

Texas Woman's University
Fall 2009 – Summer 2010 Suggested Sequence of Courses for
B.S. in Kinesiology, Exercise Science-Pre-OT Fast-Track
Department: Kinesiology

First Year at Texas Woman's University

Hours		Hours	
English 1013 Composition I	3	English 1023 Composition II	3
Math 1013 Quantitative Literacy	3	Math 1703 Elementary Statistics	3
Kins 1573* Evolving Discipline	3	Kins 1581 Fitness through Selected Activities	1
Kins 1583* Foundations of Assessment	3	HS 1902/1901 Fitness & Health	3
Zool 2013/2011 Anatomy & Physiology I or Zool 2043/2041 Anatomy and Lab	4	+Zool 2023/2021 Anatomy & Physiology II or Zool 2052/2051 Visual/Perf Arts (Global)	4 3
Total Hours	16	Total Hours	17

Second Year at Texas Woman's University-suggested

Hours		Hours	
Kins 2622/2621 APE Service Delivery/ Motor & Aquatic APE Instr. Lab	3	Kins 3602/3601 Physiology of Exercise	3
Hist 1013 U.S. History 1492-1865	3	Hist 1023 U.S. History 1865-present	3
Gov 2013 U.S. Gov't	3	Psy 1603 Developmental Psychology	3
Psy 1013 Intro to Psychology	3	NFS 2323 Intro to Nutrition	3
Phys 1133/1131 Principles of Physics I	4	Kins 3701 Practicum in Senior Adult Fitness	1
		Eng/Phil/Lang (Humanities, Global)	3
Total Hours	16	Total Hours	16

Third Year at Texas Woman's University-suggested

Hours		Hours	
Kins 3592/3591 Kinesiology & Biomechanics	3	Gov 2023 Texas Gov't	3
Zool 3123/3121 Neuroanatomy & Neurophysiology	4	Psy 3513 Abnormal Psychology	3
Kins 4602/4601 Adv. Exercise Physiology	3	Kins 4573 Motor Learning & Development	3
Kins 4702/4701 Exercise Testing/Prescription	3	Kins 4933 Cardiac Rehab. Internship	3
Multicult WS	3	Kins 4943 Corp. Fitness Internship	3
		Kins Technique Course	1
Total Hours	16	Total Hours	16

Fourth Year at Texas Woman's University- required

Hours		Hours	
OT 4013 Foundational Bases OT Processes	3	OT 5312 OT Practice Methods	2
OT 4022 Wellness through Adapt. & Occ.	2	OT5322 Infancy & Childhood Application	2
OT 4033 Analysis of Person, Tools, & Occ.	3	OT5324 Infancy & Childhood	4
OT 4041 Exploration of Scholarly Inquiry	1	OT 5352 Assessment in OT Processes	2
OT 4332 OT Performance Areas	2	OT 5542 Qualitative Research Methods	2
OT 4061 Observation of Adapt. in the Comm.	1		
Total Hours	12	Total Hours	12**

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

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

**Those students recommended for the Fast Track Pre-OT program must also enroll in OT 5012 & OT 5361
[06/04/09 TAS]