**Texas Lutheran University Degree Plan**

**Bachelor of Science in Kinesiology Exercise Science**

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

**Prospective Graduation Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Catalog Year:** 2023-24



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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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| 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Kinesiology Exercise Science (44 hrs)** |
|  | *KINS 131 Personal Well-Being* |
|  | *KINS 135 Foundations of Kinesiology* |
|  | *KINS 244 Motor Learning* |
|  | *KINS 345 Physiology of Exercise* |
|  | *KINS 433 Research Design in Kinesiology* |
|  | *KINS 434 Capstone*  |
|  | *KINS 446 Biomechanics* |
| Three 1-hour activity courses: |
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| 17 hours of kinesiology (KINS) electives: |
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| **Supporting Coursework (24 hrs)** |
|  | *BIOL 245 Human Anatomy & Physiology I* |
|  | *BIOL 246 Human Anatomy & Physiology II* |
|  | *CHEM 147 Principles of Chemistry*  |
| 12 hours of electives selected from:BIOL 235, BIOL, 431, CHEM 143, CHEM 144, COMM 374, PHYS 141, PHYS 142, PSYC 131, PSYC 234, PSYC 236, PSYC 332, SISE 231, STAT 374 |
|  | *Elective* |
|  | *Elective* |
|  | *Elective* |
|  | *Elective* |
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| **Electives or minor to total 124 hrs** |
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