

# 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.

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:** 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)		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
<b>Total SCHs</b>		<b>42</b>

## 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 & 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		6
KINS 4936	Internship in Cardiac Rehabilitation	

KINS 4946	Internship in Corporate Fitness	
<b>Total SCHs</b>		<b>47</b>

## Departmental Requirements

Code	Title	SCHs
CHEM 1113 & CHEM 1111	General Chemistry I and General Chemistry Laboratory I	4
CHEM 1123 & CHEM 1121	General Chemistry II and General Chemistry Laboratory II	4
PHYS 1133 & PHYS 1131	Principles of Physics I and Principles of Physics Laboratory I	4
PHYS 1143 & PHYS 1141	Principles of Physics II and Principles of Physics Laboratory II	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
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory	4
MATH 1303	College Algebra	3
MATH 1313	Trigonometry	3
MATH 1703	Elementary Statistics I (may be applied from core)	3
PSY 1013	Introduction to General Psychology (may be applied from core)	3
PSY 1603 or PSY 2513	Developmental Psychology or Abnormal Psychology	3
Global Perspectives (may be applied from core)		3
<b>Total SCHs</b>		<b>46</b>

## Recommended Plan of Study

First Year			
Fall		TCCN	SCHs
CHEM 1113 & CHEM 1111	General Chemistry I and General Chemistry Laboratory I	CHEM 1311 & CHEM 1111	4
ENG 1013	Composition I	ENGL 1301	3
MATH 1303	College Algebra	MATH 1314	3
UNIV 1231	Learning Frameworks: First-Year Seminar	EDUC 1100, EDUC 1200, EDUC 1300	1
KINS 1902	Health and Wellbeing: Enhancing Personal Wellness	PHED 1338	2
KINS 1801	Introduction to Kinesiology	PHED 1301	1
PSY 1013	Introduction to General Psychology	PSYC 2301	3
<b>SCHs</b>			<b>17</b>
Spring		TCCN	
CHEM 1123 & CHEM 1121	General Chemistry II and General Chemistry Laboratory II	CHEM 1312 & CHEM 1112	4
ENG 1023	Composition II	ENGL 1302	3
MATH 1313	Trigonometry	MATH 1316	3

KINS 1683	Strength Training and Functional Anatomy	3
KINS 1503	Introduction to Motor Development	3
<b>SCHs</b>		<b>16</b>

Second Year			
Fall		TCCN	
MATH 1703	Elementary Statistics I	MATH 1342	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
<b>SCHs</b>			<b>15</b>
Spring		TCCN	
HIST 1023	History of the United States, 1865 to the Present	HIST 1302	3
PHYS 1143 & PHYS 1141	Principles of Physics II and Principles of Physics Laboratory II	PHYS 1302 & PHYS 1102	4
ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	BIOL 2402 & BIOL 2102	4
KINS 2722	Methods of Exercise Leadership		2
KINS 3143	Disability Sport and Modified Games		3
<b>SCHs</b>			<b>16</b>

Third Year			
Fall		TCCN	
HIST 1013	History of the United States, 1492-1865	HIST 1301	3
PSY 1603	Developmental Psychology	PSYC 2314	3
HS 3133	Perspectives on Women's Health		3
KINS 3603 & KINS 3601	Exercise Physiology and Exercise Physiology Laboratory		4
POLS 2013	U.S. National Government	GOVT 2305	3
<b>SCHs</b>			<b>16</b>
Spring		TCCN	
POLS 2023	Texas Government	GOVT 2306	3
PHIL 3073	Bioethics		3
ZOOL 3123 & ZOOL 3121	Neuroanatomy and Neurophysiology and Neuroanatomy and Neurophysiology Laboratory		4
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
<b>SCHs</b>			<b>18</b>

Fourth Year			
Fall		TCCN	
KINS 3553	Exercise and Sport Psychology		3

KINS 4603 & KINS 4601	Advanced Exercise Physiology and Advanced Exercise Physiology Laboratory	4
KINS 3713	Sport and Fitness Management	3
KINS 4823	Clinical Exercise Physiology	3
MU 3713	Music and World Cultures	3
<b>SCHs</b>		<b>16</b>
<b>Spring</b>	<b>TCCN</b>	
KINS 4936 or 4946	Internship in Cardiac Rehabilitation or Internship in Corporate Fitness	6
<b>SCHs</b>		<b>6</b>
<b>Total SCHs:</b>		<b>120</b>