

# AS in Kinesiology to Bachelor of Science in Kinesiology

## Wellness and Exercise Science

Recommended 4-Year Course Sequence

2024-2025 Catalog



### FRESHMAN YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
MATH 1314 OR MATH 1342		College Algebra OR Statistics	3	ENGL 1302 OR ENGL 2311		Composition II OR Technical and Business Writing	3
ENGL 1301		Composition I	3	HIST 1302		United States History II	3
HIST 1301		United States History	3	KINE 1301		Foundations of Kinesiology	3
KINE 1338		Concepts Physical Fitness	3	SPCH 1315 OR SPCH 1321		Public Speaking OR Busienss and Professional Comm	3
EDUC 1300		*Learning Framework	0	KINE 1304		Personal/Community Health I [Sub for ALHS UTT 1300]	3
				KINE 1104		Physical Conditioning I	1
			12				16

### SOPHOMORE YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
BIOL 1408		Biology for Non-Science Majors	4	BIOL 1409		Biolofy for Non-Science Majors II	4
GOVT 2305		Federal Government	3	GOVT 2306		Texas Government	3
		Language, Philosophy, and Culture Core	3	PSYC 2301		General Psychology	3
		Creative Arts Core	3	KINE 2356		Care and Prev. of Athletic Inj [Sub for UTT KINE 2337]	3
KINE 1105		Physical Conditioning II	1			Creative Arts	3
		KINE Elective	2				
			16				16

### JUNIOR YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
	KINE 3303	Motor Development	3		HECC 4308	Ethics	3
	KINE 3334	Biomech & Anat. Kines.	3		KINE 3311	Physiology of Exercise	3
	KINE 3135	Biomech & Anat. Kines. Lab	1		KINE 3312	Physiology of Exercise Lab	1
		Upper Division ALHS Course	3			Cognate Course	3
		Cognate Course	3			Cognate Course	3
		Component Area Option	3			Component Area Option	3
			16				16

### SENIOR YEAR

Fall				Spring			
TJC	UT Tyler	Title	Hours	TJC	UT Tyler	Title	Hours
	KINE 4321	Sports Nutrition	3		HECC 4370	Internship	3
	KINE 4304	Principles of Training: Endurance	3		KINE 4305	Strength & Power	3
	KINE 3132	Human Motor Control & Learning Lab	1			Cognate Course	3
	KINE 3331	Human Motor Control & Learning	3			Cognate Course	3
		Cognate Course	3			Elective	3
			13				15

Total Credit Hours at Tyler Junior College

60

Total Credit Hours at UT Tyler

60

Total Credit Hours

120

\*Denotes courses that will not be part of the pathway agreement and will not contribute to the hour count for UT Tyler