

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://howdy.tamu.edu/uPortal/p/tce-ui.ctf1/max/render.uP>

Texas Common Course Numbering System

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

**TEXAS A&M UNIVERSITY
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 (24)		
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	
PBSI 107 – Intro to Psychology	3		+KINE 407 – Motor Control Laboratory	1	
CITIZENSHIP* (12)			KINE 426 – Exercise Biomechanics	4	
HIST *	3		KINE 427 – Therapeutic Principles	3	
HIST *	3		KINE 433 – Exercise Physiology	3	
POLS 206 – American National Govt	3		+KINE 435 – Exercise Physiology Lab	1	
POLS 207 – State and Local Govt	3		~FREE ELECTIVES (12)		
SUPPORTING COURSEWORK (12)					
NUTR 202 – Fund of Nutrition	3				
PBSI 307 – Developmental Psychology	3				
^Prof Dev ELECTIVE	3				
^Prof Dev ELECTIVE	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:

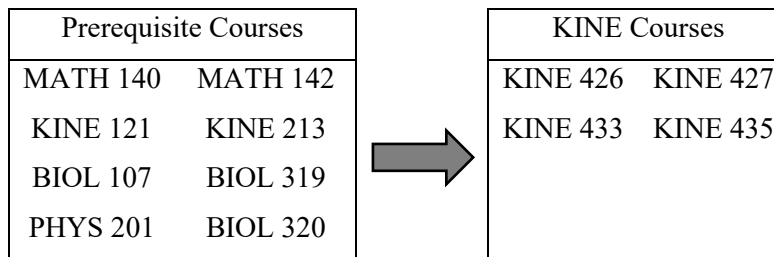
Exercise in Sport Science Curriculum Spreadsheet

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	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, 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 dept. for details
BIOL 107		U1-U4	BIOL 111	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435; 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, 427, 433, & 435
BIOL 319	BIOL 111 & 112 or 107	U1-U4	BIOL 2401	C	Prerequisite course for KINE 406, 407, 426, 427, 433, & 435
BIOL 320	BIOL 319	U1-U4	BIOL 2402	C	Prerequisite course for KINE 426, 427, 433, & 435; 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	
PBSI 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
NUTR 202		U1-U4	NUTR 203	C	
PBSI 307	PBSI 107	U3-U4	PSYC 2314 or PBSI 225	C	
Professional Development Elective - 6 HRS		U1-U4	NONE	C	Select from Directed Electives list on General Rules sheet
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, 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 305	NUTR 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 except BIOL 320	U3-U4	NONE	C	Must have completed prerequisites to take; Can take with or after BIOL 320, all other bolded courses must be complete before
KINE 407+	With or after 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
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 202231

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 426, 427, 433, and 435. Students will not be permitted to enroll in these courses without completing the prerequisites. See spreadsheet page for additional course pre-requisite information.



II. ELECTIVES FOR EXERCISE IN SPORT SCIENCE OPTION

Coaching Electives (Select 6 hours)	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
	KINE 335 (2) Coaching of Group Fitness – Taught in Spring
	KINE 351 (2) Coaching of Basketball - Taught in Fall only
	KINE 355 (2) Coaching of Track - Taught in Spring only
Professional Development Electives (Select 6 Hours)	BIOL 112 – Introductory Biology II (4)
	BIOL 206 – Introductory Microbiology (4)
	CHEM 119 – Fundamentals of Chemistry I (4)
	CHEM 120 – Fundamentals of Chemistry II (4)
	HLTH 231 – Healthy Lifestyles (3)
	HLTH 354 – Medical Terminology (3)
	*KINE 483 – Practicum in Kinesiology (3)
	*KINE 485 – Directed Studies (0-4)
	*KINE 491 – Undergrad Research (0-4)
	Any 300-499 level NUTR Course
	PHIL 111 – Contemporary Moral Issues (3)
	PHIL 251 – Introduction to Philosophy (3)
	PHYS 202 – College Physics II (4)
	Any 300-499 level PBSI Course
SOCI 205 – Introduction to Sociology (3)	
STAT 201 – Elem. Stat Inference (3)	
STAT 301, 302 or 303 – Statistical Methods (3)	
^SPMT 304 – Psychology of Sport (3)	
Free Electives (Select 12 hours)	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 an area of interest.
NOTE: SOME ELECTIVES MAY HAVE RESTRICTIONS OR PREREQUISITES THAT MUST BE MET IN ORDER TO ENROLL IN THE CLASS	
“*” = Must have instructor approval	
“^” = Cannot take both SPMT 304 and PBSI 304	
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 PSA Website	

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 to change majors or are taking prerequisites for professional school, please let your advisor know.

Student Rule 12.1 – 12.2 - Students must maintain a 2.0 or higher GPA at all times. Those who do not meet the minimum GPA requirements may be placed on academic probation or dismissed from their major.

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 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* survey by the deadline (announced each semester): **two (2) semesters before intended 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

Exercise In Sport Science Catalog 202231

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	PBSI 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		
NUTR 202	3	^Professional Development Elective	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		
PBSI 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 406	3	KINE 426	4		
+KINE 407	1	KINE 433	3		
^Professional Development Elective	3	+KINE 435	1		
KINE 340	3	KINE 427	3		
~Free Elective	3	~Free Elective	3		
^Coaching Elective	2				
TOTAL	15	TOTAL	14	TOTAL	0

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