

UH Next Degree Map

Exercise Science – Primary Option, B.S. General Studies, A.A.

2026-2027 Catalog

Semester 1 – COM		Semester 2 – COM		
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/EDUC 1300	3	Core Component Area Option PHED 1164	1
	Core Life & Physical Science BIOL 2401	4	Core Life & Physical Science BIOL 2402	4
Semester 3 – COM		Semester 4 – COM		
YEAR 2	Core Government GOVT 2305	3	Core Government GOVT 2306	3
	PHYS 1401 College Physics I	4	CHEM 1405 or CHEM 1411	4
	Core Social & Behavioral Science	3	Core Language, Philosophy, & Culture	3
	SPCH 1315 or SPCH 1318	3	Core Creative Arts	3
	MATH 1342 or PSYC 2317	3	BIOL 1322 (UH NUTR 2332)	3
Semester 5 – UH		Semester 6 – UH		
YEAR 3	KIN 1304 Public Health Issues in Phys. Activity	3	KIN 2304 Structural Kinesiology I	3
	KIN 1352 Foundations of Kinesiology	3	KIN 3101 Seminar in Kinesiology	1
	KIN 4310 Measurement Techniques	3	KIN 3305 Sport Sociology	3
	BIOL 1306 Biology for Science Majors I	3	KIN 3306 Exercise Physiology	3
	General Elective	3	KIN 3350 Psychological Aspects of Sport	3
Semester 7 – UH		Semester 8 – UH		
YEAR 4	KIN 3304 Structural Kinesiology II	3	KIN 4315 Motor Learning & Control	3
	KIN 3309 Biomechanics	3	KIN 4371 Exercise Prescription	3
	KIN 4306 Advanced Exercise Physiology	3	Advanced KIN or NUTR Course	3
	KIN 4370 Exercise Testing	3	Advanced KIN or NUTR Course	3
	General Elective	3	General Elective	2

See reverse for additional information

Exercise Science – Primary Option, B.S. General Studies, A.A.

2026-2027 Catalog

UH Transfer Rules

- Courses taken at COM 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 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 the reverse transfer process when applying for admission to UH** to earn their associate degree from COM 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.