

Bachelor of Science in Kinesiology and Health

The field of kinesiology consists of biomechanical, physiological, psychological, managerial, epidemiological, rehabilitative, and sociocultural approaches to the study of human movement and personal and public health. The Bachelor of Science in Kinesiology and Health degree program offers five majors: applied movement science, exercise science, health promotion and behavioral science, physical culture and sports, and sport management.

The applied movement science program is designed for students interested in studying human movement as a background for helping others develop motor skills, physically active lifestyles and fitness. The exercise science program is appropriate preparation for further study in sport and exercise sciences or in movement-related areas such as physical therapy and sport medicine. The health promotion and behavioral science major is designed to prepare graduates for a number of professions including public health, community health promotion, university/college health services, government agencies, voluntary health agencies, corporate fitness and wellness, and healthcare centers. The sport management major is designed for students who are interested in the organization, marketing, and management of sport and/or entertainment programs. The physical culture and sports major is designed to prepare students for graduate school and/or careers related to a social science approach to sport and exercise.

The curriculum for the degree has four components: (a) the University-wide Core Curriculum; (b) prescribed work for the Bachelor of Science in Kinesiology and Health; (c) major requirements, which include a minor or specialization (coaching, community health and wellness, disability studies, health fitness instructor, medical fitness and rehabilitation, or strength and conditioning coaching); and (d) electives. More information, including a list of [specializations](#), [tracks](#), and [minors](#) is available from the College of Education Student Dean's Office, George I. Sánchez Building 2.110.

A total of at least 120 semester hours of coursework is required for the Bachelor of Science in Kinesiology and Health. For all majors, at least 36 hours must be in upper-division coursework.

Core Curriculum

All students must complete the University's Core Curriculum. In the process of fulfilling the core curriculum and other degree requirements, all students are expected to complete the [Skills and Experience flags](#).

- Writing: three flagged courses beyond Rhetoric and Writing 306 or its equivalent
- Quantitative Reasoning: one flagged course
- Global cultures: one flagged course
- Cultural diversity in the United States: one flagged course
- Ethics: one flagged course
- Independent Inquiry: one flagged course

In some cases, a course that is required for the Bachelor of Science in Kinesiology and Health may also be counted toward the Core Curriculum; these courses are identified above. Courses used to fulfill flag requirements may also be used to fulfill other requirements.

Prescribed Work

All students must complete the following requirements. Some majors require modifications to the prescribed work; these are described in the section for each major below.

- Writing:** Three courses with a writing flag. These courses are identified in the [Course Schedule](#).
- Social science:** Psychology 301 and several social science courses that fulfill requirement b may also be counted toward the social and behavioral sciences requirement of the core curriculum.
 - Psychology 301.
 - Three hours of coursework in anthropology, economics, geography, linguistics, or sociology.
- Mathematics:** Three hours of coursework in mathematics. Several courses that fulfill this requirement may also be counted toward the mathematics requirement of the core curriculum.
- Natural science:** Many courses that fulfill this natural science requirement may also be counted toward the science and technology requirements of the core curriculum.
 - Biology 302F or 311C.
 - Six hours of coursework in chemistry.
 - Six additional hours chosen from astronomy, biology, chemistry, computer applications, computer science, geological sciences, mathematics, physical science, physics, experimental psychology, physical anthropology, physical geography, history of science, and philosophy of science.
- In addition to the core curriculum requirements above, undergraduates are expected to have completed two years in a single foreign language in high school. Students without two years of high school foreign language coursework must earn credit for the beginning level proficiency in a foreign language; this credit does not count toward the student's degree. Students should consult their advisors to determine whether additional foreign language requirements apply to them. A list of acceptable substitute courses is available in the Student Dean's Office, George I. Sánchez Building 2.110.

