

Texas Woman's University
Fall 2011 – Summer 2012 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	Kins 1902/1901 Fitness & Health	3	
Zool 2013/2011 Anatomy & Physiology I	4	Zool 2023/2021 Anatomy & Physiology II	4	
Elective	1	Visual/Perf Arts (Global)	3	
Total Hours		17	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	CHEM 1113/1111 or CHEM 1013/1011	4	
Kins Technique Course	1	Eng/Phil/Lang (Humanities)	3	
Total Hours		17	Total Hours	
		17	19	

Third Year at Texas Woman's University-suggested

Hours		Hours		Summer 3		Hours	
Kins 3592/3591 Kinesiology & Biomechanics	3	Kins 4702/4701 Exercise Testing/Prescription	3	Kins 4933 Cardiac Rehab Internship	3		
Gov 2023 Texas Gov't	3	Zool 3123/3121 Neuroanatomy & Neurophysiology	4	Kins 4943 Corporate Fitness Internship	3		
Psy 2513 Abnormal Psychology	3	Kins 4573 Motor Learning & Development	3				
Kins 4602/4601 Adv. Exercise Physiology	3	Kins 4003 Low Ropes	3				
WS 2013 (Global)	1	Kins 4593 Measurement/Eval	3				
KINS 3701 Practicum in Senior Adult Fitness	1						
Total Hours		16	Total Hours		16	Total Hours	
		16			6		

Fourth Year at Texas Woman's University- required

Hours		Hours		
OT 4013 Foundational Bases OT Processes	3			
OT 4022 Wellness through Adapt. & Occ.	2			
OT 4033 Analysis of Person, Tools, & Occ.	3			
OT 4041 Exploration of Scholarly Inquiry	1			
OT 4332 OT Performance Areas	2			
OT 4061 Observation of Adapt. in the Comm.	1			
Total Hours		12	Total Hours	
		12		

Total hours for major courses: 54

Total hours for minor (if used) courses: NA

Total all hours for degree: 120

pass test Computer literacy competency

x Oral Communication competency *KINS 1573,1583

x Degree Plan and Course Rotation Attached