UH Next Degree Map

ALVIN COLLEGE

Exercise & Fitness Studies, B.S.
General Studies, A.A.

2026-2027 Catalog

	Semester 1 – AC		Semester 2 – AC	
YEAR 1	Core Communication ENGL 1301	3	Core Communication ENGL 1302	3
	Core American History	3	Core American History	3
	Core Mathematics MATH 1314	3	MATH 1342 or PSYC 2317	3
	Core Component Area Option PSYC 1300	3	Core Language, Philosophy, & Culture	3
	Core Creative Arts	3	Core CAO SPCH 1315, 1318, 1321, or 2335	3

	Semester 3 – AC		Semester 4 – AC	
YEAR 2	Core Government GOVT 2305	3	Core Government GOVT 2306	3
	Core Life & Physical Science BIOL 1406	4	Core Life & Physical Science CHEM 1405 or 1411	4
	Core Social & Behavioral Science	3	BIOL or HECO 1322 (UH NUTR 2332)	3
	PHED 1301 (UH KIN 1352)	3	PHED 1304 (UH KIN 1304)	3
	B.S. Additional Math or Science	3	General Elective	3

	Semester 5 – UH		Semester 6 – UH	
YEAR 3	KIN 2304 Structural Kinesiology I	3	KIN 3304 Structural Kinesiology II	3
	KIN 3306 Exercise Physiology	3	Advanced KIN Course	3
	Advanced KIN Course	3	Advanced KIN Course	3
	Minor Course	3	Minor Course	3
	General Elective	3	Minor Course	3

	Semester 7 – UH		Semester 8 – UH	
YEAR 4	Advanced KIN Course	3	Advanced KIN or NUTR Course	3
	Advanced KIN Course	3	Advanced KIN or NUTR Course	3
	Advanced KIN or NUTR Course	3	Minor Course	3
	Minor Course	3	General Elective	3
	Minor Course	3	General Elective	1

See reverse for additional information

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UH Transfer Rules

- Courses taken at AC must be completed with a C- or better.
- A maximum of 66 lower-level transfer credits can be used towards a UH bachelor's degree.
- A maximum of 2 credit hours in physical activity courses can transfer.

Major Requirements

- **B.S. Math & Science:** complete 18 hours of core Mathematics; core Life & Physical Science courses; or non-core BCHS, BIOL, CHEM, COSC, GEOL, MATH, and PHYS courses.
- **Minor:** complete a minor or approved substitute. No more than 6 hours of major coursework can be used towards the minor.
- The CLASS Block and CLASS Peoples & Societies requirements are not required for the Exercise & Fitness Studies major.
- Complete PHED 1301 (UH KIN 1352) and KIN 2304 with a grade of C- or better.

From CLASS to Careers

Students who graduate with a degree in Kinesiology can pursue a large variety of careers and graduate programs. Recent graduates are employed in the following careers:

- Physical Therapist and Assistant
- Exercise Trainer and Group Fitness Instructor
- Coach and Scout
- Teacher and Instructor
- Registered Nurse
- Medical and Health Services Manager
- Occupational Therapist
- Diagnostic Medical Sonographer
- Athletic Trainer

The transferable skills students develop during their undergraduate career are important for future career and graduate school opportunities. Some of the skills recent graduates have emphasized include:

- Customer Service
- Microsoft Office (Word, Excel, PowerPoint)
- Management and Leadership
- Public Speaking
- Teamwork
- Marketing and Social Media
- Event Planning and Management

The estimated wage of Kinesiology graduates is $73,900.