DEPARTMENT OF KINESIOLOGY (KINE)

Mission
The Kinesiology program at Huston-Tillotson University offers a program of comprehensive academic coursework and field experience to prepare students for careers and/or graduate study related to the promotion of physically active and healthy lifestyles.

The degrees offered within the program provide opportunities for specialization in Human Performance, Physical Education, or Exercise Science. To fulfill this mission, students will engage in the development of content knowledge, professional dispositions, motor competency, and pedagogical skills.

DEGREES OFFERED
Students may choose from the following three degree options:

<table>
<thead>
<tr>
<th>Concentration</th>
<th>Degree</th>
<th>Required Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>Physical Education (Teacher Certification)</td>
<td>Bachelor of Arts</td>
<td>128</td>
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<tr>
<td>Human Performance</td>
<td>Bachelor of Arts</td>
<td>120</td>
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<tr>
<td>Exercise Science</td>
<td>Bachelor of Science</td>
<td>121</td>
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</table>

GENERAL PROGRAM REQUIREMENTS

Requirements for a Major in Kinesiology - Physical Education Concentration

Students pursuing teaching certification should refer to the Teacher Education section of this Bulletin for admission requirements for teacher certification in physical education.

Degree course requirements are:
1. Meet the science core requirement with BIOL 2407 Human Anatomy and BIOL 2408 Human Physiology.
2. Earn a grade of “C” or better in all of the following courses:
   - KINE 1301, 1331, 1338, 2356, 3300, 3301, 3302, 3303, 4100, 4301, 4301 or SEDL 3312, 4303.
   - Choose eight (8) hours from the following: KINE 1201, 1202, 1203, 1204, 1205, 1206, 1207 or advisor approved one credit activity classes.
   - Choose three (3) hours from the following: KINE 1308, 1336, 1321, 4302, 4304, 4310, SEDL 3304, SEDL 3314, SEDL 3322, SEDL 3323.
   - Take the following Teacher Education courses: EDUC 1301, 2302, 3303, 3365, 4306, 4307, 4907, SEDL 2301, and RDNG 3312 or RDNG 3321.

Requirements for a Major in Kinesiology - Human Performance Concentration
The Human Performance Concentration allows students the flexibility to choose 21 hours of elective credit hours to support a Kinesiology related area of study. Students completing this concentration typically pursue careers in fields such as recreation and personal training. A student must pass the Kinesiology Comprehensive Examination with a score of at least 80 in order to pass the required KIN 4601 Human Performance Internship.

**Degree course requirements are:**

1. Meet the science core requirement with BIOL 2407 Human Anatomy and BIOL 2408 Human Physiology.
2. Earn a grade of “C” or better in all of the following courses.
   - KINE 1301, 1331, 1338, 2356, 3300, 3301, 3302, 3303, 4100, 4301, 4303.
   - Choose eight (8) hours from the following: KINE 1201, 1202, 1203, 1204, 1205, 1206, 1207 or advisor approved one credit activity classes.
   - Choose six (6) hours from the following: KINE 1308, 1321, 1336, 4302, 4304, 4310.
   - A total of 21 elective credit hours, of which 9 credit hours must be upper division courses.

**Requirements for a Major in Kinesiology - Exercise Science Concentration**

Students completing the Exercise Science Concentration typically pursue graduate school in fields related to exercise science, such as exercise physiology or BIOL mechanics or in fields related to allied health, such as occupational therapy or physical therapy. A student must pass the Kinesiology Comprehensive Examination with a score of at least 80 in order to pass the required KINE 4601 Human Performance Internship.

**Degree course requirements are:**

1. Meet the math core requirement with MATH 2414 Calculus II.
2. Meet the science core requirement with BIOL 2407 Human Anatomy and BIOL 2408 Human Physiology.
3. Complete the following professional preparation courses.
   - BIOL 1410, 2431, CHEM 1411, 1421, PHYS 2425, 2426, PSYC 2302 or PSYC 4316.
4. Earn a grade of “C” or better in all of the following courses.
   - KINE 1301, 1331, 1338, 2356, 3300, 3301, 3302, 3303, 4301, 4303, 4601.
   - Choose six (6) hours from the following: KINE 1308, 1321, 1336, 4302, 4304, 4310.

**Requirements for a Minor in Kinesiology**

A Minor in Kinesiology requires 24 semester credit hours. A grade of “C” or higher is required in all minor courses.

