

# Exercise 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 upper-division coursework.

The curriculum has the following components:

- University general education requirements, including the Core Curriculum and Skills and Experience Flags
- 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.

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.

Majors must complete the following:

Requirements	Hours
<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>
M 408C	Differential and Integral Calculus (required for major) <sup>020</sup>
or M 408K	Differential Calculus
or M 408N	Differential Calculus for Science
<b>Degree</b>	
PSY 301	Introduction to Psychology (or three additional hours of Social and Behavioral Sciences chosen from the following fields: ANT, ECO, GRG, LIN, or SOC*) <sup>080</sup>
* Coursework used to satisfy the Social and Behavioral Sciences Core Curriculum requirement may not also be used to satisfy this requirement.	
KIN 119	Movement Competence (or three hours chosen from the following fields: PED)
Three courses chosen from:	
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 424K & KIN 425K & KIN 326K	Applied Human Anatomy and Physiology of Exercise and Biomechanical Analysis of Movement	11
KIN 321M	Motor Development and Performance	3
or KIN 335C	Motor Learning	
or KIN 336	Neuromuscular Control	
9 hours chosen from exercise science electives		9

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	25
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>
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- **Core Component Areas:** <sup>010</sup> English Composition and Core Writing Flag; <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
- **Skills and Experience Flags:** <sup>Wr</sup> Writing; <sup>Qr</sup> Quantitative reasoning; <sup>Gc</sup> Global cultures; <sup>Cd</sup> Cultural diversity in the United States; <sup>E</sup> Ethics; <sup>Ii</sup> Independent Inquiry