

This degree plan packet is meant to be a resource for current students at Texas A&M University.

If you are a prospective freshman or transfer student and would like to see if the courses listed in this packet coincide with courses you have taken or are looking to take outside of Texas A&M, please utilize one of the following resources:

Texas A&M University Transfer Course Equivalency Site

<https://compassx-ssb.tamu.edu/HCA/ssb/transferCourseEquivalency#!/>

Texas Common Course Numbering System

<https://www.tccns.org/>

TEXAS A&M UNIVERSITY
DEPARTMENT OF HEALTH & KINESIOLOGY
B.S. DEGREE PLAN IN KINESIOLOGY – EXERCISE SCIENCE
BASIC EXERCISE PHYSIOLOGY (BEP)

STUDENT _____ UIN# _____
 (Last) (First) (MI)

Writing Requirements: KINE 407 & KINE 435 Foreign Language: (2 yrs HS or 2 semesters University) _____

International Cultural Diversity (3) _____ Cultural Discourse (3) _____ Phone Number _____

COURSE #	HRS	GRD	COURSE #	HRS	GRD
ENGLISH & SPEECH (6)			KINESIOLOGY (27)		
ENGL 103 or 104 – Comp & Rhetoric	3		KINE 199# – Strength Train or Aerobic ^	1	
ENGL 210 or COMM 203^	3		KINE 121# – Phys & Motor Fitness Assess	2	
MATH (6)			KINE 213 – Foundations of Kinesiology	3	
MATH 140 – Business & Social Sci.	3		KINE 307 – Lifespan Motor Development	3	
MATH 142 – Business Calculus	3		KINE 318 – Athletic Injuries	3	
LIFE AND PHYSICAL SCIENCE (32)			KINE 406 – Motor Learning & Skill Perf	3	
BIOL 111 – Introductory Biology I	4		KINE 407 – Motor Learning Lab +	1	
BIOL 112 – Introductory Biology II	4		KINE 426 – Exercise Biomechanics	4	
CHEM 119 – Fund of Chemistry I	4		KINE 427 – Therapeutic Principles	3	
CHEM 120 – Fund of Chemistry II	4		KINE 433 – Exercise Physiology	3	
PHYS 201 – College Physics I	4		KINE 435 – Physiology of Exercise Lab +	1	
PHYS 202 – College Physics II	4				
BIOL 319# – Integ Hum Anat & Phys I	4				
BIOL 320# – Integ Hum Anat & Phys II	4		PROFESSIONAL DEVELOPMENT (28)		
CITIZENSHIP (12)			CHEM 227 – Organic Chemistry I	3	
HIST*	3		CHEM 237 – Organic Chemistry Lab	1	
HIST*	3		CHEM 228 – Organic Chemistry II	3	
POLS 206 – American National Govt	3		CHEM 238 – Organic Chemistry Lab	1	
POLS 207 – State and Local Govt	3		BIOL 351 – Fund of Microbiology	4	
			GENE 301 – Comprehensive Genetics	3	
SOCIAL SCIENCE (3)			GENE 312 – Comp Genetics Lab	1	
PSYC 107 – Intro to Psychology	3		BICH 410 – Comp Biochemistry I	3	
			STAT 302 – Statistical Methods	3	
CREATIVE ARTS (3) *			^Prof Dev ELECTIVE	3	
	3		^Prof Dev ELECTIVE	3	
LANGUAGE, PHIL & CULTURE (3) *					
	3				

Important Information:

BOLD courses indicate prerequisite classes that **MUST** be taken before the **Shaded** KINE courses

*Refer to core.tamu.edu to select courses to satisfy the University Core Curriculum. Proper selection of courses might meet ICD or CD requirements

^See General Rules and/or Spreadsheet for list of acceptable courses

#These courses must be taken at Texas A&M University

+KINE 407 and KINE 435 will fulfill the University Core Curriculum Writing Requirement; Must be taken with or after corresponding lecture