1. Complete KINE 1200, 1301, 1331, 4303.
2. Choose no more than six (6) hours from the following: KINE 1201, 1202, 1203, 1204, 1205, 1206, 1207.
3. Choose seven (7) hours from the following: KINE 1308, 1321, 1336, 2356, 3300, 3301, 3302, 3303, 4301, 4302, 4303, 4304, 4310.
COURSES IN KINESIOLOGY

KINE 1100/1200  Personal Fitness – Non-majors/Majors
1 credit hour for non-majors / 2 credit hours for majors
Students attain the skills necessary for developing personal fitness programs for others and self. Emphasis is placed on the essential components of health fitness, including cardiovascular fitness, flexibility, muscular strength and endurance, body weight, and body composition. Students perform assessment of fitness level and develop an individual activity program commensurate with personal goals.
Prerequisite: None  Offered: Fall and Spring/Yearly

KINE 1101/1201  Team Sports – Non Majors/Majors
1 credit hour for non-majors/2 credit hours for majors
Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for basketball, volleyball, soccer, softball, and flag football will be covered. Majors focus on information required to build quality team sports units.
Prerequisite: None  Offered: Fall/Yearly

KINE 1102/1202  Individual Sports – Non-Majors/Majors
1 credit hour for non-majors/2 credit hours for majors
Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for tennis, badminton, golf, archery, and pickle ball will be covered. Majors focus on information required to build quality individual sports units.
Prerequisite: None  Offered: Spring/Yearly

KINE 1103/1203  Outdoor Education – Non-Majors/Majors
1 credit hour for non-majors/2 credit hours for majors
Course introduces skills, pedagogy, and issues of outdoor education with emphasis on wilderness travel and survival. Application of skill and knowledge includes group dynamics activities, camping, hiking, backpacking, and orienteering. One overnight camping trip is required.
Prerequisite: None  Offered: Fall/Yearly

KINE 1104/1204  Aérobic Exercise – Non-majors/Majors
1 credit hour for non-majors/2 credit hours for majors
Development and maintenance of aerobic capacity of the circulatory and respiratory systems through various activities. Includes information on the values and means of developing and assessing aerobic fitness.
Prerequisite: None  Offered: Fall/Odd Years

KINE 1105/1205  Rhythmic Activities – Non-majors/Majors
1 credit hour for non-majors/2 credit hours for majors
Topics covered in the class include basic motor skills, line, folk, square, and aerobic dance. Emphasis is given to instructional materials and methods for teaching developmentally appropriate activities for various rhythmic movements and dances.
Prerequisite: None  Offered: Spring/Yearly

KINE 1106/1206  Aquatics – Non majors/Majors
1 credit hour for non-majors/2 credit hours for majors
This course presents selected movement activities that emphasize aquatic skill. Application of skill and knowledge includes stroke mechanics, water aerobics, rehabilitation and adapted water activities, diving, and water games.
Prerequisite: None  
Offered: Fall/Odd Years

**KINE 1207  Special Topics**  
2 credit hours  
Course topics are designed to give an in depth study of one or two physical activities. Example courses might include, but are not limited to, golf and tennis for the business major, hiking and biking in central Texas, fencing, and martial arts.

Prerequisite: None  
Offered: TBA/Yearly

**KINE 1301  Foundations of Kinesiology**  
3 credit hours  
Introduces the student to the various fields within Kinesiology, provides a historical background, and acquaints the student with the basic physiological, mechanical, psychological, and sociological principles of the profession.

Prerequisite: None  
Offered: Fall and Spring/Yearly

**KINE 1304  Dimensions of Health and Wellness**  
3 credit hours  
A study of personal health issues and the concept of wellness. The course includes basic principles of safety, weight control and nutrition, disease prevention, physical fitness, stress management, substance abuse, and sexual responsibility. The laboratory portion assesses physical fitness by measuring strength, cardio-respiratory endurance, body composition, and flexibility.

Prerequisite: None  
Offered: Fall and Spring/Yearly

**KINE 1308  Principles of Officiating**  
3 credit hours  
Emphasizes basic principles, philosophies, and methods for effective officiating. Topics include officiating philosophy and ethics, professional organizations and certifications, rule interpretations and mechanics of officiating various sports. Six hours of field experience is required.

Prerequisite: None  
Offered: Fall/Yearly

**KINE 1321  Coaching Education**  
3 credit hours  
Emphasizes basic principles, philosophies, and methods for effective coaching. Topics include coaching philosophy, practice considerations, travel and budgeting, rules and regulations, and motivation. Six hours of field experience is required.

