

BACHELOR OF SCIENCE IN KINESIOLOGY (EXERCISE SCIENCE)

Web Site: <https://twu.edu/kinesiology/undergraduate-programs/exercise-sciencepre-occupational-therapy/>

After taking courses such as exercise testing and prescription, exercise physiology, sport and fitness management, and sports nutrition, you will participate in an internship focused on cardiac rehabilitation or corporate fitness.

Marketable Skills

Defined by the Texas Higher Education Coordinating Board's 60x30 Strategic Plan (<https://reportcenter.highered.texas.gov/agency-publication/miscellaneous/the60x30-strategic-plan/>) as, "Those skills valued by employers that can be applied in a variety of work settings, including interpersonal, cognitive, and applied skills areas. These skills can be either primary or complementary to a major and are acquired by students through education, including curricular, co-curricular, and extracurricular activities."

1. Effectively administer and interpret a variety of fitness and motor assessments.
2. Appropriately design exercise prescriptions for healthy and clinical populations.
3. Effectively communicate the health-related benefits of a physically active lifestyle.

Admissions

All applicants must meet the general undergraduate admission requirements (<https://catalog.twu.edu/undergraduate/admission-information/>).

Degree Requirements

Total Semester Credit Hours (SCH): 120

Major: 48 SCH

Program Code: KINES.BS.EXERCISE **CIP Code:** 31.0505.00

Texas Core Curriculum

Code	Title	SCHs
ENG 1013	Composition I	3
ENG 1023	Composition II	3
Mathematics		3
Life & Physical Sciences		6
Language, Philosophy, & Culture		3
Creative Arts		3
HIST 1013	History of the United States, 1492-1865	3
HIST 1023	History of the United States, 1865 to the Present	3
POLS 2013	U.S. National Government	3
POLS 2023	Texas Government	3
Social & Behavioral Sciences		3
CAO: Women's Studies		3

CAO: First Year Seminar, Wellness or Mathematics	3
Total SCHs	42

Courses Required for Major

Code	Title	SCHs
KINS 1503	Introduction to Motor Development	3
KINS 1683	Strength Training and Functional Anatomy	3
KINS 1801	Introduction to Kinesiology	1
KINS 2722	Methods of Exercise Leadership	2
KINS 3123 & KINS 3121	Adapted Physical Activity and Adapted Physical Activity Lab	4
KINS 3143	Disability Sport and Modified Games	3
KINS 3553	Exercise and Sport Psychology	3
KINS 3593	Biomechanics of Human Body and Motion	3
KINS 3591	Biomechanics Laboratory	1
KINS 3603 & KINS 3601	Exercise Physiology and Exercise Physiology Laboratory	4
KINS 3701	Practicum in Senior Adult Fitness	1
KINS 3713	Sport and Fitness Management	3
KINS 4603 & KINS 4601	Advanced Exercise Physiology and Advanced Exercise Physiology Laboratory	4
KINS 4703 & KINS 4701	Exercise Testing and Prescription and Exercise Testing and Prescription Laboratory	4
KINS 4823	Clinical Exercise Physiology	3
Select one of the following		6
KINS 4936	Internship in Cardiac Rehabilitation	
KINS 4946	Internship in Corporate Fitness	

Total SCHs 48

Departmental Requirements

Code	Title	SCHs
Choose one of the following		4
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory	
CHEM 1113 & CHEM 1111	General Chemistry I and General Chemistry Laboratory I	
Choose one of the following		4
CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	
CHEM 1123 & CHEM 1121	General Chemistry II and General Chemistry Laboratory II	
PHYS 1133 & PHYS 1131	Principles of Physics I and Principles of Physics Laboratory I	
NFS 2323	Introduction to Nutrition	3
MATH 1703	Elementary Statistics I (may be applied from core)	3
PSY 1013	Introduction to General Psychology (may be applied from core)	3
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory (may be applied from core)	4

ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory (may be applied from core)	4
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Total SCHs 25

Electives (as needed)

Code	Title	SCHs
KINS 3303	Leadership through Experiential Activities	
KINS 1901	Fitness and Health Laboratory	
KINS 4573	Motor Learning and Control	
HS 3033	Medical Terminology	
NFS 3163	Sports Nutrition	
PSY 1603	Developmental Psychology	
PSY 2513	Abnormal Psychology	
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory	

Recommended Plan of Study

First Year

Fall		TCCN	SCHs
ENG 1013	Composition I	ENGL 1301	3
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory	CHEM 1305 & CHEM 1106	4
KINS 1902	Health and Wellbeing: Enhancing Personal Wellness	PHED 1338	2
UNIV 1231	Learning Frameworks: First-Year Seminar	EDUC 1100, EDUC 1200, EDUC 1300	1
PSY 1013	Introduction to General Psychology	PSYC 2301	3
KINS 1801	Introduction to Kinesiology	PHED 1301	1
KINS 1901	Fitness and Health Laboratory	PHED 1164	1
SCHs			15

Spring		TCCN	SCHs
ENG 1023	Composition II	ENGL 1302	3
KINS 1683	Strength Training and Functional Anatomy		3
KINS 1503	Introduction to Motor Development		3
CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	CHEM 1307 & CHEM 1107	4
MATH 1703	Elementary Statistics I	MATH 1342	3
SCHs			16

Second Year

Fall		TCCN	SCHs
HIST 1013	History of the United States, 1492-1865	HIST 1301	3
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	BIOL 2401 & BIOL 2101	4
KINS 2722	Methods of Exercise Leadership		2
KINS 3123 & KINS 3121	Adapted Physical Activity and Adapted Physical Activity Lab		4

HS 3133	Perspectives on Women's Health	3
SCHs		16

Spring		TCCN	SCHs
HIST 1023	History of the United States, 1865 to the Present	HIST 1302	3
NFS 2323	Introduction to Nutrition	BIOL 1322	3
ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	BIOL 2402 & BIOL 2102	4
KINS 3143	Disability Sport and Modified Games		3
PSY 1603	Developmental Psychology	PSYC 2314	3

SCHs 16

Third Year

Fall		TCCN	SCHs
KINS 3603 & KINS 3601	Exercise Physiology and Exercise Physiology Laboratory		4
KINS 3701	Practicum in Senior Adult Fitness		1
NFS 3163	Sports Nutrition		3
KINS 3553	Exercise and Sport Psychology		3
MU 3713	Music and World Cultures		3
POLS 2013	U.S. National Government	GOVT 2305	3

SCHs 17

Spring		TCCN	SCHs
KINS 3593 & KINS 3591	Biomechanics of Human Body and Motion and Biomechanics Laboratory		4
KINS 3303	Leadership through Experiential Activities		3
KINS 3713	Sport and Fitness Management		3
POLS 2023	Texas Government	GOVT 2306	3
KINS 4703 & KINS 4701	Exercise Testing and Prescription and Exercise Testing and Prescription Laboratory		4

SCHs 17

Fourth Year

Fall		TCCN	SCHs
PHIL 3073	Bioethics		3
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory		4
KINS 4823	Clinical Exercise Physiology		3
KINS 4603 & KINS 4601	Advanced Exercise Physiology and Advanced Exercise Physiology Laboratory		4
Elective			3

SCHs 17

Spring		TCCN	SCHs
KINS 4936 or 4946	Internship in Cardiac Rehabilitation or Internship in Corporate Fitness		6

SCHs 6

Total SCHs: 120