

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 IN SPORT SCIENCE (EST)**

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 |
|---|----------|-----|--|----------|-----|
| COMMUNICATIONS (6) | | | KINESIOLOGY MAJOR COURSEWORK (26) | | |
| ENGL 103 or 104 – Comp & Rhetoric | 3 | | %KINE 199M – Majors Resist/Flex | 1 | |
| ENGL^ | 3 | | KINE 121 – Phys & Motor Fitn Assess | 2 | |
| MATH (6) | | | KINE 213 – Foundations of Kinesiology | 3 | |
| MATH 140 – Business & Social Sci. | 3 | | KINE 305 – Sport Nutrition | 3 | |
| MATH 142 – Business Math II | 3 | | KINE 307 – Lifespan Motor Dev | 3 | |
| LIFE AND PHYSICAL SCIENCE (17) | | | KINE 318 – Athletic Injuries | 3 | |
| BIOL 107 – Zoology | 4 | | KINE 324 – Career in Coach & Youth Dev | 3 | |
| PHYS 201 – College Physics I | 4 | | KINE 340 – Strength and Conditioning | 3 | |
| BIOL 319# – Integ Hum Anat & Phys I | 4 | | KINE 404 – Coaching Psychology | 3 | |
| BIOL 320# – Integ Hum Anat & Phys II | 4 | | COACHING ELECTIVES (7) | | |
| KINE 120–Science of Basic Hlth & Fitness | 1 | | KINE 215 – Fundamentals of Coaching | 1 | |
| LANGUAGE, PHIL & CULTURE * (3) | | | ^Coaching Elective | 2 | |
| | 3 | | ^Coaching Elective | 2 | |
| CREATIVE ARTS* (3) | | | ^Coaching Elective | 2 | |
| | 3 | | KINESIOLOGY (15) | | |
| SOCIAL SCIENCE (3) | | | KINE 406 – Motor Learning | 3 | |
| PSYC 107 – Intro to Psychology | 3 | | +KINE 407 – Motor Control Laboratory | 1 | |
| CITIZENSHIP* (12) | | | KINE 426 – Exercise Biomechanics | 4 | |
| HIST * | 3 | | KINE 433 – Exercise Physiology | 3 | |
| HIST * | 3 | | +KINE 435 – Exercise Physiology Lab | 1 | |
| POLS 206 – American National Govt | 3 | | KINE 483 – Practicum in Kinesiology | 3 | |
| POLS 207 – State and Local Govt | 3 | | ~FREE ELECTIVES (12) | | |
| SUPPORTING COURSEWORK (6) | | | | | |
| NFSC 202 – Fund of Nutrition | 3 | | | | |
| PSYC 307 – Developmental Psychology | 3 | | | | |
| PEDAGOGY ELECTIVES (6) | | | | | |
| KNFB 222 – Tch & Sch in Mod Society | 3 | | | | |
| KNFB 315 – Elem Sch Phys Activities | 3 | | | | |

Important Information:

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

^See General rules and/or spreadsheet list of appropriate courses

BIOL 319 is a pre-requisite for BIOL 320. If you take BIOL 2401 instead of BIOL 319, you must then take BIOL 2402 instead of BIOL 320

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

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

%Student must take Majors Resist/Flex

~Free Electives can be any 100-499 course taken that does not fulfill another requirement

STUDENT _____ DATE _____

MINIMUM HOURS REQUIRED: 120

ADVISOR _____ DATE _____

PROPOSED GRAD. DATE: _____

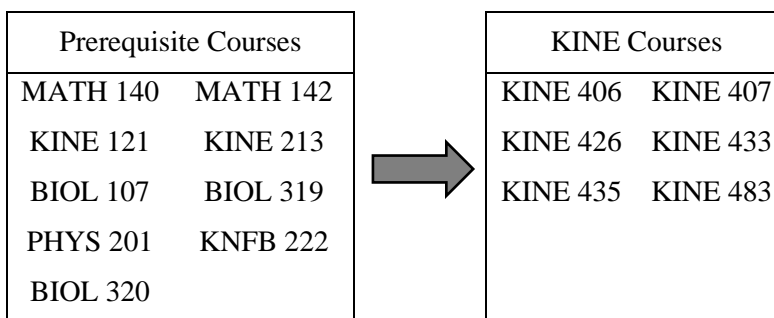
Exercise in Sport Science Catalog 202031

