

Kinesiology-Exercise Science, B.S.

Course	Title	Semester Credit Hours
Freshman Year		
Semester 1		
COMS 1311 or COMS 1315	Intro to Oral Communication or Bus and Professional Comm	3
EDKN 1305	Intro to Exercise Science	3
ENGL 1301	Rhetoric and Composition	3
HIST 1301	American History to 1877	3
UNIV 1201	Learning in Global Context	2
Semester Credit Hours		14
Semester 2		
EDHL 1254 or EDKN 2201	Contemporary Wellness or Cert Personal Trainer Prep	2
EDKN 2335 or EDKN 2340	Sport in Global Society or Medical Terminology	3
ENGL 1302	Rhetoric and Composition	3
HIST 1302	American History since 1877	3
MATH 1314	College Algebra	3
EDKN Aquatics or Fitness (p. 2)		1
Component option B ¹		1
Semester Credit Hours		16
Sophomore Year		
Semester 1		
BIOL 2401	Human Anatomy and Physiol	4
EDHL 2325	Health Promotion	3
POLS 2301	Government and Politics of US	3
Lang/Phil/Culture		3
Creative arts		3
Semester Credit Hours		16
Semester 2		
BIOL 2402	Human Anat and Physiology II	4
EDHL 2124	CPR and First Aid	1
HMNT 2350	Introductory Nutrition	3
POLS 2302	Government and Politics of TX	3
PSYC 2301	Introd to Psychology	3
EDKN Aquatics or Fitness (p. 2)		1
Semester Credit Hours		15
Junior Year		
Semester 1		
EDKN 3345	Meas/Eval in Kinesiology	3
EDKN 3353	Applied Performance Psychology	3
EDKN 3436	Basic Physiology of Exercise	4
Supporting Field		3
Supporting Field		3
Semester Credit Hours		16
Semester 2		
Select one of the following EDHL/EDKN Elective, adv. courses:		3
EDHL 4344	Health and Aging (WI)	
EDKN 4342	Motor Skills Special Populatns	

EDKN 4352	Psychology of Injury	
EDKN 3320	Motor Devel and Motor Learning	3
EDKN 3343	Strength and Conditioning	3
Supporting Field		3
Supporting Field		3
Semester Credit Hours		15
Senior Year		
Semester 1		
EDKN 4320	Introductory Research Methods	3
EDKN 4325	Biomechanics	3
EDKN 4401	Exercise Test and Prescription	4
Supporting Field, adv.		3
Supporting Field, adv.		3
Semester Credit Hours		16
Semester 2		
Select one of the following EDHL/EDKN Elective, adv. courses:		3
EDHL 4344	Health and Aging (WI)	
EDKN 4342	Motor Skills Special Populatns	
EDKN 4352	Psychology of Injury	
EDKN 4324	Exerc in Chronic Disea/Disab	3
EDKN 4328	Internship	3
EDKN 4329	Sr Seminar Exercise Sci (WI)	3
Semester Credit Hours		12
Total Credit Hours Required:		120

¹ Can be replaced with an elective if EDHL 1254 and/or EDKN 2335 is taken within the major courses.

EDKN Aquatics or Fitness Courses

Code	Title	Semester Credit Hours
Select one of the following:		
EDKN 1101	Selected Physical Activity ²	
EDKN 1105	Flexibility and Strength Train	
EDKN 1121	Elementary Swimming	
EDKN 1125	Water Aerobics	
EDKN 1137	Weight Training and Cond	
EDKN 1149	Jogging and Circuit Training	
EDKN 1150	Mat Pilates	

² Course topic must be an aquatics or fitness activity (see Academic Advisor for details).