

Exercise Science

Concentration: Free Electives

	H	Course #	Course Title	Min. Grade	GEC	Prerequisite	Additional Notes	
FIRST YEAR	FALL	3	Choose 1	Communication (Core)	C	010	For all 010 courses: Satisfactory scores on ENGL portion of ACT test or TSI reading/writing exams or ENGL 0301. For ENGL 1302/1388, a grade of "C" or better in ENGL 1301/1387.	See General Education Core for more details <b>Options: ENGL 1301 or ENGL 1387 (H)</b>
		4	BIOL 2401	Anatomy and Physiology I (Core)		030/090		Priority course for major sequence. <b>A minimum grade of "B" to enter the Exercise Program.</b>
		3	MATH 1314	College Algebra (Core)	C	020	Satisfactory scores on Math portion of ACT test or TSI math exam or MATH 0314/0332/0342.	
		3	Choose 1	American History (Core)		060		See General Education Core for more details. <b>Options: HIST 1301 or HIST 1387 (H) or HIST/MASC 2327</b>
		3	Choose 1	Creative Arts (Core)		050		See General Education Core for course options.
				UNIV 1301	Learning Framework			
<b>16 Semester Total Hours</b>								
FIRST YEAR	SPRING	3	Choose 1	Communication (Core)	C	010	For all 010 courses: Satisfactory scores on ENGL portion of ACT test or TSI reading/writing exams or ENGL 0301. For ENGL 1302/1388, a grade of "C" or better in ENGL 1301/1387.	See General Education Core for more details <b>Options: ENGL 1302 or ENGL 1388 (H) or ENGL 1305</b>
		4	BIOL 2402	Anatomy and Physiology II (Core)		030/090	BIOL 2401.	Priority course for major sequence. <b>A minimum grade of "B" to enter the Exercise Program.</b>
		3	Choose 1	American History (Core)		060		See General Education Core for more details. <b>Options: HIST 1302 or HIST 1388 (H) or HIST/MASC 2328</b>
		3	Choose 1	Government/Political Science (Core)		070		See General Education Core for more details <b>Options: POLS 2305 or POLS 2385 (H)</b>
		3	X3XX	Free Elective				See Degree Plan for course options.
<b>16 Semester Total Hours</b>								
SECOND YEAR	FALL	3	Choose 1	Government/Political Science (Core)		070		See General Education Core for more details <b>Options: POLS 2306 or POLS 2386 (H)</b>
		3	Choose 1	Language, Philosophy & Culture (Core)		040		See General Education Core for course options.
		3	KINE 1301	Wellness				Satisfies Major-Specific Requirement.
		3	X3XX	Free Elective				See Degree Plan for course options.
		3	X3XX	Free Elective				See Degree Plan for course options.
		<b>15 Semester Total Hours</b>						
SECOND YEAR	SPRING	3	KINE 3370	Biomechanics	C		BIOL 1309/1109 or BIOL 2401.	Satisfies Major-Specific Requirement.
		3	KINE 3353	Physiology of Exercise	C		BIOL 2401.	Satisfies Major-Specific Requirement.
		1	KINE 3153	Physiology of Exercise Lab	C		Co-requisite: KINE 3353	Satisfies Major-Specific Requirement.
		3	PSYC 2301	General Psychology (Core)		080		See General Education Core for course options.
		3	Choose 1	Integrative and Experiential Learning (Core)		090		See General Education Core for course options.
		1	Choose 1	Integrative and Experiential Learning (Core)		090		See General Education Core for course options.
		3	X3XX	Free Elective				
<b>17 Semester Total Hours</b>								

CORE: The 2019-2020 list of core courses can be found at: [www.utrgv.edu](http://www.utrgv.edu) > Academics > Undergraduate > General Education Core  
[www.utrgv.edu/core](http://www.utrgv.edu/core)

Symbols Key

Critical (!): sequence sensitive course.

Minimum Grade: A - Excellent; B - Good; C - Satisfactory; D - Below Average; CR - Credit; P - Passing; S - Satisfactory.

General Education Core (GEC) Sections: 010 - Communication; 020 - Mathematics; 030 - Life and Physical Sciences; 040 - Language, Philosophy & Culture; 050 - Creative Arts; 060 - American History; 070 - Government/Political Science; 080 - Social and Behavioral Sciences; 090 - Applied Communication and Literacies; 090 - Humanities; 090 - Leadership; 090 - Science Labs; 090 - Interdisciplinary; 090 - Technologies; 090 - Language Diversity & Writing.

		H	Course #	Course Title	Min. Grade	GEC	Prerequisite	Additional Notes
THIRD YEAR	FALL	3	KINE 3360	Exercise Testing and Prescription	C		KINE 3353/3153	Satisfies Major-Specific Requirement.
		1	KINE 3160	Exercise Testing and Prescription Lab	C		KINE 3353, KINE 3153	Satisfies Major-Specific Requirement.
		3	KINE 4375	Motor Learning	C		BIOL 2401.	Satisfies Major-Specific Requirement.
		3	X3XX	Free Elective				See Degree Plan for course options.
		3	X3XX	Free Elective				See Degree Plan for course options.
		<b>13 Semester Total Hours</b>						
THIRD YEAR	SPRING	3	HLTH 3372	Nutrition and Health	C		Junior standing.	Satisfies Major-Specific Requirement.
		3	KINE 4355	Pediatric Exercise Physiology	C		BIOL 2401.	
		3	X3XX	Free Elective				
		3	X3XX	Free Elective				
		<b>12 Semester Total Hours</b>						
FOURTH YEAR	FALL	3	KINE 3365	Physiology and Techniques of Strength/Power Fitness	C		KINE 3353/3153; and KINE 3360/3160.	Satisfies Major-Specific Requirement.
		3	KINE 4351	Adapted Kinesiology	C		Junior or senior standing.	Satisfies Major-Specific Requirement.
		3	KINE 4310	Measurement Techniques in Physical Education and Sport	C		Junior or senior standing.	Satisfies Major-Specific Requirement.
		3	33XX-43XX	Free Advanced Elective (KINE 4370)	C			Recommended: KINE 4370 (prerequisite for KINE 4380)
		3	X3XX	Free Elective				
		<b>15 Semester Total Hours</b>						
FOURTH YEAR	SPRING	3	KINE 4380	Exercise Science Internship	C		KINE 3365, KINE 4355, and KINE 4370.	Capstone course.
		3	KINE 4360	Clinical Exercise Physiology	C		KINE 3360/3160	
		3	X3XX	Free Elective				
		3	X3XX	Free Elective				
		4	34XX-44XX	Free Advanced Elective	C			
<b>16 Semester Total Hours</b>								

**Note**

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.

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

Students will be required to have an overall 2.75 minimum GPA following second semester of Undergraduate course work and a minimum grade of B in Anatomy & Physiology I/Lab, Anatomy & Physiology II/Lab in order to transfer to the Exercise Science major. If admitted to the Exercise Science major, students are required to maintain a 2.75 GPA in their Core courses to remain in the program. Students who do not maintain this GPA will be placed on academic probation for one semester. If they do not meet the criteria after one semester, they will be dismissed from the program.

**Progression requirements**

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

**120 TOTAL HOURS**

**(42) TOTAL ADVANCED HOURS**

Approved: Monday, June 10, 2019

Revised: Monday, May 6, 2019