



Transfer Plans

2025-2026



Associate of Science in General Studies

Bachelor of Science with a Major in Kinesiology with a concentration in Health & Fitness

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 TAMIU.

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
TAMIU	KINE 2312	Anatomical Kinesiology	3	
	KINE 3311	Physiology of Exercise	3	
	KINE 3313	Essentials of Persnl Training	3	
	KINE 3316	Psych Aspects of Sport & Exercis	3	
	KINE 3318	Fundamentals of Biomechanics	3	
			15	

6TH SEMESTER			SCH	Notes
TAMIU	KINE 2322	Pathophysiology Allied Health	3	
	KINE 3312	Principles of Health Promo-WIN	3	
	KINE 3314	Tests and Evaluation	3	
	KINE 3315	Scien Prin of Streng & Condi	3	
	KINE 3317	Nutrition for Exercise & Sports	3	
			15	

7TH SEMESTER			SCH	Notes
TAMIU	KINE 4312	Adv Care & Prevn of Athl Injur	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
TAMIU	KINE 4313	Therap Modali for Ath Trainers	3	
	KINE 4319	Practicum 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 TAMIU – 1SCH from 090.
TAMIU Requirement (TR) - Courses noted with (TR) are additional TAMIU 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>
TAMIU Degree Plan: <https://catalog.tamiu.edu/undergraduate-information/nursing-health-sciences/bachelor-science-major-kinesiology-concentration-health-fitness-bs/>