

**Texas Woman's University**  
**Suggested Sequence of Courses for**  
**B.A./B.S. in Kinesiology, Corporate Fitness**  
**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 <sup>st</sup> Course in Computing	3	HS 1902/1901 Fitness & Health or CSCI 1403** 1 <sup>st</sup> Course in Computing	3
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>15-16</b>

**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	CHEM 1023/1021 Intro to Organ/Phys Chem or 1123/1121 Chemical Principles II or PHYS 1133/1131 Principles of Physics I	4
HIST 1013 U.S. History 1492-1865 Social/Behav Sci or Eng, Lang, Phil (Human.)	3	HIST 1023 U.S. History 1865-present	3
KINS 2622/2621 APE Service Delivery/Motor & Aquatic APE Instr. Lab or NFS 2323 Intro to Nutrition	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 3592/3591 Kines & Biomechanics or 3602/3601 Physiology of Exercise KINS 1581 Fitness through Selected Activities Or KINS Technique Course	3 1
<b>Total Hours</b>	<b>17</b>	<b>Total Hours</b>	<b>17</b>

**Third Year at Texas Woman's University**

Hours		Hours	
KINS 3592/3591 Kinesiology & Biomechanics or KINS 3602/3601 Physiology of Exercise	3	KINS 4602/4601 Adv Exercise Physiology or KINS 4702/4701 Exercise Test/Prescrip.	3
KINS 3701 Practicum in Sr. Adult Fitness Minor	1 3	Visual Perf Arts or Minor	3
Visual Perf Arts or Minor	3	KINS 4573 Motor Learning/Development or KINS 4593 Measurement/Eval in PE	3
Elective	2-3	Multi/Wom St (Global Pers) or Minor	3
KINS 4003 Low Ropes Experiential Activity	3	Social/Behav Sci or Eng, Lang, Phil (Human)	3
<b>Total Hours</b>	<b>15-16</b>	<b>Total Hours</b>	<b>15</b>

**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 Corp/Cardiac	3
KINS 4573 Motor Learning/Development or KINS 4593 Measurement/Eval in PE	3	KINS 4933 Corp/Cardiac Minor (upper div)	3 3
Minor (upper div)	3		
Minor (upper div)	3		
Multi/Wom St (Global Persp) or Minor	3		
<b>Total Hours</b>	<b>15</b>	<b>Total Hours</b>	<b>9</b>

Total hours for major courses: 36      x Computer literacy competency\*\* (CSCI 1403)  
Total hours for minor (if used) courses: 18      x Oral Communication competency\* (KINS 1573,1583)  
Total all hours for degree: 120      x Degree Plan and Course Rotation Attached