STUDENT _____ DATE _____ MINIMUM HOURS REQUIRED: 120

ADVISOR _____ DATE _____ PROPOSED GRAD. DATE: _____

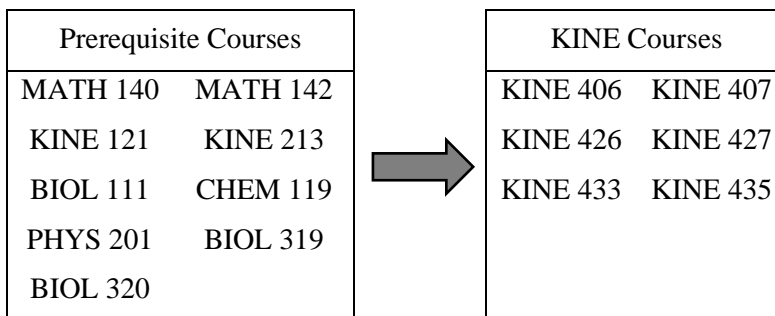
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THIS GUIDE IS INTENDED TO ASSIST IN SCHEDULING. EVERYTHING IS SUBJECT TO CHANGE.					
COURSE	PRE-REQUISITE	CLASS	SUBSTITUTE	MIN GRADE	<i>Detailed Information</i>
ENGL 104		U1-U2	ENGL 103	C	Must take as U1 or U2 at TAMU, otherwise you will have to transfer this course in
ENGL/COMM		U1-U4		C	Choose from ENGL 210* or COMM 203, 205, 243. *Med School Recommended
MATH 140		U1-U4	MATH 148, 152, 168, 172	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435
MATH 142	MATH 140	U1-U4	MATH 147, 151, 171	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435; Certain TAMU MPE scores can be used as the pre-req. See Math d
BIOL 111		U1-U4	NONE	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435
BIOL 112	BIOL 111	U1-U4	BIOL 107	C	
CHEM 119		U1-U4	NONE	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435
CHEM 120	CHEM 119	U1-U4	NONE	C	
PHYS 201		U1-U4	NONE	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435
PHYS 202	PHYS 201	U1-U4	NONE	C	
BIOL 319	BIOL 111 & 112 or 107	U1-U4	NONE	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435; Must be taken at Texas A&M
BIOL 320	BIOL 319	U1-U4	NONE	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435; Must be taken at Texas A&M
HIST - 3 hrs		U1-U4		D	See core.tamu.edu
HIST - 3 hrs		U1-U4		D	See core.tamu.edu
POLS 206		U1-U4	NONE	D	
POLS 207		U1-U4	NONE	D	
PSYC 107		U1-U4	NONE	C	
**Creative Arts Elective		U1-U4		D	See core.tamu.edu Some courses may meet International Cultural Diversity or Cultural Discourse requirements
**Language, Phil & Culture Elective		U1-U4		D	See core.tamu.edu Some courses may meet International Cultural Diversity or Cultural Discourse requirements
KINE 199		U1-U4		C	Must not take Pass/Fail (S/U). Strength Training or Aerobic - See General Rule's for list; Must be taken at Texas A&M
KINE 121		U1-U4	NONE	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435; Must be taken at Texas A&M
KINE 213		U1-U4	NONE	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435
KINE 307		U3-U4	NONE	C	
KINE 318	BIOL 319	U3-U4	NONE	C	
KINE 406	Bolded Courses	U3-U4	NONE	C	Must have completed prerequisites to take
KINE 407+	Bolded Courses & KINE 406	U3-U4	NONE	C	Must have completed prerequisites to take; Must take with or after KINE 406; Writing Intensive Course
KINE 426	Bolded Courses	U3-U4	NONE	C	Must have completed prerequisites to take
KINE 427	Bolded Courses	U3-U4	NONE	C	Must have completed prerequisites to take
KINE 433	Bolded Courses	U3-U4	NONE	C	Must have completed prerequisites to take
KINE 435+	Bolded Courses & KINE 433	U3-U4	NONE	C	Must have completed prerequisites to take; Must take with or after KINE 433; Writing Intensive Course
CHEM 227/237	CHEM 120	U1-U4	NONE	C	
CHEM 228/238	CHEM 227/237	U1-U4	NONE	C	
BIOL 351	BIOL 112 & CHEM227/237	U3-U4	NONE	C	
GENE 301	BIOL 112	U3-U4	NONE	C	
GENE 312	BIOL 112	U3-U4	NONE	C	
BICH 410	CHEM 228/238	U3-U4	NONE	C	
STAT 302	MATH 140	U1-U4	STAT 303	C	
Professional Development Electives - 6 HRS		U1-U4		C	Select from Directed Electives list on General Rules sheet; Work with OPSA to determine specific prereqs needed for admission to professional school http://careercenter.tamu.edu/Resources/Professional-School
+Writing Course Requirement					
** Proper selection might also meet International Cultural Diversity or Cultural Discourse requirements - see core.tamu.edu					

