

Bachelor of Science in Kinesiology and Health

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

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

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.

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.