

# UH Next Degree Map

## Exercise Science – Primary Option, 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 |
|        | PHYS 1401 College Physics I                | 4 | CHEM 1405 or CHEM 1411                     | 4 |
|        | Core CAO KINE 1304 (UH KIN 1304)           | 3 | Core Language, Philosophy, & Culture       | 3 |
|        | KINE 1301 (UH KIN 1352)                    | 3 | Core Creative Arts                         | 3 |
|        | MATH 1342 or PSYC 2317                     | 3 | BIOL 1406 General Biology I                | 4 |
| YEAR 3 | Semester 5 – UH                            |   | Semester 6 – UH                            |   |
|        | KIN 2304 Structural Kinesiology I          | 3 | KIN 3101 Seminar in Kinesiology            | 1 |
|        | KIN 3305 Sport Sociology                   | 3 | KIN 3304 Structural Kinesiology II         | 3 |
|        | KIN 3306 Exercise Physiology               | 3 | KIN 4310 Measurement Techniques            | 3 |
|        | KIN 3350 Psychological Aspects of Sport    | 3 | Advanced KIN or NUTR Course                | 3 |
|        | NUTR 2332 Introduction to Human Nutrition  | 3 | General Elective                           | 3 |
| 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 | Advanced KIN or NUTR Course                | 3 |
|        | General Elective                           | 3 | General Elective                           | 3 |
|        | General 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.