Kinesiology and Sports Studies B.S.

Kinesiology and Sports Studies B.S. Web Site (https://www.tamuc.edu/bs-general-kinesiology/)

The B.S. in Kinesiology and Sports Studies has four concentrations:

Concentration 1: Exercise Science - prepares students to assess fitness, interpret findings, and prescribe individual and group exercise and fitness programs for individuals who are apparently healthy and those with controlled disease.

Concentration 2: Strength and Conditioning - prepares students to optimize performance in athletic and tactical populations.

Concentration 3: General Kinesiology - prepare students for careers in fitness and wellness by customized coursework.

Concentration 4: Allied Health – prepares students for advanced post-graduate programs in allied health, such as physical therapy, occupational therapy, physician assistant, and chiropractic.

A graduate should possess the following competencies:

- 1. Knowledge of anatomy and physiology of the human body.
- 2. Knowledge of concepts of fitness
- 3. Skill in promoting health, wellness, and nutrition
- 4. Skill in designing safe and effective fitness programs or physical education
- 5. Skill in biomechanical analysis, evaluating and improving movement patterns

Concentration 1: Exercise Science

The mission of the Exercise Science concentration is to prepare competent entry-level Exercise Science professionals in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains. Using foundational anatomical and physiological knowledge and guidelines published by the American College of Sports Medicine, students will learn to assess fitness, interpret findings, and prescribe individual and group exercise and fitness programs for individuals who are apparently healthy and those with controlled disease. Graduates will also be skilled in evaluating health behaviors and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. Learning and skill development will occur through a variety of methods including lecture, labs, hands-on experience, as well as an internship. Exercise Science graduates possess knowledge and skills desirable in multiple industries. Graduates enjoy a wide range of career options in the university, corporate, commercial, or community settings. The degree can also serve as a foundation for advanced study in exercise physiology, biomechanics, nutrition, physical therapy, occupational therapy, and other graduate health programs.

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

Core Curriculum Courses

See the Core Curriculum Requirements (https://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/)		
Required Kinesiology Co	ore Courses	
MATH 1314	College Algebra [^]	
HHPK 1301	Foundations of Kinesiology	3
HHPK 1306	First Aid and Safety	3
HHPK 1338	Concepts of Physical Activity	3
HHPK 290	Structural Kinesiology	3
HHPK 2356	Prevention & Care of Athletic Injuries *	3
HHPH 331	Nutrition [^]	
HHPK 335	Kinesiology *	4
HHPK 350	Motor Learning and Motor Control	3
HHPK 450	Exercise Physiology *	4
Required courses for Exe	ercise Science	
HHPS 317	Group Exercise Instruction	3
HHPH 333	Nutrition for Health and Fitness	3
HHPH 360	Health Psychology and Behavioral Strategies	3
HHPK 355	Evidence Based Practice in Exercise Science	3
HHPK 445	Administration and Leadership	3
HHPK 460	Fitness Assessment *	4
HHPK 461	Exercise Prescription *	3

HHPK 462	Exercise Prescription for Varied Populations $\overset{*}{}$	3
HHPK 463	Senior Capstone in Exercise Science *	3
HHPK 437	Internship in Kinesiology [*]	3
BSC 2401	Hum Anatomy/Physiology I [^]	
BSC 2402	Hum Anatomy/Physiology II [^]	
Choose any FRA Course		1
Minor required		18
Total Hours = 120		

^ meets core curriculum requirement

Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

Concentration 2: Strength & Conditioning

The Strength and Conditioning concentration within the Health and Human Performance Department at Texas A&M University – Commerce will allow students to achieve proficiency in the skill of performance coaching by having a world class understanding of the science leading of optimizing human potential, and provides real world experience in the strength and conditioning profession. The program focuses on gaining combined competencies of sport/exercise science, management, and individualized and group coaching. The Strength and Conditioning program is designed to prepare students for advanced certification in sports science, to critically evaluate new technologies and program proposals, and be an advocate for their clients in a constantly changing field of sports performance. Graduates will take with them substantial experience, expertise, and other resources to effectively address the challenges of serving as strength and conditioning specialists. Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

