

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 | | KINE 121# – Phys & Motor Fitn Assess | 2 | |
| MATH (6) | | | KINE 213 – Foundations of Kinesiology | 3 | |
| MATH 140 – Business & Social Sci. | 3 | | KINE 307 – Lifespan Motor Dev | 3 | |
| MATH 142 – Business Calculus | 3 | | KINE 318 – Care of the Athlete | 3 | |
| 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 | 3 | |
| CHEM 119 – Fund of Chemistry I | 4 | | KINE 428 – Exercise Biomechanics Lab | 1 | |
| CHEM 120 – Fund of Chemistry II | 4 | | KINE 427 – Therapeutic Principles | 3 | |
| PHYS 201 – College Physics I | 4 | | KINE 433 – Exercise Physiology | 3 | |
| PHYS 202 – College Physics II | 4 | | KINE 435 – Physiology of Exercise Lab + | 1 | |
| BIOL 319# – Integ Hum Anat & Phys I | 4 | | PROFESSIONAL DEVELOPMENT (28) | | |
| BIOL 320# – Integ Hum Anat & Phys II | 4 | | CHEM 257 – Fund of Organic Chemistry I | 4 | |
| LANGUAGE, PHIL & CULTURE (3)* | | | CHEM 258 – Fund of Organic Chemistry II | 4 | |
| | 3 | | BIOL 351 – Fund of Microbiology | 4 | |
| CREATIVE ARTS (3)* | | | GENE 301 – Comprehensive Genetics | 3 | |
| | 3 | | GENE 312 – Comp Genetics Lab | 1 | |
| SOCIAL SCIENCE (3) | | | BICH 410 – Comp Biochemistry I | 3 | |
| PBSI 107 – Intro to Psychology | 3 | | STAT 302 – Statistical Methods | 3 | |
| CITIZENSHIP (12) | | | ^Prof Dev ELECTIVE | 3 | |
| HIST* | 3 | | ^Prof Dev ELECTIVE | 3 | |
| HIST* | 3 | | | | |
| POLS 206 – American National Govt | 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 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 _____

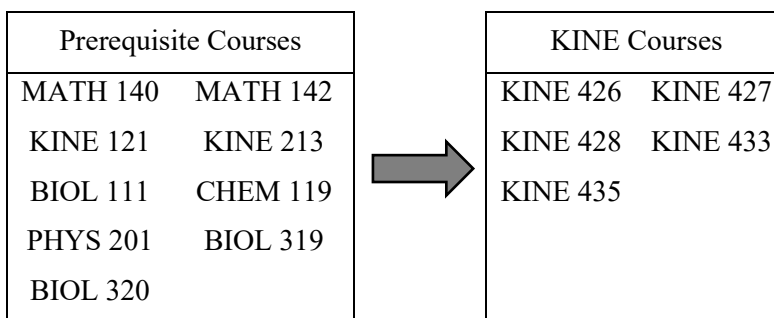
Basic Exercise Physiology Curriculum Spreadsheet

| 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/COMM | | U1-U4 | | C | Choose from ENGL 210* or COMM 203, 205, 243. *Med School Recommended |
| 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 111 | | U1-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 427, 433, & 435 |
| BIOL 112 | BIOL 111 | U1-U4 | BIOL 107 | C | |
| CHEM 119 | | U1-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 427, 433, & 435 |
| CHEM 120 | CHEM 119 | U1-U4 | NONE | C | |
| PHYS 201 | | U1-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 427, 433, & 435 |
| PHYS 202 | PHYS 201 | U1-U4 | NONE | C | |
| BIOL 319 | BIOL 111 & 112 or 107 | U1-U4 | NONE | C | Prerequisite course for KINE 406, 407, 426, 427, 433, & 435; Must be taken at Texas A&M |
| BIOL 320 | BIOL 319 | U1-U4 | NONE | C | Prerequisite course for KINE 426, 427, 433, & 435; 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 | |
| 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 or S | Choose from required activities from list in General Rules. Can take for letter grade or pass/fail. 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 307 | | U3-U4 | NONE | C | |
| KINE 318 | BIOL 319 | U3-U4 | NONE | C | |
| 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 428 | Bolded Courses | U3-U4 | NONE | C | Must have completed prerequisites to take; Must take with or after KINE 426 |
| 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 |
| CHEM 257 | CHEM 120 | U1-U4 | NONE | C | |
| CHEM 258 | CHEM 257 | U1-U4 | NONE | C | |
| BIOL 351 | BIOL 112 & CHEM 257 | U3-U4 | NONE | C | |
| GENE 301 | BIOL 112 | U3-U4 | NONE | C | |
| GENE 312 | BIOL 112 | U3-U4 | NONE | C | |
| BICH 410 | CHEM 258 | 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 https://opsa.tamu.edu/index.html |
| +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 202431

