**Texas Lutheran University Degree Plan**

**Bachelor of Science in Kinesiology Exercise Science**

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ID#: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Prospective Graduation Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Catalog Year: 2022-23**



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| **General Education** | | | | |
| Take the following **Foundation** requirements (18 hrs): | | | | |
| Basic Quantitative Literacy | | | | |
|  | *MATH130 College Math or higher* | | | |
| Critical Reading | | | | |
|  | *FREX134 Exploring the Arts & Sciences* | | | |
| Engaging Faith Traditions | | | | |
|  | *THEO133 Intro to Theology* | | | |
| Modern Language | | | | |
|  | *Foreign language at 131 level or higher\** | | | |
| Written Communication | | | | |
|  | *COMP131 Composition I* | | | |
|  | *COMP132 Composition II* | | | |
| *\* The language requirement can also be met by a study abroad*  *program lasting 4 weeks.* | | | | |
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| Take the following **Distribution** requirements (24 hrs): | | | | |
| Arts 6 hrs | | | | |
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| Humanities 12 hrs (no more than 2 courses/discipline) | | | | |
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| Natural Sciences & Math 6 hrs (1 crs w/lab) | | | | |
| √ | *BIOL 245 Human Anatomy & Physiology I* | | | |
| √ | *CHEM 147 Principles of Chemistry* | | | |
| Social Sciences 6 hrs | | | | |
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| Students need 1 course from each **Competency**: | | | | |
| 3 Critical Thinking Courses (T) | |  |  |  |
| 3 Engaged Citizenship Courses (Z) | |  |  |  |
| 2 Communication Courses (C) | |  |  |  |
| 1 Ethics Course (E) | |  |  |  |

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| **Kinesiology Exercise Science (35-36 hrs)** | | | | |
|  | *KINS 131 Personal Well-Being* | | | |
|  | *KINS 135 Foundations of Kinesiology* | | | |
|  | *KINS 234 Motor Learning* | | | |
|  | *KINS 335 Physiology of Exercise* | | | |
|  | *KINS 433 Research Design in Kinesiology* | | | |
|  | *KINS 434 Capstone* | | | |
|  | *KINS 476 Biomechanics* | | | |
| Three 1-hour activity courses: | | | | |
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| 11-12 additional hrs in kinesiology: | | | | |
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| **Supporting Coursework (25 hrs)** | | | | |
|  | *BIOL 245 Human Anatomy & Physiology I* | | | |
|  | *BIOL 246 Human Anatomy & Physiology II* | | | |
|  | *CHEM 147 Principles of Chemistry* | | | |
| 13 hrs to be determined by advisor: | | | | |
|  | *Elective* | | | |
|  | *Elective* | | | |
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| **Electives or minor to total 124 hrs** | | | | |
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| **Reflective Modules (3)** | | | | |
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**IMPORTANT**: An overall GPA of 2.0 and a major/minor GPA of 2.0 is required for graduation. All degrees require a minimum of 124 hours. It is the responsibility of the student to fulfill all degree requirements.

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Advisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dept Chair: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Registrar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_