



EXERCISE SCIENCE 2018-2020

General Program Requirements for a Major in Kinesiology with Exercise Science Concentration

The purpose of the kinesiology degree in exercise science at Huston-Tillotson University is to prepare a diverse population of students with the necessary knowledge, skills and dispositions to educate others about the body's preparedness, response and adaptations to exercise to maintain or improve physical fitness so people can enhance functional capacity, maximize physical performance and live healthier lives.

Students completing the exercise science concentration typically pursue graduate studies in fields related to exercise science, such as exercise physiology, biomechanics or in fields related to allied health, such as physical therapy, athletic training, and cardiac rehabilitation, among others.

Degree Course Requirements Are:

1. Meet the math core requirement with MATH 1314 with a "C" or better.
2. Meet the science core requirement with a "C" or better grade in BIOL 2401 Human Anatomy and Physiology I and BIOL 2402 Human Anatomy and Physiology II.
3. Complete the following professional preparation courses with a grade of "C" or better.
 - Eight (8) credit hours of biology electives, CHEM 1411, 1421, PHYS 2425, 2426, PSYC 2302 or PSYC 4316.
 - Earn a grade of "C" or better in all of the following courses: KINE 1301, 1304 or 1338, 2301, 2356, 3300, 3301, 3302, 3303, 3412 and KINE 4401.

Meeting University Requirements for Writing Intensive, African and African American Diaspora and General Diversity Courses:

Students under this degree option meet these university requirements by taking:

- HIST 1301 or HIST 1302, RELI 2302 or PHIL 1301, meet lower division writing intensive courses. KINE 3301 (Motor Behavior) and KINE 3412 (Adapted Physical Activity) meet the upper division writing intensive course requirement.
- Students can take ENGL 2304 (Introduction to African American Literature) to fulfill both the literature and African/African American diaspora or take KINE 4310 (African American in Sports) as upper division kinesiology elective course to meet this university degree requirement.
- KINE 3412 meet the general diversity course requirement for degree completion.

A SUGGESTED COURSE SEQUENCE FOR THE B.S. KINESIOLOGY EXERCISE SCIENCE
TOTAL HOURS 120

YEAR 1

| FALL | | | | SPRING | | | |
|--------------------|--------------------|--|-----------|--------------------|-----------------|--|-----------|
| UNIV | 1101 | Freshman Seminar I | 1 | UNIV | 1102 | Freshman Seminar II | 1 |
| ENGL | 1301 | Intro to College Composition | 3 | ENGL | 1302 | College Rhetoric & Composition | 3 |
| KINE | | Activity Course | 1 | COMM | 1315 | Public Speaking | 3 |
| KINE | | Activity Course | 1 | MATH | 1314 | College Algebra | 3 |
| KINE | 1304 or 1338 | Health and Wellness or Concepts of Physical Fitness | 3 | PSCI | 1301 or 1302 | American Government (Federal or State and Local) | 3 |
| COSC | 1300 | Introduction to Computers | 3 | | | Foreign Language II | 3 |
| | | Foreign Language I | 3 | | | | |
| Total Hours | | | 15 | Total Hours | | | 16 |

YEAR 2

| FALL | | | | SPRING | | | |
|--------------------|--------------------|---|-----------|--------------------|------|------------------------------------|-----------|
| BIOL | 2401 | Human Anatomy and Physiology I | 4 | BIOL | 2402 | Human Anatomy and Physiology II | 4 |
| KINE | 1301 | Foundations of Kinesiology | 3 | | | Ethics/Religion Core (WI) | 3 |
| KINE | 2301 | Developmentally Appropriate Activities | 3 | | | Fine Arts Core | 3 |
| KINE | 2356 | Care & Prevention of Athletic Injuries | 3 | ENGL | | Literature (200 level course) | 3 |
| HIST | 1301 or 1302 | U.S. History I or U.S. History II (WI) | 3 | | | General Elective | 3 |
| Total Hours | | | 16 | Total Hours | | | 16 |

YEAR 3

| FALL | | | | SPRING | | | |
|--------------------|------|----------------------------|-----------|--------------------|-----------------|---|-----------|
| CHEM | 1411 | General Chemistry I | 4 | CHEM | 1412 | General Chemistry II | 4 |
| PSYC | 1301 | Introduction to Psychology | 3 | KINE | 3301 | Motor Behavior (WI) | 3 |
| KINE | 3300 | Tests and Measurements | 3 | KINE | 3303 | Biomechanics | 3 |
| KINE | 3302 | Physiology of Exercise | 3 | | | General Elective | 3 |
| | | General Elective | 3 | PSYC | 2302 or 4316 | Human Growth & Development or Abnormal Psychology | 3 |
| Total Hours | | | 16 | Total Hours | | | 16 |

YEAR 4

| FALL | | | | SPRING | | | |
|--------------------|-------|---------------------|-----------|--------------------|-------|---------------------------------|-----------|
| KINE | | Activity Course | 1 | BIOL | | Biology Elective | 4 |
| BIOL | | Biology Elective | 4 | PHYS | 2426* | General Physics II | 4 |
| PHYS | 2425* | General Physics I | 4 | KINE | 4401 | Human Performance Internship | 4 |
| KINE | 3412 | Adapted PE (WI, GE) | 4 | | | | |
| Total Hours | | | 13 | Total Hours | | | 12 |

* In order to register for PHYS 2425 General Physics I, a student must have taken MATH 1314, MATH 2412, MATH 2413 or has taken and passed the Entrance Exam Placement.