Core Curriculum Courses

HHPK 290	Structural Kinesiology	3
HHPK 2356	Prevention & Care of Athletic Injuries *	3
HHPH 331	Nutrition ^	
HHPK 335	Kinesiology	4
HHPK 350	Motor Learning and Motor Control	3
HHPK 450	Exercise Physiology *	4
Required courses for Str	rength & Conditioning	
HHPS 210	Sport Psychology	3
HHPH 330	Sport Nutrition	3
HHPK 316	Resistance Training	3
HHPK 322	Principles of Strength and Conditioning	3
HHPK 445	Administration and Leadership	3
HHPK 460	Fitness Assessment	4
HHPK 461	Exercise Prescription	3
HHPK 470	Program Design in Strength & Conditioning I	3
HHPK 473	Program Design in Strength & Conditioning II	3
HHPK 437	Internship in Kinesiology	4
BSC 2401	Hum Anatomy/Physiology I	
BSC 2402	Hum Anatomy/Physiology II [^]	
Required Electives		2
Minor required		18

^ meets core curriculum requirement

* Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

Concentration 3: General Kinesiology

Students in the general kinesiology concentration will gain knowledge in human movement and physical activity. The degree will prepare students for a career in fitness, wellness, or sport.

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

Core Curriculum Courses

HHPH 330	nesiology (Choose a minimum of 34 hours) Sport Nutrition	3
HHPH 333	Nutrition for Health and Fitness	3
HHPH 360	Health Psychology and Behavioral Strategies	3
HHPH 472	Stress Management	3
HHPS 210	Sport Psychology	3
HHPK 253	Lifetime Sports and Activities	3
HHPS 317	Group Exercise Instruction	3
HHPA 339	Therapeutic Rehabilitation	3
HHPK 302	Adapted Physical Education	3
HHPK 302		3
	Motor Development	
HHPK 308	Integrated Adventure Education	3
HHPK 309	Fundamental Rhythms and Dance	3
HHPK 316	Resistance Training	3
HHPK 319	Tactical Strength and Conditioning	3
HHPK 322	Principles of Strength and Conditioning	3
HHPK 445	Administration and Leadership	3
HHPK 460	Fitness Assessment *	4
HHPK 461	Exercise Prescription *	3
Minor required	·	18

meets core curriculum requirement Λ

Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

Concentration 4: Allied Health

The Allied Health concentration provides students a background in kinesiology that prepares them for an allied health graduate program. Students can take prerequisite courses for allied health programs such as physical therapy, occupational therapy, athletic training, or other allied health professions. Students select support courses based on the prerequisites for specific professional school programs.

