

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^ – Technical Business Writing	3		KINE 121# – Phys & Motor Fitness Assess	2	
MATH (6)			KINE 213 – Foundations of Kinesiology	3	
MATH 140 or 141	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 classes that **MUST** be taken before admittance to professional phase. **Shaded** courses indicate classes in **Professional Phase**

*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: _____
 CHAIR, KINE _____ DATE _____

Basic Exercise Physiology Catalog 142

THIS GUIDE IS INTENDED TO ASSIST IN SCHEDULING. EVERYTHING IS SUBJECT TO CHANGE.					
COURSE	PRE-REQUISITE	CLASS	SUBSTITUTE	MIN GRADE	Detailed Information
ENGL 104		U1-U2	ENGL 103	Must have a B/C	Needed to apply to Professional Phase; Must take as U1 or U2 at TAMU, otherwise you will have to transfer this course in
ENGL/COMM		U1-U4			
MATH 140 or 141		U1-U4	MATH 148, 152, 166, 172	C	Needed to apply to Professional Phase
MATH 142	MATH 140	U1-U4	MATH 147, 151, 171	C	Needed to apply to Professional Phase; Certain TAMU MPE scores can be used as the pre-req. See Math dept. for details
BIOL 111		U1-U4	NONE	C	Needed to apply to Professional Phase
BIOL 112	BIOL 111	U1-U4	BIOL 107	C	
CHEM 119		U1-U4	NONE	C	Needed to apply to Professional Phase
CHEM 120	CHEM 119	U1-U4	NONE	C	
PHYS 201		U1-U4	NONE	C	Needed to apply to Professional Phase
PHYS 202	PHYS 201	U1-U4	NONE	C	
BIOL 319	BIOL 111 & 112 or 107	U1-U4	NONE	C	Needed to apply to Professional Phase; Must be taken at Texas A&M
BIOL 320	BIOL 319	U1-U4	NONE	C	Needed to apply to Professional Phase; 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 and Cultural Discourse requirements
**Language, Phil & Culture Elective		U1-U4		D	See core.tamu.edu Some courses may meet International Cultural Diversity and 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	Needed to apply to Professional Phase; Must be taken at Texas A&M
KINE 213		U1-U4	NONE	C	Needed to apply to Professional Phase
KINE 307		U3-U4	NONE	C	
KINE 318	BIOL 319	U3-U4	NONE	C	
KINE 406	Admission to Pro Phase	U3-U4	NONE	C	Must be accepted to Professional Phase
KINE 407+	Admission to Pro Phase	U3-U4	NONE	C	Must be accepted to Professional Phase; Must take with or after KINE 406; Writing Intensive Course
KINE 426	Admission to Pro Phase	U3-U4	NONE	C	Must be accepted to Professional Phase
KINE 427	Admission to Pro Phase	U3-U4	NONE	C	Must be accepted to Professional Phase
KINE 433	Admission to Pro Phase	U3-U4	NONE	C	Must be accepted to Professional Phase
KINE 435+	Admission to Pro Phase	U3-U4	NONE	C	Must be accepted to Professional Phase; 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 140/141	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 and Cultural Discourse requirements - see core.tamu.edu					

GENERAL RULES
BASIC EXERCISE PHYSIOLOGY (BEP)
CATALOG 142

I. REQUIREMENTS FOR ADMISSION TO THE PROFESSIONAL PHASE OF THE PROGRAM

The following requirements indicate “preparedness” for upper level coursework.

1. Complete a minimum of 15 hours at Texas A&M
2. Minimum GPR requirement of 2.5 or higher at Texas A&M
3. Complete the following **bold** courses with a grade of “C” or better:

ENGL 103 or 104	KINE 121#	MATH 142	BIOL 111	CHEM 119	PHYS 201
ENGL/COMM	KINE 213	MATH 140 or 141	BIOL 319#	BIOL 320#	

 - May be enrolled in these courses during the semester in which you apply
 - Complete ENGL 104 and ENGL/COMM with a minimum “B/C” grade combination
 - # - Courses that must be taken at Texas A&M University
4. Complete and attach a one page Professional Resume
5. Complete and attach Application Form
 - Form should be typed and printed then signed. Handwritten forms are not accepted
 - Submit application the semester you are finishing your bolded courses
 - Advisor will email the deadline dates each semester

Application Decision: Notifications regarding your application decision will be sent out approximately three weeks after the deadline via email. This notification will include instructions for what you will need to do next, based the decision of your application.

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 be in Professional Phase “^” = 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.

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. A grade of “C” or better must be made in each of the following: ENGL/COMM, Math and Science foundation, HLTH and KINE courses, and Professional Development Electives courses. This applies to those courses taken at Texas A&M and those courses taken elsewhere and transferred to Texas A&M.
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/>

