**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* |
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| **Electives or minor to total 124 hrs** | |
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