

### Associate of Science in General Studies

### Bachelor of Science with a Major in Kinesiology with a concentration in Exercise Science

The following is a suggested two-year transfer plan. Students are encouraged to see their advisor each semester for help with program decisions and enrollment. In addition, students are responsible for meeting with their academic advisor for additional requirements to transfer to TAMU.

#### 1ST SEMESTER

SCH

Notes

LC	ENGL 1301	Composition I (010)	3	
	HIST 1301	United States History I (060)	3	
	MATH 1342	Elementary Statistical Methods (020)	3	
	BIOL 2301	Anatomy & Physiology I (030)	3	
	BIOL 2101	Anatomy & Physiology I Lab	1	(TR)
	KINE 1113	Weight Training I	1	
	KINE 1131	Aerobic Activities I	1	

15

#### 2ND SEMESTER

SCH

Notes

LC	ENGL 1302	Composition II (010)	3	
	HIST 1302	United States History II (060)	3	
	BIOL 2302	Anatomy & Physiology II (030)	3	
	BIOL 2102	Anatomy & Physiology I Lab	1	
		Creative Arts (050)	3	
		Minor/General Elective	3	

16

#### 3RD SEMESTER

SCH

Notes

LC	GOVT 2305	Federal Government (070)	3	
	KINE 1301	Foundations of Kinesiology	3	
	KINE 1338	Physical Fitness	3	
		Language, Philosophy and Culture (040)	3	
		Component Area Option (090)	3	(EC)

15

#### 4TH SEMESTER

SCH

Notes

LC	GOVT 2306	Texas Government (070)	3	
	PSYC 2314	Life Span Growth and Development (080)	3	
	KINE 2356	Care Prevention Athl Injuries	3	
		Component Area Option (090)	3	
		Minor/General Elective	3	

15

#### 5TH SEMESTER

SCH

Notes

TAMU	KINE 2312	Anatomical Kinesiology	3	
	KINE 3311	Physiology of Exercise	3	
	KINE 3316	Psych Aspects of Sport & Exercise	3	
	KINE 3318	Fundamentals of Biomechanics	3	
	KINE 4315	Sport & Adapted Phys Activity	3	

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#### 6TH SEMESTER

SCH

Notes

TAMU	KINE 2322	Pathophysiology Allied Health	3	
	KINE 3312	Principles of Health Promo-WIN	3	
	KINE 3314	Tests and Evaluation	3	
	KINE 3317	Nutrition for Exercise & Sports	3	
	KINE 3319	Research Methods	3	

15

#### 7TH SEMESTER

SCH

Notes

TAMU	KINE 4311	Advanced Exercise Physiology	3	
	KINE 4317	Foundations of Sports Mgt	3	
	KINE 4318	Exercise Prescription	3	
		Advanced Minor/General Elective	3	
		Advanced Minor/General Elective	3	

15

#### 8TH SEMESTER

SCH

Notes

TAMU	KINE 4316	Princ of Motor Learn&Control	3	
	KINE 4320	Special Topics in Kinesiology	3	
	KINE 4336	Psyc of Sport Injury&Rehab WIN	3	
		Advanced Minor/General Elective	3	
		Advanced Minor/General Elective	3	

15

Total SCH Required for Degree **120**

#### Important Details to Remember

\* Students may take any KINE Aerobic Activity at LC in lieu of KINE 1131.

Extra credit (EC) - Courses noted with (EC) do not apply when transferring to TAMU - 1SCH from 090.

TAMU Requirement (TR) - Courses noted with (TR) are additional TAMU requirements.

The degree plan follows the selection of a No-Minor Minor. If a different minor is selected the student may need to fit 6 additional SCH to the degree plan.

Total SCH required for degree 120 - additional 1 SCH taken at LC.

LC Degree Plan: <https://www.laredo.edu/Academic-Career-Pathways/science-technology-engineering-mathematics/as-general-studies.html>

TAMU Degree Plan: <https://catalog.tamui.edu/undergraduate-information/nursing-health-sciences/bachelor-science-major-kinesiology-concentration-exercise-science-bs/>

Transfer Plan is subject to change. Students are encouraged to see their advisor each semester for help with program decisions and enrollment.