



UNTA OR UNTS - KINESIOLOGY – FITNESS AND HUMAN PERFORMANCE CAREER PATHWAY MAP

| ✓ | RECOMMENDED COURSE SEQUENCE | SEMESTERS OFFERED | CREDIT HOURS |
|--------------------------|---|-------------------|-----------------|
| <input type="checkbox"/> | 1. <i>EDUC 1300 Learning Framework</i> | F, SP, SU | 3 |
| <input type="checkbox"/> | 2. <i>ENGL 1301 Composition I</i> | F, SP, SU | 3 |
| <input type="checkbox"/> | 3. <i>HIST 1301 US History I</i> | F, SP, SU | 3 |
| <input type="checkbox"/> | 4. <i>MATH 1342 Elementary Statistical Methods</i> | F, SP, SU | 3 |
| <input type="checkbox"/> | 5. <i>PHED 1164 Introduction to Physical Fitness & Wellness</i> | F, SU | 1 |
| | | | <i>13 hours</i> |
| <input type="checkbox"/> | 6. <i>BIOL 2401 Human Anatomy and Physiology I</i> | F, SP, SU | 4 |
| <input type="checkbox"/> | 7. ENGL 1302 English Composition II | F, SP, SU | 3 |
| <input type="checkbox"/> | 8. <i>HIST 1302 US History II</i> | F, SU | 3 |
| <input type="checkbox"/> | 9. <i>PHED 1305 Fundamentals of Strength & Conditioning</i> | SP | 3 |
| <input type="checkbox"/> | 10. <i>PHIL 2306 Introduction to Ethics*</i> | F, SP, SU | 3 |
| | | | <i>29 hours</i> |
| <input type="checkbox"/> | 11. BIOL 2402 Human Anatomy and Physiology II | F, SP, SU | 4 |
| <input type="checkbox"/> | 12. <i>DANC 2303 Dance Appreciation *</i> | F, SP | 3 |
| <input type="checkbox"/> | 13. <i>GOVT 2305 Federal Government</i> | F, SP, SU | 3 |
| <input type="checkbox"/> | 14. <i>PHED 2360 Introduction to Personal Training</i> | F | 3 |
| <input type="checkbox"/> | 15. <i>PSYC 2301 General Psychology*</i> | F, SP, SU | 3 |
| | | | <i>45 hours</i> |
| <input type="checkbox"/> | 16. <i>GOVT 2306 Texas Government</i> | F, SP, SU | 3 |
| <input type="checkbox"/> | 17. <i>PHED 2358 Psychological Aspect of Human Performance</i> | SP, SU | 3 |
| <input type="checkbox"/> | 18. PHED Foundations of Exercise Science | SP | 3 |
| <input type="checkbox"/> | 19. <i>PHED 2356 Care and Prevention of Injuries</i> | SP | 3 |
| <input type="checkbox"/> | 20. <i>SPCH 1318 Interpersonal Communication *</i> | F, SP, SU | 3 |
| | *** Associate of Arts or Associate of Science Degree Earned *** NOTE: Check with the Office of Financial Aid as aid may not be available beyond degree completion and/or 60 hours. | | <i>60 hours</i> |

READ ALL NOTES CAREFULLY:

- * Refer to Core Curriculum and KC Catalog for all possible course options.
- ** [Students should consider the requirements of their planned major or licensing requirement of their intended career paths when choosing between the two courses.]
- a) Courses in **bold** have a pre-requisite (previous course required).
- b) Courses in *italics* can be taken in any order.
- c) ENGL 1301 and the first MATH class may require a co-requisite course depending on TSI Scores.
- d) Refer to KC Catalog for AA or AS Degree Requirements.

CAREER OPPORTUNITIES

Personal Trainer, Sports Instructor, Fitness Instructor
Health and Fitness Counselor/Promotion Specialist,
Strength and Conditioning Specialist, Physical Education

ADVANCED DEGREE/CREDENTIAL OPPORTUNITIES

Bachelors of Exercise Science
Bachelors of Science in Kinesiology
Masters of Science in Kinesiology
Masters of Sport Management

LINKS TO COLLEGES AND PROFESSIONAL ORGANIZATIONS:

LeTourneau University Department of Arts & Science, Kinesiology:

<https://www.letu.edu/academics/arts-and-sciences/programs-of-study.html>

Stephen F Austin State University Department of Health Science and Kinesiology: <http://www.sfasu.edu/kinesiology/>

UT-Tyler Department of Health and Kinesiology: <https://www.uttyler.edu/hkdept/>

CONTACT INFORMATION

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