3
<b>Semester Credit Hours</b>		<b>15</b>

**Senior**

**Fall**

KINE 4312	Adv Care & Prevn of Athl Injur	3
KINE 4317	Foundations of Sports Mgt	3
KINE 4318	Exercise Prescription	3
Adv. Minor/General Elective		3
Adv. Minor/General Elective		3
<b>Semester Credit Hours</b>		<b>15</b>

**Spring**

KINE 4313	Therap Modali for Ath Trainers	3
KINE 4319	Practicum in Kinesiology	3
KINE 4336	Psyc of Sport Injury&Rehab WIN	3
Adv. Minor/General Elective		3
Adv. Minor/General Elective		3
<b>Semester Credit Hours</b>		<b>15</b>

**Total Semester Credit Hours 120**

All courses required for completion of the Bachelor of Science in Kinesiology Concentration in Health and Fitness degree can be completed in four calendar years of full time study. Information on tuition, fees, and length of program can be found on the University website.

*Some courses may require prerequisites not listed.*