UH Next Degree Map

ALVIN COLLEGE

Exercise Science – Health Professions, 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 2412 Precalculus	4
	Core Component Area Option PSYC 1300	3	General Elective	1
	Core Life & Physical Science BIOL 2401	4	Core Life & Physical Science BIOL 2402	4

	Semester 3 – AC		Semester 4 – AC	
YEAR 2	Core Government GOVT 2305	3	Core Government GOVT 2306	3
	CHEM 1411 General Chemistry I	4	CHEM 1412 General Chemistry II	4
	MATH 1342 or PSYC 2317	3	Core Language, Philosophy, & Culture	3
	PHED 1301 (UH KIN 1352)	3	Core Creative Arts	3
	PHED 1304 (UH KIN 1304)	3	BIOL or HECO 1322 (UH NUTR 2332)	3

	Semester 5 – UH		Semester 6 – UH	
YEAR 3	KIN 2304 Structural Kinesiology I	3	KIN 3101 Seminar in Kinesiology	1
	KIN 3306 Exercise Physiology	3	KIN 3304 Structural Kinesiology II	3
	BIOL 1306 + BIOL 1106 Biology I	4	KIN 4310 Measurement Techniques	3
	PHYS 1301 + PHYS 1101 College Physics I	4	BIOL 1307 + BIOL 1107 Biology II	4
			PHYS 1302 + PHYS 1102 College Physics II	4

	Semester 7 – UH		Semester 8 – UH	
YEAR 4	KIN 3309 Biomechanics	3	KIN 4315 Motor Learning & Control	3
	KIN 4306 Advanced Exercise Physiology	3	KIN 4371 Exercise Prescription	3
	KIN 4370 Exercise Testing	3	General Advanced Elective	3
	General Advanced Elective	3	General Advanced Elective	3
	General Advanced Elective	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 or Life & Physical Science courses. Students majoring in Exercise Science will fulfill these requirements through the major coursework.
- Complete PHED 1301 (UH KIN 1352), KIN 2304, KIN 3304, KIN 3306, KIN 3309, KIN 4310, and KIN 4370 with a C- or better.
- This major does not require a CLASS Peoples & Societies course, CLASS Block courses, or a minor.
- Students will not be core complete or earn their associate degree before transferring to UH. Students should **opt into reverse transfer when applying for admission to UH** to earn their associate degree from AC after transferring to UH.

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.