

COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

Bachelor of Science

Exercise Science - Primary Option

Four-Year Academic Map 2024-2025

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

YEAR 2	Semester 1 Fall			Semester 2 Spring			Total	
	CORE	Creative Arts*	3	CORE	Writing in the Disciplines*	3		
	MATH 1342	Elementary Statistical Methods	3	CORE	Language, Philosophy, & Culture*	3		
	OR							
	PSYC 2317	Intro to Psychological Statistics						
	BIOL 1306	Biology for Science Majors*	3	BIOL 1307	Biology for Science Majors II*	3		
	KIN 3350	Psychological Aspects of Sports & Exercise	3	KIN 3305	Sociological & Cultural Aspects of Kinesiology & Sport	3		
Elective	1000-4000 level course	3	Elective	1000-4000 level course	3			
Semester Hours			15	Semester Hours			15	30

YEAR 3	Semester 1 Fall			Semester 2 Spring			Total	
	CHEM 1305	Foundations of Chemistry	3	PHYS 1301	College Physics I	3		
	OR			OR				
	CHEM 1311	Fundamentals of Chemistry		PHYS 1302	College Physics II			
	KIN 3304	Human Structure & Physical Performance	3	KIN 4310	Measurement Techniques in Human Performance	3		
	KIN 3306	Physiology of Human Performance	3	NUTR 2332	Intro to Human Nutrition	3		
	HHP	Approved HHP Advanced Elective	3	Minor	Minor course	3		
Minor	Minor course	3	Minor	Minor course	3			
Semester Hours			15	Semester Hours			15	30

YEAR 4	Semester 1 Fall			Semester 2 Spring			Total	
	KIN 3309	Biomechanics	3	KIN 4315	Motor Learning & Control	3		
	HHP	Approved HHP Advanced Elective	3	KIN 4370	Exercise Testing	3		
	BS Formal Science	Mathematics/Reasoning	3	HHP	Approved HHP Advanced Elective	3		
	Minor	Minor course	3	Elective	3000-4000 level course	3		
	Minor	Minor course	3	Minor	Minor course	3		
Semester Hours			15	Semester Hours			15	30
							120	

*State of Texas Core Curriculum

Students should meet with their academic advisor to formulate their own plan.