

**Exercise Science Track  
Bachelor of Science in Kinesiology  
Fall 2009 – Summer 2010  
Advising Check Sheet**

Student: \_\_\_\_\_  
 Transferred from: \_\_\_\_\_  
 Catalog Year: \_\_\_\_\_  
 Address: \_\_\_\_\_

TWU ID #: \_\_\_\_\_  
 Classification: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_

COURSES	PROPOSED SEMESTER	GRADE	SUBSTITUTION/ COMMENT
<b>University Core Curriculum [43-44 hrs]</b>			
ENG 1013 Composition I			
ENG 1023 Composition II [pre-req ENG 1013]			
HIST 1013 US History 1492-1865			
HIST 1023 US History 1865-Present			
GOV 2013 American Government			
GOV 2023 Texas Government			
MATH 1013 Quantitative Literacy			
MATH 1703 Elementary Statistics			
ZOOL 2013/2011 Anat & Phys I <b>or</b> ZOOL 2043/2041 Anatomy			
ZOOL 2023/2021 Anat & Phys II <b>or</b> *ZOOL 2052/2051 Animal Phys			
Humanities (3 hrs) Lit., Philosophy, or Lang. [Recommend ENG 2133; also fulfills GP requirement]			
Visual/Performing Arts (3 hrs) [Recommend ART 3053, DNCE 3143, <b>or</b> MUS 3713; also fulfills GP requirement]			
Multicultural Women's Studies (3 hrs) [Recommend WS 2013; also fulfills GP requirement]			
Social & Behavioral Sciences (3 hrs) [Recommend SOCI 1013; also fulfills GP requirement]			
<b>Core Competencies [3 hrs]</b>			
Computer Literacy (approved CS course <b>or</b> exam) CSCI 1403			
Oral Communication [Recommend KINS 1573/1583 documentation of passing oral presentations w/rubric] <b>or</b> approved speech course: SPCH 1013 <b>or</b> BUS 3513			
<b>Global Perspectives [GP] Graduation Requirement [effective Fall 2007; 6 hrs; may double dip from Core]</b>			
Recommend ART 3053, DNCE 3143, <b>or</b> MUS 3713; also fulfills visual/performing arts requirement in university core <b>or</b> recommend ENG 2133; also fulfills Humanities requirement in university core			
Recommend SOCI 1013—also fulfills social & behavioral science requirement in university core <b>or</b> WS 2013—also fulfills multicultural women's studies requirement in university core]			
<b>Kinesiology Core [25 hrs]</b>			
KINS 1573 Kinesiology-Evolving Discipline F/Sp/Sum			
KINS 1581 Fitness F/Sp			
KINS 1583 Foundations of Assessment F/Sp			
HS 1902/1901 Fitness & Health F/Sp			
KINS 2622/2621 Adapted PE F/Sp/Sum			
KINS 3592/3591 Kinesiology & Biomechanics F/Sp/Sum			
KINS 3602/3601 Exercise Physiology F/Sp/Sum			
KINS 4573 Motor Learning & Development F/Sp/Sum			
KINS 4593 Measurement & Evaluation F/Sp/Sum			
<b>Exercise Science Kinesiology Track Sequence [28 hrs.]</b>			
<b>A. KINS Techniques Courses [4 hrs.]</b>			
KINS 4003 Low Ropes Experiential Activities F/Sp			
Select 1 of the following courses w/advisor approval:			
KINS 2031 Lifetime Sports Tech MM			
KINS 2071 Racquet Sports Tech F			
KINS 2101 Basic Dance & Dev Gymnastics Tech Sp			
KINS 2111 Basketball & Volleyball Tech F			
KINS 2121 Softball & Soccer Tech Sp			
KINS 2131 Intro to Outdoor Activities Tech MM			
KINS 2141 Disability Sport & Modified Games F/Sp			

COURSES	PROPOSED SEMESTER	GRADE	SUBSTITUTION/ COMMENT
<b>Exercise Science Kinesiology Track Sequence</b> [continued]			
<b>B. Support Courses</b> [11 hrs.]			
CHEM 1013/1011 Intro Chemistry <b>or</b> CHEM 1113/1111 Chemical Principles I			
CHEM 1023/1021 Intro Org/Phys Chem <b>or</b> CHEM 1123/1121 Chemical Principles II <b>or</b> PHYS 1133/1131 Principles of Physics I			
NFS 2323 Intro to Nutrition			
<b>C. Content Knowledge Sequence</b> [7 hrs.]			
KINS 3701 Practicum in Senior Adult Fitness F/Sp/Sum			
KINS 4602/4601 Advanced Exercise Physiology F/Sp			
KINS 4702/4701 Exercise Testing & Prescription F/Sp			
<b>D. Internships</b> [6 hrs.]			
KINS 4933 Internship/Cardiac Rehabilitation [Current First Aid & CPR/AED certification required] F/Sp/Sum			
KINS 4943 Internship/Corporate Fitness [Current First Aid & CPR/AED certification required] F/Sp/Sum			
<b>* Electives</b> [2-3 hrs.]			
2 credit elective if take ZOO 2023			
3 credit elective if take ZOO 2052			
<b>Minor</b> [18 hrs. w/6 hrs. of upper division (3000 or 4000 level)]			

**\*Note: Taking ZOO 2023/2021 will add an additional one hour to the approved degree plan**

**Additional Requirements:**

- ◆ Required overall GPA of 2.75
- ◆ Required C or better in all KINS courses
- ◆ Required overall GPA of 2.75 in Kinesiology
- ◆ Minimum of 120 hrs to graduate, 36 of which must be advanced hours (3000-4000).
- ◆ Portfolio must meet minimal passing score

**Key:** F = Fall; Sp = Spring; Sum = Summer; MM = Minimester

[06/11/09 TAS]