



AS Kinesiology to  
Bachelor of Science in Kinesiology –  
Exercise and Sport Studies Concentration<sup>T</sup>  
**Guided Pathway**  
Effective for the 2019-2020 Catalog



### First Year – Central Texas College

| FIRST SEMESTER                                 | SECOND SEMESTER                                 |
|--|---|
| <sup>C</sup> ENGL 1301 Composition I           | <sup>C</sup> SPCH 1315, 1318 or 1321            |
| <sup>C</sup> HIST 1301 United States History I | <sup>C</sup> HIST 1302 United States History II |
| <sup>C</sup> MATH 1314 College Algebra         | <sup>C</sup> *Language, Philosophy & Culture    |
| <sup>C</sup> *Component Area Option            | KINE 1306 First Aid                             |
| KINE 1301 Intro. to Physical Fitness & Sport   | *KINE Physical Activity Course (2 credit)       |
| *KINE Physical Activity Course (3 credit)      |   |

Total Semester Hours: 18

Total Semester Hours: 14

### Second Year – Central Texas College

It's best to apply to Tarleton State University a full semester before you plan to transfer.

| FIRST SEMESTER                                  | SECOND SEMESTER                                   |
|---|---|
| <sup>C</sup> BIOL 2401 Anatomy and Physiology I | <sup>C</sup> BIOL 2402 Anatomy and Physiology II  |
| <sup>C</sup> GOVT 2305 Federal Government       | <sup>C</sup> GOVT 2306 Texas Government           |
| <sup>C</sup> *Creative Arts Selection           | <sup>C</sup> *Social/Behavioral Science Selection |
| KINE 1304 Personal/Comm. Health I               | KINE 1321 Coaching/Sports/Athletics I             |
| KINE Physical Activity Course (2 credit)        | KINE 1338 Concepts of Physical Fitness            |

Total Semester Hours: 15

Total Semester Hours: 16

### AS: Kinesiology

You will need to apply for the associate's degree at your community college. Contact your advisor there for more information.

#### These courses may be completed at CTC (if offered) or TSU

|   |                 |
|---|-----------------|
| <sup>C</sup> ENGL 1302 – Composition II | Elective Course |
|---|-----------------|

Total Semester Hours: 6

### Third Year – Tarleton State University

| FIRST SEMESTER   | SECOND SEMESTER  |
|--|--|
| KINE 2320 – Anatomical Kinesiology   | KINE 3310 – Tests and Measurements                         |
| KINE 3360 – Sports Nutrition   | KINE 3320 – Theory of Strength Training and Conditioning I |
| KINE 3370 – Physiology of Exercise   | KINE 3330 – Motor Behavior                                 |
| KINE 3326 – Outdoor Adventure or<br>KINE 3355 – Principles of Health and Physical Education In<br>Elementary Schools or<br>KINE 3365 – Principles of Health and Physical Education In<br>Secondary Schools or<br>KINE 4302 – Psychological Aspects of Sports | KINE 3380 – Adapted Physical Activity                      |

Total Semester Hours: 12

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### Fourth Year – Tarleton State University

| FIRST SEMESTER   | SECOND SEMESTER  |
|--|--|
| KINE 3375 – Legal Issues in Sport and Recreation       | Advance Elective Course  |
| KINE 4305 – Capstone in Kinesiology                    | Advance Elective Course  |
| KINE 4350 – Recreational and Sport Facility Management |  |
| KINE 2360 – Principles of Athletic Coaching            | KINE 4682 – Internship in Kinesiology  |
|  | KINE 3326 – Outdoor Adventure or<br>KINE 3355 – Principles of Health and Physical Education In<br>Elementary Schools or<br>KINE 3365 – Principles of Health and Physical Education In<br>Secondary Schools or<br>KINE 4302 – Psychological Aspects of Sports |

Total Semester Hours: 12

Total Semester Hours: 15  
Total Degree Hours: 120

**This is not an official degree plan. Check with an advisor; degree plans may change in later catalogs.**

Part-time students may also follow this sequence. Developmental coursework may be required.

\* You may take a different course to meet this requirement. A specific list is available from your advisor.

<sup>C</sup> This course counts for the Core Curriculum at any public college or university in Texas.

() Course numbers shown in parentheses are equivalent to these courses at Tarleton State University.

<sup>T</sup> Degree availability varies by campus; consult [www.tarleton.edu](http://www.tarleton.edu) for more information.

*For questions about the University portion of this pathway,  
Contact the Kinesiology Department at 254-968-9186.*

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