| 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^ | | U1-U4 | | C | Choose from ENGL 103*, 210 or COMM 203, 205, 243; *ENGL 103 can only count here if you have completed ENGL 104 for your first ENGL requirement |
| MATH 140 | | U1-U4 | MATH 148, 152, 168, 172 | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483 |
| MATH 142 | MATH 140 | U1-U4 | MATH 147, 151, 171 | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483; Certain TAMU MPE scores can be used as the pre-req. See Math dept. for details |
| BIOL 107 | | U1-U4 | BIOL 111 | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483; If you choose to take BIOL 111 instead of BIOL 107 you will need BIOL 112 before you can take BIOL 319 at TAMU |
| PHYS 201 | | U1-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483 |
| BIOL 319 | BIOL 111 & 112 or 107 | U1-U4 | BIOL 2401 | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483 |
| BIOL 320 | BIOL 319 | U1-U4 | BIOL 2402 | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483; BIOL 319 is a pre-requisite for BIOL 320. If you take BIOL 2401 instead of BIOL 319, you must then take BIOL 2402 instead of BIOL 320 |
| KINE 120 | | U1-U4 | Any Core Science | C | See core.tamu.edu; Any core science will meet requirement; KINE 120 is recommended if requirement is not met by other core science course |
| 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 |
| NFSC 202 | | U1-U4 | NFSC 203 | C | |
| PSYC 307 | PSYC 107 | U3-U4 | PSYC 2314 | C | Cannot take both PSYC 2314 and PSYC 307 to count towards degree or PSYC minor |
| KNFB 222 | | U2-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483; Field Based Course |
| KNFB 315 | KNFB 222 | U3-U4 | NONE | C | Must have completed prerequisites to take; Field Based Course |
| KINE 199 | | U1-U4 | NONE | C | Must not take Pass/Fail (S/U). Majors Resist/Flex - See General Rule's for info; Must be taken at Texas A&M |
| KINE 121 | | U1-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483; Must be taken at Texas A&M |
| KINE 213 | | U1-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 433, 435, & 483 |
| KINE 305 | NFSC 202 | U3-U4 | NONE | C | |
| KINE 307 | | U3-U4 | NONE | C | |
| KINE 318 | BIOL 319 | U3-U4 | NONE | C | |
| KINE 324 | | U3-U4 | NONE | C | |
| KINE 340 | KINE 318 or BIOL 320 | U3-U4 | NONE | C | |
| KINE 404 | | U3-U4 | NONE | C | |
| KINE 215 | | U1-U4 | NONE | C | |
| Coaching Elective | KINE 215 | U1-U4 | NONE | C | Select from Directed Electives list on General Rules sheet; Course offerings vary by semester |
| Coaching Elective | KINE 215 | U1-U4 | NONE | C | Select from Directed Electives list on General Rules sheet; Course offerings vary by semester |
| Coaching Elective | KINE 215 | U1-U4 | NONE | C | Select from Directed Electives list on General Rules sheet; Course offerings vary by semester |
| 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 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 |
| KINE 483 | Bolded Courses | U3-U4 | NONE | C | Must have completed prerequisites to take |
| Free Electives | | U1-U4 | NONE | C | Free Electives can be any 100-499 course taken that does not fulfill another requirement; Work with advisor to choose appropriate courses |
| +Writing Course Requirement | | | | | |
| ** Proper selection might also meet International Cultural Diversity and Cultural Discourse requirements - see core.tamu.edu | | | | | |

**GENERAL RULES
EXERCISE IN SPORT SCIENCE (EST)
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, 426, 433, 435 and 483. Students will not be permitted to enroll in these courses without completing the prerequisites.



