

# Physical Culture and Sports Studies

## 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 upper-division coursework.

The curriculum has the following components:

- University general education requirements<sup>†</sup>
- degree requirements
- major requirements
- curricular specialization
- 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                                                                                                                                                               |
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| <b>Core Curriculum</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>42</b>                                                                                                                                                           |
| 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) <sup>080</sup> |
| <b>Degree</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                     |
| Three additional hours of Social and Behavioral Sciences chosen from the following fields: ANT, ECO, GRG, LIN, or SOC*                                                                                                                                                                                                                                                                                                                                                                            | 3                                                                                                                                                                   |
| * Coursework used to satisfy the Social and Behavioral Sciences Core Curriculum requirement may not also be used to satisfy this requirement.                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                     |
| KIN 119                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Topics in Movement Competence (or three hours chosen from the following fields: PED)                                                                                |
| KIN 347                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Historical and Ethical Issues in Physical Culture and Sports                                                                                                        |
| Two courses chosen from:                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 6                                                                                                                                                                   |
| 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                                                                                                                                                      |
| 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 in the Student Dean's Office, George I. Sánchez Building 2.110 to determine whether additional foreign language requirements apply to them. |                                                                                                                                                                     |
| <b>Major</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                     |

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| Three hours computer applications                                                                                                                                                                                                                                                                                                                             | 3                                                                                               |
| KIN 312                                                                                                                                                                                                                                                                                                                                                       | Topics in Kinesiology: Issues (Topic 5: Sport Industry in America)                              |
| or KIN 316                                                                                                                                                                                                                                                                                                                                                    | Structure and Organization of Sport Programs                                                    |
| KIN 349                                                                                                                                                                                                                                                                                                                                                       | History of Sport and Physical Activity                                                          |
| Three hours chosen from:*                                                                                                                                                                                                                                                                                                                                     | 3                                                                                               |
| KIN 311K                                                                                                                                                                                                                                                                                                                                                      | Sport Psychology                                                                                |
| KIN 312                                                                                                                                                                                                                                                                                                                                                       | Topics in Kinesiology: Issues (Topic 4: Philosophy and Leadership in Sport & Physical Activity) |
| KIN 348                                                                                                                                                                                                                                                                                                                                                       | Psychological Aspects of Exercise                                                               |
| KIN 350                                                                                                                                                                                                                                                                                                                                                       | Sociological Aspects of Sport and Physical Activity                                             |
| KIN 352M                                                                                                                                                                                                                                                                                                                                                      | Sport, Fitness, and Mass Media                                                                  |
| KIN 352K                                                                                                                                                                                                                                                                                                                                                      | Topics in Human Movement Studies (Topic 6: Race and Sport in African American Life)             |
| KIN 355                                                                                                                                                                                                                                                                                                                                                       | Media and Public Relations in Sport                                                             |
| KIN 361                                                                                                                                                                                                                                                                                                                                                       | Coaching Theory and Principles I                                                                |
| KIN 362                                                                                                                                                                                                                                                                                                                                                       | Coaching Theory and Principles II                                                               |
| KIN 363                                                                                                                                                                                                                                                                                                                                                       | Theory and Practice in Strength Coaching                                                        |
| * Coursework used to satisfy this requirement may not also be used to satisfy any other major requirement.                                                                                                                                                                                                                                                    |                                                                                                 |
| KIN 352K                                                                                                                                                                                                                                                                                                                                                      | Topics in Human Movement Studies (Topic 6: Race and Sport in African American Life*)            |
| or KIN 350                                                                                                                                                                                                                                                                                                                                                    | Sociological Aspects of Sport and Physical Activity                                             |
| * Coursework used to satisfy this requirement may not also be used to satisfy any other major requirement.                                                                                                                                                                                                                                                    |                                                                                                 |
| Three hours chosen from:*                                                                                                                                                                                                                                                                                                                                     | 3                                                                                               |
| KIN 351                                                                                                                                                                                                                                                                                                                                                       | Philosophy of Sport and Physical Activity                                                       |
| KIN 352K                                                                                                                                                                                                                                                                                                                                                      | Topics in Human Movement Studies (Topic 3: Women and Sport)                                     |
| KIN 352M                                                                                                                                                                                                                                                                                                                                                      | Sport, Fitness, and Mass Media                                                                  |
| * Coursework used to satisfy this requirement may not also be used to satisfy any other major requirement.                                                                                                                                                                                                                                                    |                                                                                                 |
| KIN 352N                                                                                                                                                                                                                                                                                                                                                      | History of Physical Culture                                                                     |
| 3 hours chosen from the following fields: KIN or HED                                                                                                                                                                                                                                                                                                          | 3                                                                                               |
| <b>Curricular Specialization</b>                                                                                                                                                                                                                                                                                                                              |                                                                                                 |
| 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.                                                                                                                                                                                                                                                         |                                                                                                 |
| <b>Free Electives</b>                                                                                                                                                                                                                                                                                                                                         | <b>24</b>                                                                                       |
| 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.                                                                                                                                                     |                                                                                                 |
| <b>Total Hours</b>                                                                                                                                                                                                                                                                                                                                            | <b>120</b>                                                                                      |

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

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