

# BACHELOR OF SCIENCE IN KINESIOLOGY (EXERCISE SCIENCE)

If you are interested in helping people improve their overall health through fitness, TWU's B.S. in Exercise Science is the major for you. After taking courses such as exercise testing and physiology, sports and fitness management, and sports nutrition, you will participate in internships focused on rehabilitation and fitness. Want to become an occupational therapist? This degree program allows you to take the prerequisites for Occupational Therapy school.

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

**Total Semester Credit Hours (sch): 120-132**

**Major: 48 sch**

KINES.BS 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
GOV 2013	U.S. National Government	3
GOV 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
KINS 1583	Foundations of Assessment in Kinesiology	3
KINS 1683	Strength Training and Functional Anatomy	3
KINS 1801	Introduction to Kinesiology	1
KINS 2623	Adapted Physical Activity	3
KINS 2621	Motor and Aquatic APE Instructional Lab	1
KINS 2722	Methods of Exercise Leadership	2
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	Physiology of Exercise	3
KINS 3601	Physiology of Exercise Laboratory	1
KINS 3701	Practicum in Senior Adult Fitness	1

KINS 3713	Sport and Fitness Management	3
KINS 4603	Advanced Exercise Physiology	3
KINS 4601	Advanced Exercise Physiology Laboratory	1
KINS 4703	Exercise Testing and Prescription	3
KINS 4701	Exercise Testing and Prescription for General and Special Populations Laboratory	1
KINS 4823	Exercise Assessment and Program Development for Special Populations	3
KINS 4933	Internship in Cardiac Rehabilitation	3
KINS 4943	Internship in Corporate Fitness	3
<b>Total SCHs</b>		<b>48</b>

## Other Requirements

Code	Title	SCHs
CHEM 1013 & CHEM 1011 or CHEM 1113 or CHEM 1111	Introductory Chemistry and Introductory Chemistry Laboratory General Chemistry I General Chemistry Laboratory I	4
CHEM 1023 & CHEM 1021 or CHEM 1123 or CHEM 1121 or PHYS 1133 or PHYS 1131	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory General Chemistry II General Chemistry Laboratory II Principles of Physics I Principles of Physics Laboratory I	4
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
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
<b>Total SCHs</b>		<b>25</b>

## Electives

Code	Title	SCHs
Select 17 sch from the following		17
PSY 1603	Developmental Psychology	
PSY 2513	Abnormal Psychology	
HS 3033	Medical Terminology	
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory	
NFS 3163	Sports Nutrition	
KINS 1311	Physical Activity: Personal Fitness	
KINS 3303	Leadership through Experiential Activities	
KINS 4573	Motor Learning and Development	
<b>Total SCHs</b>		<b>17</b>

