Texas Lutheran University Undergraduate Degree Plan

Bachelor of Science : Kinesiology - Exercise Science

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

Prospective Graduation Date: _____ **Catalog Year:** 2024-2025

General Education			
Note	**CrHr**	**Course Title**	**Competency**
18	**hrs**	**Foundation requirements:**	
Basic Quantitative Literacy			
	3	MATH130 College Math or higher	T
Critical Reading			
	3	FREX 134	
Engaging Faith Traditions			
	3	THEO 133	
Modern Language*			
	3	Foreign language at 131 level or higher	Z
Written Communication			
	3	COMP 131	
	3	COMP 132	
*Can be met by a study abroad program lasting 4+ weeks			
32	**hrs**	**Distribution requirements:**	
	6	**Arts**	
	3		
	3		
	12	**Humanities (Max 2 courses/discipline)**	
	3		
	3		
	3		
	3		
	6	**Natural Sciences & Math (1 crs w/lab)**	
	4	BIOL 245	T
	4	CHEM 147	T
	6	**Social Sciences**	
	3		
	3		

Complete each of the following **Competencies:**			
3 Critical Thinking Courses (T)	X	X	X
3 Engaged Citizenship Courses (Z)	X		
2 Communication Courses (C)			
1 Ethics Course (E)	X		

Reflective Modules (2)	

99	**Total Hours – 124 Hours Needed**

Student: _____

Advisor: _____

Dept Chair: _____

Registrar: _____

Date: _____

27	**hrs**	Kinesiology - Exercise Science	
Note	**CrHr**	**Course Title**	**Competency**
	3	KINS 131 Personal Well-Being	
	3	KINS 135 Foundations of Kinesiology	E
	4	KINS 244 Motor Learning	
	4	KINS 345 Physiology of Exercise	
	3	KINS 433 Research Design in Kinesiology	
	3	KINS 434 Capstone	
	4	KINS 446 Biomechanics	
	1	KINS 1hr Elective	
	1	KINS 1hr Elective	
	1	KINS 1hr Elective	
		17 hours of kinesiology (KINS) electives:	
		KINS Elective	
		KINS Elective	
		KINS Elective	
		KINS Elective	
		KINS Elective	
		KINS Elective	
		KINS Elective	
4	**hrs**	**Supporting Coursework**	
	4	BIOL 246 Human Anatomy & Physiology II	T
12 hours of electives selected from: BIOL 235, BIOL 431, Chem 144, COMM 374, PHYS 141, PHYS 142, PSYC 131, PSYC 234, PSYC 236, PSYC 332, SISE 231, STAT 374			
0	**hrs**	**Electives / Minor**	

IMPORTANT: An overall GPA of 2.0 and a major/minor GPA of 2.0 is required for graduation. All undergraduate degrees require a minimum of 124 hours. It is the student's responsibility to fulfill all degree requirements.