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

See the Core Curriculum Requirements (https://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/) 42 Required Kinesiology Core Courses ************************************	Core Curriculum Courses		
MATH 1314 Colege Algebra 3 HHPK 1301 Foundations of Kinesiology 3 HHPK 1301 Foundations of Kinesiology 3 HHPK 1306 First Aid and Safety 3 HHPK 1308 Concepts of Physical Activity 3 HHPK 230 Structural Kinesiology 3 HHPK 335 Prevention & Care of Athletic Injuries' 3 HHPK 335 Kinesiology 4 HHPK 335 Kinesiology 4 HHPK 350 Botto Exercise Physiology 4 HHPK 350 Exercise Physiology 4 Required courses for Allied Health Exercise Prescription 3 BSC 266 Medical Terminology 3 BSC 2401 Hum Anatomy/Physiology 1^ 3 BSC 2402 Hum Anatomy/Physiology 1^ 3 BSC 2401 Hum Anatomy/Physiology 1^ 3 BSC 2402 Hum Anatomy/Physiology 1^ 3 BSC 2403 Sport Nurtifion 3 HHPH 330 Sport Nurtifion Thealth and Fitness 3 HHP	See the Core Curriculum R	equirements (https://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/)	42
HHPK 1301Foundations of Kinesiology3HHPK 1306First Aid and Satety3HHPK 1306First Aid and Satety3HHPK 1338Concepts of Physical Activity3HHPK 2306Structural Kinesiology3HHPK 335Nutrition ^3HHPK 350Motor Learning and Motor Control3HHPK 350Motor Learning and Motor Control3HHPK 450Exercise Physiology4Required courses for Allied Heath73HHPK 460Fitness Assessment4HHPK 460Fitness Assessment4BSC 2401Hum Anatomy/Physiology I ^3BSC 2402Hum Anatomy/Physiology I ^3BSC 2401Hum Anatomy/Physiology I ^3HHPH 333Nutrition for Health and Fitness3HHPH 333Nutrition for Health and Fitness3HHPH 333Nutrition for Health and Fitness3HHPH 334Motor Development3HHPK 304Motor Development3HHPK 304Motor Development3SY 316Abnormal Psychology3SY 316Abnormal Psychology 1 ^3SY 322Lifespan Development3MTH 4433Essentials of Statistical Methods3or MATH 1342Elementary Statistical Methods3Or MATH 1342Elementary Statistical Methods3Or MATH 1342Elementary Statistical Methods3Or MATH 1342Elementary Statistical Methods3<	Required Kinesiology Cor	re Courses	
HHPK 1306First Aid and Safety3HHPK 1308Concepts of Physical Activity3HHPK 230Structural Kinesiology3HHPK 356Prevention & Care of Athletic Injuries3HHPK 335Kinesiology4HHPK 330Motor Learning and Motor Control3HHPK 450Exercise Physiology4Required courses for Allied Health4HHPK 450Exercise Physiology4Required courses for Allied Health4HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology 1^3BSC 2402Hum Anatomy/Physiology 1^3HHPH 333Nutrition free Hastin (choose 1B hours)18HHPS 317Group Exercise Instruction3HHPK 304Motor Development3HHPK 305Sport Hurtion3HHPK 306Resistance Training3SY 316Ahoromal Psychology3SY 317Group Exercise Instruction3HHPK 304Motor Development3HHPK 305Essentials of Statistics3SY 316Ahoromal Psychology3SY 317General and Quantitative Chemistry 13ACHEM 1111General and Quantitative Chemistry 1Acter 11A CHEM 1111General and Quantitative Chemistry 1Sc 106NTH 1492Liementary Statistical Methods1PHY S1401Colloge Physical 1^Sc 106BSC 1406I	MATH 1314	College Algebra ^	3
HHPK 1338 Concepts of Physical Activity 3 HHPK 290 Structural Kinesiology 3 HHPK 2356 Prevention & Care of Athletic Injuries 3 HHPK 335 Kinesiology 4 HHPK 335 Kinesiology 4 HHPK 350 Motor Learning and Motor Control 3 HHPK 450 Exercise Physiology 4 Required courses for Allied Heatht 7 3 HHPK 450 Exercise Physiology 3 BSC 256 Medical Terminology 3 BSC 2401 Hum Anatomy/Physiology I [^] 3 BSC 2402 Hum Anatomy/Physiology I [^] 3 BSC 2401 Hum Anatomy/Physiology I [^] 3 BSC 2402 Hum Anatomy/Physiology I [^] 3 BSC 2401 Hum Anatomy/Physiology I [^] 3 BSC 2402 Hum Anatomy/Physiology I [^] 3 BSC 2402 Hum Anatomy/Physiology I [^] 3 HHPH 330 Sport Nutrition 3 HHPS 317 Group Exercise Instruction 3 HHPS 302 Adapted Physical Education 3 HHPS 316 <td>HHPK 1301</td> <td>Foundations of Kinesiology</td> <td>3</td>	HHPK 1301	Foundations of Kinesiology	3
HHPK 290 Structural Kinesiology 3 HHPK 3256 Prevention & Care of Athletic Injuries 3 HHPH 331 Nutrition ^ 3 HHPK 350 Kinesiology 4 HHPK 350 Motor Learning and Motor Control 3 HHPK 450 Exercise Physiology 4 Required courses for Allied Health Exercise Physiology 4 HHPK 460 Fitness Assessment 4 HHPK 461 Exercise Prescription 3 BSC 266 Medical Terminology 3 BSC 2401 Hum Anatomy/Physiology I ^ 3 BSC 2402 Hum Anatomy/Physiology I ^ 3 BSC 2402 Hum Anatomy/Physiology I ^ 3 BSC 2402 Hum Anatomy/Physiology I ^ 3 HPHP 333 Nutrition for Health and Fitness 3 HPHS 320 Sport Nutrition 3 HPHS 321 Group Exercise Instruction 3 HPHS 316 Resistance Training 3 HPHS 316 Resistance Training 3 SPS 316 Abnormal Psychology 3 MATH 453 Es	HHPK 1306	First Aid and Safety	3
