

BACHELOR OF SCIENCE IN KINESIOLOGY (EXERCISE SCIENCE)

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

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