

# COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

## Bachelor of Science

### Fitness and Sports

Four-Year Academic Map 2020-2021

YEAR 1	Semester 1 Fall			Semester 2 Spring			Total
	ENGL 1303	First Year Writing I*	3	ENGL 1304	First Year Writing II*	3	
	POLS 1336	U.S. & Texas Constitution & Politics*	3	POLS 1337	U.S. Government*	3	
	HIST 1376/1377	The United States to 1877*	3	HIST 1378/1379	The United States since 1877*	3	
	KIN 1304	Public Health Issues in Physical Activity & Obesity*	3	KIN 1352	Foundations of Kinesiology Studies, Health & Fitness	3	
	MATH 1310	College Algebra*	3	MATH 1330	Precalculus*	3	
	Semester Hours		15	Semester Hours		15	30

YEAR 2	Semester 1 Fall			Semester 2 Spring			Total
	CORE	Language, Philosophy, & Culture*	3	CORE	Writing in the Disciplines*	3	
	CORE	Creative Arts*	3	NUTR 2332	Introduction to Human Nutrition	3	
	MATH 2311	Introduction to Probability & Statistics	3	KIN 3305	Sociological & Cultural Aspects of Sport	3	
	KIN 3301	Design & Evaluation of Physical Activity Programs	3	KIN 3350	Psychological Aspects of Sport & Exercise	3	
	BIOL 1310	General Biology I*		BIOL 1320	General Biology II*		
	OR	OR		OR	OR		
BIOL 1361	Intro to Biological Science I	3	BIOL 1362	Intro to Biological Science II	3		
Semester Hours		15	Semester Hours		15	30	

YEAR 3	Semester 1 Fall			Semester 2 Spring			Total
	PHYS 1301	General Physics I	3	KIN 3309	Biomechanics	3	
	KIN 3306	Physiology of Human Performance	3	KIN 4300	Physical Activity in Older Adults	3	
	KIN 3304	Human Structure & Physical Performance	3	KIN 4310	Measurement Techniques in Human Performance	3	
	KIN 4301	Workplace Wellness	3	Elective	1000-4000 level course	3	
	NUTR 4351	Gerontology and Nutrition					
	OR	OR					
NUTR 4352	Child and Adolescent Nutrition	3	HHP	Approved Advanced Elective	3		
Semester Hours		15	Semester Hours		15	30	

YEAR 4	Semester 1 Fall			Semester 2 Spring			Total
	KIN 4302	Fitness & Human Sexuality	3	KIN 4370	Exercise Testing	3	
	KIN 4330	Child & Adolescent Obesity	3	Elective	1000-4000 level course	3	
	Elective	1000-4000 level course	3	Elective	1000-4000 level course	3	
	KIN 4315	Motor Learning & Control Organization & Administration of Athletics	3	HHP	Approved Advanced Elective	3	
	KIN 4355	Athletics	3	HHP	Approved Advanced Elective	3	
	Semester Hours		15	Semester Hours		15	30
						120	

\*State of Texas Core Curriculum

Students should meet with their academic advisor to formulate their own plan.