Texas Lutheran University Degree Plan
Bachelor of Science in Kinesiology Exercise Science

Student Name: _____ **ID#:** _____

Prospective Graduation Date: _____ **Catalog Year:** **2012-13**

General Education	
Take the following **Foundation** requirements (21 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
Self-Awareness & Development	
	PRWB130 Personal Well-Being
Written Communication	
	COMP131 Composition I
	COMP132 Composition II

Take the following **Distribution** requirements (30 hrs):	
Arts 6 hrs (1 A competency)	
Humanities 6 hrs (1 I competency)	
Natural Sciences 6 hrs (1 crs w/lab; 1 S competency)	
Professional Applications 3 hrs	
Cultural Perspectives & Religion 3 hrs	
Social Sciences 6 hrs (1 P competency)	

Students need 1 course from each **Competency**:	
	Advanced Quantitative Reasoning (Q)
	Aesthetic/Expression (A)
	Creative Thinking (C)
	Inquiry & Analysis (I)
	Intercultural/Global Knowledge (G)
	Problem Solving (P)
	Scientific Literacy (S)
	Civic Engagement (V)
	Ethical Reasoning (E)
	Oral Communication (O)
	Written Communication (W)

Kinesiology-Exercise Science (33 hrs)	
	KINS 135 Foundations of Kinesiology
	KINS 234 Motor Learning
	KINS 335 Physiology of Exercise
	KINS 376 Theory of Strength Training
	KINS 434 Senior Seminar
	KINS 476 Biomechanics
	KINS 479 Exercise Testing & Prescription
12 hrs from KINS 230, 238, 333, 430, 433, 480	

Supporting Coursework (36 hrs)	
	BIOL 147 Human Anatomy & Physiology I
	BIOL 148 Human Anatomy & Physiology II
	BIOL 235 Principles of Nutrition
	BIOL 431 General Physiology
	CHEM 143 General Chemistry I
	CHEM 144 or 341 Gen Chem II or Analytical Chem
	PHYS 141 General Physics I
	PHYS 142 General Physics II
	STAT 374 Statistics
	PRWB 130 Personal Well-being

Electives or minor to total 124 hrs			

Co-Curricular Modules (4)
Must have at least 2 different competencies

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: _____