

Applied Movement Science

Major Requirements

120 semester credit hours is required. All Bachelor of Science in Kinesiology and Health majors are exposed to all aspects of the fields of kinesiology and health. At least 36 hours must be in upper-division coursework.

The curriculum has the following components:

- a. University general education requirements[†]
- b. degree requirements
- c. major requirements
- d. curricular specialization
- e. free electives

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

Majors must complete the following:

Requirements	Hours	
Core Curriculum	42	
The following coursework is required and can also simultaneously satisfy some core curriculum requirements:		
PSY 301	Introduction to Psychology (or three hours of Texas Core Code 080 chosen from the following fields: ANT, ECO, GRG, LIN, or SOC - required for major) ⁰⁸⁰	
M 305G	Preparation for Calculus (or Calculus - required for major) ⁰²⁰	
Degree		
KIN 119	Topics in Movement Competence (or three hours chosen from the following fields: PED)	3
Three courses chosen from:		9
HED 311	Introduction to Health Promotion and Behavioral Science	
KIN 310	Physiological Basis of Conditioning	
KIN 312M	Management of Physical Activity and Sport Programs	
KIN 335C	Motor Learning	
KIN 347	Historical and Ethical Issues in Physical Culture and Sports	

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		
KIN 311K	Sport Psychology	3
KIN 320	Applied Biomechanics of Human Movement	3

KIN 424K	Applied Human Anatomy	4
KIN 321	Theory of Human Performance	3
or KIN 425K	Physiology of Exercise	
11 hours coursework chosen from the following fields: HED or KIN		11

Curricular Specialization		
Either a specialization in the Department of Kinesiology and Health Education, a minor outside of the department, a certificate, or a track in a second field of study which consists 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.*		15
* See the College of Education "Degrees and Programs" page for specialization and track requirements.		
Free Electives		27
Additional coursework to fulfill all degree requirements and reach a total of 120 semester hours. No more than 12 semester hours of fieldwork and/or internship courses may be counted toward the degree.		
Total Hours		120

Core Component Areas: ⁰¹⁰ Communication; ⁰²⁰ Mathematics; ⁰³⁰ Natural Science and Technology, Part I; ⁰⁴⁰ Humanities; ⁰⁵⁰ Visual and Performing Arts; ⁰⁶⁰ U.S. History; ⁰⁷⁰ American and Texas Government; ⁰⁸⁰ Social and Behavioral Sciences; ⁰⁹⁰ First-Year Signature Course; ⁰⁹³ Natural Science and Technology, Part II

[†] Effective April 2025, UT Austin no longer requires Skills and Experience flags.