HHPK 2356Prevention & Care of Athletic Injuries3HHPH 331Nutrition4HHPK 335Kinesiology4HHPK 335Motor Learning and Motor Control3HHPK 450Exercise Physiology4Required courses for Allied Health1HHPK 450Fitness Assessment3HHPK 461Exercise Prescription3BSC 266Medical Terminology3BSC 2401Hum Anatomy/Physiology I^3BSC 2402Hum Anatomy/Physiology I^3HHPS 330Sport Nutrition3HHPS 317Group Exercise Instruction3HHPS 316Required Support Courses for Allied Health (choose 18 hours)18HHPS 317Group Exercise Instruction3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 305Essentials of Statistics3SY 316Abnormal Psychology3PSY 312Lifespan Development3MATH 453Essentials of Statistics3Or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry Laboratory I^3NATH 453College Physics I^5BSC 1406Introductory Biology I^4PHYS 1401College Physics I^5BSC 1406Introductory Biology I^1PHYS 1406College Physics I^5BSC 1406Introduc	HHPK 1338	Concepts of Physical Activity	3
HHPH 331Nutrition ^HHPK 335Kinesiology4HHPK 335Kinesiology4HHPK 350Motor Learning and Motor Control3HHPK 450Exercise Physiology4Required courses for Allied HealthFitness Assessment4HHPK 460Fitness Assessment4HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology I^3BSC 2402Hum Anatomy/Physiology I^3BSC 2403Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 317Group Exercise Instruction3HHPK 316Resistance Training3HHPK 316Resistance Training3SPS 316Ahormal Psychology3SPS 316Ahormal Psychology3PSY 316Ahormal Psychology3PSY 316Ahormal Psychology3DFM 314General and Quantitative Chemistry Laboratory I^3NHTH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods4 <td>HHPK 290</td> <td>Structural Kinesiology</td> <td>3</td>	HHPK 290	Structural Kinesiology	3
HHPK 335Kinesiology4HHPK 350Motor Learning and Motor Control3HHPK 450Exercise Physiology4Required courses for Allied HealthFitness Assessment3HHPK 460Fitness Assessment4HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatom/Physiology I^3BSC 2402Hum Anatom/Physiology I^8HHPH 330Sport Nutrition for Health and Fitness3HHPS 210Sport Nutrition for Group Exercise Instruction3HHPS 317Group Exercise Instruction3HHPK 304Motor Development3HHPK 316Resistance Training3SY 316Abnormal Psychology3HHPK 311General and Quantitative Chemistry I & CHEM 13113CHEM 1311General and Quantitative Chemistry I & College Physics I^ BSC 140618Hiror requiredI^18Hiror requiredI*Mitor required <t< td=""><td>HHPK 2356</td><td>Prevention & Care of Athletic Injuries[*]</td><td>3</td></t<>	HHPK 2356	Prevention & Care of Athletic Injuries [*]	3
HHPK 350Motor Learning and Motor Control3HHPK 450Exercise Physiology4Required courses for Allied Health1HHPK 322Principles of Strength and Conditioning3HHPK 460Fitness Assessment4HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology I^3BSC 2402Hum Anatomy/Physiology I^18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 317Group Exercise Instruction3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3SY 322Lifespan Development3MTH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry Laboratory I^3BSC 1406Introductory Biology I^5Mior requiredCollege Physics I^5BSC 1406Introductory Biology I^5	HHPH 331	Nutrition ^	
HHPK 450Exercise Physiology4Required courses for Allied Health1HHPK 322Principles of Strength and Conditioning3HHPK 460Fitness Assessment4HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology I^3BSC 2402Hum Anatomy/Physiology II^18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 317Group Exercise Instruction3HHPK 304Motor Development3HHPK 316Resistance Training3SY 316Abnormal Psychology3SY 316Abnormal Psychology3MTH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & ChEM 1111and General and Quantitative Chemistry I BSC 14061MIOR requiredCollege Physics I^ BSC 140611MIOR requiredS1MIOR required11MIOR required	HHPK 335	Kinesiology *	4
