



Kinesiology BS

Recommended 4-Year Course Sequence
2025-2026 Catalog



FRESHMAN YEAR

Fall				Spring			
KC	UT Tyler	Title	Hours	KC	UT Tyler	Title	Hours
ENGL 1301		Composition I	3	1302/2311		Composition II/Technical and Business Writing	3
MATH 1342		Elementary Statistical Methods	3	BIOL 1407		Biology for Science Majors II	4
BIOL 1406		Biology for Science Majors I	4	BIOL 1322		Nutrition and Diet Therapy	3
POLS 2305		Intro to American Government	3	POLS 2306		Texas Government	3
	ALHS 1300	Personal & Community Wellness	3		KINE 2337	Care and Prevention of Athletic Injuries	3
			16				16

SOPHOMORE YEAR

Fall				Spring			
KC	UT Tyler	Title	Hours	KC	UT Tyler	Title	Hours
HIST 1301		US History I	3			Language, Philosophy, and Culture	3
BIOL 2401		Human Anatomy and Physiology I	4	BIOL 2402		Human Anatomy and Physiology II	4
		Creative Arts	3	HIST 1302		US History II	3
SPCH 1315		Public Speaking	3			Social and Behavioral Sciences Course	3
PSYC 2314		Lifespan Growth and Development	3	MDCA 1313		Medical Terminology	3
	HECC 4308	Ethics	3		KINE 3303	Motor Development	3
			19				19

JUNIOR YEAR

Fall				Spring			
KC	UT Tyler	Title	Hours	KC	UT Tyler	Title	Hours
	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
		Prescribed ALHS Elective	3			Cognate Course	3
	KINE 3306	Fitness Assessment Skills	3			Cognate Course	3
		Cognate Course	3			Cognate Course	2
			13				12

SENIOR YEAR

Fall				Spring			
KC	UT Tyler	Title	Hours	KC	UT Tyler	Title	Hours
	KINE 4321	Sports Nutrition	3		KINE 4370	Internship	3
	KINE 4305	Strength and Power	3		KINE 4304	Endurance	3
	KINE 3132	Human Motor Control and Learning Lab	1			Cognate Course	3
	KINE 3331	Human Motor Control and Learning	3			Cognate Course	3
		Cognate Course	3				
			13				12

Total Credit Hours at Kilgore College 58
Total Credit Hours at UT Tyler 62
Total Credit Hours 120

Highlighted courses can be taken via co-enrollment at UT Tyler.