GENERAL RULES
BASIC EXERCISE PHYSIOLOGY (BEP)
CATALOG 202031

I. COURSE SEQUENCING AND PREREQUISITES

The Kinesiology curriculum is sequenced, meaning you must complete certain prerequisite courses prior to enrolling in certain 400 level KINE courses. The purpose of course sequencing is to present material in a logical way that helps lay the foundation for students to be successful in the courses that follow. The prerequisites must be completed with a C or better before students can enroll in KINE 406, 407, 427, 426, 433, and 435. Students will not be permitted to enroll in these courses without completing the prerequisites.



II. DESIGNATED ELECTIVES FOR BASIC EXERCISE PHYSIOLOGY OPTION

BICH 411 – Biochemistry II (3)	KINE 285 – <u>Learning Community Section Only</u> (2)
BICH 412 – Biochemistry Lab I (1)	KINE 305 – Sport Nutrition (3)
BIOL 206 – Introductory Microbiology (4)	*KINE 485 – Directed Studies (0-4)
BIOL 213 – Molecular Cell Biology (3)	*KINE 491 – Undergrad Research (0-4)
BIOL 405 – Comparative Endocrinology (3)	^NFSC 202 – Fundamentals of Nutrition (3)
BIOL 434 – Reg & Behave Neuroscience (3)	Any 300-499 level NFSC Course
BIOL 454 – Immunology (3)	PHIL 111 – Contemporary Moral Issues (3)
COMM 370 – Health Communication	PHIL 251 – Intro to Philosophy (3)
GENE 310 – Principles of Heredity (3)	PHIL 480 – Medical Ethics (3)
HLTH 231 – Healthy Lifestyles (3)	Any 300-499 level PSYC Course
ISTM 209 – BUSN INFO System Concept (3) or	^SOCI 205 – Introduction to Sociology (3)
HLTH 240 – Comp Tech in HLTH/KINE (3)	SPMT 304 – Psyc of Sport (3)
#HLTH 335 – Human Diseases (3)	VTPB 409 – Introduction to Immunology (3)
#HLTH 353 – Drugs & Society (3)	VTPP 425 – Pharmacology (3)
^HLTH 354 – Medical Terminology (3)	
“*” = Must seek professor approval “#” = Must complete bolded course prerequisites “^” = Recommended for Med School	PLEASE NOTE SOME ELECTIVES MAY HAVE COURSE RESTRICTIONS OR PREREQUISITES THAT MUST BE MET IN ORDER TO ENROLL IN THE CLASS
Careful selection of electives can allow you to fulfill Professional School requirements. Check with the Professional School Advising office for these requirements at 979-847-8938 or http://opsa.tamu.edu/	

III. KINE 199 REQUIREMENT FOR BEP

Aerobic Requirement	Strength Training Requirement
Action Ball	Boot Camp*
Aerobic Movement	Majors Resist/Flex
Aerobic Running/Walking	Obstacle Course*
Majors Aquatics	Pilates
Badminton/Racquetball/Pickleball	Strength Training
Basketball	Tone and Flex
Boot Camp*	X-Fit/Extreme Fitness
Cardio Fitness Swimming	Yoga
Cardio Kickboxing	
Handball	
Indoor Cycling	
Majors Fitness	
Obstacle Course*	
Soccer	
Step	
Trail Running	
Triathlon Training	
Zumba	

Here are the rules that apply to your KINE 199 requirement

- 1. You must take at least one KINE 199 from the chart**
- 2. You must take these courses for a grade. They cannot be taken Pass/Fail**
- 3. You must take these courses at Texas A&M. These courses cannot be transferred in**
- 4. *You cannot take this same course twice to count for both Aerobic and Strength Training requirement**
- 5. You should complete required KINE 199 before taking others for fun**

IV. PROGRESS TOWARDS DEGREE

Student Rule 1.5.1 states, “A student is expected to register for a schedule of courses that follows the program of study for a degree in his or her college. A student who elects not to follow the program of study must obtain approval from his or her academic advisor. A student who fails to obtain approval may be held from registration, removed from the inappropriate course(s) and/or required to register for a prescribed schedule of courses” Periodically advisors will check to make sure you are taking classes towards your degree. If you are planning on changing majors or taking prerequisites for professional school, please let your advisor know.

