

## Revised Field of Study for Exercise Science and Kinesiology

### Designated Core Courses in the Field of Study (6 SCH)

- BIOL 2401/2301+2101 Anatomy & Physiology I
- PSYC 2301 General Psychology

### Discipline Foundation Courses (12 SCH)

- KINE or PHED 1301 Foundations of Kinesiology
- KINE or PHED 1304 Personal Community Health
- KINE or PHED 1338 Concepts of Physical Fitness
- KINE or PHED 2356 Care and Prevention Athletic injuries

### Directed Electives (2 courses: 6 SCH/8 SCH)

- Determined by receiving institution for the student to complete prior to transfer
- No nonbinding recommendations developed by the subcommittee

**This is the approved CIP Code (numerical codes corresponding to the specific discipline or subdiscipline) for the Revised Field of Study:**

- **31.0505** – Exercise Science and Kinesiology

### Directed Electives Submitted by General Academic Institutions

The following are the directed electives that were submitted by each general academic institution that offers a degree in exercise science/kinesiology based upon the relevant CIP Code.

The following institutions will accept **any ACGM course** for fulfilling the directed electives requirement (6 SCH) for the exercise science/kinesiology Field of Study.

Prairie View A&M University  
Stephen F. Austin State University  
Sul Ross State University  
Tarleton State University  
Texas A&M University – Corpus Christi  
Texas A&M University-Texarkana  
Texas Southern University  
University of Houston-Clear Lake  
University of Texas El Paso  
University of Texas Permian Basin

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Below are the directed electives submitted by the remaining general academic institutions that offer relevant exercise science/kinesiology degree programs.

**Angelo State University**

KINE/PHED 1306 – First Aid, CPR, and Safety Practices, 3 SCH  
KINE/PHED 1350 – Fundamentals of Strength and Conditioning, 3 SCH  
PHED 1164 – Introduction to Physical Fitness and Wellness, 1 SCH

**East Texas A&M University**

KINE/PHED 1308 – Sports Officiating, 3 SCH  
PHED 1346 – Drug Use & Abuse, 3 SCH

**Midwestern State University**

KINE/PHED 1306 – First Aid, CPR, and Safety Practices, 3 SCH  
KINE/PHED 1350 – Fundamentals of Strength and Conditioning, 3 SCH  
PHED 1164 – Introduction to Physical Fitness and Wellness, 1 SCH  
PHED 1336 – Introduction to Recreation, 3 SCH

**Sam Houston State University**

BIOL 2402/2102 – Anatomy & Physiology II (Lecture + Lab), 4 SCH (BIOL 2102, 1 SCH)  
MATH 1314 – College Algebra, 3 SCH  
PHED 1164 – Introduction to Physical Fitness and Wellness, 1 SCH

**Texas A&M International University**

KINE/PHED 1306 – First Aid, CPR, and Safety Practices, 3 SCH  
KINE/PHED 2362 – Foundations of Exercise Science, 3 SCH

**Texas A&M University**

BIOL 1322 – Nutrition and Diet Therapy, 3 SCH  
KINE/PHED 2358 – Psychological Aspects of Human Performance, 3 SCH

**Texas A&M University – Kingsville**

MATH 1314 – College Algebra, 3 SCH  
BIOL 2402 – Anatomy & Physiology II (Lecture), 4 SCH  
BIOL 2102 – Anatomy & Physiology II (Lab), 1 SCH

**Texas A&M University – San Antonio**

HECO 1322 – Nutrition and Diet Therapy, 3 SCH  
KINE/PHED 1306 – First Aid, CPR, and Safety Practices, 3 SCH

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**Texas State University**

KINE/PHED 1306 – First Aid, CPR, and Safety Practices, 3 SCH  
KINE/PHED 1308 – Sports Officiating, 3 SCH  
KINE/PHED 1321 – Principles of Athletic Coaching, 3 SCH  
KINE/PHED 1350 – Fundamentals of Strength and Conditioning, 3 SCH  
KINE/PHED 2358 – Psychological Aspects of Human Performance, 3 SCH  
KINE/PHED 2360 – Introduction to Personal Training, 3 SCH  
KINE/PHED 2362 – Foundations of Exercise Science, 3 SCH  
PHED 1164 – Introduction to Physical Fitness & Wellness, 1 SCH  
PHED 1331 – Physical Education for Elementary Education Majors, 3 SCH  
PHED 1336 – Introduction to Recreation, 3 SCH  
PHED 1346 – Drug Use & Abuse, 3 SCH

**Texas Woman's University**

BIOL 2402 – Anatomy & Physiology II, 4 SCH  
MATH 1342 – Elementary Statistical Methods, 3 SCH

**The University of Texas at Arlington**

KINE/PHED 1321 – Principles of Athletic Coaching, 3 SCH  
KINE/PHED 1350 – Fundamentals of Strength and Conditioning, 3 SCH  
KINE/PHED 2358 – Psychological Aspects of Human Performance, 3 SCH  
KINE/PHED 2360 – Introduction to Personal Training, 3 SCH  
KINE/PHED 2362 – Foundations of Exercise Science, 3 SCH  
PHED 1164 – Introduction to Physical Fitness & Wellness, 1 SCH  
PHED 1331 – Physical Education for Elementary Education Majors, 3 SCH

**The University of Texas at Austin**

BIOL 1407 – Biology for Science Majors II, 4 SCH  
BIOL 2402 – Anatomy & Physiology II, 4 SCH

**The University of Texas at San Antonio**

KINE/PHED 2358 – Psychological Aspects of Human Performance, 3 SCH  
KINE/PHED 2362 – Foundations of Exercise Science, 3 SCH

**The University of Texas at Tyler**

KINE/PHED 1306 – First Aid, CPR, and Safety Practices, 3 SCH  
KINE/PHED 1308 – Sports Officiating, 3 SCH  
KINE/PHED 1321 – Principles of Athletic Coaching, 3 SCH  
KINE/PHED 1350 – Fundamentals of Strength and Conditioning, 3 SCH  
KINE/PHED 2358 – Psychological Aspects of Human Performance, 3 SCH  
KINE/PHED 2360 – Introduction to Personal Training, 3 SCH  
KINE/PHED 2362 – Foundations of Exercise Science, 3 SCH  
PHED 1164 – Introduction to Physical Fitness & Wellness, 1 SCH  
PHED 1331 – Physical Education for Elementary Education Majors, 3 SCH

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PHED 1336 – Introduction to Recreation, 3 SCH

PHED 1346 – Drug Use & Abuse, 3 SCH

### **University of Houston**

BIOL 1322 – Nutrition and Diet Therapy, 3 SCH

KINE/PHED 2362 – Foundations of Exercise Science, 3 SCH

### **Texas A&M University – Victoria**

KINE/PHED 2358 – Psychological Aspects of Human Performance, 3 SCH

KINE/PHED 2362 – Foundations of Exercise Science, 3 SCH

### **University of North Texas**

BIOL 2402/2302+2102 – Anatomy & Physiology II (Lecture + Lab), 4 SCH Lecture + Lab

KINE/PHED 1350 – Fundamentals of Strength and Conditioning, 3 SCH

### **West Texas A&M University**

BIOL 2402/2302+2102 – Anatomy & Physiology II (Lecture + Lab), 4 SCH, Lecture + Lab

MATH 1314 – College Algebra, 3 SCH