

# KINESIOLOGY - BS, EXERCISE AND SPORT SCIENCE TRACK

The Bachelor of Science degree in Kinesiology offers several tracks designed to prepare students for a variety of careers. The track options available develop a strong science background making students excellent candidates for employment opportunities in human movement/exercise related areas (corporate or private fitness) or advanced graduate studies (motor neuroscience, kinesiology, exercise physiology). Additional program and track information is available on the Department of Kinesiology and Sport Management website or may be obtained by contacting the advising office in the department.

The Exercise and Sport Science option is offered to students wishing to pursue careers in exercise development and coaching/sport training.

A solid foundation in scientific principles related to the biology of sport, along with the practical knowledge in various areas of coaching (pedagogy) and exercise training will prepare students to be future coaches and trainers. Students planning to pursue a graduate degree in Exercise or Sport Science may enroll in independent study leading to an undergraduate research project.

## Program Requirements

This degree plan has been laid out showing students the number of hours they must take each semester in order to complete the degree in four years without attending summer school. This is a suggested plan and does not have to be followed as laid out below. Students should use this information in conjunction with advising documents available from their advisor or the department website when scheduling courses each semester to ensure they are meeting all prerequisites, taking courses for admission to professional phase in a timely manner and meeting all grade requirements.

### First Year

Fall		Semester Credit Hours
BIOL 107	Zoology <sup>1</sup>	4
Select one of the following: <sup>1</sup>		3
ENGL 103	Introduction to Rhetoric and Composition	
ENGL 104	Composition and Rhetoric	
ENGL 203	Writing about Literature	
ENGL 210	Technical and Professional Writing	
COMM 203	Public Speaking	
COMM 205	Communication for Technical Professions	
COMM 243	Argumentation and Debate	
MATH 140	Mathematics for Business and Social Sciences <sup>1,2,3</sup>	3
Language, philosophy and culture ( <a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#language-philosophy-culture">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#language-philosophy-culture</a> ) <sup>2,4</sup>		3
General elective <sup>5</sup>		3
<b>Semester Credit Hours</b>		<b>16</b>
Spring		
PBSI 107	Introduction to Psychology	3

PHYS 201	College Physics <sup>1</sup>	4
POLS 206	American National Government	3
MATH 142	Business Calculus <sup>1,2,6</sup>	3
American history ( <a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history</a> ) <sup>2,4</sup>		3
<b>Semester Credit Hours</b>		<b>16</b>
Second Year		
Fall		
NUTR 202	Fundamentals of Human Nutrition <sup>1</sup>	3
POLS 207	State and Local Government	3
Select one of the following: <sup>1</sup>		3
COMM 203	Public Speaking	
COMM 205	Communication for Technical Professions	
COMM 243	Argumentation and Debate	
ENGL 103	Introduction to Rhetoric and Composition	
ENGL 104	Composition and Rhetoric	
ENGL 203	Writing about Literature	
ENGL 210	Technical and Professional Writing	
Creative arts ( <a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#creative-arts">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#creative-arts</a> ) <sup>2,4</sup>		3
Directed elective <sup>7</sup>		3
<b>Semester Credit Hours</b>		<b>15</b>
Spring		
KINE 199	Required Physical Activity <sup>1,8,9</sup>	1
KINE 213	Foundations of Kinesiology <sup>1</sup>	3
KINE 215	Fundamentals of Coaching <sup>1</sup>	3
American history ( <a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history</a> ) <sup>2,4</sup>		3
General elective <sup>5</sup>		3
General elective <sup>5</sup>		3
<b>Semester Credit Hours</b>		<b>16</b>
Third Year		
Fall		
BIOL 319	Integrated Human Anatomy and Physiology I <sup>1</sup>	4
KINE 121	Physical and Motor Fitness Assessment <sup>1,10</sup>	2
KINE 305	Sport Nutrition <sup>1</sup>	3
KINE 307	Lifespan Motor Development <sup>1</sup>	3
Coaching minor elective <sup>1,5,10,11</sup>		2
<b>Semester Credit Hours</b>		<b>14</b>
Spring		
BIOL 320	Integrated Human Anatomy and Physiology II <sup>1</sup>	4
KINE 318	Care of the Athlete <sup>1</sup>	3
PBSI 307 or PBSI 225	Developmental Psychology or Lifespan Development	3
General elective <sup>5</sup>		3
<b>Semester Credit Hours</b>		<b>13</b>

