



# Texas Lutheran University Degree Plan

## Bachelor of Science in Kinesiology Exercise Science

Student Name: \_\_\_\_\_ ID#: \_\_\_\_\_

Prospective Graduation Date: \_\_\_\_\_ Catalog Year: 2024-25

General Education	
Take the following <b>Foundation</b> requirements (18 hrs):	
Basic Quantitative Literacy	
	<i>MATH130 College Math or higher</i>
Critical Reading	
	<i>FREX134 Exploring the Arts &amp; 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 <b>Distribution</b> 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 &amp; Physiology I</i>
✓	<i>CHEM 147 Principles of Chemistry</i>
Social Sciences 6 hrs	

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

Reflective Modules (2):	

Kinesiology Exercise Science (44 hrs)	
	<i>KINS 131 Personal Well-Being</i>
	<i>KINS 135 Foundations of Kinesiology</i>
	<i>KINS 244 Motor Learning</i>
	<i>KINS 345 Physiology of Exercise</i>
	<i>KINS 433 Research Design in Kinesiology</i>
	<i>KINS 434 Capstone</i>
	<i>KINS 446 Biomechanics</i>
Three 1-hour activity courses:	
17 hours of kinesiology (KINS) electives:	

Supporting Coursework (24 hrs)	
	<i>BIOL 245 Human Anatomy &amp; Physiology I</i>
	<i>BIOL 246 Human Anatomy &amp; Physiology II</i>
	<i>CHEM 147 Principles of Chemistry</i>
12 hours of electives selected from: BIOL 235, BIOL, 431, CHEM 143, CHEM 144, COMM 374, PHYS 141, PHYS 142, PSYC 131, PSYC 234, PSYC 236, PSYC 332, SISE 231, STAT 374	
	<i>Elective</i>
	<i>Elective</i>
	<i>Elective</i>
	<i>Elective</i>

Electives or minor to total 124 hrs	

**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: \_\_\_\_\_