

**Bachelor of Science in Health and Human Performance - Exercise Science
2014 - 2015 Catalog**

The University of Texas at Brownsville and Texas Southmost College

This document provides a list of the UTB/TSC courses required for the major and their equivalent UTRGV courses.

A significant number of courses have changed their course prefix, number, and title.

For any additional information, please visit the Academic Advising Center.

UTB/TSC Courses

Course Equivalents at UTRGV

GENERAL EDUCATION CORE COURSES REQUIRED FOR THE MAJOR

030 – Natural Sciences

- BIOL 2301/2101 Anatomy and Physiology I/Lab I
- BIOL 2302/2102 Anatomy and Physiology II/Lab II

- BIOL 2401 Anatomy and Physiology I
- BIOL 2402 Anatomy and Physiology II

A – GENERAL EDUCATION CORE – 42 HOURS

42 hours of General Education Core

B – MAJOR REQUIREMENTS – 42 hours

1 – Core Courses for the Major – 38 hours

- KINE 1306 First Aid/First Responder
- HLTH 2325 Nutrition
- KINE 3353 Physiology of Exercise and Human Performance
- KINE 3153 Physiology of Exercise and Human Performance Lab
- KINE 3360 Exercise Testing and Prescription
- KINE 3160 Exercise Testing and Prescription Lab
- KINE 3365 Physiology and Techniques of Strength/Power Fitness
- KINE 3370 Biomechanics
- KINE 4310 Measurement Techniques in Physical Exercise and Sports
- KINE 4351 The Adapted Kinesiology Program
- KINE 4355 Pediatric Exercise Physiology
- KINE 4360 Clinical Exercise Physiology
- KINE 4370 Management in Exercise and Health Promotion
- KINE 4380 Exercise Science Internship

- KINE 1306 First Aid and First Responder
- HLTH 3372 Nutrition and Health
- KINE 3353 Physiology of Exercise
- KINE 3153 Physiology of Exercise Lab
- KINE 3360 Exercise Testing and Prescription
- KINE 3160 Exercise Testing and Prescription Lab
- KINE 3365 Physiology and Techniques of Strength/Power Fitness
- KINE 3370 Biomechanics
- KINE 4310 Measurement Techniques in Physical Education and Sport
- KINE 4351 Adapted Kinesiology
- KINE 4355 Pediatric Exercise Physiology
- KINE 4360 Clinical Exercise Physiology
- KINE 4370 Management in Exercise and Health Promotion
- KINE 4380 Exercise Science Internship

2 – Kinesiology Activities – 4 hours

- KINE 1101 Aerobic Dance and Exercise
- KINE 1124 Swimming or KINE 11XX Any 1-hr Activity Course
- KINE 1130 Weight Training
- KINE 1134 Physical Conditioning

- KINE 1201 Aerobic Exercise
- KINE 1200 Swimming
- KINE 1230 Weight Training
- KINE 1233 Physical Conditioning

C – RESTRICTED ELECTIVES – 6 HOURS

Choose 6 hours from the following courses:

(6 hours must be advanced 3000, 4000 level)

- HLTH 3300 Elementary and Secondary School Health
- HLTH 3305 Selected Topics in Health Education
- HLTH 3325 Latino Health Issues
- HLTH 4300 Human Disease
- HLTH 4305 Community Health Methods
- HLTH 4315 Health Program Planning and Evaluation
- KINE 4322 Adapted Aquatics and Rehabilitation
- KINE 4358 Motor Control and Learning

- HLTH 3300 School Health Methods
- HLTH 3305 Selected Topics in Health Education
- HLTH 3325 Latino Health
- HLTH 3374 Human Disease
- HLTH 4305 Community Health Methods
- HLTH 4315 Health Program Planning and Evaluation
- KINE 4323 Adapted Aquatics and Rehabilitation
- KINE 4375 Motor Learning

D – SUPPORT AREA AND/OR ELECTIVES – 30 HOURS

(4 hours must be advanced 3000, 4000 level)

30 hours of Support Area and/or Electives

(4 hours must be advanced 3000, 4000 level)

TOTAL CREDIT HOURS FOR GRADUATION – 120

TOTAL ADVANCED HOURS (minimum) – 36

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