Prerequisite: None  
Offered: Spring/Yearly

**KINE 1331  Developmentally Appropriate Activities**  
3 credit hours  
This course introduces the sequence and relationship of motor development and perceptual activity throughout the pre-school and elementary school years. It includes experiences related to readiness for learning physical skills, movement education approaches, and curricular content for early childhood and elementary physical education.

Prerequisite: None  
Offered: Fall and Spring/Yearly

**KINE 1336  Recreational Leadership**  
3 credit hours  
The course is intended to give the necessary background and experiences that will enable the student to work in a variety of recreational settings. Topics include scheduling, budgeting, and equipment management as related to recreation. Six hours of field experience is required.

Prerequisite: None  
Offered: Fall/Yearly

**KINE 1338  Concepts of Physical Fitness**  
3 credit hours  
Concepts and use of selected physiological variables of fitness, individual testing and consultation, and the organization of sports and fitness programs. Components of health related fitness are emphasized. This is an activity based course in which students perform assessment of fitness, then develop and participate in an individual activity program commensurate with personal goals.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Description</th>
<th>Prerequisite</th>
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<tbody>
<tr>
<td>KINE 2356</td>
<td>Care and Prevention of Movement Injuries</td>
<td>3</td>
<td>Identification, first aid, rehabilitation, and prevention of injuries sustained in physical education, recreation, and athletic situations. Supplemental information is provided for first aid and safety in the home, school, and community.</td>
<td>None</td>
<td>Fall and Spring/Yearly</td>
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<tr>
<td>KINE 3300</td>
<td>Tests and Measurements</td>
<td>3</td>
<td>Course provides an introduction to various tools and measurements used to assess human physical performance. Students develop proficiency in the administration of tests and the application of the results. Emphasis will be given to the development of skill in elementary statistical procedures.</td>
<td>None</td>
<td>Spring/Yearly</td>
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<tr>
<td>KINE 3301</td>
<td>Motor Behavior</td>
<td>3</td>
<td>Principles of motor control, motor development, and motor learning as they relate to skill acquisition and motor competency are examined. Topics include theories of cognitive processing, feedback, practice scheduling, and stages of learning. Laboratory activities cover practical application of theories related to skill acquisition and motor control.</td>
<td>BIOL 2407</td>
<td>Spring/Yearly</td>
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<tr>
<td>KINE 3302</td>
<td>Physiology of Exercise</td>
<td>3</td>
<td>Provides the essential physiological background necessary to understand the cardiopulmonary and musculo-skeletal systems response to exercise. Training principles for human performance and health/fitness promotion are emphasized. Laboratory activities cover application of physiological principles and fitness assessment techniques.</td>
<td>None</td>
<td>Fall/Yearly</td>
</tr>
<tr>
<td>KINE 3303</td>
<td>Biomechanics</td>
<td>3</td>
<td>Application of anatomical and mechanical principles in the study of human movement. Topics include analyses of projectile-related activities, aerodynamics in sport, principles of stability, and qualitative and quantitative analysis of sport activities. Laboratory activities cover functional anatomy and mechanical principles applied to movement and sports skills.</td>
<td>BIOL 2407 and MATH 1314</td>
<td>Spring/Yearly</td>
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<td>KINE 4100</td>
<td>Teacher Certification Examination Preparation</td>
<td>3</td>
<td>This course is designed to allow the student to focus on requirements for teacher certification with intensive preparation for the State Physical Education TExES Examination. Students will be able to review pertinent subject matter covered on the state examination as well as learn effective test-taking techniques via practice examination. This course is required of all P.E. majors during the final semester prior to the state certification test.</td>
<td>Instructor approval</td>
<td>Spring/Yearly</td>
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<tr>
<td>KINE 4301</td>
<td>Adapted Physical Education</td>
<td>3</td>
<td>Emphasizes the problems underlying the need for an adapted physical education program in schools. Stresses the formation of individual programs for the most prevalent types of disabilities found in school populations. Six hours of field experience is required.</td>
<td>None</td>
<td>Spring/Yearly</td>
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</table>
KINE 4302  Nutrition for Health and Fitness  3 credit hours
This course will provide an overview of how dietary sources impact physiological determinants of health, disease, and exercise performance. Topics include general principles of nutrition, nutrient requirements, and distinguishing fact versus fallacy related to fad diets, supplements, and performance enhancement.
Prerequisite: KINE 1304  
Offered: Fall/Yearly