V. UNDERGRADUATE DEGREE PLANNER REQUIREMENT

All students are required by TEC§51.9685 (formerly House Bill 3025) to complete an online undergraduate degree plan once every year until graduation. The Undergraduate Degree Planner and a guide are in Howdy on the My Record tab under the Undergraduate Degree Planner channel. This is not a substitute for advising and approval of your Undergraduate Degree Planner does NOT ensure you are meeting all of the requirements for graduation. The Degree Planner typically opens for submission on March 1st and is due for the Health & Kinesiology by August 1st. The Degree Planner is accessible at any time to plan future semesters. **NOTE:** When students complete 30+ credit hours they will be notified and required to complete and submit their undergraduate degree planner, even if it is their first semester. The degree planner must be approved before you can register for the following semesters courses.

VI. REQUIREMENTS FOR GRADUATION

1. Submit departmental *Intent to Graduate* form (<http://mycehd.tamu.edu/students/undergraduate-forms/#hlkn>) by the deadline (announced each semester): **two (2) semesters before graduation semester.**
2. Minimum GPR requirement: 2.5 overall at Texas A&M.
3. Complete all required coursework with the minimum required grade.
4. Apply for graduation and pay the diploma fee the semester you are graduating.
5. Transfer all applicable courses to Texas A&M by the registrars deadline.
6. More information can be found on <http://graduation.tamu.edu/>

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This degree plan has been laid out showing students the number of hours they should take each semester in order to complete the degree in four years. This is a *suggested* plan, students may opt to take their courses differently based on their individual situation. Students should use this document in conjunction with the curriculum spreadsheet, a copy of their degree plan, and meeting with their academic advisor when scheduling courses each semester. Students should be mindful that they need to complete all of the bolded prerequisite courses before they will be allowed to take the shaded upper level KINE courses.

First Fall		First Spring		First Summer	
Course	Cr Hrs	Course	Cr Hrs	Course	Cr Hrs
BIOL 111	4	BIOL 112	4	PHYS 201	4
Select One: Math 140, 148, 152, 168, 172	3	CHEM 119	4		
KINE 213	3	Select One: Math 142, 147, 151, 171	3		
ENGL 103 or 104	3	#KINE 121	2		
PSYC 107	3	^Professional Development Elective	3		
TOTAL	16	TOTAL	16	TOTAL	4

Second Fall		Second Spring		Second Summer	
Course	Cr Hrs	Course	Cr Hrs	Course	Cr Hrs
CHEM 120	4	#BIOL 320	4	PHYS 202	4
#BIOL 319	4	CHEM 227 & 237	4		
*American History	3	^Professional Development Elective	3		
Select One: ENGL 210 or COMM 203, 205, 243	3	*American History	3		
TOTAL	14	TOTAL	14	TOTAL	4

Third Fall		Third Spring		Third Summer	
Course	Cr Hrs	Course	Cr Hrs	Course	Cr Hrs
BIOL 351	4	BICH 410	3	Apply to Professional School	
CHEM 228 & 238	4	GENE 301 & 312	4		
KINE 318	3	KINE 307	3		
POLS 206	3	*Language, Philosophy, Culture	3		
TOTAL	14	TOTAL	13	TOTAL	0

Fourth Fall		Fourth Spring		Fourth Summer	
Course	Cr Hrs	Course	Cr Hrs	Course	Cr Hrs
KINE 433	3	KINE 426	4		
+KINE 435	1	KINE 406	3		
KINE 427	3	+KINE 407	1		
STAT 302 or 303	3	*Creative Arts	3		
POLS 207	3	#KINE 199	1		
TOTAL	13	TOTAL	12	TOTAL	0

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^See General Rules and Curriculum spreadsheet for list of acceptable courses.

#These courses must be taken at Texas A&M University

+KINE 407 and 435 will fulfill the University Core Curriculum Writing Requirement; Must be taken with or after corresponding lecture