Students must satisfy 3 hour global perspectives graduation requirement.				KINS 2623	Adapted Physical Activity		3
<b>First Year</b>							
<b>Fall</b>							
		<b>TCCN</b>	<b>SCHs</b>	KINS 2621	Motor and Aquatic APE Instructional Lab		1
ENG 1013	Composition I	ENGL 1301	3				
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory	(CHEM 1305) and (CHEM 1106)	4	WS 2013	Gender and Social Change: An Introduction to Multicultural-Women's Studies		3
KINS 1902	Fitness and Health: Enhancing Personal Wellness	PHED 1338	2	KINS 2722	Methods of Exercise Leadership		2
				<hr/>			16
				<b>Spring</b>		<b>TCCN</b>	
UNIV 1231	Learning Frameworks: The First Year Experience	EDUC 1100, EDUC 1200, EDUC 1300	1	HIST 1023	History of the United States, 1865 to the Present	HIST 1302	3
PSY 1013	Introduction to General Psychology	PSYC 2301	3	NFS 2323	Introduction to Nutrition	BIOL 1322	3
KINS 1801	Introduction to Kinesiology	PHED 1301	1	ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	(BIOL 2402) and (BIOL 2102)	4
KINS 1311	Physical Activity: Personal Fitness		1				
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			15				
<b>Spring</b>							
		<b>TCCN</b>		KINS 3143	Disability Sport and Modified Games		3
ENG 1023	Composition II	ENGL 1302	3				
KINS 1683	Strength Training and Functional Anatomy		3	PSY 1603	Developmental Psychology	PSYC 2314	3
KINS 1583	Foundations of Assessment in Kinesiology		3	<hr/>			16
				<b>Third Year</b>			
<b>Fall</b>						<b>TCCN</b>	
CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	(CHEM 1307) and (CHEM 1107)	4	KINS 3603 & KINS 3601	Physiology of Exercise and Physiology of Exercise Laboratory		4
				KINS 3701	Practicum in Senior Adult Fitness		1
MATH 1703	Elementary Statistics I	MATH 1342	3	NFS 3163	Sports Nutrition		3
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			16	GOV 2013	U.S. National Government	GOVT 2305	3
<b>Second Year</b>							
<b>Fall</b>							
HIST 1013	History of the United States, 1492-1865	HIST 1301	3	KINS 3553	Exercise and Sport Psychology		3
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	(BIOL 2301) and (BIOL 2101)	4	MU 3713 (GP)	Music and World Cultures		3
				<hr/>			17

Spring		TCCN
KINS 3593 & KINS 3591	Biomechanics of Human Body and Motion and Biomechanics Laboratory	
KINS 3303	Leadership through Experiential Activities	
KINS 3713	Sport and Fitness Management	
GOV 2023	Texas Government	GOVT 2306
KINS 4703	Exercise Testing and Prescription	
KINS 4701	Exercise Testing and Prescription for General and Special Populations Laboratory	
SCHs		17

Fourth Year Fall		TCCN
PHIL 3073	Bioethics	
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory	
KINS 4823	Exercise Assessment and Program Development for Special Populations	
KINS 4603	Advanced Exercise Physiology	
KINS 4601	Advanced Exercise Physiology Laboratory	
Elective		3
SCHs		17

Spring		TCCN
KINS 4933	Internship in Cardiac Rehabilitation	

KINS 4943	Internship in Corporate Fitness	3
SCHs		6
Total SCHs:		120

(GP) courses satisfy global perspectives graduation requirement.

### 3 Faculty Professors

3 BEN-EZRA, VICTOR, Professor of Kinesiology. B.S., City University of New York City College; M.S., Springfield College; Ph.D., University of Maryland, College Park.

3 DAVIS, RONALD W., Professor of Kinesiology. B.S., University of Wisconsin, Oshkosh; M.S., University of Wisconsin, LaCrosse; Ph.D., Texas Woman's University.

1 KING, GEORGE, Professor of Kinesiology; Director of the School of Health Promotion and Kinesiology. B.S., Colorado State University; M.S., Colorado State University; Ph.D., University of Tennessee System : Knoxville.

KWON, YOUNG-HOO, Professor of Kinesiology. B.S., Seoul National University; M.Ed., Seoul National University; Ph.D., Pennsylvania State University, University Park.

3 MILOCH, KIMBERLY S., Professor of Kinesiology, Associate Dean of College of Health Sciences . B.A., Southwest Texas State University; M.S., Baylor University; Ph.D., Florida State University.

4 NICHOLS, DAVID L., Professor of Kinesiology. B.S., Central State University, Oklahoma; M.S., Texas Woman's University; Ph.D., Texas Woman's University.

RAY, CHRISTOPHER T., Professor of Kinesiology; Dean of the College of Health Science. B.S., University of Tennessee; M.S. University of Tennessee; Ph.D., University of Georgia.

### 3 Associate Professors

BIGGERSTAFF, KYLE D., Associate Professor of Kinesiology. B.A., Southern Methodist University; M.S., University of North Texas; Ph.D., Florida State University.

