

Kinesiology and Sports Studies B.S.

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/>) 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 PETE concentration

| | | |
|----------|---|---|
| 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 |

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| 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 |
| Total Hours | | 122 |

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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 |
| 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).

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

| | | |
|----------|--|---|
| HHPS 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 ^ | |

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|-----------------------|------------|
| Required Electives | 2 |
| 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).

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 |

Required courses for Kinesiology (Choose a minimum of 34 hours) 34

| | | |
|----------|---|---|
| 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 |
| HHPS 210 | Sport Psychology | 3 |
| HHPK 253 | Lifetime Sports and Activities | 3 |
| HHPS 317 | Group Exercise Instruction | 3 |
| HHPA 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 |

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).

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 CoursesSee 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.