



## DEPARTMENT OF KINESIOLOGY

### Requirements for a Bachelor of Science (B.S.) with Exercise Science as 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. 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.
  - Choose three (3) credit hours of activity classes.
  - 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.
  - A total of 9 elective credit hours.

#### **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 MAJOR  
EXERCISE SCIENCE CONCENTRATION  
TOTAL HOURS 120**

**YEAR 1**

<b>FALL</b>				<b>SPRING</b>			
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	Health and Wellness or	3	PSCI	1301 or	American Government	3
	1338	Concepts of Physical Fitness			1302	(Federal or State and Local)	
COSC	1300	Introduction to Computers	3			Foreign Language II	3
		Foreign Language I	3				
<b>Total Hours</b>			<b>15</b>	<b>Total Hours</b>			<b>16</b>

**YEAR 2**

<b>FALL</b>				<b>SPRING</b>			
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 (LL 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	U.S. History I or	3			General Elective	3
	1302	U.S. History II (LL WI)					
<b>Total Hours</b>			<b>16</b>	<b>Total Hours</b>			<b>16</b>

**YEAR 3**

<b>FALL</b>				<b>SPRING</b>			
CHEM	1411	General Chemistry I	4	CHEM	1412	General Chemistry II	4
PSYC	1301	Introduction to Psychology (Beh Sci)	3	KINE	3301	Motor Behavior (UL 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	Human Growth & Development or Abnormal Psychology	3
					4316		
<b>Total Hours</b>			<b>16</b>	<b>Total Hours</b>			<b>16</b>

**YEAR 4**

<b>FALL</b>				<b>SPRING</b>			
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	Kinesiology Internship	4
KINE	3412	Adapted Physical Activity (UL WI, GD)	4				
<b>Total Hours</b>			<b>13</b>	<b>Total Hours</b>			<b>12</b>

- \* 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.

Name: \_\_\_\_\_  
 HT ID#: \_\_\_\_\_

Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

CORE CURRICULUM REQUIREMENTS		PR	Course	Hrs	Subst	Sem	Grade
<b>Freshman Orientation</b>				2			
<b>Intro to College Composition</b>		*	ENGL 1301	3			
<b>College Rhetoric &amp; Composition</b>		*	ENGL 1302	3			
<b>Health &amp; Wellness</b>			KINE	3	Met by KINE Major Rqmts		
<b>Physical Education</b> (activity class)			KINE	4	Met by KINE Major Rqmts		
<b>Fine Arts</b> (ENGL1315, MUSI1301, 1302, 1303, Choir (x3))				3			
<b>Public Speaking</b>			COMM 1315	3			
<b>Literature</b> (ENGL 2304 [AFA], 2315, 2326, 2331, 2341)		*	ENGL 2341	3			
<b>Behavioral Science</b> Introduction to Psychology			PSYC 1301	3			
<b>U.S. History (W)</b> (HIST 1301, 1302)		*	HIST	3			
<b>Philosophy and Ethics (W)</b> (RELI 2302, PHIL 2301)		*		3			
<b>American Government</b> (PSCI 1301, 1302)			PSCI	3			
<b>Mathematics</b> (MATH 1314 or Higher)		*	MATH 1314	3			
<b>Computer Science</b> (COSC 1300 or Approved Sub)			COSC	3			
<b>Natural Sciences</b> Human Anatomy & Human Physiology			BIOL 2401	4			
		*	BIOL 2402	4			
<b>Foreign Languages</b> (FREN 1311 and 1312, or SPAN 1311 and 1312)				3			
		*		3			
<b>Diversity</b>		General		African American			
<b>Writing Intensive</b>		(upper div):					
<b>KINESIOLOGY MAJOR REQUIREMENTS</b>							
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 (W)		*	KINE 3301	3			
Physiology of Exercise			KINE 3302	3			
Biomechanics		*	KINE 3303	3			
Adapted Physical Education (W, GenDiv)			KINE 3412	4			
Human Performance Internship		*	KINE 4401	4			
<b>PROFESSIONAL DEVELOPMENT AND ELECTIVE</b>							
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 (if taken at HT: MATH 2412 @4 cr hrs)				3			
Elective (if taken at HT: MATH 2413 @4 cr hrs)				3			
Elective (if taken at HT: MATH 2414 @4 cr hrs)				3			

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Advisor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Department Chair: \_\_\_\_\_

Date: \_\_\_\_\_