* MATH 2414 is required for PHYS 2426. A student must have taken MATH 2413 to register for MATH 2414.

* KINE 3412 meets General Diversity requirements. KINE 3301 and KINE 3412 meets Upper Division Writing Intensive course requirement.

HUSTON-TILLOTSON UNIVERSITY
KINESIOLOGY – EXERCISE SCIENCE DEGREE PLAN

Name: _____
 HT ID#: _____

Phone: _____
 Email: _____

| CORE CURRICULUM REQUIREMENTS | | PR | Course | Hrs | Subst | Sem | Grade |
|--|--|---------|-----------|------------------|-------------------------|-----|-------|
| Freshman Orientation | | | | 2 | | | |
| Intro to College Composition | | * | ENGL 1301 | 3 | | | |
| College Rhetoric & Composition | | * | ENGL 1302 | 3 | | | |
| Health & Wellness | | | KINE | 3 | Met by KINE Major Rqmts | | |
| Physical Education (activity class) | | | KINE | 4 | Met by KINE Major Rqmts | | |
| Fine Arts (ENGL1315, MUSI1301, 1302, 1303, Choir (x3)) | | | | 3 | | | |
| Public Speaking | | | COMM 1315 | 3 | | | |
| Literature (ENGL 2304, 2315, 2326, 2331, 2341) | | * | ENGL | 3 | | | |
| Behavioral Science Introduction to Psychology | | | PSYC 1301 | 3 | | | |
| U.S. History (WI) (HIST 1301, 1302) | | * | HIST | 3 | | | |
| Philosophy and Ethics (WI) (RELI 2302, 3303, PHIL 2301) | | * | | 3 | | | |
| American Government (PSCI 1301, 1302) | | | PSCI | 3 | | | |
| Mathematics (MATH 2414 or Higher) | | * | MATH 1314 | 3 | | | |
| Computer Science (COSC 1300 or Approved Sub) | | | COSC | 3 | | | |
| Natural Sciences Human Anatomy & Human Physiology | | | BIOL 2401 | 4 | | | |
| | | * | BIOL 2402 | 4 | | | |
| Foreign Languages (FREN 1311 and 1312, or SPAN 1311 and 1312) | | | | 3 | | | |
| | | * | | 3 | | | |
| Diversity | | General | | African American | | | |
| Writing Intensive | | | | (upper div): | | | |
| KINESIOLOGY MAJOR REQUIREMENTS | | | | | | | |
| Activity (3 one credit activity courses) | | Fit | KINE | 1 | | | |
| | | TS | KINE | 1 | | | |
| | | IS | KINE | 1 | | | |
| Health & Wellness or Concepts of Physical Fitness | | | KINE | 3 | | | |
| Foundations of Kinesiology | | | KINE 1301 | 3 | | | |
| Developmentally Appropriate Activities | | | KINE 2301 | 3 | | | |
| Care and Prevention of Movement Injuries | | | KINE 2356 | 3 | | | |
| Tests and Measurements | | * | KINE 3300 | 3 | | | |
| Motor Behavior (WI) | | * | KINE 3301 | 3 | | | |
| Physiology of Exercise | | | KINE 3302 | 3 | | | |
| Biomechanics | | * | KINE 3303 | 3 | | | |
| Adapted Physical Education (WI, GE) | | | KINE 3412 | 4 | | | |
| Human Performance Internship | | * | KINE 4401 | 4 | | | |
| PROFESSIONAL DEVELOPMENT AND ELECTIVE | | | | | | | |
| Biology Elective | | | | 4 | | | |
| Biology Elective | | * | | 4 | | | |
| General Chemistry I | | * | CHEM 1411 | 4 | | | |
| General Chemistry II | | * | CHEM 1412 | 4 | | | |
| General Physics I | | * | PHYS 2425 | 4 | | | |
| General Physics II | | * | PHYS 2426 | 4 | | | |
| Psychology (PSYC 2302 or PSYC 4316) | | * | | 3 | | | |
| Elective | | | | 3 | | | |
| Elective | | | | 3 | | | |
| Elective | | | | 3 | | | |

TOTAL Hours To Earn Degree = 120. The last 30 credit hours earned must be taken at Huston-Tillotson University.