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*The Department of Health and Human Performance has a focus on preparing Kinesiology 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.*

**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**

**020 - Mathematics – 3 hours**

MATH 1314 College Algebra

**030 - Life and Physical Sciences – 6 hours**

BIOL 2401 Anatomy and Physiology I three-hour lecture

BIOL 2402 Anatomy and Physiology II three-hour lecture

**040 - Language, Philosophy, and Culture – 3 hours**

*Choose 3 hours from Anthropology, Communication, English, or Philosophy.*

**090 - 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 – 65 HOURS (56 advanced)**

**1 – Kinesiology Core – 47 hours (38 advanced)**

KINE 1301 Wellness

KINE 1351 Introduction to Sports and Exercise Science

KINE 1306 First Aid and First Responder

KINE 3415 Advanced Sport Skills

KINE 3314 Teaching Movement Arts to Children and Adolescents

KINE 3341 Principles of Conditioning and Fitness

KINE 3370 Biomechanics

KINE 3353 Physiology of Exercise

KINE 4310 Measurement Techniques in Physical Education and Sport

KINE 4375 Motor Learning

HLTH 3372 Nutrition and Health

KINE 4402 Kinesiology Curriculum for Elementary Students

KINE 4351 Adapted Kinesiology

KINE 4356 Motor Development

KINE 4330 Structure and Organization of Recreational Programs

**2 – Concentration – 18 hours (18 advanced)**

*Choose one of the following concentrations:*

**a – Coaching – 18 hours (18 advanced)**

*Choose one:*

KINE 3300 Theory of Football

KINE 3302 Teaching Individual Sports

KINE 3303 Theory of Basketball

KINE 3304 Theory of Baseball

KINE 3305 Theory of Track and Field

KINE 3333 Theory of Soccer

KINE 3330 Coaching of Sports

KINE 3368 Kinesiology Workshop

KINE 3365 Physiology and Techniques of Strength/Power Fitness

KINE 3344 Sports Officiating

KINE 4382 Kinesiology Practicum

**b – Athletic Training – 18 hours (18 advanced)**

KINE 3352 Care, Treatment, and Prevention of Athletic Injuries

KINE 3365 Physiology and Techniques of Strength/Power Fitness  
KINE 3354 CPR for the Professional Rescuer  
KINE 4321 Advanced Athletic Training  
KINE 4322 Rehabilitation/Therapeutic Modalities in Athletic Training  
KINE 4382 Kinesiology Practicum

**c – Recreational Sports Management – 18 hours (18 advanced)**

KINE 3330 Coaching of Sports  
KINE 3342 Lifestyle Management  
KINE 3378 Planning and Use of Facilities  
KINE 3379 Sports Marketing and Technology  
KINE 4370 Management in Exercise and Health Promotion  
KINE 4382 Kinesiology Practicum

**C – FREE ELECTIVES – 14 HOURS (6 advanced)**

**TOTAL CREDIT HOURS FOR GRADUATION – 121 HOURS**

**TOTAL ADVANCED HOURS – 62 HOURS**

**ADMISSION, PROGRESSION, AND GRADUATION REQUIREMENTS, if applicable:**

**Admission requirements**

Completion of 60 hours of course work and junior standing.

**Progression requirements**

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

**Graduation requirements**

1. A GPA of 2.5 or higher in each section is required for graduation.
2. In addition to the graduation requirements listed in the UTRGV 2017-2019 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.