

COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

Bachelor of Science

Fitness and Sports

Four-Year Academic Map 2023-2024

YEAR 1	Semester 1 Fall			Semester 2 Spring			Total	
	ENGL 1301	First Year Writing I*	3	ENGL 1302	First Year Writing II*	3		
	GOVT 2306	U.S. & Texas Constitution & Politics*	3	GOVT 2305	U.S. Government*	3		
	HIST 1301	The United States to 1877*	3	HIST 1302	The United States since 1877*	3		
	KIN 1304	Public Health Issues in Physical Activity & Obesity*	3	KIN 1352	Foundations of Kinesiology Studies, Health & Fitness	3		
	MATH 1314	College Algebra*	3	MATH 2312	Precalculus*	3		
	Semester Hours			15	Semester Hours			15

YEAR 2	Semester 1 Fall			Semester 2 Spring			Total		
	CORE	Language, Philosophy, & Culture*	3	CORE	Writing in the Disciplines*	3			
	CORE	Creative Arts*	3	NUTR 2332	Introduction to Human Nutrition	3			
	MATH 1342 OR PSYC 2317	Elementary Statistical Methods OR Intro to Psychological Statistics	3	KIN 3305	Sociological & Cultural Aspects of Sport	3			
	KIN 3301	Design & Evaluation of Physical Activity Programs	3	KIN 3350	Psychological Aspects of Sport & Exercise	3			
	BIOL 1308 OR BIOL 1306	Biology for Non-Science Majors I* OR Biology for Science Majors I	3	BIOL 1309 OR BIOL 1307	Biology for Non-Science Majors II* OR Biology for Science Majors II	3			
	Semester Hours			15	Semester Hours			15	30

YEAR 3	Semester 1 Fall			Semester 2 Spring			Total		
	PHYS 1301	College Physics I	3	KIN 3309	Biomechanics	3			
	KIN 3306	Physiology of Human Performance	3	KIN 4300	Physical Activity in Older Adults	3			
	KIN 3304	Human Structure & Physical Performance	3	KIN 4310	Measurement Techniques in Human Performance	3			
	KIN 4301	Workplace Wellness	3	Elective	1000-4000 level course	3			
	NUTR 4351 OR NUTR 4352	Gerontology and Nutrition OR Child and Adolescent Nutrition	3	HHP	Approved Advanced Elective	3			
	Semester Hours			15	Semester Hours			15	30

YEAR 4	Semester 1 Fall			Semester 2 Spring			Total	
	KIN 4302	Fitness & Human Sexuality	3	KIN 4370	Exercise Testing	3		
	KIN 4330	Child & Adolescent Obesity	3	Elective	1000-4000 level course	3		
	Elective	1000-4000 level course	3	Elective	1000-4000 level course	3		
	KIN 4315	Motor Learning & Control	3	HHP	Approved Advanced Elective	3		
	KIN 4355	Organization & Administration of Athletics	3	HHP	Approved Advanced Elective	3		
	Semester Hours			15	Semester Hours			15
							120	

*State of Texas Core Curriculum. Students should meet with their academic advisor to formulate their own plan.