



Associate of Arts-Kinesiology to
Bachelor of Science in Kinesiology –
Fitness, Athletic, and Strength Training Concentration^T
Guided Pathway
Effective for the 2019-2020 Catalog
First Year – Galveston College



FIRST SEMESTER	SECOND SEMESTER
^C ENGL 1301 Composition I	^C ENGL 1302 Composition II
^C HIST 1301 US History I	^C HIST 1302 US History II
^C MATH 1332 Contemporary Math	^C Creative Arts Elective
KINE 1301 Intro to Kinesiology	KINE 1338 Concepts of Fitness
KINE 1304 Personal/Comm/Wellness I	KINE 1346 Drug Abuse and Use
PHED 1148 Weight Training I	PHED 1148 Weight Training II

Total Semester Hours: 16

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Second Year – Galveston College

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

FIRST SEMESTER	SECOND SEMESTER
^C GOVT 2305 Federal Government	^C GOVT 2306 Texas Government
^C BIOL 2401 Anatomy and Physiology I	^C BIOL 2402 Anatomy and Physiology II
KINE 2356 Care and Prevention Athletic Injury	^C PSYC 2301 General Psychology
^C Language, Philosophy & Culture	* ^C Communication Core Elective
PHED 1144 Strength and Conditioning	PHED 11XX Elective

Total Semester Hours: 14

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AA: 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 taken at Galveston College or TSU

^{*C} First Year Seminar Elective (Learning Frameworks)	KINE 1306 (PHED 1306) – First Aid and CPR
KINE Activity Elective Course (2 hour)	

Total Semester Hours: 6-8

Third Year – Tarleton State University

FIRST SEMESTER	SECOND SEMESTER
KINE 2320 - Anatomical Kinesiology	KINE 3380 – Adapted Physical Activity
KINE 2380 – Essentials of Personal Training	KINE 3330 – Motor Behavior
KINE 2390 – Fundamentals of Group Exercise Training	KINE 3360 – Sports Nutrition
KINE 3320 – Theory of Strength Training and Conditioning I	KINE 3310 – Tests and Measurements
	KINE 3370 – Physiology of Exercise

Total Semester Hours: 12

Total Semester Hours: 15

Fourth Year – Tarleton State University

FIRST SEMESTER	SECOND SEMESTER
KINE 3333 – Tactical Strength and Conditioning <u>OR</u>	KINE 3333 – Tactical Strength and Conditioning <u>OR</u>
KINE 3350 – Corrective Exercise Training <u>OR</u>	KINE 3350 – Corrective Exercise Training <u>OR</u>
KINE 4302 – Psychological Aspects of Sports <u>OR</u>	KINE 4302 – Psychological Aspects of Sports <u>OR</u>
KINE 4390 – Biomechanics	KINE 4390 – Biomechanics
KINE 4360 – Theory of Strength Training and Conditioning II	KINE 4682 – Internship in Kinesiology
KINE 3385 – Program Design for Special Populations	Advance Elective Course
KINE 4305 – Capstone in Kinesiology	
Advance Elective Course	

Total Semester Hours: 15

Total Semester Hours: 12

TOTAL: 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.

^C 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.

^T Degree availability varies by campus; consult www.tarleton.edu for more information.

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