



AA/AS General Studies - Kineisology Emphasis to Bachelor of Science in Exercise Science (Online)

GUIDED PATHWAY FOR FULL-TIME STUDENTS

This pathway is an example course sequence for students interested in pursuing Kinesiology. Although there may be several options to fulfill certain requirements for the associate's degree, please note that this pathway lists the specific courses leading to this bachelor's degree. All plans can be modified to fit the needs of part-time students. This is not an official degree plan. Refer to catalog for official degree requirements. You must receive a GPA of at least 2.00 on all college-level course work. Contact your advisor for information.

A.A. DEGREE MINIMUM: 60 SEMESTER CREDIT HOURS

Semester 1 (15 hours)	Semester 2 (15 hours)
ENGL 1301 – Composition I	ENGL 1302 – Composition II or ENGL 2311
Mathematics course (see list below)	Life & Physical Sciences course (see list below)
Speech course (see list below)	Language, Philosophy, & Culture course (see list below)
History course (see list below)	History course (see list below)
*Track Options (see list below)	*Track Options (see list below)

Semester 3 (15 hours)	Semester 4 (15 hours)
GOVT 2305 – Federal Government	GOVT 2306 – Texas Government
Life & Physical Sciences course (see list below)	Creative Arts course (see list below)
Social/Behavioral Sciences course (see list below)	*Track Options (see list below)
*Track Options (see list below)	*Track Options (see list below)
*Track Options (see list below)	Core Elective (see list below)

*ACU prefers these courses, but there are several options to fulfill this requirement. Contact your academic advisor for a specific list.

Mathematics – MATH 1314, 1316, 1342, 2305, 2318, 2320, 2412, 2413, 2414, 2415. AA/AAT degrees may also choose from: MATH 1324, 1325, 1332, 1350, 1351
Life & Physical Sciences – BIOL 1406, 1407, 1414, 1415, 2401, 2402, 2406, 2416, 2421, CHEM 1411, 1412, 2423, 2425, ENVR 1401, 1402, GEOL 1403, 1404, PHYS 1401, 1402, 2425, 2426. AA/AAT degrees may also choose from: BIOL 1408, 1409, 2404, 2420, CHEM 1405, GEOL 1401, 1402, 1445, 1447, PHYS 1403, 1404, 1405, 1410, 1415, 1417
Language, Philosophy, & Culture – ENGL 2322, 2323, 2327, 2328, 2332, 2333, 2341, HIST 2311, 2312, 2321, 2322, HUMA 1301, PHIL 1301, 1304, 2303, 2306, 2307, 2321
Creative Arts – ARTS 1301, 1303, 1304, 1313, DANC 2303, DRAM 1310, 2361, 2362, 2366, MUSI 1306, 1307, 1310

American History – HIST 1301, 1302, 2301
Social/Behavioral Sciences – ANTH 2302, 2346, 2351, ECON 1301, 2301, 2302, PSYC 2301, SOCI 1301, 1306
Speech – SPCH 1311, 1315, 1321
Core Elective – choose one from: EDUC 1100, 1300, KINE 1164, 1304, 1338, or any core course not used to meet the requirement of another component.

*Track Options:
Athletic Training Recommended Electives – BIOL 1322 – Nutrition and Diet Therapy
 KINE 1304 – Personal/Community Health
 KINE 1306 – First Aid
 KINE 1338 – Concepts of Physical Fitness
 KINE 2356 – Care and Prevention of Athletic Injuries

Exercise Science Recommended Electives – KINE (1100, 2100, 1106, 2106, 1129, 1131)
 KINE 1164 – Introduction to Physical Fitness and Wellness
 KINE 1301 – Foundations of Kinesiology
 KINE 1304 – Personal / Community Health
 KINE 1306 – First Aid
 KINE 1338 – Concepts of Physical Fitness

Sports Management Recommended Electives – KINE 1301 – Foundations of Kinesiology
 KINE 1336 – Introduction to Sports Management



ACU TRANSFER TRACK

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For questions about the Abilene Christian University portion of this transfer pathway, contact the Admissions Office at (855) 219-7300. It is best to apply to ACU a full semester before you plan to transfer. It will help if you submit a copy of this pathway with your application. Abilene Christian University only accepts transfer course work with a grade of "C" or higher.



Semester 1 (12 hours)	Semester 2 (12 hours)
BIBL 103 – Story of the New Testament	BIBL 211 – Message of the Old Testament
PSYC 120 – Introduction to Psychology (or Elective if PSYC 2301 has completed)	KINE 311 – Motor Behavior
KINE 232 – Structural Kinesiology	CHEM 113 – Introductory Chemistry (or Elective is CHEM 1306 has been completed)
HHP 201 – Foundations of Health and Human Performance	NUTR 224 – Nutrition for Exercise and Sport

Semester 3 (12 hours)	Semester 4 (12 hours)
BIBT 342 – Christianity in Culture	HHP 401 – Strength and Conditioning
KINE 360 – Leadership and Management for Health Promotion	HHP 421 – Exercise and Special Populations
HHP 374 – Exercise Physiology and Applications	PSYC 356 – Health Psychology
KINE 342 – Exercise Training	KINE 399 – Research Methods in Kinesiology and Nutrition

Semester 5 (12 hours)
KINE 498 – Biomechanics
HHP 491 – Health and Human Performance Capstone
HHP 451 – Professional Certifications in Health and Human Performance
Elective

Approved: 2024-25 Guided Pathway; Approved by Abilene Christian University November 2, 2021; Approved by OCM November 2, 2021