

COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

Bachelor of Science

Exercise Science - Primary Option

Four-Year Academic Map 2026-2027

YEAR 1	Semester 1 Fall			Semester 2 Spring			Total	
	ENGL 1301	First Year Writing I*	3	ENGL 1302	First Year Writing II*	3		
	HIST 1301	The United States to 1877*	3	HIST 1302	The United States since 1877*	3		
	GOVT 2306	U.S. and Texas Constitution & Politics*	3	GOVT 2305	U.S. Government *	3		
	MATH 1314	College Algebra*	3	MATH 2312	Precalculus*	3		
	KIN 1352	Foundations of Kinesiology, Health, & Fitness	3	KIN 1304	Public Health Issues in Physical Activity & Obesity*	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	Intro to Human Nutrition	3		
	MATH 1342 OR PSYC 2317	Elementary Statistical Methods OR Intro to Psychological Statistics	3	CHEM 1305 OR CHEM 1311	Foundations of Chemistry OR Fundamentals of Chemistry*	3		
	BIOL 1306	Biology for Science Majors I *	3	KIN 3304	Structural Kinesiology II	3		
	KIN 2304	Structural Kinesiology I	3	KIN 3306	Exercise Physiology	3		
Semester Hours			15	Semester Hours			15	30

YEAR 3	Semester 1 Fall			Semester 2 Spring			Total	
	BIOL 2301	Anatomy & Physiology I	3	BIOL 2302	Anatomy & Physiology II	3		
	BIOL 2101	Anatomy & Physiology I Lab	1	BIOL 2102	Anatomy & Physiology II Lab	1		
	PHYS 1301	College Physics I	3	KIN 3309	Biomechanics	3		
	KIN 3101	Seminar in Kinesiology	1	KIN 4310	Measurement Techniques in Human Performance	3		
	KIN 3305	Sociological and Cultural Aspects of Kinesiology and Sport	3	Elective	1000-4000 level course	3		
	KIN 3350	Psychological Aspects of Sports and Exercise	3	Elective	1000-4000 level course	3		
Semester Hours			14	Semester Hours			16	30

YEAR 4	Semester 1 Fall			Semester 2 Spring			Total	
	KIN 4306	Advanced Exercise Physiology^	3	KIN 4315	Motor Learning & Control	3		
	KIN 4370	Exercise Testing	3	KIN 4371	Exercise Prescription	3		
	HHP	Approved Advanced Elective	3	HHP	Approved Advanced Elective	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		
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.