



AA/AS General Studies
Kinesiology (Athletic Training) Emphasis to
Bachelor of Science in Kinesiology –
Fitness, Athletic, and Strength Training Concentration^T
Guided Pathway
 Effective beginning with the 2020-2021 catalog



First Year - Collin College

(Developmental coursework may be required.)

FIRST SEMESTER	SECOND SEMESTER
^C ENGL 1301 Composition I	^C ENGL 1302 Composition II (or ENG 2311)
^C Mathematics (see list below) – 3 hours	^C Life/Physical Science (see list below) – 4 hours (TSU requires BIOL 2401 – Anatomy and Physiology I)
^C Speech (see list below) – 3 hours	^C Lang, Phil, & Culture (see list below) - 3 hours
^C History (see list below) – 3 hours	^C History (see list below) – 3 hours
Related Elective (see list below) - 3 hours (TSU requires KINE 1338 (PHED 1338) – Concepts of Physical Fitness)	Related Elective (see list below) - 3 hours (TSU requires KINE 1306 (PHED 1306) – First Aid and CPR)

Second Year - Collin College

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 Life/Physical Science (see list below) – 4 hours (TSU requires BIOL 2402 – Anatomy and Physiology II)	^C Creative Arts (see list below) – 3 hours
^C Social/Behavioral Science (see list below) -3 hours	Related Elective (see list below) - 3 hours
Related Elective (see list below) - 3 hours (TSU requires KINE 1301 (PHED 1301) – Foundations of Kinesiology)	Related Elective (see list below) - 3 hours
Related Elective (see list below) - 3 hours	*Elective (see list below) – 1 to 3 hours

AA in General Studies

Contact your advisor at Collin College for information about applying for your Associate's degree.

These courses may be taken at Collin College or TSU

KINE Activity Elective Course (2 hours)	KINE Activity Elective Course (2 hours)
KINE Activity Elective Course (2 hours)	

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

Fourth Year – Tarleton State University

FIRST SEMESTER	SECOND SEMESTER
KINE 4330 – Exercise Testing and Prescription	KINE 3333 – Tactical Strength and Conditioning OR KINE 4302 – Psychological Aspects of Sports OR 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	

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.

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

History - choose two from: HIST 1301, 1302, 2301

Mathematics – **AS degree** MUST choose TWO from: MATH 1314, 1414, 1316, 1342, 2305, 2318, 2320, 2412, 2413, 2414, 2415. **AA degree** may choose ONE from above or ONE from: MATH 1324, 1325, 1332, 1350, 1351

Speech – choose one from: SPCH 1311, 1315, or 1321

Life & Physical Sciences – choose two from: BIOL 1406, 1407, 1414, 1415, 2401, 2402, 2406, 2416, 2421, CHEM 1411, 1412, 2423, 2425, ENVR 1401, 1402, GEOL 1403, 1404, PHYS 1401, 1402, 2425, 2426. (**AA and degree** may also choose from: BIOL 1408, 1409, 2404, 2420, CHEM 1405, GEOL, 1401, 1402, 1445, 1447, PHYS 1403, 1404, 1405, 1410, 1415, 1417)

Language, Philosophy, & Culture - choose one from: ENGL 2322, 2323, 2327, 2328, 2332, 2333, 2342, 2343, HIST 2311, 2312, 2321, 2322, HUMA 1301, PHIL 1301, 1304, 2303, 2306, 2307, 2321

Creative Arts - choose one from: ARTS 1301, 1303, 1304, 1313, DANC 2303, DRAM 1310, 2361, 2362, 2366, MUSI 1306, 1307, 1310

Social and Behavioral Sciences – choose one from: ANTH 2302, 2346, 2351, ECON 2301, 2302, PSYC 2301, SOCI 1301, 1306

Related Electives - choose at least 12 hours from:

BIOL 1322 Nutrition and Diet Therapy	KINE 1142 Varsity Conditioning I	KINE 1144 Varsity Sports I
KINE 1304 Personal/Community Health		
KINE 2142 Varsity Conditioning II	KINE 2144 Varsity Sports II	KINE 2156 Taping and Bandaging
KINE 2356 Care and Prevention of Athletic Injuries		

Elective – choose one from: EDUC 1300, KINE 1164, 1304, 1338, PSYC 1100, 1300, or **ANY core course not used to meet core requirements.** (AS degree may use this area for a second math course*)

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