

UH Next Degree Map

Exercise Science – Health Professions, B.S. Associate of Arts

2026-2027 Catalog

YEAR 1	Semester 1 – LC		Semester 2 – LC	
	Core Communication ENGL 1301	3	Core Communication ENGL 1302	3
	Core American History	3	Core American History	3
	Core Mathematics MATH 1314 College Algebra	3	MATH 2412 Precalculus	4
	EDUC 1200 Learning Frameworks	2	Core CAO SPCH 1311, 1315, 1318, or 1321	3
	Core LPS BIOL 2401 Anatomy & Physiology I	4	Core LPS BIOL 2402 Anatomy & Physiology II	4
YEAR 2	Semester 3 – LC		Semester 4 – LC	
	Core Government GOVT 2305	3	Core Government GOVT 2306	3
	CHEM 1411 General Chemistry I	4	CHEM 1412 General Chemistry II	4
	Core CAO KINE 1304 (UH KIN 1304)	3	Core Language, Philosophy, & Culture	3
	KINE 1301 (UH KIN 1352)	3	Core Creative Arts	3
	BIOL 1406 General Biology I	4	MATH 1342 or PSYC 2317	3
YEAR 3	Semester 5 – UH		Semester 6 – UH	
	KIN 2304 Structural Kinesiology I	3	KIN 3101 Seminar in Kinesiology	1
	KIN 3306 Exercise Physiology	3	KIN 3304 Structural Kinesiology II	3
	NUTR 2332 Introduction to Human Nutrition	3	KIN 4310 Measurement Techniques	3
	PHYS 1301 + 1101 College Physics I	4	BIOL 1307 + 1107 Biology for Science Majors II	4
			PHYS 1302 + 1102 College Physics II	4
YEAR 4	Semester 7 – UH		Semester 8 – UH	
	KIN 3309 Biomechanics	3	KIN 4315 Motor Learning & Control	3
	KIN 4306 Advanced Exercise Physiology	3	KIN 4371 Exercise Prescription	3
	KIN 4370 Exercise Testing	3	General Advanced Elective	3
	General Advanced Elective	3	General Advanced Elective	3
	General Advanced Elective	3		

See reverse for additional information

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UH Transfer Rules

- Courses taken at LC must be completed with a C- or better.
- A maximum of 66 lower-level transfer credits can be used towards a UH bachelor's degree.
- A maximum of 2 credit hours in physical activity courses can transfer.

Major Requirements

- **B.S. Math & Science:** complete 18 hours of core Mathematics or Life & Physical Science courses. Students majoring in Exercise Science will fulfill these requirements through the major coursework.
- Complete KINE 1301 (UH KIN 1352), KIN 2304, KIN 3304, KIN 3306, KIN 3309, KIN 4310, and KIN 4370 with a C- or better.
- This major does not require a CLASS Peoples & Societies course, CLASS Block courses, or a minor.
- Students will not be core complete or earn their associate degree before transferring to UH. Students should **opt into reverse transfer when applying for admission to UH** to earn their associate degree from LC after transferring to UH.

From CLASS to Careers

Students who graduate with a degree in Kinesiology can pursue a large variety of careers and graduate programs. Recent graduates are employed in the following careers:

- Physical Therapist and Assistant
- Exercise Trainer and Group Fitness Instructor
- Coach and Scout
- Teacher and Instructor
- Registered Nurse
- Medical and Health Services Manager
- Occupational Therapist
- Diagnostic Medical Sonographer
- Athletic Trainer

The transferable skills students develop during their undergraduate career are important for future career and graduate school opportunities. Some of the skills recent graduates have emphasized include:

- Customer Service
- Microsoft Office (Word, Excel, PowerPoint)
- Management and Leadership
- Public Speaking
- Teamwork
- Marketing and Social Media
- Event Planning and Management

The estimated wage of Kinesiology graduates is \$73,900.