

Bachelor of Science

HEALTH AND HUMAN PERFORMANCE DEPARTMENT-CHECKLIST (KINESIOLOGY/FITNESS AND SPORTS) FALL 2024

This is NOT an official degree plan: for ADVISING PURPOSES ONLY.

TEXAS CORE CURRICULUM (42hrs)	UH	TRN	NEED
6 hrs of COMMUNICATION			
ENGL 1301			
ENGL 1302			
3 hrs of MATH <i>excludes Math 1300</i>			
MATH 1314			
3 hrs of MATH REASONING			
MATH 1342 or PSYC 2317			
3 hrs of LANG, PHILOSOPHY & CULTURE			

3 hrs of CREATIVE ARTS			

6 hrs of LIFE AND PHYSICAL SCIENCE			
BIOL 1306 or BIOL 1308			
BIOL 1307 or BIOL 1309			
3 hrs of SOCIAL SCIENCE			
KIN 1304			
3 hrs of WRITING IN THE DISCIPLINES (UH Specific)			

6 hrs of AMERICAN HISTORY			
HIST 1301			
HIST 1302			
6 hrs of POLITICAL SCIENCE			
GOVT 2305			
GOVT 2306			

B.S. Formal Science (6hrs)	UH	TRN	NEED
<i>These courses are in addition to core requirements. Students must complete at least 12 credit hours in the quantitative or formal sciences, and at least 6 credit hours must be in MATH. Excludes MATH 1300.</i>			
MATH 2312			
3 hrs of PHYS 1301			

HHP ADV Options - Any KIN or NUTR class in the 3000-4000 level not listed as a degree requirement
 Suggestions: KIN 4300, KIN 4302, KIN 4330, KIN 4390, KIN 4391, KIN 4398, NUTR 4334, NUTR 4351, NUTR 4352, NUTR 4353, NUTR 4349

*Students receive 3 attempts to complete all prerequisite courses with a C- or better; failure to do so will result in ineligibility to graduate in the major. Students must receive a C- or better to receive course credit.

KINESIOLOGY CORE (30hrs)	UH	TRN	NEED
KIN 1352 Foundations of Kines Studies *			
KIN 3304 Human Structure & Phys Perform			
KIN 3305 Soc & Cultural Aspects of Sport			
KIN 3306 Physiology of Human Performance *			
KIN 3309 Biomechanics *			
KIN 3350 Psys Aspects of Sports & Exercise			
KIN 4310 Measurement in Human Perform *			
KIN 4315 Motor Learning and Control			
KIN 4370 Exercise Testing			
NUTR 2332 Introduction to Human Nutrition			

***Must receive a C- or better, within 3 attempts, to graduate in the major**

KIN-Fitness and Sports (21hrs)	UH	TRN	NEED
KIN 3301 Design/Eval. Phys Act. Program *			
KIN 4300 Phys. Activity in Older Adults			
KIN 4301 Workplace Wellness			
KIN 4302 Fitness/Human Sexuality			
KIN 4330 Child/Adolescent Obesity			
KIN 4355 Organization & Admin of Athletics			
Choose one from the following:			
NUTR 4351 Gerontology and Nutrition			
NUTR 4352 Child and Adolescent Nutrition			

General Electives	UH	TRN	NEED
<i>Need 120 hrs (36 of which must be ADV) & 2.0 GPA to earn degree. ELEC are <u>additional hrs needed</u> to meet degree requirements. Repeat/Remedial courses do not count towards total hrs. *** Student must complete a minimum of 21 credit hours for the elective block of which 9hrs must be HHP advanced courses.***</i>			
Required Electives (21hrs) _____			
HHP ADV.			
HHP ADV.			
HHP ADV.			
General Elective			
General Elective			
General Elective			
General Elective			