

# COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

## Bachelor of Science

### Fitness and Sports

#### Four-Year Academic Map 2024-2025

| YEAR 1 | Semester 1 Fall |  |   | Semester 2 Spring |  |   | Total |    |
|--------|-----------------|--|---|-------------------|--|---|-------|----|
|        | ENGL 1301       | First Year Writing I*                                | 3 | ENGL 1302         | First Year Writing II*                               | 3 |       |    |
|        | GOVT 2306       | U.S. & Texas Constitution & Politics*                | 3 | GOVT 2305         | U.S. Government*                                     | 3 |       |    |
|        | HIST 1301       | The United States to 1877*                           | 3 | HIST 1302         | 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 1314       | College Algebra*                                     | 3 | MATH 2312         | Precalculus*   | 3 |       |    |
|        | Semester Hours  |  |   | 15                | Semester Hours                                       |   |       | 15 |

| 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 1342                    | Elementary Statistical Methods                    | 3         | KIN 3305                                  | Sociological & Cultural Aspects of Sport | 3  |       |  |
|                | OR                           | OR  |           |   |  |    |       |  |
|                | PSYC 2317                    | Intro to Psychological Statistics                 | KIN 3350  | Psychological Aspects of Sport & Exercise | 3  |    |       |  |
|                | KIN 3301                     | Design & Evaluation of Physical Activity Programs | 3         | BIOL 1309                                 | Biology for Non-Science Majors II*       | 3  |       |  |
|                | OR                           | OR  | 3         | OR  | OR                                       |    |       |  |
| BIOL 1306      | Biology for Science Majors I | 3   | BIOL 1307 | Biology for Science Majors II             | 3  |    |       |  |
| Semester Hours |                              |   | 15        | Semester Hours                            |  | 15 | 30    |  |

| YEAR 3         | Semester 1 Fall |  |    | Semester 2 Spring |   |    | Total |  |
|----------------|-----------------|--|----|-------------------|---|----|-------|--|
|                | PHYS 1301       | College 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              | 3  | HHP               | Approved Advanced Elective                  | 3  |       |  |
|                | OR              | OR                                     |    |                   |   |    |       |  |
|                | NUTR 4352       | Child and Adolescent Nutrition         | 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                   | 3 | HHP               | Approved Advanced Elective | 3 |       |    |
|        | KIN 4355        | Organization & Administration of Athletics | 3 | HHP               | Approved Advanced Elective | 3 |       |    |
|        | Semester Hours  |  |   | 15                | Semester Hours             |   |       | 15 |
|        |                 |  |   |                   |                            |   | 120   |    |

\*State of Texas Core Curriculum. Students should meet with their academic advisor to formulate their own plan.