

Bachelor of Science (BS)
Exercise Science

The 2026-2027 list of core courses can be found in the 2026-2027 Undergraduate Catalog: www.utrgv.edu/catalog > See 'Bachelors Degree Program Regulations'

Symbols Key										
Campus: B - Offered in Brownsville; E - Offered in Edinburg; O - Offered Online; T - Travel Required										
Bolded Course Number*: Program Admission Requirement										
Min Grade: A - Excellent; B - Good; C - Satisfactory; D - Below Average; CR - Credit; P - Passing; S - Satisfactory.										
Core: 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;										
Core: 090 - Applied Communication and Literacies; Humanities; Leadership; Science Labs; Interdisciplinary; Technologies; Language Diversity & Writing										
Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
1	Fall	3	B/E/O	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	
1	Fall	4	B/E	BIOL 2401	Anatomy and Physiology I	C	030/090		Priority course for major sequence. A minimum grade of "C" to enter the Exercise Program.	
1	Fall	3	B/E/O	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.	
1	Fall	3	B/E/O	Choose 1	American History		060		See General Education Core for more details. Options: HIST 1301 or HIST 2327	
1	Fall	3	B/E/O	Choose 1	Creative Arts		050		See General Education Core for course options.	
1	Fall		B/E/O	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.	
1	Fall	16		Semester Total Hours						
1	Spring	3	B/E/O	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	
1	Spring	4	B/E	BIOL 2402	Anatomy and Physiology II	C	030/090	BIOL 2401.	Priority course for major sequence. A minimum grade of "C" to enter the Exercise Program.	
1	Spring	3	B/E/O	Choose 1	American History		060		See General Education Core for more details. Options: HIST 1302 or HIST 2328	
1	Spring	3	B/E/O	POLS 2305	U.S. Federal Government & Politics		070		See General Education Core for more details	
1	Spring	3	B/E/O	13XX-43XX	Free Elective					
1	Spring	16		Semester Total Hours						
Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
2	Fall	3	B/E/O	POLS 2306	Texas Government & Politics		070		See General Education Core for more details.	
2	Fall	3	E/O	KINE 1351	Introduction to Sports and Exercise Science				Satisfies Major-Specific Requirement.	
2	Fall	3	B/E/O	Choose 1	Language, Philosophy & Culture		040		See General Education Core for course options.	
2	Fall	3	B/E/O	13XX-43XX	Free Elective					
2	Fall	3	B/E/O	13XX-43XX	Free Elective					
2	Fall	15		Semester Total Hours						
2	Spring	3	B/E/O	PSYC 2301	General Psychology		080		See General Education Core for course options.	
2	Spring	3	B/E/O	Choose 1	Integrative and Experiential Learning		090		See General Education Core for course options.	
2	Spring	1	B/E/O	Choose 1	Integrative and Experiential Learning		090		See General Education Core for course options.	
2	Spring	3	B/E/O	13XX-43XX	Free Elective					
2	Spring	3	B/E	KINE 3370	Biomechanics	C		Grade of "C" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.	
2	Spring	3	B/E	KINE 3353	Physiology of Exercise I	C		Grade of "C" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.	
2	Spring	1	B/E	KINE 3153	Physiology of Exercise Lab I	C		Grade of "C" or better in BIOL 2401 and BIOL 2402. Corequisite: KINE 3353.	Satisfies Major-Specific Requirement.	
2	Spring	17		Semester Total Hours						

Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
3	Fall	3	B/E	KINE 3360	Exercise Testing and Prescription	C		Grade of "C" or better in KINE 3153 and KINE 3353.	Satisfies Major-Specific Requirement.	
3	Fall	1	B/E	KINE 3160	Exercise Testing and Prescription Lab	C		Grade of "C" or better in KINE 3153 and KINE 3353.	Satisfies Major-Specific Requirement.	
3	Fall	3	B/E	KINE 4375	Motor Learning	C		Grade of "C" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.	
3	Fall	3	B/E/O	13XX-43XX	Free Elective					
3	Fall	3	B/E/O	13XX-43XX	Free Elective					
3	Fall	13	Semester Total Hours							
3	Spring	3	B/E/O	33XX-43XX	Free Advanced Elective					
3	Spring	3	B/E	KINE 4353	Physiology of Exercise II	C		Grade of "C" or better in KINE 3353 and KINE 3153.	Satisfies Major-Specific Requirement.	
3	Spring	3	O	NUTR 2351	Introduction to Clinical Nutrition				Satisfies Major-Specific Requirement.	
3	Spring	3	B/E/O	13XX-43XX	Free Elective					
3	Spring	12	Semester Total Hours							
Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
4	Fall	3	B/E	KINE 3365	Physiology and Techniques of Strength/Power Fitness	C		Grade of "C" or better in KINE 3353, KINE 3370.	Satisfies Major-Specific Requirement.	
4	Fall	1	B/E	KINE 3165	Physiology and Techniques of Strength/Power Fitness Lab	C		KINE 3353 and KINE 3370. Corequisite: KINE 3365.	Satisfies Major-Specific Requirement.	
4	Fall	3	B/E	KINE 4351	Adapted Kinesiology	C		Junior or senior standing.	Satisfies Major-Specific Requirement.	
4	Fall	3	B/E	KINE 4310	Measurement Techniques in Physical Education and Sport	C		Junior or senior standing and MATH 1342 or MATH 1343.	Satisfies Major-Specific Requirement.	
4	Fall	3	B/E/O	33XX-43XX	Free Advanced Elective					
4	Fall	3	B/E/O	13XX-43XX	Free Elective					
4	Fall	16	Semester Total Hours							
4	Spring	3	B/E	KINE 4380	Exercise Science Internship	C		Grade of "C" or better in KINE 3360, KINE 3160, KINE 3365 and KINE 3165.	Capstone course. The internship course must be completed during the final semester of the degree program, and students may not exceed a total enrollment of 16 credit hours during that term. Satisfies Major-Specific Requirement.	
4	Spring	3	B/E	KINE 4360	Clinical Exercise Physiology	C		Grade of "C" or better in KINE 3360 and KINE 3160.	Satisfies Major-Specific Requirement.	
4	Spring	3	B/E/O	13XX-43XX	Free Elective					
4	Spring	3	B/E/O	13XX-43XX	Free Elective					
4	Spring	3	B/E/O	33XX-43XX	Free Advanced Elective					
4	Spring	15	Semester Total Hours							

120 TOTAL HOURS
(42) Advanced minimum credit hours