

COLLEGE OF NURSING AND HEALTH SCIENCES

Bachelor of Arts in Health & Kinesiology

The Bachelor of Arts Degree Program in Health and Kinesiology provides broad exposure to both health and kinesiology and provides flexibility with elective courses to align the curriculum with career goals. The student may use electives for more in-depth study of health and/or kinesiology. Alternatively, the student may choose electives from other academic areas (e.g., natural sciences, behavioral sciences, business), either as a concentrated minor field of study or in interdisciplinary fashion. Depending on electives, this degree prepares for graduate or professional studies (e.g., medicine, physical therapy, exercise science), or for entry positions related to health, exercise and fitness, and other areas.

Recommended 4-Year Curriculum

FRESHMAN YEAR

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

SOPHOMORE YEAR

First Semester				Second 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>	ALHS	3352	Consumer Health	<u>3</u>
Total Semester Credit Hours				Total Semester Credit Hours			
16				16			

JUNIOR YEAR

First Semester				Second Semester			
		Credit Hours				Credit Hours	
KINE	3303	Motor Development	3	ALHS	3360	Pr. of Community & Public Health	3
KINE	3311	Physiology of Exercise	3	KINE	3334	Biomech. & Anat. Kines.	3
KINE	3112	Physiology of Exercise Lab	1	KINE	3135	Biomech. & Anat. Kines. Lab	1
ALHS	3301	Environmental Health	3	_____	_____	¹ Elective	3
ALHS	3302	Human Diseases	3	_____	_____	¹ Elective	3
_____	_____	¹ Elective	<u>3</u>	_____	_____	¹ Elective	<u>3</u>
Total Semester Credit Hours				Total Semester Credit Hours			
16				16			

SENIOR YEAR

First Semester				Second Semester			
		Credit Hours				Credit Hours	
ALHS	4306	Health Care Delivery System	3	KINE	3331	Human Motor Control & Learn.	3
_____	_____	¹ Elective	3	KINE	3132	Hum. Motor Control & Learn. Lab	1
_____	_____	¹ Elective	3	HECC	4308	Ethics	3
_____	_____	¹ Elective	3	_____	_____	¹ Elective	3
_____	_____	¹ Elective	3	_____	_____	¹ Elective	<u>4</u>
Total Semester Hours				Total Semester Hours			
15				14			

Total hours must equal at least 120 hours

NOTES:

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

¹Selected with advisor approval

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.