

COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

Bachelor of Science

Exercise Science – Health Professions

Four-Year Academic Map 2025-2026

YEAR 1	Semester 1 Fall			Semester 2 Spring			Total
	ENGL 1301	First Year Writing I*	3	ENGL 1302	First Year Writing II*	3	
	HIST 1301	The United States to 1877*	3	HIST 1302	The United States since 1877*	3	
	GOVT 2306	U.S. and Texas Constitution and Politics*	3	GOVT 2305	U.S. Government*	3	
	MATH 1314	College Algebra*	3	MATH 2312	Precalculus*	3	
	BIOL 2301	Anatomy & Physiology I	3	BIOL 2302	Anatomy & Physiology II	3	
	BIOL 2101	Anatomy & Physiology I Lab	1	BIOL 2102	Anatomy & Physiology II Lab	1	
	Semester Hours		16	Semester Hours		16	32

YEAR 2	Semester 1 Fall			Semester 2 Spring			Total
	KIN 1352	Foundations of Kinesiology, Health, and Fitness	3	KIN 1304	Public Health Issues in Physical Activity and Obesity*	3	
	NUTR 2332	Intro to Human Nutrition	3	KIN 2304	Structural Kinesiology I^	3	
	BIOL 1306	Biology for Science Majors I *	3	BIOL 1307	Biology for Science Majors II	3	
	BIOL 1106	Biology for Science Majors I Lab	1	BIOL 1107	Biology for Science Majors II Lab	1	
	PHYS 1301	College Physics I*	3	PHYS 1302	College Physics II	3	
	PHYS 1101	College Physics I Lab	1	PHYS 1102	College Physics II Lab	1	
	Semester Hours		14	Semester Hours		14	28

YEAR 3	Semester 1 Fall			Semester 2 Spring			Total
	CORE	Language, Philosophy, & Culture*	3	CORE	Creative Arts*	3	
	MATH 1342	Elementary Statistical Methods	3	KIN 3101	Seminar in Kinesiology^	1	
	OR	OR		KIN 3309	Biomechanics	3	
	PSYC 2317	Intro to Psychological Statistics	3	KIN 4310	Measurement Techniques in Human Performance	3	
	KIN 3304	Structural Kinesiology II		CHEM 1312	Fundamentals of Chemistry II	3	
	KIN 3306	Exercise Physiology	3	CHEM 1112	Fundamentals of Chemistry II Lab	1	
	CHEM 1311	Fundamentals of Chemistry I	3	Semester Hours		14	30

YEAR 4	Semester 1 Fall			Semester 2 Spring			Total
	KIN 4306	Advanced Exercise Physiology^	3	CORE	Writing in the Disciplines*	3	
	KIN 4370	Exercise Testing	3	KIN 4315	Motor Learning & Control	3	
	Elective	1000-4000 level course	3	KIN 4371	Exercise Prescription^	3	
	Elective	3000-4000 level course	3	Elective	3000-4000 level course^	3	
	Elective	3000-4000 level course^	3	Elective	3000-4000 level course^	3	
	Semester Hours		15	Semester Hours		15	30
							120

*State of Texas Core Curriculum.

Students should meet with their academic advisor to formulate their own plan

^Course updates provided are pending Provost approval of degree plan updates.