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

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

Prospective Graduation Date: _____ **Catalog Year:** 2025 - 2026

General Education			
CRHR	**Course Title**	**TZCE**	**Notes**
18	**Hrs**	**Foundations**	
Basic Quantitative Literacy			
3	MATH 130 College Math or Higher	T	
Critical Reading			
3	FREX 134 Exploring the Arts and Sciences		
Engaging Faith Traditions			
3	THEO 133 Introduction to Theology		
Modern Language*			
3	Foreign Language at 131 Level or Higher	Z	
Written Communications			
3	COMP 131 English Composition I		
3	COMP 132 English Composition II		
*Can be met by a study abroad program lasting 4+ weeks			
24	**Hrs**	**Distributions Requirements:**	
6	**Arts (6)**		
	ARTS 130, AMMS, DRAM, MUSI, VART		
3			
3			
12	**Humanities (Max 2 course/discipline) (12)**		
	AFAM, COMM, ENGL, HIST, HUMA 130, MAST, Mod. Lang, PHIL, THEO, WOST		
3			
3			
3			
3			
0	**Natural Science & Math (1 crs w/lab) (6)**		
	BIOL, CHEM, CSCI, ENVS, MATH, NSCI 140, PHYS, STAT		
0	BIOL 245 Human Anatomy & Physiology I		
0	CHEM 147 Principles of Chemistry		
6	**Social Sciences (6)**		
	CRCJ, ECON, GEOG, POLS, PSYC, SOCI, SSCI 130		
3			
3			

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

111	**Total Hours – 124 Hours Needed**

Student: _____

Advisor: _____

Department Chair: _____

Registrar: _____

Date: _____

69	**Hrs**	**Kinesiology Exercise Science (44)**	
CRHR	**Course Title**	**TZCE**	**Notes**
3	KINS 131 Personal Well-Being		
3	KINS 135 Found of Kinesiology	E	
4	KINS 244 Motor Learning		
4	KINS 345 Physiology of Exercise	T	
3	KINS 433 Research Design in Kins		
3	KINS 434 Capstone	C	
4	KINS 446 Biomechanics		
3 1-hour activity courses			
1			
1			
1			
17 hours of Kinesiology Electives:			
3			
3			
3			
3			
3			
	Supporting Coursework (24)		
4	BIOL 245 Human A & P I	T	
4	BIOL 246 Human A & P II		
4	CHEM 147 Prin of Chemistry	T	
12 hours from: BIOL 235, 431, CHEM 143, 144, COMM 374, PHYS 141, 142, PSYC 131, 234, 236, 332, SISE 231, STAT 374			
3			
3			
3			
3			
	Electives or minor to total 124 hrs		

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