

Texas Woman's University
Fall 2009 – Summer 2010 Suggested Sequence of Courses for
B.S. in Kinesiology, Exercise Science
Department: Kinesiology
First Year at Texas Woman's University

Hours		Hours	
ENG 1013 Composition I	3	ENG 1023 Composition II	3
MATH 1013 Quantitative Literacy	3	MATH 1703 Elementary Statistics	3
KINS 1573* Evolving Discipline or KINS 1583* Foundations of Assessment	3	KINS 1573* Evolving Discipline or KINS 1583* Foundations of Assessment	3
ZOOL 2043/2041 Anatomy and Lab or ZOOL 2013/2011	4	ZOOL 2052/2051 Animal Physiology or ZOOL 2023/2021	3-4
HS 1902/1901 Fitness & Health or CSCI 1403** 1 st Course in Computing	3	HS 1902/1901 Fitness & Health or CSCI 1403** 1 st Course in Computing	3
Total Hours	16	Total Hours	15-16

Second Year at Texas Woman's University

Hours		Hours	
GOV 2013 U.S. Government	3	GOV 2023 Texas Government	3
CHEM 1013/1011 Introductory Chemistry Or 1113/1111 Chemical Principles I	4	HIST 1023 U.S. History 1865-present	3
HIST 1013 U.S. History 1492-1865	3	KINS 2622/2621 APE Service Delivery/Motor & Aquatic APE Instr. Lab or NFS 2323 Intro to Nutrition	3
Social/Behav Sci or Eng, Lang, Phil (Human.)	3	KINS 3592/3591 Kines & Biomechanics or 3602/3601 Physiology of Exercise	3
KINS 2622/2621 APE Service Delivery/Motor & Aquatic APE Instr. Lab or NFS 2323 Intro to Nutrition	3	KINS 1581 Fitness through Selected Activities or KINS Technique Course	1
KINS 1581 Fitness through Selected Activities or KINS Technique Course	1	Minor	3
Total Hours	17	Total Hours	16

Third Year at Texas Woman's University

Hours		Hours	
CHEM 1023/1021 Intro to Organ/Phys Chem or 1123/1121 Chemical Principles II or PHYS 1133/1131 Principles of Physics I	4	KINS 4602/4601 Adv Exercise Physiology or KINS 4702/4701 Exercise Test/Prescrip. Visual Perf Arts or Minor	3
KINS 3592/3591 Kinesiology & Biomechanics or KINS 3602/3601 Physiology of Exercise	3	KINS 4573 Motor Learning/Development or KINS 4593 Measurement/Eval in PE	3
KINS 3701 Practicum in Sr. Adult Fitness	1	Multi/Wom St (Global Pers) or Minor	3
Visual Perf Arts or Minor	3	Social/Behav Sci or Eng, Lang, Phil (Human)	3
Elective	2-3		
KINS 4003 Low Ropes Experiential Activity	3		
Total Hours	16-17	Total Hours	15

Fourth Year at Texas Woman's University

Hours		Hours	
KINS 4602/4601 Adv Exercise Physiology or KINS 4702/4701 Exercise Test/Prescrip	3	KINS 4933 Cardiac Rehabilitation Internship	3
KINS 4573 Motor Learning/Development or KINS 4593 Measurement/Eval in PE	3	KINS 4943 Corporate Fitness Internship	3
Minor (upper div)	3	Minor (upper div)	3
Minor (upper div)	3		
Multi/Wom St (Global Persp) or Minor	3		
Total Hours	15	Total Hours	9

Total hours for major courses: 39

Total hours for minor (if used) courses: 18

Total all hours for degree: 120

[06/04/09 TAS]

Computer literacy competency** (CSCI 1403)

Oral Communication competency* (KINS 1573,1583)

Degree Plan and Course Rotation Attached