This program leads to a profession which requires an occupational license as defined under Texas Occupations Code 58.001. This requires that all applicants seeking to become licensed must undergo a criminal background check prior to licensure.

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 2017-2018 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.