

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 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		<b>KINE 121# – Phys &amp; Motor Fitn Assess</b>	<b>2</b>	
MATH (6)			<b>KINE 213 – Foundations of Kinesiology</b>	<b>3</b>	
<b>MATH 140 – Business &amp; Social Sci.</b>	<b>3</b>		KINE 307 – Lifespan Motor Dev	3	
<b>MATH 142 – Business Calculus</b>	<b>3</b>		KINE 318 – Athletic Injuries	3	
SCIENCE (32)			KINE 406 – Motor Learning & Skill Perf	3	
<b>BIOL 111 – Introductory Biology I</b>	<b>4</b>		KINE 407 – Motor Learning Lab +	1	
BIOL 112 – Introductory Biology II	4		<b>KINE 426 – Exercise Biomechanics</b>	<b>4</b>	
<b>CHEM 119 – Fund of Chemistry I</b>	<b>4</b>		KINE 427 – Therapeutic Principles	3	
CHEM 120 – Fund of Chemistry II	4		<b>KINE 433 – Exercise Physiology</b>	<b>3</b>	
<b>PHYS 201 – College Physics I</b>	<b>4</b>		<b>KINE 435 – Physiology of Exercise Lab +</b>	<b>1</b>	
PHYS 202 – College Physics II	4				
<b>BIOL 319# – Integ Hum Anat &amp; Phys I</b>	<b>4</b>		<b>PROFESSIONAL DEVELOPMENT (28)</b>		
<b>BIOL 320# – Integ Hum Anat &amp; Phys II</b>	<b>4</b>		CHEM 227 – Organic Chemistry I	3	
LANGUAGE, PHIL & CULTURE (3)*			CHEM 237 – Organic Chemistry Lab	1	
	3		CHEM 228 – Organic Chemistry II	3	
CREATIVE ARTS (3)*			CHEM 238 – Organic Chemistry Lab	1	
	3		BIOL 351 – Fund of Microbiology	4	
SOCIAL SCIENCE (3)			GENE 301 – Comprehensive Genetics	3	
PBSI 107 – Intro to Psychology	3		GENE 312 – Comp Genetics Lab	1	
CITIZENSHIP (12)			BICH 410 – Comp Biochemistry I	3	
HIST*	3		STAT 302 – Statistical Methods	3	
HIST*	3		^Prof Dev ELECTIVE	3	
POLS 206 – American National Govt	3		^Prof Dev ELECTIVE	3	
POLS 207 – State and Local Govt	3				

**Important Information:**

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

\*Refer to [core.tamu.edu](http://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 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

STUDENT \_\_\_\_\_ DATE \_\_\_\_\_

MINIMUM HOURS REQUIRED: 120

PROPOSED GRAD. DATE:

ADVISOR \_\_\_\_\_ DATE \_\_\_\_\_

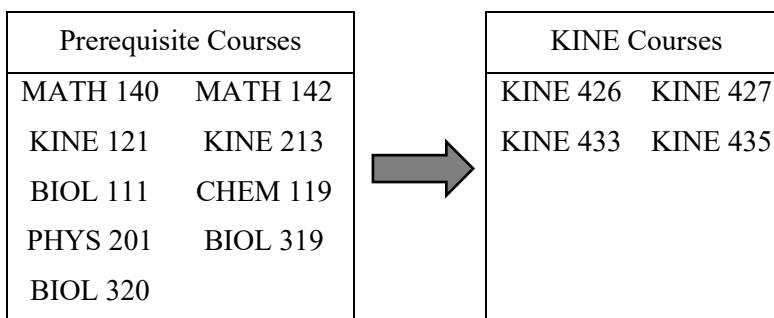
## Basic Exercise Physiology Curriculum Spreadsheet

