

# Kinesiology and Sports Studies B.S.

Kinesiology and Sports Studies B.S. Web Site (<https://www.tamuc.edu/bs-general-kinesiology/>)

The B.S. in Kinesiology and Sports Studies has five concentrations:

Concentration 1: Physical Education Teacher Education - prepares teachers for early childhood through grade twelve in physical education.

A graduate should possess the following competencies:

1. Knowledge basic and relative to human body function and movement;
2. Knowledge in program planning, essential knowledge and skills, teaching methods, and evaluation;
3. Knowledge of concepts of fitness;
4. Skill in a variety of physical activities; and
5. An acceptable level of physical fitness.

Concentration 2: Allied Health – prepares students for advanced post-graduate programs in allied health, such as physical therapy, occupational therapy, physician assistant, and chiropractic.

Concentration 3: Exercise Science - prepares students to assess fitness, interpret findings, and prescribe individual and group exercise and fitness programs for individuals who are apparently healthy and those with controlled disease.

Concentration 4: Strength and Conditioning – prepares students to optimize performance in athletic and tactical populations.

Concentration 5: General Kinesiology – prepare students for careers in fitness and wellness by customized coursework.

A graduate should possess the following competencies:

1. Knowledge of anatomy and physiology of the human body.
2. Knowledge of concepts of fitness
3. Skill in promoting health, wellness, and nutrition
4. Skill in designing safe and effective fitness programs or physical education
5. Skill in biomechanical analysis, evaluating and improving movement patterns

## Concentration 1: Physical Education Teacher Education

Students seeking PE certification will be evaluated on a regular basis by departmental faculty and must be approved to continue in the program. Students must also meet the requirement of the Field-Based Teacher Certification Program.

### Secondary and All-Level Education

See for information: \*\*

### All-Level Teacher Certification in Physical Education

Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

### Core Curriculum Courses

See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>)

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### Required Kinesiology Core Courses

MATH 1314	US-College Algebra ^	
HHPK 1301	Foundations of Kinesiology	3
HHPK 1306	First Aid and Safety	3
HHPK 1338	Concepts of Physical Activity	3
HHPK 290	Structural Kinesiology	3
HHPK 2356	Prevention & Care of Athletic Injuries *	3
HHPH 331	Nutrition ^	
HHPK 335	Kinesiology *	4
HHPK 350	Motor Learning and Motor Control *	3
HHPK 450	Exercise Physiology *	4
<b>Required courses for PETE concentration</b>		
HHPK 212	Introduction to Physical Education Teaching	3
HHPK 253	Lifetime Sports and Activities	3
HHPK 302	Adapted Physical Education	3

HHPK 304	Motor Development *	3
HHPK 308	Integrated Adventure Education *	3
HHPK 309	Fundamental Rhythms and Dance *	3
HHPK 314	Teaching Methods in Physical Education I	3
HHPK 315	Teaching Methods in Physical Education II	3
HHPK 424	Technology and Assessment in Physical Education *	3
HHPK 440	Field-Based Teaching and Instructional Strategies *	3
RDG 380	Comprehension and Vocabulary in Middle and High Schools	3
SED 300	Teaching Profession	3
PSY 300	Learning Processes and Development	3
ELED 452	Student Teaching in Field-Based Teacher Education Programs	3
SED 400	Pedagogy and Classroom Management in Field-based Environments	3
SED 401	Technology Infused Curriculum and Assessment in Field-based Environments	3
SED 404	Secondary Teaching Practicum	3
SED 405	Secondary Residency in Teaching	3
<b>Total Hours</b>		<b>122</b>

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meets core curriculum requirements

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Refer to prerequisite.

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Secondary and All-Level Education (<http://coursecatalog.tamuc.edu/undergrad/colleges-and-departments/education-human-services/curriculum-instruction/secondary-and-all-level-education/>)

### Concentration 2: Exercise Science

The mission of the Exercise Science concentration is to prepare competent entry-level Exercise Science professionals in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains. Using foundational anatomical and physiological knowledge and guidelines published by the American College of Sports Medicine, students will learn to assess fitness, interpret findings, and prescribe individual and group exercise and fitness programs for individuals who are apparently healthy and those with controlled disease. Graduates will also be skilled in evaluating health behaviors and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. Learning and skill development will occur through a variety of methods including lecture, labs, hands-on experience, as well as an internship. Exercise Science graduates possess knowledge and skills desirable in multiple industries. Graduates enjoy a wide range of career options in the university, corporate, commercial, or community settings. The degree can also serve as a foundation for advanced study in exercise physiology, biomechanics, nutrition, physical therapy, occupational therapy, and other graduate health programs.

