

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.

This degree and track qualifies students for Alumni Advantage applicant status.

Marketable Skills

Marketable skills prepare students for success in a variety of professional settings. Developed through academic coursework, co-curricular engagement, and extracurricular involvement, these skills include communication, critical thinking, teamwork, ethical reasoning, adaptability, and digital literacy. Whether directly related to a student's major or serving as complementary strengths, marketable skills enhance career readiness and reflect TWU's commitment to producing graduates who are prepared to thrive in today's dynamic workforce.

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/>).

Policies

The following policies apply to all undergraduate students in the School of Health Promotion and Kinesiology:

1. A minimum grade of C is required in all courses in the Health Studies, Kinesiology, and Public Health majors. If a student earns a grade of D or F in a Health Studies, Kinesiology, or Public Health course, the student must retake the course. A course in which a student earns a grade of less than C (D or F) may be repeated only once.
2. A student who earns a grade of less than C (D or F) twice in the same Health Studies, Kinesiology, or Public Health course will be dismissed from the School of Health Promotion and Kinesiology.
3. Students receiving a grade of I, D, or F in a Health Studies, Kinesiology, or Public Health course may not progress to courses for which that course is a prerequisite.
4. If the cumulative GPA drops below 2.75, the student must raise it to 2.75 within the next three semesters of enrollment, or they will be dismissed from the School of Health Promotion and Kinesiology.

5. A student must have completed all coursework in the degree plan prior to enrolling in internship/student teaching. B.S. in Health Studies and B.S. in Public Health students must also complete the Health Studies Exit Exam prior to enrolling in internship.

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 (10)	3
ENG 1023	Composition II (10)	3
Mathematics (20)		3
Life & Physical Sciences (30)		6
Language, Philosophy, & Culture (40)		3
Creative Arts (50)		3
HIST 1013	History of the United States, 1492-1865 (60)	3
HIST 1023	History of the United States, 1865 to the Present (60)	3
POLS 2013	U.S. National Government (70)	3
POLS 2023	Texas Government (70)	3
Social & Behavioral Sciences (80)		3
CAO: Multicultural-Women's Studies (90)		3
CAO: First Year Seminar, Wellness or Mathematics (91)		3
Total SCHs		42

Courses Required for Major

Code	Title	SCHs
KINS Courses		
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
HS Courses		
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
Select one from the following		6
KINS 4936	Internship in Cardiac Rehabilitation	
KINS 4946	Internship in Corporate Fitness	

Total SCHs **57**

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

Total SCHs **18**

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	

Total SCHs **20**

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 & CHEM 1111	General Chemistry I 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

SCHs **14**

Spring		TCCN	
	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

SCHs **18**

Second Year

Fall		TCCN	
HS 2813	Introduction to Global Health		3
PHYS 1133 & PHYS 1131	Principles of Physics I and Principles of Physics Laboratory I	PHYS 1301 & PHYS 1101	4
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	BIOL 2401 & BIOL 2101	4
KINS 3123 & KINS 3121	Adapted Physical Activity and Adapted Physical Activity Lab		4

SCHs **15**

Spring		TCCN	
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 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	BIOL 2402 & BIOL 2102	4

SCHs **16**

Third Year

Fall		TCCN	
KINS 3603 & KINS 3601	Exercise Physiology 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	
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 & KINS 3591	Biomechanics of Human Body and Motion and Biomechanics Laboratory	4
KINS 4703 & KINS 4701	Exercise Testing and Prescription and Exercise Testing and Prescription Laboratory	4
SCHs		17
Fourth Year		
Fall		TCCN
HS 4743	Needs Assessment, Planning, and Evaluation for Health Professionals	3
KINS 4573	Motor Learning and Control	3
KINS 4603 & KINS 4601	Advanced Exercise Physiology and Advanced Exercise Physiology Laboratory	4
KINS 4823	Clinical Exercise Physiology	3
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory	4
SCHs		17
Spring		TCCN
KINS 4936 or 4946	Internship in Cardiac Rehabilitation or Internship in Corporate Fitness	6
SCHs		6
Total SCHs:		120