

COLLEGE OF NURSING AND HEALTH SCIENCES

Bachelor of Science in Kinesiology

Kinesiology is the study of movement or exercise. The Bachelor of Science degree program in kinesiology prepares for careers in exercise-related professions, including positions in clinical and business settings. With appropriate use of electives, this program prepares for graduate or professional studies in areas such as physical therapy, occupational therapy, chiropractics, medicine, clinical exercise physiology, and exercise sciences. Study of kinesiology requires a passion for exercise, an appreciation of the health and recreational benefits of regular exercise, and a strong desire to educate others about the benefits and proper uses of exercise, and especially life-long exercise.

Recommended 4-Year Curriculum

FRESHMAN YEAR

Fall Semester				Spring Semester			
			Credit Hours				Credit Hours
ENGL	1301	Grammar & Composition I	3	ALHS	1300	Personal & Community Wellness	3
MATH	_____	*Math	3	ALHS	1100	Personal & Comm. Wellness Lab	1
_____	_____	*Laboratory Science	4	ENGL	1302	Grammar & Composition II	3
HIST	1301	U.S. History I	<u>3</u>	_____	_____	*Laboratory Science	4
_____	_____	_____	_____	HIST	1302	U.S. History II	<u>3</u>
Total Semester Credit Hours			13	Total Semester Credit Hours			14

SOPHOMORE YEAR

Fall Semester				Spring Semester			
			Credit Hours				Credit Hours
MATH	_____	*Math	3	BIOL	2302	Anatomy & Physiology II	3
BIOL	2301	Anatomy & Physiology I	3	BIOL	2102	Anatomy & Physiology II Lab	1
BIOL	2101	Anatomy & Physiology I Lab	1	ENGL	_____	*World/European Literature	3
_____	_____	*Fine and Performing Arts	3	POLS	2306	Texas Politics	3
_____	_____	*Humanities	3	_____	_____	*Social/Behavioral Science	3
POLS	2305	American Government	<u>3</u>	KINE	2337	Care & Preven. of Ath. Injuries	<u>3</u>
Total Semester Credit Hours			16	Total Semester Credit Hours			16

Summer Semester			Credit Hours
_____	_____	+Cognate Course	<u>3</u>
Total Semester Credit Hours			3

JUNIOR YEAR

Fall Semester				Spring Semester			
			Credit Hours				Credit Hours
KINE	3303	Motor Development	3	HECC	4333	Tests & Measurements	3
KINE	3334	Biomech. & Anat. Kines.	3	KINE	3311	Physiology of Exercise	3
KINE	3135	Biomech. & Anat. Kines. Lab	1	KINE	3112	Physiology of Exercise Lab	1
_____	_____	+Cognate Course	3	_____	_____	+Cognate Course	3
_____	_____	+Cognate Course	<u>3</u>	_____	_____	+Cognate Course	<u>3</u>
Total Semester Credit Hours			13	Total Semester Credit Hours			13

Summer Semester			Credit Hours
_____	_____	+Cognate Course	3
_____	_____	+Cognate Course	<u>3</u>
Total Semester Credit Hours			6

SENIOR YEAR

Fall Semester				Spring Semester			
			Credit Hours				Credit Hours
HECC	4308	Ethics	3	HECC	4370	Internship	3
KINE	3331	Human Motor Control & Learn.	3	KINE	4305	Principles of Training	3
KINE	3132	Hum. Motor Control & Learn. Lab	1	KINE	4321	Sports Nutrition	3
KINE	4314	Prescriptive Exercise	3	_____	_____	+Cognate Course	<u>4</u>
_____	_____	+Cognate Course	<u>3</u>	Total Semester Hours			13
Total Semester Hours			13	Total Semester Hours			13

Total hours must equal at least 120 hours

NOTES:

*See UT Tyler Core Curriculum for approved course(s).

+Consult with your advisor for additional information on degree requirements and schedule planning.

This is only a recommended outline. Because degree requirements do change, you should consult an advisor as well as the University Catalog, which is the only official document regarding baccalaureate degree requirements. The final responsibility for the selection, scheduling, and satisfactory completion of the degree requirements rests with the student.