

Texas Woman's University
Suggested Sequence of Courses for
B.A./B.S. in Kinesiology, Corporate Fitness/PPT - 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 1303 Elementary Analysis I	3
KINS 1573* Evolving Discipline or KINS 1583* Foundations of Assess. or HS 1902/1901 Fitness and Health	3	KINS 1573* Evolving Discipline or KINS 1583* Foundations of Assessment or HS 1902/1901 Fitness and Health	3
ZOOL 2043/2041 Anatomy and Lab or ZOO 2013/2011	4 4	ZOOL 2052/2051 Animal Physiology or ZOO 2023/2021	3-4 ⁺
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	4
Total Hours	17	Total Hours	16-17

Second Year at Texas Woman's University

Hours		Hours	
HIST 1013 U.S. History 1492-1865	3	HIST 1023 U.S. History 1865-present	3
PHYS 1133/1131 Principles of Physics I or BIOL 1113/1111 Principles of Biol I	4	PHYS 1143/1141 Principles of Physics II or BIOL 1123/1121 Principles of Biol II	4
GOV 2013 U.S. Gov't or MATH 1313 Analysis II	3	NFS 2323 Intro to Nutrition	3
NFS 2323 Intro to Nutrition or CSCI 1403** 1 st Course in Computing	3	GOV 2013 U.S. Gov't or Math 1313 Analy II	3
KINS 1573 Evolving Discipline or KINS 1583* Foundations of Assessment or KINS 1902/1901 Fitness and Health	3	KINS 3592/3591 Kines & Biomechanics or 3602/3601 Physiology of Exercise	3
KINS 1581 Fitness through Selected Activities	1		
Total Hours	17	Total Hours	16

Third Year at Texas Woman's University

Hours		Hours	
KINS 2622/2621 APE Service Delivery/ Lab or Eng, Phil, Lang (Humanities)	3	GOV 2023 Texas Gov't	3
Multi/Wom St (Global Persp; upper div)	3	KINS 2622/2621 APE Serv Delivery/Lab or Eng, Phil, Lang (Humanities)	3
KINS 3592/3591 Kines & Biomechanics or KINS 3602/3601 Physiology of Exercise	3	KINS Technique Course	1
PHYS 1133/1131 Principles of Physics I or BIOL 1113/1111 Principles of Biol I	4	or KINS 3701 Practicum Sr Adult Fitness	
HS 3032 Med Term or PSY 1013 Intro Psy	2-3	KINS 4602/4601 Adv Exercise Physiology or KINS 4702/4701 Exer Test/Prescrip.	3
		PHYS 1143/1141 Principles of Physics II or BIOL 1123/1121 Principles of Biol II	4
		HS 3032 Med Term or PSY 1013 Intro Psy	2-3
Total Hours	15-16	Total Hours	16-17

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	3
PSY (upper)	3	KINS 4573 Motor Learning/Development or KINS 4593 Measurement/Eval in PE	3
Vis/Perf Art (upper)	3		
KINS Technique Course	1		
or KINS 3701 Practicum Sr Adult Fitness			
PSY 3303 Applied Statistics	3		
Total Hours	16	Total Hours	9

Total hours for major courses: 36

Computer literacy competency **CSCI 1403

Total hours for minor (if used) courses: NA

Oral Communication competency *KINS 1573,1583

Total all hours for degree: 123

Degree Plan and Course Rotation Attached

+ Note: Taking ZOOL 2023 will add an additional one hour to the approved degree plan