Major Requirements

All students seeking the Bachelor of Science in Kinesiology and Health must complete the following 12 semester-hour core, so that they are exposed to all aspects of the fields of kinesiology and health. Students will take three semester hours in Kinesiology 119 or physical education courses (the courses must require substantial physical activity) along with choosing three of the following courses.

- Health Education 311
- Kinesiology 310
- Kinesiology 312M
- Kinesiology 335C
- Kinesiology 347

Applied Movement Science

Applied movement science majors must complete the following:

- The [Prescribed Work](#), with the following modifications:
 - To fulfill the mathematics requirement, Applied Movement Science majors must complete Mathematics 305G or calculus. Mathematics 305G and several calculus courses may also

- be counted toward the mathematics requirement of the core curriculum.
- ii. Applied movement science majors do not need to complete a course to fulfill the second part of the social science requirement (Prescribed Work 2b)
- iii. In fulfilling the natural science requirement, the student must complete the following:
 1. In place of biology and chemistry, nine hours of coursework chosen from the natural science and technology Core Curriculum course list can be counted.
 2. Applied movement science majors do not need to complete the six additional hours of natural sciences (Prescribed Work 4c).
- b. Twenty-five semester hours in the cognate in applied movement science:
 - i. Kinesiology 311K, *Sport Psychology*
 - ii. Kinesiology 320
 - iii. Kinesiology 321 or Kinesiology 425K
 - iv. Kinesiology 424K
 - v. Eleven to twelve hours of health education or kinesiology electives
 - vi. In place of biology and chemistry, nine hours of coursework chosen from the natural science and technology Core Curriculum course list can be counted
- c. Either a specialization in the Department of Kinesiology and Health Education, a minor outside the department, a certificate, or a track in a second field of study which consist of a minimum of 15 hours of coursework, six of which must be upper-division. No more than six hours in the minor may also be counted toward other degree requirements. Information about approved areas of study and specific courses that may be used is available in the Student Dean's Office, George I. Sánchez Building 2.110.

Exercise Science

Students who plan to major in exercise science must apply for admission to the program. A student's grade point average and completion of prescribed prerequisite coursework are factors in the admission decision. Information about admission requirements is available from an academic advisor.

Exercise science majors must complete the following:

- a. The Prescribed Work described above, with the following modifications:
 - a. To fulfill the mathematics requirement, exercise science majors must complete Mathematics 408C, 408K, or 408N. The calculus course may also be counted toward the mathematics requirement of the core curriculum.
 - b. To fulfill the natural science requirement, exercise science majors must complete nine hours from: Biology 311C, 311D, Chemistry 301 and 302. They must also complete Physics 302K and 102M. Chemistry, biology, and physics may also be counted toward part I and II of the science and technology requirement of the Core Curriculum.
- b. Twenty-three semester hours in the cognate in exercise science:
 - a. Kinesiology 424K
 - b. Kinesiology 425K
 - c. Kinesiology 326K
 - d. Three hours chosen from Kinesiology 321M, 335C, and 336
 - e. Nine hours of exercise science electives; approved courses available in the Student Dean's Office, George I. Sánchez Building 2.110.

- c. Either a specialization in the Department of Kinesiology and Health Education, a minor outside the department, a certificate, or a track in a second field of study which consist of a minimum of 15 hours of coursework, six of which must be upper-division. No more than six hours in the minor may also be counted toward other degree requirements. Information about approved areas of study and specific courses that may be used is available in the Student Dean's Office, George I. Sánchez Building 2.110.

