

AS in Kinesiology and Exercise Science to BS Kinesiology

Recommended 4-Year Course Sequence 2025-2026 Catalog



FRESHMAN YEAR

Fall				Spring			
Panola	UT Tyler	Title	Hours	Panola	UT Tyler	Title	Hours
ENGL 1301		Composition I	3	ENGL 1302		Composition II	3
HIST 1301		US History I	3	HIST 1302		US History II	3
KINE 1306		First Aid	3	KINE 1301		Foundations of Kinesiology	3
MATH 1342		Elementary Statistical Methods	3			KINE Activity Elective	1
PSYC 1100		Learning Framework	1	BIOL 1322		Nutrition and Diet Therapy	3
SPCH 1315		Public Speaking	3				
			16				13

SOPHOMORE YEAR

Fall				Spring			
Panola	UT Tyler	Title	Hours	Panola	UT Tyler	Title	Hours
BIOL 2401		Anatomy and Physiology I	4	BIOL 2402		Anatomy and Physiology II	4
GOVT 2305		Federal Government	3	GOVT 2306		Texas Government	3
ENGL 2322		British Literature I	3	PSYC 2301		General Psychology	3
		KINE Elective	3			KINE Activity Elective	1
		KINE Activity Elective	1			Creative Arts	3
	ALHS 1300	Personal & Community Wellness	3		KINE 2337	Care and Prevention of Athletic Injuries	3
			17				17

JUNIOR YEAR

Fall				Spring			
Panola	UT Tyler	Title	Hours	Panola	UT Tyler	Title	Hours
	BIOL 1306/1106	General Biology I Lecture and Lab	4		BIOL 1307/1107	General Biology II Lecture and Lab	4
	KINE 3334	Biomech. & Anat. Kinesiology	3		KINE 3311	Physiology of Exercise	3
	KINE 3135	Biomech. & Anat. Kinesiology lab	1		KINE 3112	Physiology of Exercise Lab	1
	KINE 3306	Fitness Assessment Skills	3			Prescribed ALHS Elective	3
	HECC 4308	Ethics	3			Cognate Elective	3
					KINE 3303	Motor Development	3
			14				17

SENIOR YEAR

Fall				Spring			
Panola	UT Tyler	Title	Hours	Panola	UT Tyler	Title	Hours
	KINE 4321	Sports Nutrition	3		KINE 4370	Internship	3
	KINE 4304	Endurance	3		KINE 4305	Strength and Power	3
	KINE 3132	Human Motor Control and Learning Lab	1			Upper Division Cognate Course	3
	KINE 3331	Human Motor Control and Learning	3			Upper Division Cognate Course	3
		Cognate Elective	4				
			14				12

Total Credit Hours at Panola College 57
Total Credit Hours at UT Tyler 63
Total Credit Hours 120

* Courses required for Panola College Component Area Option
 Courses highlighted on the pathway can be taken via co-enrollment at UT Tyler.