

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

Degree Requirements 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.tamtu.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
[University Core Curriculum] (https://catalog.tamtu.edu/appendix-a-core-curriculum-optional-course-information/)		
Select 42 SCH as outlined in the suggested plans and as specified in the "Requirements for Graduation"		42
Common Body of Knowledge		
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
Concentration		
KINE 3313	Essentials of Persnl Training	3
KINE 3315	Scien Prin of Streng & Condit	3
KINE 4312	Adv Care & Prevn of Athl Injur	3
KINE 4313	Therap Modali for Ath Trainers	3
KINE 4319	Practicum in Kinesiology	3
Minor		

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.tamtu.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
Semester Credit Hours		15

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
Semester Credit Hours		14

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
Semester Credit Hours		16

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
Semester Credit Hours		15

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
Semester Credit Hours		15

Spring

KINE 3311	Physiology of Exercise	3
KINE 3314	Tests and Evaluation	3
KINE 3315	Scien Prin of Streng & Condi	3
KINE 3317	Nutrition for Exercise&Sports	3
Minor/General Elective		3
Semester Credit Hours		15

Senior

Fall

KINE 4312	Adv Care & Pevn 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
Semester Credit Hours		15

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
Semester Credit Hours		15

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.