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

### Core Curriculum Courses

See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>) 42

### Required Kinesiology Core Courses

MATH 1314	US-College Algebra ^	
HHPK 1301	Foundations of Kinesiology	3
HHPK 1306	First Aid and Safety	3
HHPK 1338	Concepts of Physical Activity	3
HHPK 290	Structural Kinesiology	3
HHPK 2356	Prevention & Care of Athletic Injuries *	3
HHPH 331	Nutrition ^	
HHPK 335	Kinesiology *	4
HHPK 350	Motor Learning and Motor Control *	3
HHPK 450	Exercise Physiology *	4

### Required courses for Exercise Science

HHPS 317	Group Exercise Instruction	3
HHPH 333	Nutrition for Health and Fitness	3
HHPH 360	Health Psychology and Behavioral Strategies	3

HHPK 355	Evidence Based Practice in Exercise Science	3
HHPK 445	Administration and Leadership	3
HHPK 460	Fitness Assessment *	4
HHPK 461	Exercise Prescription *	3
HHPK 462	Exercise Prescription for Varied Populations *	3
HHPK 463	Senior Capstone in Exercise Science *	3
HHPK 437	Internship in Kinesiology *	3
BSC 2401	US-Hum Anatomy/Physiology I ^	
BSC 2402	Hum Anatomy/Physiology II ^	
Choose any FRA Course		3
<b>Minor required</b>		<b>18</b>
<b>Total Hours</b>		<b>120</b>

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meets core curriculum requirement

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Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

**Concentration 3: Strength & Conditioning**

The Strength and Conditioning concentration within the Health and Human Performance Department at Texas A&M University – Commerce will allow students to achieve proficiency in the skill of performance coaching by having a world class understanding of the science leading of optimizing human potential, and provides real world experience in the strength and conditioning profession. The program focuses on gaining combined competencies of sport/exercise science, management, and individualized and group coaching. The Strength and Conditioning program is designed to prepare students for advanced certification in sports science, to critically evaluate new technologies and program proposals, and be an advocate for their clients in a constantly changing field of sports performance. Graduates will take with them substantial experience, expertise, and other resources to effectively address the challenges of serving as strength and conditioning specialists.

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

**Core Curriculum Courses**

See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>) 42

**Required Kinesiology Core Courses**

MATH 1314	US-College Algebra ^	
HHPK 1301	Foundations of Kinesiology	3
HHPK 1306	First Aid and Safety	3
HHPK 1338	Concepts of Physical Activity	3
HHPK 290	Structural Kinesiology	3
HHPK 2356	Prevention & Care of Athletic Injuries *	3
HHPH 331	Nutrition ^	
HHPK 335	Kinesiology *	4
HHPK 350	Motor Learning and Motor Control *	3
HHPK 450	Exercise Physiology *	4

**Required courses for Strength & Conditioning**

HHPK 210	Sport Psychology	3
HHPH 330	Sport Nutrition	3
HHPK 316	Resistance Training	3
HHPK 322	Principles of Strength and Conditioning	3
HHPK 445	Administration and Leadership	3
HHPK 460	Fitness Assessment *	4
HHPK 461	Exercise Prescription *	3
HHPK 470	Program Design in Strength & Conditioning I	3
HHPK 473	Program Design in Strength & Conditioning II *	3
HHPK 437	Internship in Kinesiology *	4
BSC 2401	US-Hum Anatomy/Physiology I ^	

BSC 2402	Hum Anatomy/Physiology II ^	
Required Electives		2
<b>Minor required</b>		<b>18</b>
<b>Total Hours</b>		<b>120</b>

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meets core curriculum requirement

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Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

**Concentration 4: General Kinesiology**

Students in the general kinesiology concentration will gain knowledge in human movement and physical activity. The degree will prepare students for a career in fitness, wellness, or sport.