<b>THIS GUIDE IS INTENDED TO ASSIST IN SCHEDULING. EVERYTHING IS SUBJECT TO CHANGE.</b>					
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
<b>MATH 140</b>		U1-U4	MATH 148, 152, 168, 172	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435</b>
<b>MATH 142</b>	MATH 140	U1-U4	MATH 147, 151, 171	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435; Certain TAMU MPE scores can be used as the pre-req. See Math dept. for details</b>
<b>BIOL 111</b>		U1-U4	NONE	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435</b>
BIOL 112	BIOL 111	U1-U4	BIOL 107	C	
<b>CHEM 119</b>		U1-U4	NONE	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435</b>
CHEM 120	CHEM 119	U1-U4	NONE	C	
<b>PHYS 201</b>		U1-U4	NONE	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435</b>
PHYS 202	PHYS 201	U1-U4	NONE	C	
<b>BIOL 319</b>	BIOL 111 & 112 or 107	U1-U4	NONE	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435; Must be taken at Texas A&amp;M</b>
<b>BIOL 320</b>	BIOL 319	U1-U4	NONE	C	<b>Prerequisite course for KINE 426, 427, 433, &amp; 435; Must be taken at Texas A&amp;M</b>
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
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
<b>KINE 121</b>		U1-U4	NONE	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435; Must be taken at Texas A&amp;M</b>
<b>KINE 213</b>		U1-U4	NONE	C	<b>Prerequisite course for KINE 406, 407, 426, 427, 433, &amp; 435</b>
KINE 307		U3-U4	NONE	C	
KINE 318	BIOL 319	U3-U4	NONE	C	
KINE 406	<b>Bolded Courses except BIOL 320</b>	<b>U3-U4</b>	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	<b>U3-U4</b>	NONE	C	Must have completed prerequisites to take; Must take with or after KINE 406; Writing Intensive Course
KINE 426	<b>Bolded Courses</b>	<b>U3-U4</b>	NONE	C	Must have completed prerequisites to take
KINE 427	<b>Bolded Courses</b>	<b>U3-U4</b>	NONE	C	Must have completed prerequisites to take
KINE 433	<b>Bolded Courses</b>	<b>U3-U4</b>	NONE	C	Must have completed prerequisites to take
KINE 435+	<b>Bolded Courses &amp; KINE 433</b>	<b>U3-U4</b>	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 PSA to determine specific prereqs needed for admission to professional school <a href="http://careercenter.tamu.edu/Resources/Professional-School">http://careercenter.tamu.edu/Resources/Professional-School</a>
+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 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. 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 340 - Strength and Conditioning (3)
BIOL 213 – Molecular Cell Biology (3)	*KINE 485 – Directed Studies (0-4)
BIOL 405 – Comparative Endocrinology (3)	*KINE 491 – Undergrad Research (0-4)
BIOL 434 – Reg & Behave Neuroscience (3)	^NUTR 202 – Fundamentals of Nutrition (3)
BIOL 454 – Immunology (3)	Any 300-499 level NUTR Course
COMM 370 – Health Communication	PHIL 111 – Contemporary Moral Issues (3)
GENE 310 – Principles of Heredity (3)	PHIL 251 – Intro to Philosophy (3)
HLTH 231 – Healthy Lifestyles (3)	PHIL 480 – Medical Ethics (3)
ISTM 209 – BUSN INFO System Concept (3) <b>or</b>	Any 300-499 level PBSI Course
HLTH 240 – Comp Tech in HLTH/KINE (3)	^SOCI 205 – Introduction to Sociology (3)
#HLTH 335 – Human Diseases (3)	SPMT 304 – Psyc of Sport (3)
#HLTH 353 – Drugs & Society (3)	VTPB 409 – Introduction to Immunology (3)
^HLTH 354 – Medical Terminology (3)	VTPP 425 – Pharmacology (3)
<b>** = Must seek professor approval</b> <b># = Must complete bolded course prerequisites</b> <b>^ = Recommended for Med School</b>	<b>PLEASE NOTE SOME ELECTIVES MAY HAVE COURSE RESTRICTIONS OR PREREQUISITES THAT MUST BE MET IN ORDER TO ENROLL IN THE CLASS</b>
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 <a href="#">PSA Website</a>	

*\*Everything in this degree plan packet is subject to change\**

### III. KINE 199 REQUIREMENTS 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 requirements

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 should complete required KINE 199's 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 to change majors or take prerequisites for professional school, please let your advisor know.

Student Rule 12.1 – 12.2 - Students must maintain a 2.5 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 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 Kinesiology students 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: 2.5 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/>

# Basic Exercise Physiology 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
<b>BIOL 111</b>	<b>4</b>	BIOL 112	4	<b>PHYS 201</b>	<b>4</b>
<b>Select One: Math 140, 148, 152, 168, 172</b>	<b>3</b>	<b>CHEM 119</b>	<b>4</b>		
<b>KINE 213</b>	<b>3</b>	<b>Select One: Math 142, 147, 151, 171</b>	<b>3</b>		
ENGL 103 or 104	3	<b>#KINE 121</b>	<b>2</b>		
PBSI 107	3	^Professional Development Elective	3		
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>4</b>

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

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		
<b>TOTAL</b>	<b>14</b>	<b>TOTAL</b>	<b>13</b>	<b>TOTAL</b>	<b>0</b>

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

**Important Information:**

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

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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