Required courses for Allied Health 3 HHPK 322 Principles of Strength and Conditioning 3 HHPK 460 Fitness Assessment 4 HHPK 461 Exercise Prescription 3 BSC 256 Medical Terminology 3 BSC 2401 Hum Anatomy/Physiology I [^] 3 BSC 2402 Hum Anatomy/Physiology II [^] 18 Required Support Courses for Allied Health (choose 18 hours) 18 HHPH 330 Sport Nutrition 3 HHPS 317 Group Exercise Instruction 3 HHPS 317 Group Exercise Instruction 3 HHPK 304 Motor Development 3 HHPK 316 Resistance Training 3 PSY 316 Abormal Psychology 3 SY 322 Lifespan Development 3 MATH 453 Essentials of Statistics 3 or MATH 1342 Elementary Statistical Methods 3 CHEM 1311 General and Quantitative Chemistry I 4 & CHEM 1311 and General and Quantitative Chemistry I 5 BSC 1406 Introductory Biology I [^] F </td <td>HHPK 350</td> <td>Motor Learning and Motor Control *</td> <td>3</td>	HHPK 350	Motor Learning and Motor Control *	3
HHPK 322Principles of Strength and Conditioning3HHPK 460Fitness Assessment4HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology 1^3BSC 2402Hum Anatomy/Physiology 1^8Required Support Courses for Allied Health (choose 18 hours)18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 316Resistance Training3SPY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry 1 & CHEM 1111and General and Quantitative Chemistry Laboratory 1^PHYS 1401College Physics 1^5BSC 1406Introductory Biology 1^Mor requiredIntroductory Biology 1^	HHPK 450	Exercise Physiology *	4
HHPK 460Fitness Assessment4HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology I^3BSC 2402Hum Anatomy/Physiology I^8Required Support Courses for Allied Health (choose 18 hours)18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 316Resistance Training3SPSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1111and General and Quantitative Chemistry I BSC 1406Introductory Biology I^Mitor requiredCollege Physics I18Mitor requiredIntroductory Biology I^18	Required courses for Allie	ed Health	
HHPK 461Exercise Prescription3BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology I^3BSC 2402Hum Anatomy/Physiology II^18Required Support Courses for Allied Health (choose 18 hours)18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 316Resistance Training3SPSY 316Abnormal Psychology3NATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I a Chemistry Laboratory I^3BSC 1406Introductory Biology I^3BSC 1406Introductory Biology I^3	HHPK 322	Principles of Strength and Conditioning	3
BSC 256Medical Terminology3BSC 2401Hum Anatomy/Physiology I^7BSC 2402Hum Anatomy/Physiology II^7Required Support Courses for Allied Health (choose 18 hours)18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3SY 322Lifespan Development3MATH 453Essentials of Statistics3Or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1311General and Quantitative Chemistry I & CHEM 1311General and Quantitative Chemistry I & SC 1406Introductory Biology I^Mior requiredX04Introductory Biology I^X04Mior requiredX04Kotory Biology I^X04Mior required	HHPK 460	Fitness Assessment *	4
BSC 2401Hum Anatomy/Physiology I^BSC 2402Hum Anatomy/Physiology II^Required Support Courses for Allied Health (choose 18 hours)18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1311General and Quantitative Chemistry I BSC 14061Mitor requiredIntroductory Biology I^11Mitor required11	HHPK 461	Exercise Prescription *	3
BSC 2402Hum Anatomy/Physiology II^Required Support Courses for Allied Health (choose 18 hours)18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3SPSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1311General and Quantitative Chemistry I BSC 1406College Physics I^ BSC 14068Matrice RequiredIntroductory Biology I^Introductory Biology I^Introductory Biology I^	BSC 256	Medical Terminology	3
Required Support Courses for Allied Health (choose 18 hours)18HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1111and General and Quantitative Chemistry Laboratory I^PHYS 1401College Physics I^ Introductory Biology I^18BSC 1406Introductory Biology I^18Broce Tequired1818Broce Tequired18	BSC 2401	Hum Anatomy/Physiology I ^	
HHPH 330Sport Nutrition3HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I and General and Quantitative Chemistry Laboratory I^4PHYS 1401College Physics I^ College Physics I^4Motor required*********************************	BSC 2402	Hum Anatomy/Physiology II [^]	
HHPH 333Nutrition for Health and Fitness3HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I and General and Quantitative Chemistry Laboratory I^4PHYS 1401College Physics I^5BSC 1406Introductory Biology I^8	Required Support Courses	for Allied Health (choose 18 hours)	18
