



THE UNIVERSITY OF TEXAS AT TYLER

Department of Health and Kinesiology

Bachelor of Science Degree 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, 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.

Curriculum (2008-2010 Catalog; 120 semester hours)

University Core Requirements (44 Hours)

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| ENGL 1301 Grammar & Composition I | Laboratory Science (8 hours) |
| ENGL 1302 Grammar & Composition II | MATH 1314 College Algebra (or above) |
| ENGL 2322 English Literature to the 1780's or ENGL 2323 English Lit./1780's to Present (3 hours) | Math at the level of College Algebra or above (3 hours) |
| Fine and Performing Arts (3 hours) | Humanities (Rec'd) PHIL 1301 Introduction to Philosophy |
| HIST 1301 United States History I | POLS 2305 Intro American Government |
| HIST 1302 United States History II | POLS 2306 Intro Texas Politics |
| | Social/Behavioral Sciences (3 hours) |

Departmental Lower-Division Requirements (12 Hours)

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| ALHS 1300/1100 Personal & Community Wellness/Lab | BIOL 2301/2101 Anatomy & Physiology I/Lab |
| | BIOL 2302/2102 Anatomy & Physiology II/Lab |

Kinesiology Core Courses (27 Hours)

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| HECC 4308 Ethics | KINE 3331/3132 Human Motor Control and Learning/Lab |
| HECC 4333 Tests and Measurements | KINE 3334/3135 Biomechanics & Anatomical Kinesiology/Lab |
| KINE 3311/3112 Physiology of Exercise/Lab | KINE 4314 Prescriptive Exercise |
| KINE 3303 Motor Development | HECC 4370/4371 Internship |

Cognate Courses (18 Hours)

Students must complete 18 hours from the cognate courses listed below.

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| ALHS 3302 Human Diseases | ALHS 4324 Drugs and Health |
| ALHS 3315 Nutrition in Health and Performance | ALHS 4333 Stress Management |
| ALHS 3350 Health Biometry | HECC 4353 Program Organization and Administration |
| ALHS 3362 Behavioral Health | KINE 4305 Principles of Training |
| ALHS 4317 Theoretical and Clinical Aspects of Weight Management | KINE 4308 Adapted Physical Education |
| | KINE 4321 Sports Nutrition |

Electives (19 Hours) Selected with advisor approval