

Degree Type – Bachelor of Science (BS)
Degree Title – Exercise Science

The Department of Health and Human Performance has a focus on preparing Exercise Science majors to function professionally in a changing and diverse society, and to improve the quality of life through the understanding, delivering and promotion of health, physical activity, and wellness.

STUDENT LEARNING OUTCOMES:

1. Students will be able to demonstrate basic clinical laboratory and field based fitness testing skills.
2. Students will demonstrate competency of knowledge and skill in the Exercise Science field.
3. Students will demonstrate a knowledge base that is sufficient to pass national professional certification exams in the Exercise Science Fields.

A – GENERAL EDUCATION CORE – 42 HOURS

Students must fulfill the General Education Core requirements. The courses listed below satisfy both degree requirements and General Education Core requirements.

Required

Life and Physical Science – 6 hours

BIOL 2401 Anatomy and Physiology I three-hour lecture
BIOL 2402 Anatomy and Physiology II three-hour lecture

Social and Behavioral Sciences – 3 hours

PSYC 2301 General Psychology

Integrative and Experiential Learning – 2 hours

BIOL 2401 Anatomy and Physiology I one-hour lab
BIOL 2402 Anatomy and Physiology II one-hour lab

B – MAJOR REQUIREMENTS – 78 HOURS (42 advanced minimum)

1 – Exercise Science Core – 38 hours (35 advanced)

HLTH 3372 Nutrition and Health
KINE 1301 Wellness
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 4375 Motor Learning
KINE 4380 Exercise Science Internship (Capstone)

2 – Concentrations – 40 hours (7 advanced minimum)

a – Physical Therapy Option I – 40 hours (7 advanced minimum)**i – Physical Therapy Core – 33 hours**

BIOL 1406 General Biology I (or BIOL 1487 Honors)
 BIOL 1407 General Biology II (or BIOL 1488 Honors)
 CHEM 1311 General Chemistry I
 CHEM 1111 General Chemistry Lab I
 CHEM 1312 General Chemistry II
 CHEM 1112 General Chemistry Lab II
 PHYS 1401 General Physics I
 PHYS 1402 General Physics II
 SOCI 1301 Introduction to Sociology

Choose one:

MATH 1342 Elementary Statistical Methods (or MATH 1387 Honors)
 MATH 1343 Introduction to Biostatistics (or MATH 1388 Honors)
 PSYC 2401 Basic Statistics for Psychologists

Choose one:

HRPT 2303 Medical Terminology
 PSYC 3337 Developmental Psychology: Lifespan
 ENGL 3342 Technical Communication

ii – Free Electives – 7 hours (7 advanced minimum)**b – Occupational Therapy Option II (Recommended) – 40 hours (12 advanced minimum)****i – Occupational Therapy Core – 31 hours (9 advanced)**

ANTH 2351 Introduction to Cultural Anthropology
 SOCI 1323 Social Problems
 PHYS 1401 General Physics I
 HRPT 2303 Medical Terminology
 MATH 1343 Introduction to Biostatistics (or MATH 1388 Honors)
 ENGL 3342 Technical Communication
 REHS 2331 Psychology of Disability
 PSYC 3337 Developmental Psychology: Lifespan
 PSYC 4313 Abnormal Psychology

ii – Free Electives – 12 hours (6 advanced minimum)**c – Free Electives – 40 hours (7 advanced) ***

Choose 40 hours of free electives. Hours can be used to complete a minor and/or second major.

TOTAL CREDIT HOURS FOR GRADUATION – 120 HOURS

TOTAL ADVANCED HOURS (MINIMUM) – 42 HOURS

ADMISSION, PROGRESSION, AND GRADUATION REQUIREMENTS, if applicable:

Admission requirements

For admission, students must complete of 60 hours of course work and have junior standing.

Progression requirements

1. A grade of 'C' or better must be maintained in all advanced coursework.

2. In addition to the graduation requirements listed in the UTRGV 2015-2017 Undergraduate Catalog, demonstration of proficiency in a language other than English is required at the undergraduate level equivalent to a minimum of six credit hours. Proficiency can be demonstrated by a college credit exam, a placement test approved through the UTRGV Department of Writing and Language Studies, and/or up to six credit hours of college-level language coursework.

*Correction of hours in section **B2c – Free Electives**.

Previous:

c – Free Electives – 33 hours (7 advanced)

Choose 40 hours of free electives. Hours can be used to complete a minor and/or second major.