

# 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 studies, 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 physical culture and sports studies major is designed to prepare students for graduate school and/or careers related to a social science approach to sport and exercise. The sport management major is designed for students who are interested in the organization, marketing, and management of sport and/or entertainment programs.

120 semester credit hours is required for the degree. All majors must complete at least 36 hours of upper-division coursework.

The curriculum for the degree has the following components:

- a. University general education requirements, including the Core Curriculum and Skills and Experience Flags
- b. degree requirements
- c. major requirements
- d. curricular specialization
- e. free electives

All students must complete the University's general education requirements, including the Core Curriculum published in the [Undergraduate College, Academic Policies and Procedures](#) section of this catalog, and the Skills and Experience Flags. In the process of fulfilling the Core Curriculum and other degree requirements, Kinesiology and Health majors are expected to complete the Skills and Experience Flags:

- a. Writing (WR): three flagged courses beyond Rhetoric and Writing 306 or its equivalent
- b. Quantitative Reasoning (QR): one flagged course
- c. Global Cultures (GC): one flagged course
- d. Cultural Diversity in the United States (CD): one flagged course
- e. Ethics (E): one flagged course
- f. Independent Inquiry (II): one flagged course

Courses that may be used to fulfill Core Curriculum and Flag requirements are identified in the [Course Schedule](#). They may be used simultaneously to fulfill other requirements, unless otherwise specified. Please note, students may not earn the Cultural Diversity and Global Cultures Flags from the same course. More information about the Skills and Experience Flags may be found in the [Undergraduate College, Academic Policies and Procedures](#) section of this catalog.

In some cases, a course that is required for this degree may also be counted toward the university general education requirements; these courses are identified within each major. Courses used to fulfill flag requirements may also be used to fulfill other requirements.

Students should take the following coursework to satisfy Social and Behavioral Sciences [Texas Core Code 080]:

- PSY 301
- Three hours of Texas Core Code 080 coursework chosen from the following fields: ANT, ECO, GRG, LIN, or SOC. A list of courses satisfying the Texas Core Code 080 requirement may be found in the [Academic Policies and Procedures, Core Curriculum](#) section of the General Information Catalog.

In addition to the Core Curriculum requirements, 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.

More information, including a list of [specializations](#), [tracks](#), and [minors](#) is available on the College of Education's [Degrees and Programs](#) page.

## Majors

Majors for this degree are on the pages that follow this section.