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

Web Site: https://twu.edu/kinesiology/undergraduate-programs/exercise-sciencepre-physical-therapy/

TWU's Bachelor of Science in Kinesiology (Exercise Science, Pre-Physical Therapy) program integrates a specific set of prerequisite courses for students wanting to enter the physical therapy profession. After taking courses such as exercise testing and prescription, exercise physiology, biomechanics, and sport and fitness management, you will participate in an internship focused on cardiac rehabilitation or corporate fitness.

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.

- Effectively administer and interpret a variety of fitness and motor assessments.
- Appropriately design exercise prescriptions for healthy and clinical populations.
- 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:

- 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.
- 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.
- 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: 47 SCH

Program Code: KINES.BS.EXERCISEPT 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)					
Language, Philosophy, & Culture (40)					
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)					
CAO: Multicultural-Women's Studies (90)					
CAO: First Year Seminar, Wellness or Mathematics (91)					
Total SCHs					

Courses Required for Major

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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 & KINS 3591	Biomechanics of Human Body and Motion and Biomechanics Laboratory	4		
KINS 3603 & KINS 3601	Exercise Physiology and Exercise Physiology Laboratory	4		
KINS 3713	Sport and Fitness Management	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		
Select one of the following				
KINS 4936	Internship in Cardiac Rehabilitation			