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, 428, 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 340 - Strength and Conditioning (3) |
| BICH 412 – Biochemistry Lab I (1) | *KINE 485 – Directed Studies (0-4) |
| BIOL 206 – Introductory Microbiology (4) | *KINE 491 – Undergrad Research (0-4) |
| BIOL 213 – Molecular Cell Biology (3) | NUTR 202 – Fundamentals of Nutrition (3) |
| BIOL 405 – Comparative Endocrinology (3) | Any 300-499 level NUTR Course |
| BIOL 434 – Reg & Behave Neuroscience (3) | Any 300-499 level PBSI Course |
| BIOL 454 – Immunology (3) | PBSI 225 – Lifespan Development (3) |
| COMM 370 – Health Communication (3) | PHIL 111 – Contemporary Moral Issues (3) |
| GENE 310 – Principles of Heredity (3) | PHIL 251 – Intro to Philosophy (3) |
| +HLTH 354 – Medical Terminology (3) or PHLT 354 – Medical Terminology for Health Professions (3) | PHIL 480 – Medical Ethics (3) |
| | SOCI 205 – Introduction to Sociology (3) |
| +ISTM 209 or ISTM 210 – BUSN INFO System Concept (3) | SPMT 304 – Psychology of Sport (3) |
| KINE 216 – First Aid (2) | VTPB 409 – Introduction to Immunology (3) |
| *KINE 285 – Learning Community Section Only (1) | VTPP 425 – Pharmacology (3) |
| KINE 305 – Sport Nutrition (3) | |
| “*” = Must have instructor approval “+” = Only one course from the box may be taken | 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 PSA Website | |

III. KINE 199 REQUIREMENTS FOR BEP

| Aerobic Requirement | | Strength Training Requirement |
|--|---|--|
| <ul style="list-style-type: none"> • Action Ball • Aerobic Movement • Aerobic Running/Walking • Majors Aquatics • Badminton/Racquetball • Basketball • Boot Camp* • Cardio Fitness Swimming • Cardio Kickboxing • Handball • Hockey • Indoor Cycling | <ul style="list-style-type: none"> • Majors Fitness • Obstacle Course* • Pickleball • Soccer • Spikeball • Step • Swimming • Tennis • Trail Running • Triathlon Training • Volleyball • Zumba | <ul style="list-style-type: none"> • Boot Camp* • Majors Resist/Flex • Obstacle Course* • Pilates • Strength Training • Tone and Flex • X-Fit/Extreme Fitness • Yoga |

Here are the rules that apply to your KINE 199 requirements

1. **You must take at least one KINE 199 from the chart**
2. **May be taken for a letter grade or Pass/Fail. Must change to a letter grade by Q-drop deadline.**
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

The Undergraduate Degree Planner (UGDP) is an electronic tool that allows students to create a four-year layout of degree requirements to map out a tentative graduation timeline. The UGDP is in Howdy and accessible at any time to edit or plan future semesters. Students are encouraged to update their UGDP each semester to prepare for class registration, stay on track with course sequencing, and prepare for academic advising meetings. **The UGDP is not a substitute for advising.** Completion of your UGDP does NOT ensure you are meeting all the requirements for graduation or that your courses will be available in the semester(s) you plan.

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/>

Everything in this degree plan packet is subject to change

Basic Exercise Physiology Catalog 202431

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

| Second Fall | | Second Spring | | Second Summer | |
|--|-----------|------------------------------------|-----------|---------------|----------|
| Course | Cr Hrs | Course | Cr Hrs | Course | Cr Hrs |
| CHEM 120 | 4 | #BIOL 320 | 4 | PHYS 202 | 4 |
| #BIOL 319 | 4 | CHEM 257 | 4 | | |
| *American History | 3 | ^Professional Development Elective | 3 | | |
| Select One: ENGL 210 or COMM 203, 205, 243 | 3 | *American History | 3 | | |
| | | | | | |
| | | | | | |
| TOTAL | 14 | TOTAL | 14 | TOTAL | 4 |

| 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 258 | 4 | GENE 301 & 312 | 4 | | |
| KINE 318 | 3 | KINE 307 | 3 | | |
| POLS 206 | 3 | *Language, Philosophy, Culture | 3 | | |
| | | | | | |
| | | | | | |
| TOTAL | 14 | TOTAL | 13 | TOTAL | 0 |

| Fourth Fall | | Fourth Spring | | Fourth Summer | |
|------------------------|-----------|-----------------------|-----------|---------------|----------|
| Course | Cr Hrs | Course | Cr Hrs | Course | Cr Hrs |
| KINE 427 | 3 | KINE 426 | 3 | | |
| KINE 406 | 3 | KINE 428 | 1 | | |
| +KINE 407 | 1 | KINE 433 | 3 | | |
| STAT 302 or 303 | 3 | +KINE 435 | 1 | | |
| POLS 207 | 3 | *Creative Arts | 3 | | |
| | | #KINE 199 | 1 | | |
| | | | | | |
| TOTAL | 13 | TOTAL | 12 | TOTAL | 0 |

Important Information:

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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