Health Promotion and Behavioral Science

Health promotion and behavioral science majors must complete the following:

1. The Prescribed Work above, with the following modifications:
 - a. In place of biology and chemistry, nine hours of coursework chosen from the natural science and technology Core Curriculum course list can be counted.
 - b. Health Promotion and Behavioral Science majors do not need to complete the six additional hours of natural sciences (Prescribed Work 4c).
 - c. Communication Studies 306M
2. Eighteen semester hours in the cognate in health promotion:
 - a. Health Education 343
 - b. Health Education 350
 - c. Health Education 351
 - d. Health Education 373
 - e. Six hours of health promotion and behavioral science electives; approved courses available in the Student Dean's Office, George I. Sánchez Building 2.110.
3. Either a specialization in the Department of Kinesiology and Health Education, a minor outside the department, a certificate, or a track in a second field of study which consist of a minimum of 15 hours of coursework, six of which must be upper-division. No more than six hours in the minor may also be counted toward other degree requirements. Information about approved areas of study and specific courses that may be used is available in the Student Dean's Office, George I. Sánchez Building 2.110.

Physical Culture and Sports

Physical culture and sports majors must complete the following:

- a. The Prescribed Work, with the following modification to the natural science requirement:
 - a. In place of biology and chemistry, nine hours of coursework chosen from the natural science and technology Core Curriculum course list can be counted.
 - b. In place of six additional hours of natural science (prescribed work requirement 4c), three hours of coursework in computer applications.
- b. Twenty-one semester hours in the cognate in physical culture and sports:
 - a. Kinesiology 312 (Topic 5: Sport Industry in America)
 - b. Kinesiology 349
 - c. Six semester hours of physical culture and sports electives chosen from Kinesiology 311K, 312 (Topic 4: Philosophy and Leadership in Sport & Physical Activity), 348, 350, 352K (Topic 5: Sport, Fitness, and Mass Media), 352K (Topic 6: Race and Sport in African American Life), 355, 361, 362, and 363.
 - d. Three hours from Kinesiology 350 or Kinesiology 352K (Topic 6: Race and Sport in African American Life), whichever is not used in 2c.

- e. Kinesiology 351
 - f. Kinesiology 352K (Topic 32: History of Physical Culture)
- c. Either a specialization in the Department of Kinesiology and Health Education, a minor outside the department, a certificate, or a track in a second field of study which consist of a minimum of 15 hours of coursework, six of which must be upper-division. No more than six hours in the minor may also be counted toward other degree requirements. Information about approved areas of study and specific courses that may be used is available in the Student Dean's Office, George I. Sánchez Building 2.110.

Sport Management

Students who plan to major in sport management must apply for admission to the program. A student's grade point average, volunteer and work experiences, and completion of prescribed prerequisite coursework are factors in the admission decision. Information about admission requirements is available from an academic advisor.

Sport management majors must complete the following:

- a. The Prescribed Work described, with the following modifications:
 - a. Sport management majors must complete an economics course to fulfill the second part of the social science requirement.
 - b. In fulfilling the natural science requirement, the student must complete the following
 - i. In place of biology and chemistry, nine hours of coursework chosen from the natural science and technology Core Curriculum course list can be counted.
 - ii. In place of six additional hours of natural science (prescribed work 4c), three hours of coursework in computer applications.
 - c. Communication Studies 306M.
- b. Twenty-one semester hours in the cognate in sport management:
 - a. Kinesiology 312 (Topic 5: Sport Industry in America)
 - b. Kinesiology 350 or Kinesiology 352K (Topic 6: Race and Sport in African American Life)
 - c. Kinesiology 353
 - d. Kinesiology 354
 - e. Kinesiology 355
 - f. Kinesiology 356
 - g. Kinesiology 357
- c. Kinesiology 628, or 328C and three semester hours of a kinesiology or health education elective.
- d. Either a specialization in the Department of Kinesiology and Health Education, a minor outside the department, a certificate, or a track in a second field of study which consist of a minimum of 15 hours of coursework, six of which must be upper-division. No more than six hours in the minor may also be counted toward other degree requirements. Information about approved areas of study and specific courses that may be used is available in the Student Dean's Office, George I. Sánchez Building 2.110.

Electives

Additional electives may be required to provide the total number of semester hours required for the student's major. No more than 12 semester hours of fieldwork and/or internship courses may be counted toward the degree.