



Bachelor of Science (BS) Exercise Science

2025-2026

		H	Course #	Course Title	Min. Grade	GEC	Prerequisite	Additional Notes
FIRST YEAR	FALL	3	Choose 1	Communication	C	010	For all 010 courses: Satisfactory scores on English portion of ACT test and TSI examination or ENGL 0301. For ENGL 1302, a grade of "C" or better in ENGL 1301.	See General Education Core for more details. Option: ENGL 1301
		4	BIOL 2401	Anatomy and Physiology I	B	030/090		Priority course for major sequence. A minimum grade of "B" to enter the Exercise Program.
		3	MATH 1342 or MATH 1343	Elementary Statistical Methods or Introduction to Biostatistics	C	020	College Ready TSI status in Mathematics.	See General Education Core for more details.
		3	Choose 1	American History		060		See General Education Core for more details. Options: HIST 1301 or HIST 2327
		3	Choose 1	Creative Arts		050		See General Education Core for course options.
			UNIV	1301 Learning Framework 1101 Academic and Career Success 1001/1300 Living and Working by Design				As required, based on a number of factors such as credit hours earned, TSI status, high school rank, major declaration, etc.
	16 Semester Total Hours							
	SPRING	3	Choose 1	Communication	C	010	For all 010 courses: Satisfactory scores on English portion of ACT test and TSI examination or ENGL 0301. For ENGL 1302, a grade of "C" or better in ENGL 1301.	See General Education Core for more details. Options: ENGL 1302 or ENGL 1305
		4	BIOL 2402	Anatomy and Physiology II	B	030/090	BIOL 2401.	Priority course for major sequence. A minimum grade of "B" to enter the Exercise Program.
		3	Choose 1	American History		060		See General Education Core for more details. Options: HIST 1302 or HIST 2328
3		POLS 2305	U.S. Federal Government & Politics		070		See General Education Core for more details	
3		13XX-43XX	Free Elective					
16 Semester Total Hours								
		H	Course #	Course Title	Min. Grade	GEC	Prerequisite	Additional Notes
SECOND YEAR	FALL	3	POLS 2306	Texas Government & Politics		070		See General Education Core for more details.
		3	KINE 1351	Introduction to Sports and Exercise Science				Satisfies Major-Specific Requirement.
		3	Choose 1	Language, Philosophy & Culture		040		See General Education Core for course options.
		3	13XX-43XX	Free Elective				
		3	13XX-43XX	Free Elective				
	15 Semester Total Hours							
	SPRING	3	PSYC 2301	General Psychology		080		See General Education Core for course options.
		3	Choose 1	Integrative and Experiential Learning		090		See General Education Core for course options.
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		3	13XX-43XX	Free Elective				
3		KINE 3370	Biomechanics	C		Grade of "B" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.	
3		KINE 3353	Physiology of Exercise I	C		Grade of "B" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.	
1		KINE 3153	Physiology of Exercise Lab I	C		Grade of "B" or better in BIOL 2401 and BIOL 2402. Corequisite: KINE 3353.	Satisfies Major-Specific Requirement.	
17 Semester Total Hours								

The 2024-2026 list of core courses can be found in the 2024-2026 Undergraduate Catalog: www.utrgv.edu/catalog > See 'Bachelors Degree Program Regulations'

Symbols Key

Minimum Grade: A - Excellent; B - Good; C - Satisfactory; D - Below Average; CR - Credit; P - Passing; S - Satisfactory.
Bolded Course #: Program Admission Requirement

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		Grade of "C" in KINE 3153 and KINE 3353	Satisfies Major-Specific Requirement.
		1	KINE 3160	Exercise Testing and Prescription Lab	C		Grade of "C" in KINE 3153 and KINE 3353	Satisfies Major-Specific Requirement.
		3	KINE 4375	Motor Learning	C		Grade of "B" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.
		3	13XX-43XX	Free Elective				
		3	13XX-43XX	Free Elective				
	13 Semester Total Hours							
	SPRING	3	33XX-43XX	Free Advanced Elective				
		3	KINE 4353	Physiology of Exercise II	C		KINE 3353 and KINE 3153.	Satisfies Major-Specific Requirement.
		3	NUTR 2351	Introduction to Clinical Nutrition				Satisfies Major-Specific Requirement.
		3	13XX-43XX	Free Elective				
12 Semester Total Hours								
		H	Course #	Course Title	Min. Grade	GEC	Prerequisite	Additional Notes
FOURTH YEAR	FALL	3	KINE 3365	Physiology and Techniques of Strength/Power Fitness	C		Grade of "C" KINE 3353, KINE 3370.	Satisfies Major-Specific Requirement.
		1	KINE 3165	Physiology and Techniques of Strength/Power Fitness Lab	C		KINE 3353 and KINE 3370. Corequisite: KINE 3365.	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 and MATH 1342 or MATH 1343.	Satisfies Major-Specific Requirement.
		3	33XX-43XX	Free Advanced Elective				
		3	13XX-43XX	Free Elective				
	16 Semester Total Hours							
	SPRING	3	KINE 4380	Exercise Science Internship	C		Grade of "C" in KINE 3360 and KINE 3160.	Capstone course. The internship class must be taken during the last semester in the completion of the degree program with a 12-credit hour limitation.
		3	KINE 4360	Clinical Exercise Physiology	C		Grade of "C" in KINE 3360 and KINE 3160.	Satisfies Major-Specific Requirement.
		3	13XX-43XX	Free Elective				
		3	13XX-43XX	Free Elective				
		3	33XX-43XX	Free Advanced Elective				
15 Semester Total Hours								

120 TOTAL HOURS
(42) Advanced minimum credit hours

Revised: Tuesday, February 18th, 2025