3 DILLON, SUZANNA, Associate Professor of Kinesiology. B.S., Alma College; M.A., Western Michigan University; Ph.D., Texas Woman's University.

1 GOLMAN, MANDY A., Associate Professor of Health Studies. B.A., University of Texas, Austin; M.S., Texas Woman's University; Ph.D., Texas Woman's University.

MANN, MARK D., Associate Professor of Kinesiology. B.A., Southwestern University; M.A., Southern Nazarene University; M.S., Nova Southeastern University; M.S., Pittsburg State University; Ed.D., Oklahoma State University; Ph.D., University of Arkansas.

3 MASSEY-STOKES, MARILYN, Associate Professor of Health Studies. B.S., Southwestern Oklahoma State University; M.Ed., Southwestern Oklahoma State University; Ed.D., Oklahoma State University.

PARKER, KIMBERLY A., Associate Professor of Health Studies. B.S., South Carolina State University; M.P.H., University of South Carolina, Columbia; M.A., South Carolina State University; Ph.D., University of Georgia.

RIGBY, BRANDON RHETT, Associate Professor of Kinesiology. B.S., LeTourneau University; M.S., Baylor University; Ph.D., Baylor University.

SENNE, TERRY A., Associate Professor of Kinesiology; Director of Academic Assessment. B.S., George Williams College; M.S., University of Illinois, Chicago; Ph.D., North Carolina State University.

WEATHERFORD, GWENDOLYN, Associate Professor of Kinesiology. B.S., Texas A&M, Commerce; M.S., Texas A&M, Commerce; Ph.D., Texas Woman's University.

WIGINTON, KRISTIN L., Associate Professor of Health Studies. B.S.Ed., Baylor University; M.S.Ed., Baylor University; Ph.D., Texas Woman's University.

### **Assistant Professors**

AMUTA, ANN O., Assistant Professor of Health Studies. M.P.H., Texas A & M University; Ph.D., Texas A & M University.

BECKER, KEVIN, Assistant Professor of Kinesiology. B.S., University of Wisconsin-LaCrosse; M.S., Illinois State University; Ph.D., University of Tennessee-Knoxville.

DUPLANTY, ANTHONY, Assistant Professor of Kinesiology. B.S., University of North Texas; M.S., University of North Texas; Ph.D., University of North Texas.

ESPINOZA, LUIS ENRIQUE, Assistant Professor of Health Studies. B.S., The University of Texas-Pan American; B.A., The University of Texas-Pan American; M.S., The University of Texas-Pan American; M.P.H., University of North Texas Health Science Center; Ph.D., Texas Woman's University.

MENN, MINDY, Assistant Professor of Health Studies. B.A., Texas A&M University; M.S., Texas A&M University; Ph.D., University of Florida, Gainesville.

PICARIELLO, MANUELA, Assistant Professor of Kinesiology. B.S., University of San Marino; M.S., University of San Marino; Ph.D., University of Tennessee System : Knoxville.

WARD, JASMINE D., Assistant Professor of Health Studies. B.A., Tuskegee University; M.P.H., The University of Alabama at Birmingham; Ph.D., The University of Alabama at Birmingham.

### **Visiting Assistant Professor**

BUSTER, RENEE, Visiting Assistant Professor of Health Studies. B.S., University of North Texas; M.S., University of North Texas; Ph.D., Texas Woman's University.

### **Lecturer**

BROWN, KATHRYN G., Senior Lecturer of Kinesiology. B.S., Oklahoma Panhandle State University; M.S., Oklahoma State University; M.Ed., Northwestern Oklahoma State University.

### **Associate Clinical Professor**

COFFEY, KATHERINE, Associate Clinical Professor of Kinesiology. B.S., Indiana University; M.S., Indiana University; Ph.D., Indiana University.

### **Assistant Clinical Professor**

GILLASPY, JESSICA, Assistant Clinical Professor of Kinesiology. B.S., University of North Texas; M.S., University of West Florida.