

COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES

Bachelor of Science

Exercise and Fitness Studies

Four-Year Academic Map 2025-2026

| YEAR 1 | Semester 1 Fall | | | Semester 2 Spring | | | Total |
|----------------|-----------------|------------------------------------------------------|----|------------------------------|----------------------------------------------------------------------------|---|-------|
| | ENGL 1301 | First Year Writing I* | 3 | ENGL 1302 | First Year Writing II* | 3 | |
| | GOVT 2306 | U.S. & Texas Constitution & Politics* | 3 | GOVT 2305 | U.S. Government* | 3 | |
| | HIST 1301 | The United States to 1877* | 3 | HIST 1302 | The United States since 1877* | 3 | |
| | KIN 1304 | Public Health Issues in Physical Activity & Obesity* | 3 | KIN 1352 | Foundations of Kinesiology Studies, Health & Fitness | 3 | |
| | MATH 1314 | College Algebra* | 3 | MATH 1342 OR PSYC 2317 | Elementary Statistical Methods OR Intro to Psychological Statistics* | 3 | |
| Semester Hours | | | 15 | Semester Hours | | | 30 |

| YEAR 2 | Semester 1 Fall | | | Semester 2 Spring | | | Total |
|----------------|-------------------|----------------------------------|----|------------------------------|---------------------------------------------------------------|---|-------|
| | CORE | Language, Philosophy, & Culture* | 3 | CORE | Writing in the Disciplines* | 3 | |
| | CORE | Creative Arts* | 3 | NUTR 2332 | Introduction to Human Nutrition | 3 | |
| | BS Formal Science | Mathematics/Reasoning | 3 | KIN 3306 | Exercise Physiology | 3 | |
| | KIN 2304 | Structural Kinesiology I^ | 3 | KIN 3304 | Structural Kinesiology II | 3 | |
| | BIOL 1306 | Biology for Science Majors I* | 3 | CHEM 1305 OR CHEM 1311 | Foundations of Chemistry OR Fundamentals of Chemistry*^ | 3 | |
| Semester Hours | | | 15 | Semester Hours | | | 30 |

| YEAR 3 | Semester 1 Fall | | | Semester 2 Spring | | | Total |
|----------------|-------------------|-------------------------------------|----|-------------------|-------------------------------------|---|-------|
| | KIN | Approved Concentration Core Course^ | 3 | KIN | Approved Concentration Core Course^ | 3 | |
| | KIN | Approved Concentration Core Course^ | 3 | KIN | Approved Concentration Core Course^ | 3 | |
| | HHP | Approved Concentration Core Course^ | 3 | HHP | Approved Concentration Core Course^ | 3 | |
| | Minor | Minor Course^ | 3 | Minor | Minor Course^ | 3 | |
| | BS Formal Science | Mathematics/Reasoning | 3 | Elective | 1000-4000 level course | 3 | |
| Semester Hours | | | 15 | Semester Hours | | | 30 |

| YEAR 4 | Semester 1 Fall | | | Semester 2 Spring | | | Total |
|--------|-----------------|-------------------------------------|----|-------------------|-------------------------------------|----|-------|
| | KIN | Approved Concentration Core Course^ | 3 | HHP | Approved Concentration Core Course^ | 3 | |
| | Minor | Minor Course^ | 3 | Minor | Minor Course^ | 3 | |
| | Minor | Minor Course^ | 3 | Elective | 1000-4000 level course | 3 | |
| | Elective | 1000-4000 level course | 3 | Elective | 1000-4000 level course^ | 3 | |
| | Elective | 1000-4000 level course | 3 | Elective | 3000-4000 level course^ | 3 | |
| | Semester Hours | | 15 | Semester Hours | | 15 | 30 |
| | | | | | | | 120 |

*State of Texas Core Curriculum.

Students should meet with their academic advisor to formulate their own plan.

^Course updates provided are pending Provost approval of degree plan updates.