

# COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

## Bachelor of Science

### Exercise and Fitness Studies

#### Four-Year Academic Map 2025-2026

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 1342 OR PSYC 2317	Elementary Statistical Methods OR Intro to Psychological Statistics*	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		
	BS Formal Science	Mathematics/Reasoning	3	KIN 3306	Exercise Physiology	3		
	KIN 2304	Structural Kinesiology I^	3	KIN 3304	Structural Kinesiology II	3		
	BIOL 1306	Biology for Science Majors I*	3	CHEM 1305 OR CHEM 1311	Foundations of Chemistry OR Fundamentals of Chemistry*^	3		
Semester Hours			15	Semester Hours			15	30

YEAR 3	Semester 1 Fall			Semester 2 Spring			Total	
	KIN	Approved Concentration Core Course^	3	KIN	Approved Concentration Core Course^	3		
	KIN	Approved Concentration Core Course^	3	KIN	Approved Concentration Core Course^	3		
	HHP	Approved Concentration Core Course^	3	HHP	Approved Concentration Core Course^	3		
	Minor	Minor Course^	3	Minor	Minor Course^	3		
	BS Formal Science	Mathematics/Reasoning	3	Elective	1000-4000 level course	3		
Semester Hours			15	Semester Hours			15	30

YEAR 4	Semester 1 Fall			Semester 2 Spring			Total	
	KIN	Approved Concentration Core Course^	3	HHP	Approved Concentration Core Course^	3		
	Minor	Minor Course^	3	Minor	Minor Course^	3		
	Minor	Minor Course^	3	Elective	1000-4000 level course	3		
	Elective	1000-4000 level course	3	Elective	1000-4000 level course^	3		
	Elective	1000-4000 level course	3	Elective	3000-4000 level course^	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.

^Course updates provided are pending Provost approval of degree plan updates.