KINE 4303  Theory and Methods of Teaching Physical Education  3 credit hours
Curriculum planning, materials, and course content related to teaching all levels (K-12) physical education. Topics will include writing objectives and lesson plans, teaching and learning styles, legal liability, assessment, and State of Texas requirements. Field experience in local elementary and secondary schools is required.
Prerequisite: 21 credit hours in Kinesiology  
Offered: Spring/Yearly

KINE 4304  Structural Organization of Physical Education  3 credit hours
Designed to consider factors in program effectiveness including: matters of finance, policymaking, curriculum construction, liability for injury, care and purchase of equipment, and staff and personnel problems. Six hours of field experience is required.
Prerequisite: None  
Offered: Fall/Yearly

KINE 4310  African Americans in Sports  3 Credit Hours
This class deals with the problem areas of race relations and social injustice facing the African American college athlete. Topics include the historical analysis of racism and critical events: recruitment, retention and social mobility in collegiate sport; gender and race intersections of college athletics; and analysis of racism and prospects for change. A distinctive perspective is provided on racism, sexism and classism with strategies to work towards eliminating contributing conditions.
Prerequisite: None  
Offered: TBA/Yearly

KINE 4311  Special Topics  3 Credit Hours
An in depth study of selected topics in Kinesiology. Course topic is designed to enhance the student’s specialized interest within Kinesiology. Example courses might include, but are not limited to, women and minorities in sport, cardiac rehabilitation, allied health careers, and technology in physical education.
Prerequisite: None  
Offered: TBA/Yearly

KINE 4601  Human Performance Internship  6 credit hours
Clinical experience in selected settings as a physical education practitioner under the supervision of University and program professionals. This course is the culminating experience for students who want to pursue specializations such as corporate fitness programs, personal training, hospital or clinical wellness programs, and community recreational fitness programs. Student will be responsible for performing 100 hours of designated intern duties under supervision, as well as participating in weekly on-campus seminars.
Prerequisite: 21 credit hours in Kinesiology  
Offered: Spring/Yearly
BACHELOR OF ARTS
KINESIOLOGY MAJOR – PHYSICAL EDUCATION (Total Hours 120)
COURSE SEQUENCE TO AN ALL-LEVEL PHYSICAL EDUCATION CERTIFICATE

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<th>YEAR 1</th>
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<tr>
<td></td>
<td>UNIV 1201 or Freshman Seminar</td>
<td>2 MATH 1314 College Algebra</td>
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<td>RAMS 1201</td>
<td>ENGL 1302 English II</td>
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<td>ENGL 1301 English I</td>
<td>3 COMM 1315 Public Speaking</td>
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<td>KINE 1304 Health and Wellness</td>
<td>3 PSCI 1301 Government.- State or</td>
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<td>COSC 1300 Introduction to Computers</td>
<td>/1302 Federal</td>
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<tr>
<td></td>
<td>HIST 1301/1302 U.S. History I or II</td>
<td>3 KINE 2356 Care and Prevention of</td>
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<td>KINE 1301 Foundations of Kinesiology</td>
<td>3 Fine Arts Core Injuries</td>
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<td>KINE 1331 Developmentally Appropriate Activities</td>
<td>3 KINE 1338 Concepts of Physical</td>
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<td>KINE Skills Class</td>
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<td>BIOL 2407 Human Anatomy</td>
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<tr>
<td></td>
<td>Ethics / Religion Core</td>
<td>3 KINE Skills Class</td>
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<td>KINE Skills Class</td>
<td>2 KINE 3303 Biomechanics</td>
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<td>EDUC 2302 Technology Applications</td>
<td>3 KINE 3301 Motor Behavior</td>
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<td>KINE 3302 Physiology of Exercise</td>
<td>3 KINE 4301 Adapted Physical Education</td>
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<td>ENGL Literature (200 level course)</td>
<td>3 KINE 4310 African Americans in Sport (div)</td>
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<td>SEDL 2301 Survey of Exceptional Learners</td>
<td>3 EDUC 3303 Teacher and Student in a Multicultural Society</td>
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<tr>
<td></td>
<td>EDUC 4306 Assessment and Instructional Management Tests and Measurements</td>
<td>3 EDUC 4907 Student Teaching – Field</td>
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<td>KINE 3300</td>
<td>EDUC 4306 Student Teaching – Seminar</td>
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<td>KINE 4303 Theory and Methods of PE Motor Skill Class</td>
<td>3 KINE 4100 Teacher Certification Exam Preparation</td>
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<td>RDNG 3312 Reading in the content Area</td>
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<td>EDUC 3365 TEKS Curriculum and Exam Preparation</td>
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Education majors may test out of COSC 1300 and satisfy computer requirement by taking EDUC 2302.
# BACHELOR OF ARTS
## KINESIOLOGY MAJOR – HUMAN PERFORMANCE
### TOTAL HOURS 120

