

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 210 or COMM 203^	3		%KINE 199M – Any Majors Specific	1	
MATH (6)			%KINE 199M – Any Majors Specific	1	
MATH 140 or 141	3		KINE 121 – Phys & Motor Fitn Assess	2	
MATH 142 – Business Math II	3		KINE 213 – Foundations of Kinesiology	3	
LIFE AND PHYSICAL SCIENCE (17)			KINE 305 – Sport Nutrition	3	
BIOL 107 – Zoology	4		KINE 307 – Lifespan Motor Dev	3	
PHYS 201 – College Physics I	4		KINE 318 – Athletic Injuries	3	
BIOL 319# – Integ Hum Anat & Phys I	4		KINE 340 – Strength and Conditioning	3	
BIOL 320# – Integ Hum Anat & Phys II	4		KINE 404 – Coaching Psychology	3	
KINE 120—Science of Basic Hlth & Fitness	1		SPMT 421 – Legal Aspects of Sport	3	
LANGUAGE, PHIL & CULTURE * (3)			COACHING ELECTIVES (7)		
	3		KINE 215 – Fundamentals of Coaching	1	
CREATIVE ARTS* (3)			^Coaching Elective	2	
	3		^Coaching Elective	2	
SOCIAL SCIENCE (3)			^Coaching Elective	2	
PSYC 107 – Intro to Psychology	3		KINE PROFESSIONAL PHASE (15)		
CITIZENSHIP* (12)			KINE 406 – Motor Learning	3	
HIST *	3		+KINE 407 – Motor Control Laboratory	1	
HIST *	3		KINE 426 – Exercise Biomechanics	4	
POLS 206 – American National Govt	3		KINE 433 – Exercise Physiology	3	
POLS 207 – State and Local Govt	3		+KINE 435 – Exercise Physiology Lab	1	
			KINE 483 – Practicum in Kinesiology	3	
SUPPORTING COURSEWORK (6)			FREE ELECTIVES (10)		
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 classes that **MUST** be taken before admittance to professional phase. **Shaded** courses indicate classes in **Professional Phase**

^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 and two other KINE 199 Majors Courses to meet this requirement

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: _____

CHAIR, KINE _____ DATE _____ _____

Exercise in Sport Science Catalog 142

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	Must have a B/C combination	Needed to apply to Professional Phase; Must take as U1 or U2 at TAMU, otherwise you will have to transfer this course in
ENGL 210 or COMM 203		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 107		U1-U4	BIOL 111	C	Needed to apply to Professional Phase; 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	Needed to apply to Professional Phase
BIOL 319	BIOL 111 & 112 or 107	U1-U4	BIOL 2401	C	Needed to apply to Professional Phase;
BIOL 320	BIOL 319	U1-U4	BIOL 2402	C	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 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
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	Needed to apply to Professional Phase; Field Based Course
KNFB 315	KNFB 222	U3-U4	NONE	C	Must be accepted to Professional Phase; 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 199		U1-U4	NONE	C	Must not take Pass/Fail (S/U). Any KINE 199 Majors Course - See General Rule's for info; Must be taken at Texas A&M
KINE 199		U1-U4	NONE	C	Must not take Pass/Fail (S/U). Any KINE 199 Majors Course - See General Rule's for info; 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 305	NFSC 202	U3-U4	NONE	C	
KINE 307		U3-U4	NONE	C	
KINE 318	BIOL 319	U3-U4	NONE	C	
KINE 340		U3-U4	NONE	C	
KINE 404		U3-U4	NONE	C	
SPMT 421		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	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 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
KINE 483	Admission to Pro Phase	U3-U4	NONE	C	Must be accepted to Professional Phase
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 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 2.0 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 107 or 111 KNFB 222# 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. 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 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 324 (3)
Free Electives	<p>These are 10 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. Student will work with their academic advisor to carefully select what courses to take.</p>

III. KINE 199 REQUIREMENTS FOR EST

EST KINE 199 Requirements
KINE 199 Majors Resist Flex
KINE 199 Majors – Choose Activity
KINE 199 Majors – Choose Activity

Here are the rules that apply to your KINE 199 requirement

1. **You must take Majors Resist Flex and two KINE 199 Majors courses of your choice**
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 should complete required KINE 199's 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**

Ex:

KINE 199 <u>Majors</u> Golf counts
KINE 199 Golf does not count

NOTE: Course offerings will vary from semester to semester.

I. 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.

II. 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.

III. 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. 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/>

Everything in this degree plan packet is subject to change

FLOW CHART EXERCISE IN SPORT SCIENCE (EST) CATALOG 142

The flow chart below is designed to provide a guide to the student to help them determine when they should take certain courses. Everything on here is subject to change.

- Arrows denote prerequisite courses
- All **BOLD** courses must be completed prior to admission in the Professional Phase
- Students may not take courses in the last column until they have been admitted to Professional Phase
- See the General Rules handout for more information regarding admission to the Professional Phase

Courses with no prerequisites Typically taken Year 1 & 2	Courses with prerequisites or upper level standing required.	Professional Phase Courses
ENGL 104 MATH 140/141 HIST* HIST* POLS 206 POLS 207 PSYC 107 → KINE 199 Majors Resist Flex #^ KINE 199 Majors #^ x 2 KINE 121# KINE 213 Creative Arts Elective* Lang, Phil & Cult Elective* NFSC 202 → KNFB 222# →	ENGL/COMM^ MATH 142 PSYC 307 KINE 307 KINE 340 KINE 404 SPMT 421 KINE 305 KNFB 315 BIOL 319 ↓ BIOL 320 Coaching Elective^ Coaching Elective^ Coaching Elective^	KINE 406 KINE 407+ KINE 426 KINE 433 KINE 435+ KINE 483
	KINE 318	
^Free Electives – Can be any 100-499 course taken that does not fulfill another requirement. Can be taken at any time. Work with advisor to choose appropriate coursework.		

→ Denotes prerequisite

BOLD courses indicate classes that **MUST** be taken before admittance to 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

KINE 407 should be taken with or after KINE 406 and KINE 435 should be taken with or after KINE 433