

Bachelor of Science

HEALTH AND HUMAN PERFORMANCE DEPARTMENT-CHECKLIST (EXERCISE SCIENCE - HEALTH PROFESSIONS) FALL 2025

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			
CHEM 1311			
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. Math & 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			
PHYS 1301			

Hours (120 total hours required)	UH	TRN	NEED
By Type			
Total Hours Completed (UH + TRN)	0		
Remaining Hours Needed	0		

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

KINESIOLOGY CORE (15hrs)	UH	TRN	NEED
KIN 1352 Foundations of Kines Studies *			
KIN 2304 Structural Kinesiology I *			
KIN 3304 Structural Kinesiology II *			
KIN 3306 Exercise Physiology *			
NUTR 2332 Introduction to Human Nutrition			

HEALTH PROFESSIONS CORE - SCIENCE (23hrs)	UH	TRN	NEED
BIOL 1106 Biology for Science Majors I Lab			
BIOL 1307 Biology for Science Majors II Lecture			
BIOL 1107 Biology for Science Majors II Lab			
BIOL 2301 Anatomy & Physiology I Lecture			
BIOL 2101 Anatomy & Physiology I Lab			
BIOL 2302 Anatomy & Physiology II Lecture			
BIOL 2102 Anatomy & Physiology II Lab			
CHEM 1111 Fundamentals of Chemistry I Lab			
CHEM 1312 Fundamentals of Chemistry II Lecture			
CHEM 1112 Fundamentals of Chemistry II Lab			
PHYS 1101 College Physics I Lab			
PHYS 1302 College Physics II Lecture			
PHYS 1102 College Physics II Lab			

HEALTH PROFESSIONS CORE - KIN (19hrs)	UH	TRN	NEED
KIN 3101 Seminar in Kinesiology			
KIN 3309 Biomechanics *			
KIN 4306 Advanced Exercise Physiology			
KIN 4310 Measurement in Human Perform *			
KIN 4315 Motor Learning and Control			
KIN 4370 Exercise Testing *			
KIN 4371 Exercise Prescription			

GENERAL ELECTIVES (15hrs)	UH	TRN	NEED
<i>Need 120 hrs (36 of which must be ADV). General Electives are <u>additional hrs needed</u> to meet degree requirements. Repeat/Remedial courses do not count towards total hrs. Student must complete 15 hours for the general elective block, of which 12 hours must be advanced courses.</i>			
General Elective (ANY 3000-4000 COURSE) ADV.			
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General Elective			

*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.