



AS Kinesiology to
Bachelor of Science in Kinesiology –
Fitness, Athletic and Strength Training Concentration^T
Guided Pathway



Effective for the 2019-2020 Catalog

First Year – Central Texas College

FIRST SEMESTER	SECOND SEMESTER
^C ENGL 1301 Composition I	^C SPCH 1315, 1318 or 1321
^C HIST 1301 United States History I	^C HIST 1302 United States History II
^C MATH 1314 College Algebra	^{C*} Language, Philosophy & Culture
^{C*} Component Area Option	KINE 1306 First Aid
KINE 1301 Intro. to Physical Fitness & Sport	[*] KINE Physical Activity Course
[*] KINE Physical Activity Course	

Total Semester Hours: 17

Total Semester Hours: 13

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
^C BIOL 2401 Anatomy and Physiology I	^C BIOL 2402 Anatomy and Physiology II
^C GOVT 2305 Federal Government	^C GOVT 2306 Texas Government
^{C*} Creative Arts Selection	^{C*} Social/Behavioral Science Selection
KINE 1304 Personal/Comm. Health I	KINE 1321 Coaching/Sports/Athletics I
KINE Physical Activity Course	KINE 1338 Concepts of Physical Fitness

Total Semester Hours: 14

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

^C ENGL 1302 – Composition II	Elective Course
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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: 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.