**Fourth Year****Fall**

KINE 340	Essentials of Strength and Conditioning <sup>1,12</sup>	3
KINE 404	Coaching Psychology <sup>1</sup>	3
KINE 433	Physiology of Exercise <sup>1</sup>	3
KINE 435	Physiology of Exercise Lab <sup>1,13</sup>	1
Coaching minor elective <sup>1,5,10,11</sup>		2
Directed elective <sup>7</sup>		3

**Semester Credit Hours 15**

**Spring**

KINE 406	Motor Learning and Skill Performance <sup>1</sup>	3
KINE 407	Motor Control and Learning Lab <sup>1,13</sup>	1
KINE 426	Exercise Biomechanics <sup>1</sup>	3
KINE 427	Therapeutic Principles <sup>1</sup>	3
KINE 428	Exercise Biomechanics Laboratory <sup>1</sup>	1
KINE 324	Career Development in Coaching and Youth Development <sup>1</sup>	3

Life and physical sciences (<http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#life-physical-sciences>) <sup>1</sup> 1

**Semester Credit Hours 15**

**Total Semester Credit Hours 120**

<sup>1</sup> Must make a grade of C or better.

<sup>2</sup> Must meet Core Curriculum (<http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/>) requirements.

<sup>3</sup> MATH 148, MATH 152, MATH 168, or MATH 172 will be accepted in lieu of MATH 140.

<sup>4</sup> Course selection should meet the International and Cultural Diversity (<http://catalog.tamu.edu/undergraduate/general-information/degree-information/international-cultural-diversity-requirements/>) (ICD) or the Cultural Discourse (<http://catalog.tamu.edu/undergraduate/general-information/degree-information/cultural-discourse-requirements/>) (CD) graduation requirement, if needed.

<sup>5</sup> Courses must be chosen in consultation with your advisor.

<sup>6</sup> MATH 147, MATH 151, or MATH 171 will be accepted in lieu of MATH 142.

<sup>7</sup> Must be chosen from the following courses and in consultation with your advisor BIOL 112, BIOL 206; CHEM 119, CHEM 120; HLTH 354/PHLT 354; KINE 216/HLTH 216, KINE 485, KINE 491; NUTR 222, NUTR 300-499 (<http://catalog.tamu.edu/undergraduate/course-descriptions/nutr/>); PHIL 111, PHIL 251; PHYS 202; PBSI 300-499 (<http://catalog.tamu.edu/undergraduate/course-descriptions/pbsi/>); STAT 201, or STAT 301, or STAT 302, or STAT 303; SOCI 205; SPMT 304.

<sup>8</sup> Must take KINE 199 Majors Resist Flex. Participation in band or athletics cannot be used for KINE 199 credit. KINE 199 activities cannot be repeated for credit and must be taken for a grade. Must have HKAE attribute.

<sup>9</sup> Must be taken at Texas A&M University.

<sup>10</sup> Meets Coaching Minor requirement.

<sup>11</sup> Select from the following courses KINE 312, KINE 314, KINE 317, KINE 321, KINE 334, KINE 335, KINE 345, KINE 351, KINE 353, and KINE 355.

<sup>12</sup> Recommend KINE 199 Majors Aerobic Movement, KINE 199 Majors Resist Flex prior to registering.

<sup>13</sup> Meets Core Curriculum (<http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/>) writing requirement.