



HUMAN PERFORMANCE 2018-2020

General Program Requirements for a Major in Kinesiology with Human Performance Concentration

The purpose of the kinesiology degree in human performance at Huston-Tillotson University is to prepare a diverse population of students with the necessary knowledge, skills and dispositions to promote an understanding of how the body moves and educate people in the area of physical activity for health and quality of life.

The human performance concentration allows students the flexibility to choose 24 hours of professional development and elective courses to support a kinesiology-related area of study. Students completing this concentration typically pursue careers in fields such as recreation, coaching, strength and conditioning, personal training, and graduate school in allied health fields such as athletic training and occupational therapy, among others.

Degree Course Requirements Are:

1. 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.
2. 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, 4302, 4304, 4305 and 4401.
 - Choose six (6) credit hours of activity classes.
 - A total of 24 elective credit hours, of which 9 credit hours must be upper division courses.

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.A. KINESIOLOGY HUMAN PERFORMANCE
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	
KINE		Activity Course	1	KINE		Activity Course	1
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
HIST	1301 or 1302	U.S. History I or U.S. History II (WI)	3	KINE		Approved Elective	3
Total Hours			14	Total Hours			14
				YEAR 3			
		FALL				SPRING	
KINE		Activity Course	1	KINE		Activity Course	1
ENGL		Literature (200 level course)	3	KINE	3303	Biomechanics	3
		Behavioral Science Core	3	KINE	3301	Motor Behavior (WI)	3
KINE	2356	Care & Prevention of Athletic Injuries	3	KINE	4302	Nutrition for Health & Fit	3
KINE	3302	Physiology of Exercise	3	KINE	3412	Adapted PE (WI, GE)	4
KINE	3300	Tests and Measurements	3	KINE		Approved Elective	3
Total Hours			16	Total Hours			17
				YEAR 4			
		FALL				SPRING	
KINE	4304	Administration of Sport & PE	3	KINE	4305	The Business of Sports	3
KINE		Approved Elective	3	KINE	4401	Human Performance Internship	4
KINE		Approved Elective	3	KINE		Approved Upper Division Elective	3
KINE		Approved Elective	3	KINE		Approved Upper Division Elective	3
KINE		Approved Upper Division Elective	3				
Total Hours			15	Total Hours			13

HUSTON-TILLOTSON UNIVERSITY
KINESIOLOGY – HUMAN PERFORMANCE 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, 2326, 2331, 2341)		*	ENGL	3			
Behavioral Science (SOC1 1301, 2300, PSYC 1301, CRIJ 1301, ECON 2301, EDUC 2303, 3303, SEDL 2301)				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 1314 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 (6 one credit activity courses)		Fit	KINE	1			
		TS	KINE	1			
		IS	KINE	1			
			KINE	1			
			KINE	1			
			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			
Nutrition for Health and Fitness			KINE 4302	3			
Administration of Sports and PE Programs			KINE 4304	3			
The Business of Sport			KINE 4305	3			
Human Performance Internship		*	KINE 4401	4			
PROFESSIONAL DEVELOPMENT AND ELECTIVES (24 HOURS/ 9 OF WHICH UPPER DIVISION)							
				3			
				3			
				3			
				3			
				3			
			Upper Div	3			
			Upper Div	3			
			Upper Div	3			

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