

BACHELOR OF SCIENCE IN KINESIOLOGY (EXERCISE SCIENCE)

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

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 |

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| 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 |
| 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 | |