



HEALTH SCIENCES

BHC CVC EFC ECC MVC NLC RLC

Associate of Arts to Bachelor of Science in Kinesiology Fitness, Athletic, and Strength Training Concentration^T Guided Pathway Effective for the 2019-2020 catalog¹



First Year – Brookhaven, Cedar Valley, Eastfield, El Centro, Mountain View, North Lake, and Richland College²

FIRST SEMESTER	SECOND SEMESTER
^C ENGL 1301 – Composition I (010)	^C ENGL 1302 – Composition II (010)
^C HIST 1301 – United States History I (060)	^C HIST 1302 – United States History II* (060)
^C MATH 1342 – Elementary Statistical Methods* (020)	^C SPCH 1311 – Introduction to Speech Communication OR (090)
	^C SPCH 1315 – Public Speaking OR (090)
	^C SPCH 1321 – Business & Professional Communication (090)
EDUC 1300 – Learning Framework@	KINE 1338 – Concepts of Physical Fitness
KINE 1301 – Foundations of Kinesiology	PHED x1xx – Physical Activity Course
^C PHED 1164 – Introduction to Physical Fitness and Wellness (090)	

Total Semester Hours: 16

Total Semester Hours: 13

Second Year – Brookhaven, Cedar Valley, Eastfield, El Centro, Mountain View, North Lake, and Richland College

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

FIRST SEMESTER	SECOND SEMESTER
Choose One:	Choose One:
^C ENGL 2321 – British Literature* (040)	^C ARTS 1301 – Art Appreciation* (050)
^C ENGL 2326 – American Literature* (040)	^C DANC 2303 – Dance Appreciation I* (050)
^C ENGL 2331 – World Literature* (040)	^C DRAM 1310 – Introduction to Theater* (050)
	^C HUMA 1315 – Fine Arts Appreciation* (050)
	^C MUSI 1306 – Music Appreciation* (050)
^C GOVT 2305 – Federal Government (070)	^C GOVT 2306 – Texas Government (070)
^C BIOL 2401 – Anatomy and Physiology I^ (030)	^C BIOL 2402 – Anatomy and Physiology II (030)
KINE 1306 – First Aid and CPR	Choose One:
	^C PHED 1304 – Personal/Community Health, (080)
	^C PSYC 2301 – General Psychology (080)
	^C PSYC 2314 – Lifespan Growth & Development, (080)
	^C SOCI 1301 – Introduction to Sociology (080)
KINE 1338 – Concepts of Physical Fitness	Elective Course (4 hours)+
	PHED x1xx – Physical Activity Course

Total Semester Hours: 16

Total Semester Hours: 18

Associate of Arts (63 hours)

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 DCCCD or TSU

KINE Activity 3 Credit Elective Course	KINE Activity 3 Credit Elective Course
--	--

Total Semester Hours: 6

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 Degree Hours: 123

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

¹ Degree plans may change in later catalogs. You may use this pathway if you entered one of the seven colleges on or before this date.

² Students must earn at least 25% of the credit hours (15 hours) required for graduation through instruction by one of the seven DCCCD colleges awarding the degree.

^C This course counts for the Core Curriculum at any public college or university in Texas.

@ All college students with fewer than 12 semester credit hours of successful college credit (grade of "C" or above) must take a student success course in the first semester.

* There are several options to fulfill this requirement. See your academic advisor for a specific list.

^ BIOL 1406 is a Prerequisite to BIOL 2401.

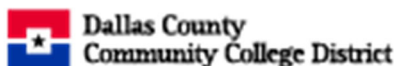
+ Elective courses should be selected according to the intended university you will transfer to. See your academic advisor for assistance with course selection.

You must earn a grade of "C" or better in English 1301 and the selected college-level mathematics course and receive a GPA of at least 2.00 on all college-level course work.

() 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.

Approved: 2019-2020 Guided Pathway



For questions regarding the university portion of this pathway,
Contact the Kinesiology Department at 254-968-9186.