



Texas Lutheran University Degree Plan

Bachelor of Science in Kinesiology Exercise Science

Student Name: _____ ID#: _____

Prospective Graduation Date: _____ Catalog Year: 2022-23

General Education	
Take the following Foundation requirements (18 hrs):	
Basic Quantitative Literacy	
	<i>MATH130 College Math or higher</i>
Critical Reading	
	<i>FREX134 Exploring the Arts & Sciences</i>
Engaging Faith Traditions	
	<i>THEO133 Intro to Theology</i>
Modern Language	
	<i>Foreign language at 131 level or higher*</i>
Written Communication	
	<i>COMP131 Composition I</i>
	<i>COMP132 Composition II</i>

* The language requirement can also be met by a study abroad program lasting 4 weeks.

Take the following Distribution requirements (24 hrs):	
Arts 6 hrs	
Humanities 12 hrs (no more than 2 courses/discipline)	
Natural Sciences & Math 6 hrs (1 crs w/lab)	
√	<i>BIOL 245 Human Anatomy & Physiology I</i>
√	<i>CHEM 147 Principles of Chemistry</i>
Social Sciences 6 hrs	

Students need 1 course from each Competency :			
3 Critical Thinking Courses (T)			
3 Engaged Citizenship Courses (Z)			
2 Communication Courses (C)			
1 Ethics Course (E)			

Kinesiology Exercise Science (35-36 hrs)	
	<i>KINS 131 Personal Well-Being</i>
	<i>KINS 135 Foundations of Kinesiology</i>
	<i>KINS 234 Motor Learning</i>
	<i>KINS 335 Physiology of Exercise</i>
	<i>KINS 433 Research Design in Kinesiology</i>
	<i>KINS 434 Senior Seminar</i>
	<i>KINS 476 Biomechanics</i>
Three 1-hour activity courses:	
11-12 additional hrs in kinesiology:	

Supporting Coursework (25 hrs)	
	<i>BIOL 245 Human Anatomy & Physiology I</i>
	<i>BIOL 246 Human Anatomy & Physiology II</i>
	<i>CHEM 147 Principles of Chemistry</i>
13 hrs to be determined by advisor:	
	<i>Elective</i>
	<i>Elective</i>
	<i>Elective</i>
	<i>Elective</i>
	<i>Elective</i>

Electives or minor to total 124 hrs			

Reflective Modules (3)	

IMPORTANT: An overall GPA of 2.0 and a major/minor GPA of 2.0 is required for graduation. All degrees require a minimum of 124 hours. It is the responsibility of the student to fulfill all degree requirements.

Student: _____ Advisor: _____ Dept Chair: _____

Registrar: _____ Date: _____