MATH 1313 Trigonometry

KINS 4946	Internship in Corporate Fitness	3		KINS 1683	Strength Training and Functional Anatomy		3
Total SCHs			47	KINS 1503	Introduction to Motor Development		3
Departme	ntal Requirements				SCHs		16
Code	Title		SCHs	Second Year			
CHEM 1113	General Chemistry I		4	Fall		TCCN	
& CHEM 1111 and General Chemistry Laboratory I			MATH 1703	Elementary Statistics I	MATH 1342	3	
CHEM 1123 General Chemistry II		4	PHYS 1133	Principles of Physics I	PHYS 1301	4	
& CHEM 1121 and General Chemistry Laboratory II			& PHYS 1131	and Principles of Physics	& PHYS 1101		
PHYS 1133 Principles of Physics I & PHYS 1131 and Principles of Physics Laboratory I		4	Z00L 2013	Laboratory I Human Anatomy and Physiology I	BIOL 2401	4	
PHYS 1143 Principles of Physics II & PHYS 1141 and Principles of Physics Laboratory II		4	& ZOOL 2011	& ZOOL 2011 and Human Anatomy and Physiology I Laboratory			
ZOOL 2013 Human Anatomy and Physiology I		4	4 KINS 3123	Adapted Physical Activity		4	
& ZOOL 2011 and Human Anatomy and Physiology I Laboratory (may be applied from core)				and Adapted Physical Activity Lab		15	
ZOOL 2023	Human Anatomy and Physiolo		4	Carina	SCHS	TCCN	15
& ZOOL 2021				Spring HIST 1023	History of the United States, 1865 to		3
	Laboratory (may be applied fro	m core)		HIST 1023	the Present	HIST 1302	3
ZOOL 3123	Neuroanatomy and Neurophys		4	PHYS 1143	Principles of Physics II	PHYS 1302	4
& ZOOL 3121	and Neuroanatomy and Neuro Laboratory	physiology		& PHYS 1141	and Principles of Physics Laboratory II	& PHYS 1102	
MATH 1303	College Algebra		3	ZOOL 2023	Human Anatomy and Physiology II	BIOL 2402	4
MATH 1313	Trigonometry		3		and Human Anatomy and	& BIOL 2102	·
MATH 1703	Elementary Statistics I (may be	e applied from	3		Physiology II Laboratory		
	core)	. , .		KINS 2722	Methods of Exercise Leadership		2
PSY 1013	Introduction to General Psycho applied from core)	ology (may be	3	KINS 3143	Disability Sport and Modified Games		3
	applied from core)				SCHs		16
PSV 1603	Developmental Psychology		3		SUNS		10
PSY 1603 or PSY 25	Developmental Psychology Abnormal Psychology		3	Third Year	ouns		10
or PSY 25	13 Abnormal Psychology			Fall		TCCN	
or PSY 25			3 46		History of the United States,	TCCN HIST 1301	3
or PSY 25 Global Persp Total SCHs	13 Abnormal Psychology ectives (may be applied from core)		3	Fall HIST 1013	History of the United States, 1492-1865	HIST 1301	3
or PSY 25 Global Persp Total SCHs	13 Abnormal Psychology		3	Fall	History of the United States, 1492-1865 Developmental Psychology		
or PSY 25 Global Persp Total SCHs	13 Abnormal Psychology ectives (may be applied from core)		3	Fall HIST 1013 PSY 1603	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health	HIST 1301	3
or PSY 25 Global Persp Total SCHs	13 Abnormal Psychology ectives (may be applied from core)	TCCN	3	Fall HIST 1013 PSY 1603 HS 3133	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology	HIST 1301	3 3
or PSY 25 Global Persp Total SCHs Recomi First Year Fall	13 Abnormal Psychology ectives (may be applied from core)		3 46	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology	HIST 1301	3 3
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113	Abnormal Psychology ectives (may be applied from core) mended Plan of Study	TCCN CHEM 1311 & CHEM	3 46 SCHs	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory	HIST 1301 PSYC 2314	3 3 3 4
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I	TCCN CHEM 1311 & CHEM 1111	3 46 SCHs 4	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government	HIST 1301 PSYC 2314	3 3 4 3
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I Composition I	TCCN CHEM 1311 & CHEM 1111 ENGL 1301	3 46 SCHs 4	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government	HIST 1301 PSYC 2314 GOVT 2305	3 3 4 3
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I Composition I College Algebra	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314	3 46 SCHs 4	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government	HIST 1301 PSYC 2314 GOVT 2305 TCCN	3 3 4 3 16
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100,	3 46 SCHs 4	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I Composition I College Algebra	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314	3 46 SCHs 4	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year Seminar	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200,	3 46 SCHs 4	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neuroanatomy and	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303 UNIV 1231	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200, EDUC 1300	3 46 SCHs 4 3 3 1	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123 & ZOOL 3121	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neurophysiology Laboratory	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16 3 3 4
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303 UNIV 1231	13 Abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I 1 and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year Seminar Health and Wellbeing: Enhancing	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200, EDUC 1300	3 46 SCHs 4 3 3 1	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory Biomechanics of Human Body and	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303 UNIV 1231 KINS 1902	and General Chemistry I and General Chemistry I and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year Seminar Health and Wellbeing: Enhancing Personal Wellness	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200, EDUC 1300 PHED 1338	3 46 SCHs 4 3 3 1	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123 & ZOOL 3121 KINS 3593	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory Biomechanics of Human Body and	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16 3 3 4
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303 UNIV 1231 KINS 1902 KINS 1801	abnormal Psychology ectives (may be applied from core) mended Plan of Study General Chemistry I and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year Seminar Health and Wellbeing: Enhancing Personal Wellness Introduction to Kinesiology	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200, EDUC 1300 PHED 1338	3 46 SCHs 4 3 3 1	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123 & ZOOL 3121 KINS 3593 & KINS 3591 KINS 4703	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory Biomechanics of Human Body and Motion and Biomechanics Laboratory Exercise Testing and Prescription	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16 3 3 4
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303 UNIV 1231 KINS 1902 KINS 1801 PSY 1013 Spring	and General Chemistry I and General Chemistry I and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year Seminar Health and Wellbeing: Enhancing Personal Wellness Introduction to Kinesiology Introduction to General Psychology SCHs	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200, EDUC 1300 PHED 1338	3 46 SCHs 4 3 3 1	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123 & ZOOL 3121 KINS 3593 & KINS 3591 KINS 4703	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory Biomechanics of Human Body and Motion and Biomechanics Laboratory Exercise Testing and Prescription and Exercise Testing and	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16 3 4
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or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303 UNIV 1231 KINS 1902 KINS 1801 PSY 1013 Spring CHEM 1123	and General Chemistry I and General Chemistry I and General Chemistry Laboratory I Composition I College Algebra Learning Frameworks: First-Year Seminar Health and Wellbeing: Enhancing Personal Wellness Introduction to Kinesiology Introduction to General Psychology SCHs	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200, EDUC 1300 PHED 1338 PHED 1301 PSYC 2301 TCCN CHEM 1312 & CHEM	3 46 SCHs 4 3 3 1 2 1 3 17	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123 & ZOOL 3121 KINS 3593 & KINS 3591 KINS 4703 & KINS 4701	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory Biomechanics of Human Body and Motion and Biomechanics Laboratory Exercise Testing and Prescription and Exercise Testing and	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16 3 4
or PSY 25 Global Persp Total SCHs Recomi First Year Fall CHEM 1113 & CHEM 1111 ENG 1013 MATH 1303 UNIV 1231 KINS 1902 KINS 1801 PSY 1013 Spring CHEM 1123	and General Chemistry I Composition I College Algebra Learning Frameworks: First-Year Seminar Health and Wellbeing: Enhancing Personal Wellness Introduction to Kinesiology Introduction to General Psychology SCHs General Chemistry II	TCCN CHEM 1311 & CHEM 1111 ENGL 1301 MATH 1314 EDUC 1100, EDUC 1200, EDUC 1300 PHED 1338 PHED 1301 PSYC 2301 TCCN CHEM 1312	3 46 SCHs 4 3 3 1 2 1 3 17	Fall HIST 1013 PSY 1603 HS 3133 KINS 3603 & KINS 3601 POLS 2013 Spring POLS 2023 PHIL 3073 ZOOL 3123 & ZOOL 3121 KINS 3593 & KINS 3591 KINS 4703	History of the United States, 1492-1865 Developmental Psychology Perspectives on Women's Health Exercise Physiology and Exercise Physiology Laboratory U.S. National Government SCHs Texas Government Bioethics Neuroanatomy and Neurophysiology and Neurophysiology Laboratory Biomechanics of Human Body and Motion and Biomechanics Laboratory Exercise Testing and Prescription and Exercise Testing and Prescription Laboratory	HIST 1301 PSYC 2314 GOVT 2305 TCCN GOVT 2306	3 3 4 3 16 3 4 4 4

MATH 1316

3 KINS 3553 Exercise and Sport Psychology

3

Total SCHs:			
SCHs		6	
or Internship in Corporate Fitness			
Internship in Cardiac Rehabilitation		6	
	TCCN		
SCHs		16	
Music and World Cultures		3	
Clinical Exercise Physiology		3	
Sport and Fitness Management		3	
Advanced Exercise Physiology and Advanced Exercise Physiology Laboratory		4	
	and Advanced Exercise Physiology Laboratory Sport and Fitness Management Clinical Exercise Physiology Music and World Cultures SCHs Internship in Cardiac Rehabilitation or Internship in Corporate Fitness SCHs	and Advanced Exercise Physiology Laboratory Sport and Fitness Management Clinical Exercise Physiology Music and World Cultures SCHs TCCN Internship in Cardiac Rehabilitation or Internship in Corporate Fitness SCHs	