#### FALL
- **UNIV 1201 or** Freshman Seminar 2
- **RAMS 1201**
- **ENGL 1301** English I 3
- **KINE 1304** Health and Wellness 3
- **COSC 1300** Introduction to Computers 3
- **SPAN/FREN** Language I 3

Total Hours 14

#### YEAR 1

**SPRING**
- **ENGL 1302** English II 3
- **MATH 1314** College Algebra 3
- **COMM 1315** Public Speaking 3
- **PSCI 1301/1302** Government. Federal or State 3
- **SPAN/FREN** Language II 3

Total Hours 15

#### FALL
- **BIOL 2407** Human Anatomy 4
- **KINE 1301** Foundations of Kinesiology 3
- **KINE 1331** Developmentally Appropriate Activities 3
- **KINE 1338** Concepts of Physical Fitness 3

Behavioral Science Core 3

Total Hours 16

#### YEAR 2

**SPRING**
- **BIOL 2408** Human Physiology 4
- **KINE 2356** Care and Prevention of Injuries 3
- **HIST 1301/1302** U.S. History I or II 3
- **Fine Arts Core** 3
- **KINE** Skills Class 2

Total Hours 15

#### FALL
- Ethics / Religion Core 3
- **KINE Skills Class** 2
- **KINE 3300** Tests and Measurements 3
- **KINE 3302** Physiology of Exercise 3
- **ENGL** Literature (200 level) 3
- **KINE** Skills Class 2

Total Hours 16

#### YEAR 3

**SPRING**
- **KINE 3303** Biomechanics 3
- **KINE 3301** Motor Behavior 3
- **KINE 4301** Adapted Physical Education 3
- **KINE** KIN Elective 3
- Elective supporting career path 3

Total Hours 15

#### FALL
- **KINE 4303** Theory and Methods of PE 3
- **KINE** KIN Elective 3
- **KINE Skills Class** 2
- Elective supporting career path 3
- Upper division elective 3

Total Hours 14

#### YEAR 4

**SPRING**
- **KINE 4601** Human Performance Internship 6
- Elective supporting career path 3
- Upper division elective 3
- Upper division elective 3

Total Hours 15
# BACHELOR OF ARTS
## KINESIOLOGY MAJOR – EXERCISE SCIENCE
### TOTAL HOURS 120

<table>
<thead>
<tr>
<th>Year</th>
<th>Fall Semester</th>
<th></th>
<th>Spring Semester</th>
<th></th>
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<td>RAMS 1201</td>
<td>KINE 1304 Health and Wellness 3</td>
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<td>KINE 1338 Concepts of Physical Fitness 3</td>
<td>ENGL 1302 English II 3</td>
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<td>ENGL 1301 English I 3</td>
<td>COMM 1315 Public Speaking 3</td>
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<td>BIOL 1410 Organism and Evolution 4</td>
<td>SPAN/FREN Language II 3</td>
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<td>SPAN/FREN Language I 3</td>
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<td><strong>YEAR 2</strong></td>
<td><strong>FALL</strong></td>
<td><strong>SPRING</strong></td>
<td><strong>FALL</strong></td>
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<td>BIOL 2407 Human Anatomy 4</td>
<td>BIOL 2408 Human Physiology 4</td>
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<td>KINE 1301 Foundations of Kinesiology 3</td>
<td>KINE 2356 Care and Prevention of Injuries 3</td>
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<td>HIST 1301/1302 U.S. History I or II 3</td>
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<td>PSCI 1301/1302 Government Federal or TX Elective 3</td>
<td>Fine Arts Core 3</td>
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<td>CHEM 1411 Chemistry I 4</td>
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<td>PSYC 1301 Introduction To Psychology 3</td>
<td>KINE 3301 Motor Behavior 3</td>
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<td>Ethics/Religion Core 3</td>
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