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

**Core Curriculum Courses**

See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>) 42

**Required Kinesiology Core Courses**

MATH 1314	US-College Algebra ^	
HHPK 1301	Foundations of Kinesiology	3
HHPK 1306	First Aid and Safety	3
HHPK 1338	Concepts of Physical Activity	3
HHPK 290	Structural Kinesiology	3
HHPK 2356	Prevention & Care of Athletic Injuries *	3
HHPH 331	Nutrition ^	
HHPK 335	Kinesiology *	4
HHPK 350	Motor Learning and Motor Control *	3
HHPK 450	Exercise Physiology *	4
<b>Required courses for Kinesiology (Choose a minimum of 34 hours)</b>		<b>34</b>
HHPH 330	Sport Nutrition	3
HHPH 333	Nutrition for Health and Fitness	3
HHPH 360	Health Psychology and Behavioral Strategies	3
HHPH 472	Stress Management	3
HHPH 210	Sport Psychology	3
HHPK 253	Lifetime Sports and Activities	3
HHPH 317	Group Exercise Instruction	3
HHPH 339	Therapeutic Rehabilitation	3
HHPK 302	Adapted Physical Education	3
HHPK 304	Motor Development	3
HHPK 308	Integrated Adventure Education	3
HHPK 309	Fundamental Rhythms and Dance	3
HHPK 316	Resistance Training	3
HHPK 319	Tactical Strength and Conditioning	3
HHPK 322	Principles of Strength and Conditioning	3
HHPK 445	Administration and Leadership	3
HHPK 460	Fitness Assessment *	4
HHPK 461	Exercise Prescription *	3
<b>Minor required</b>		<b>18</b>
<b>Total Hours</b>		<b>120</b>

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meets core curriculum requirement

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Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

**Concentration 5: Allied Health**

The Allied Health concentration provides students a background in kinesiology that prepares them for an allied health graduate program.

Students can take prerequisite courses for allied health programs such as physical therapy, occupational therapy, athletic training, or other allied health professions. Students select support courses based on the prerequisites for specific professional school programs.

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

**Core Curriculum Courses**See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>)

42

**Required Kinesiology Core Courses**

MATH 1314	US-College Algebra ^	3
HHPK 1301	Foundations of Kinesiology	3
HHPK 1306	First Aid and Safety	3
HHPK 1338	Concepts of Physical Activity	3
HHPK 290	Structural Kinesiology	3
HHPK 2356	Prevention & Care of Athletic Injuries *	3
HHPH 331	Nutrition ^	
HHPK 335	Kinesiology *	4
HHPK 350	Motor Learning and Motor Control *	3
HHPK 450	Exercise Physiology *	4

**Required courses for Allied Health**

HHPK 322	Principles of Strength and Conditioning	3
HHPK 460	Fitness Assessment *	4
HHPK 461	Exercise Prescription *	3
BSC 256	Medical Terminology	3
BSC 2401	US-Hum Anatomy/Physiology I ^	
BSC 2402	Hum Anatomy/Physiology II ^	

Required Support Courses for Allied Health (choose 18 hours)

18

HHPH 330	Sport Nutrition	3
HHPH 333	Nutrition for Health and Fitness	3
HHPS 210	Sport Psychology	3
HHPS 317	Group Exercise Instruction	3
HHPK 302	Adapted Physical Education	3
HHPK 304	Motor Development	3
HHPK 316	Resistance Training	3
PSY 316	Abnormal Psychology	3
PSY 322	Lifespan Development	3
MATH 453	Essentials of Statistics	3
or MATH 1342	Elementary Statistical Methods	
CHEM 1311 & CHEM 1111	General and Quantitative Chemistry I and General and Quantitative Chemistry Laboratory I ^	
PHYS 1401	College Physics I ^	
BSC 1406	Introductory Biology I ^	

**Minor required**

18

**Total Hours**

120

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meets core curriculum requirement

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Refer to prerequisite.

A grade of "C" or higher must be earned in all courses in this Major. (This includes Support and Elective courses).

**B.S.-M.S. 5 year Accelerated Pathway**

BS in Kinesiology & Sports Studies and MS in Health, Kinesiology, & Sports Studies

The BS-MS accelerated degree program allows undergraduate students in the Kinesiology & Sports Studies-Human performance concentration to begin coursework towards the Master of Science in Health, Kinesiology, and Sports Studies-Human Performance program during their senior year at Texas A&M University-Commerce. Students can earn a B.S. and M.S. degree in five years upon completion of degree requirements for both degrees. For this accelerated program, graduate courses cannot be applied to the undergraduate degree. Students must apply to the accelerated program by the end of their junior year after having completed at least 90 hours of undergraduate courses and a cumulative undergraduate GPA of 3.0 or higher. Additionally, students should have taken certain upper-level courses in their junior year to ensure they can be successful taking graduate courses with UG courses in their senior year (e.g., HHPK 335, HHPK 350, HHPK 450). Students must earn a B or higher in these courses. Students will be awarded both degrees at the same time after completing both B.S. and M.S. requirements.