HHPS 210Sport Psychology3HHPS 317Group Exercise Instruction3HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1111and General and Quantitative Chemistry Laboratory I A4PHYS 1401College Physics I BSC 1406Introductory Biology I8Miror required11	HHPH 330	Sport Nutrition	3
HHPS 317Group Exercise Instruction3HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I and General and Quantitative Chemistry Laboratory I^4PHYS 1401College Physics I^ BSC 14065Minor required14	HHPH 333	Nutrition for Health and Fitness	3
HHPK 302Adapted Physical Education3HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I and General and Quantitative Chemistry Laboratory I BSC 1406College Physics I AMitor requiredIntroductory Biology I1	HHPS 210	Sport Psychology	3
HHPK 304Motor Development3HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1111and General and Quantitative Chemistry Laboratory IPHYS 1401College Physics I8BSC 1406Introductory Biology I18Minor required18	HHPS 317	Group Exercise Instruction	3
HHPK 316Resistance Training3PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I and General and Quantitative Chemistry Laboratory I^6PHYS 1401College Physics I^5BSC 1406Introductory Biology I^18Minor required18	HHPK 302	Adapted Physical Education	3
PSY 316Abnormal Psychology3PSY 322Lifespan Development3MATH 453Essentials of Statistics3or MATH 1342Elementary Statistical Methods3CHEM 1311General and Quantitative Chemistry I & CHEM 1111and General and Quantitative Chemistry Laboratory I6PHYS 1401College Physics I1BSC 1406Introductory Biology I18Minor required18	HHPK 304	Motor Development	3
PSY 322 Lifespan Development 3 MATH 453 Essentials of Statistics 3 or MATH 1342 Elementary Statistical Methods 3 CHEM 1311 General and Quantitative Chemistry I 3 & CHEM 1111 and General and Quantitative Chemistry Laboratory I [^] 3 PHYS 1401 College Physics I [^] 3 BSC 1406 Introductory Biology I [^] 18	HHPK 316	Resistance Training	3
MATH 453 Essentials of Statistics 3 or MATH 1342 Elementary Statistical Methods 3 CHEM 1311 General and Quantitative Chemistry I 4 & CHEM 1111 and General and Quantitative Chemistry Laboratory I [^] 6 PHYS 1401 College Physics I [^] 6 BSC 1406 Introductory Biology I [^] 18	PSY 316	Abnormal Psychology	3
or MATH 1342 Elementary Statistical Methods CHEM 1311 General and Quantitative Chemistry I & CHEM 1111 and General and Quantitative Chemistry Laboratory I [^] PHYS 1401 College Physics I [^] BSC 1406 Introductory Biology I [^] Minor required 18	PSY 322	Lifespan Development	3
CHEM 1311 General and Quantitative Chemistry I & CHEM 1111 and General and Quantitative Chemistry Laboratory I^ PHYS 1401 College Physics I^ BSC 1406 Introductory Biology I^ Minor required 18	MATH 453	Essentials of Statistics	3
& CHEM 1111 and General and Quantitative Chemistry Laboratory I^ PHYS 1401 College Physics I^ BSC 1406 Introductory Biology I^ Minor required 18	or MATH 1342	Elementary Statistical Methods	
PHYS 1401 College Physics I [^] BSC 1406 Introductory Biology I [^] Minor required 18			
BSC 1406 Introductory Biology I [^] Minor required 18	PHYS 1401	•	
Minor required 18	BSC 1406		
· ·	Minor required		18
	•		120

meets core curriculum requirement

* Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

B.S.-M.S. 5 year Accelerated Pathway

BS in Kinesiology & Sports Studies and MS in Health, Kinesiology, & Sports Studies

The BS-MS accelerated degree program allows undergraduate students in the Kinesiology & Sports Studies-Human performance concentration to begin coursework towards the Master of Science in Health, Kinesiology, and Sports Studies-Human Performance program during their senior year at Texas A&M University-Commerce. Students can earn a B.S. and M.S. degree in five years upon completion of degree requirements for both degrees. For this accelerated program, graduate courses cannot be applied to the undergraduate degree. Students must apply to the accelerated program by the end of their junior year after having completed at least 90 hours of undergraduate courses and a cumulative undergraduate GPA of 3.0 or higher. Additionally, students should have taken certain upper-level courses in their junior year to ensure they can be successful taking graduate courses with UG courses in

their senior year (e.g., HHPK 335, HHPK 350, HHPK 450). Students must earn a B or higher in these courses. Students will be awarded both degrees at the same time after completing both B.S. and M.S. requirements.

First Year		
Fall	Hours	
Delete This Text		
		0
Total Hours: 0		