

Bachelor of Science

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

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

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

| 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 1305 or CHEM 1311 or CHEM 1312 | | | |
| 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 | | | |

| 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 | | | |

| PRIMARY OPTION CORE - SCIENCE (8hrs) | UH | TRN | NEED |
|---|----|-----|------|
| BIOL 2301 Anatomy & Physiology I Lecture | | | |
| BIOL 2101 Anatomy & Physiology I Lab | | | |
| BIOL 2302 Anatomy & Physiology II Lecture | | | |
| BIOL 2102 Anatomy & Physiology II Lab | | | |

| PRIMARY OPTION CORE - KIN (25hrs) | UH | TRN | NEED |
|---|----|-----|------|
| KIN 3101 Seminar in Kinesiology | | | |
| KIN 3305 Soc & Cultural Aspects of Kines & Sport | | | |
| KIN 3309 Biomechanics * | | | |
| KIN 3350 Psychological Aspects of Sports & Exercise | | | |
| KIN 4306 Advanced Exercise Physiology | | | |
| KIN 4310 Measurement in Human Performance * | | | |
| KIN 4315 Motor Learning & Control | | | |
| KIN 4370 Exercise Testing * | | | |
| KIN 4371 Exercise Prescription | | | |

| General Electives (24hrs) | 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 24 hours for the general elective block, of which 6 hours must be advanced KIN or NUTR courses.</i> | | | |
| HHP Advanced Elective | | | |
| HHP Advanced Elective | | | |
| General Elective | | | |
| General Elective | | | |
| General Elective | | | |
| General Elective | | | |
| General Elective | | | |
| General Elective | | | |
| General Elective | | | |

| 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 | | |

*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.

HHP Advanced Elective Options - Any KIN or NUTR class in the 3000-4000 level not listed as a degree requirement