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.

STUDENT LEARNING OUTCOMES:

1. Students will demonstrate competency in the application of Kinesiology skills in public and/or private settings.
2. Students will demonstrate written comprehensive competency in Kinesiology Theory courses such as Biomechanics, Exercise Physiology, Motor Learning and Pedagogy.
3. Student must quantify student internship experience in the form of a Student Portfolio that will be presented to the course.

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

Mathematics – 3 hours
MATH 1314 College Algebra

Life and Physical Sciences – 6 hours
BIOL 2401 Anatomy and Physiology I three-hour lecture
BIOL 2402 Anatomy and Physiology II three-hour lecture

Language, Philosophy, and Culture – 3 hours
Choose 3 hours from Anthropology, Communication, English, or Philosophy.

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 Advance 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 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.