

# BACHELOR OF SCIENCE IN KINESIOLOGY (EXERCISE SCIENCE, PRE-OCCUPATIONAL THERAPY)

TWU's Bachelor of Science in Kinesiology (Exercise Science, Pre-Occupational Therapy) blends exercise science and health promotion to provide students with the knowledge base and competencies to be well-rounded, competitive Occupational Therapy program applicants. After taking various kinesiology and health studies courses, students 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:** 58 SCH

**Program Code:** KINES.BS.EXERCISEOT **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
<b>Total SCHs</b>	<b>42</b>

### Courses Required for Major

Code	Title	SCHs
<b>KINS Courses</b>		
KINS 1503	Introduction to Motor Development	3
KINS 1683	Strength Training and Functional Anatomy	3
KINS 3123 & KINS 3121	Adapted Physical Activity and Adapted Physical Activity Lab	4
KINS 3143	Disability Sport and Modified Games	3
KINS 3593 & KINS 3591	Biomechanics of Human Body and Motion and Biomechanics Laboratory	4
KINS 3603 & KINS 3601	Exercise Physiology and Exercise Physiology Laboratory	4
KINS 3701	Practicum in Senior Adult Fitness	1
KINS 4573	Motor Learning and Control	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
<b>HS Courses</b>		
HS 1363	Introduction to Public Health	3
HS 2813	Introduction to Global Health	3
HS 3033	Medical Terminology	3
HS 3413	Epidemiology	3
HS 4743	Needs Assessment, Planning, and Evaluation for Health Professionals	3
<b>Select one from the following</b>		<b>6</b>
KINS 4936	Internship in Cardiac Rehabilitation	
KINS 4946	Internship in Corporate Fitness	
<b>Total SCHs</b>		<b>57</b>

### Departmental Requirements

Code	Title	SCHs
MATH 1703	Elementary Statistics I	3
ZOOL 2013	Human Anatomy and Physiology I	3
ZOOL 2023	Human Anatomy and Physiology II	3
PHIL 3073	Bioethics	3
PSY 1013	Introduction to General Psychology	3
KINS 1901	Fitness and Health Laboratory	1
KINS 1902	Health and Wellbeing: Enhancing Personal Wellness	2
<b>Total SCHs</b>		<b>18</b>

### Other Course Requirements

Code	Title	SCHs
PSY 1603	Developmental Psychology	3
PSY 2513	Abnormal Psychology	3

ZOOL 2011	Human Anatomy and Physiology I Laboratory	1
ZOOL 2021	Human Anatomy and Physiology II Laboratory	1
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory	4
Choose one of the following		4
CHEM 1113 & CHEM 1111	General Chemistry I and General Chemistry Laboratory I	
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory	
Choose one of the following		4
CHEM 1123 & CHEM 1121	General Chemistry II and General Chemistry Laboratory II	
CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	
PHYS 1133 & PHYS 1131	Principles of Physics I and Principles of Physics Laboratory I	
<b>Total SCHs</b>		<b>20</b>

## Recommended Plan of Study

### First Year

Fall	TCCN	SCHs
UNIV 1231 Learning Frameworks: First-Year Seminar	EDUC 1100, EDUC 1200, EDUC 1300	1
CHEM 1113 General Chemistry I & CHEM 1111 and General Chemistry Laboratory I	CHEM 1311 & CHEM 1111	4
ENG 1013 Composition I	ENGL 1301	3
KINS 1901 Fitness and Health Laboratory	PHED 1164	1
KINS 1902 Health and Wellbeing: Enhancing Personal Wellness	PHED 1338	2
MATH 1703 Elementary Statistics I	MATH 1342	3
<b>SCHs</b>		<b>14</b>

Spring	TCCN	SCHs
Creative Arts		3
ENG 1023 Composition II	ENGL 1302	3
HS 1363 Introduction to Public Health		3
KINS 1503 Introduction to Motor Development		3
KINS 1683 Strength Training and Functional Anatomy		3
PSY 1013 Introduction to General Psychology	PSYC 2301	3
<b>SCHs</b>		<b>18</b>

### Second Year

Fall	TCCN	SCHs
HS 2813 Introduction to Global Health		3
PHYS 1133 Principles of Physics I & PHYS 1131 and Principles of Physics Laboratory I	PHYS 1301 & PHYS 1101	4
ZOOL 2013 Human Anatomy and Physiology I & ZOOL 2011 and Human Anatomy and Physiology I Laboratory	BIOL 2401 & BIOL 2101	4

KINS 3123 Adapted Physical Activity & KINS 3121 and Adapted Physical Activity Lab		4
---	--	---

### SCHs 15

Spring	TCCN	SCHs
HIST 1013 History of the United States, 1492-1865	HIST 1301	3
HS 3033 Medical Terminology		3
KINS 3143 Disability Sport and Modified Games		3
PSY 1603 Developmental Psychology	PSYC 2314	3
ZOOL 2023 Human Anatomy and Physiology II & ZOOL 2021 and Human Anatomy and Physiology II Laboratory	BIOL 2402 & BIOL 2102	4

### SCHs 16

Third Year	TCCN	SCHs
<b>Fall</b>		
KINS 3603 Exercise Physiology & KINS 3601 and Exercise Physiology Laboratory		4
KINS 3701 Practicum in Senior Adult Fitness		1
POLS 2013 U.S. National Government	GOVT 2305	3
PHIL 3073 Bioethics		3
PSY 2513 Abnormal Psychology	PSYC 2320	3
HS 3133 Perspectives on Women's Health		3

### SCHs 17

Spring	TCCN	SCHs
POLS 2023 Texas Government	GOVT 2306	3
HIST 1023 History of the United States, 1865 to the Present	HIST 1302	3
HS 3413 Epidemiology		3
KINS 3593 Biomechanics of Human Body and Motion & KINS 3591 and Biomechanics Laboratory		4
KINS 4703 Exercise Testing and Prescription & KINS 4701 and Exercise Testing and Prescription Laboratory		4

### SCHs 17

Fourth Year	TCCN	SCHs
<b>Fall</b>		
HS 4743 Needs Assessment, Planning, and Evaluation for Health Professionals		3
KINS 4573 Motor Learning and Control		3
KINS 4603 Advanced Exercise Physiology & KINS 4601 and Advanced Exercise Physiology Laboratory		4
KINS 4823 Clinical Exercise Physiology		3
ZOOL 3123 Neuroanatomy and Neurophysiology & ZOOL 3121 and Neuroanatomy and Neurophysiology Laboratory		4

### SCHs 17

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

### SCHs 6

### Total SCHs: 120