II. ELECTIVES FOR EXERCISE IN SPORT SCIENCE OPTION

| | |
|--------------------|--|
| Coaching Electives | <p>These electives are directed and course offerings vary by semester.</p> <p>Select 6 hours from the following courses:</p> <ul style="list-style-type: none"> • KINE 312 (2) Coaching of Baseball - Taught in Spring only • KINE 314 (2) Coaching of Soccer -Taught Fall and Spring • KINE 317 (2) Coaching of Football - Taught in Fall only • KINE 321 (2) Coaching of Volleyball - Taught in Fall only • KINE 334 (2) Coaching in Personal Training – Taught in Fall and Spring • KINE 351 (2) Coaching of Basketball - Taught in Fall only • KINE 355 (2) Coaching of Track - Taught in Spring only |
| Pedagogy Electives | <p>These field-based electives are directed and course offerings vary by semester. This degree will NOT prepare you to be certified to teach K-12 grade in the State of Texas.</p> <ul style="list-style-type: none"> • KNFB 222 (3) • KNFB 315 (3) |
| Free Electives | <p>These are 12 hours of free electives meaning any 100-499 course taken, that does not fulfill another degree requirement, can count towards this area. These electives should be used to take additional classes that allow a student to build on a particular area of interest. Students will work with their academic advisor to carefully select what courses to take.</p> |

III. KINE 199 REQUIREMENT FOR EST

| |
|---------------------------------|
| EST KINE 199 Requirement |
| KINE 199 Majors Resist Flex |

Here are the rules that apply to your KINE 199 requirement

1. **You must take Majors Resist Flex**
2. **You must take this course for a grade. It cannot be taken Pass/Fail**
3. **You must take this course at Texas A&M. This course cannot be transferred in**
4. **You should complete your required KINE 199 before taking others for fun**
5. **Non-Majors or ‘Regular’ KINE 199 courses will not count towards your degree requirements. KINE 199 courses that are designated as Majors have a teaching component, which allows students to learn how to teach that specific activity**

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: 2.0 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/>

Everything in this degree plan packet is subject to change

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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 107 | 4 | *Language, Philosophy, Culture | 3 | PHYS 201 | 4 |
| Select One: Math 140, 148, 152, 168, 172 | 3 | Select One: Math 142, 147, 151, 171 | 3 | | |
| Select One: ENGL 104, 210 or COMM 203, 205, 243 | 3 | PSYC 107 | 3 | | |
| POLS 206 | 3 | *Creative Arts | 3 | | |
| | | KINE 120 | 1 | | |
| | | | | | |
| | | | | | |
| TOTAL | 13 | TOTAL | 13 | TOTAL | 4 |

| Second Fall | | Second Spring | | Second Summer | |
|---|-----------|------------------------------|-----------|----------------|----------|
| Course | Cr Hrs | Course | Cr Hrs | Course | Cr Hrs |
| Select One: ENGL 104, 210 or COMM 203, 205, 243 | 3 | KINE 213 | 3 | ~Free Elective | 3 |
| *American History | 3 | KINE 121 | 2 | | |
| NFSC 202 | 3 | KNFB 222 | 3 | | |
| POLS 207 | 3 | KINE 215 | 1 | | |
| ~Free Elective | 3 | %KINE 199 Majors Resist/Flex | 1 | | |
| | | *American History | 3 | | |
| | | | | | |
| TOTAL | 15 | TOTAL | 13 | TOTAL | 3 |

| Third Fall | | Third Spring | | Third Summer | |
|--------------------|-----------|--------------------|-----------|--------------|----------|
| Course | Cr Hrs | Course | Cr Hrs | Course | Cr Hrs |
| #BIOL 319 | 4 | #BIOL 320 | 4 | | |
| KINE 305 | 3 | KINE 318 | 3 | | |
| KINE 307 | 3 | KINE 324 | 3 | | |
| PSYC 307 | 3 | KINE 404 | 3 | | |
| ^Coaching Elective | 2 | ^Coaching Elective | 2 | | |
| | | | | | |
| TOTAL | 15 | TOTAL | 15 | 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 | | |
| KNFB 315 | 3 | +KINE 407 | 1 | | |
| KINE 340 | 3 | KINE 483 | 3 | | |
| ~Free Elective | 3 | ~Free Elective | 3 | | |
| ^Coaching Elective | 2 | | | | |
| | | | | | |
| TOTAL | 15 | TOTAL | 14 | TOTAL | 0 |

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