



Associate of Arts to Bachelor of Science in Exercise Science (Online)

SEMESTER-BY-SEMESTER MAP FOR FULL-TIME STUDENTS

2024-25 Catalog Year • Health Sciences Career Path • Available at all campuses

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. Students must earn at least 25% of the credit hours required for graduation through instruction by Dallas College. Contact your advisor for information.

A.A. DEGREE MINIMUM: 60 SEMESTER CREDIT HOURS

Semester 1 (16 hours)	Semester 2 (13 hours)
ENGL 1301 – Composition I	ENGL 1302 – Composition II
HIST 1301 – United States History I	HIST 1302 – United States History II
MATH 1342 – Elementary Statistical Methods	KINE 1338 – Concepts of Physical Fitness
EDUC 1300 – Learning Framework	PHED X1XX – Any 1-hour Physical Activity Course
PHED 1164 – Introduction to Physical Fitness and Wellness	SPCH 1311 – Introduction to Speech Communication <i>or</i> SPCH 1315* – Public Speaking <i>or</i> SPCH 1321 – Business and Professional Communication
KINE 1301 – Foundations of Kinesiology	

Semester 3 (16 hours)	Semester 4 (15-18 hours)
GOVT 2305 – Federal Government	GOVT 2306 – Texas Government
BIOL 2401* – Anatomy and Physiology I	ELECTIVE – Any 1- to 4-hour course
KINE X3XX – Kinesiology Specialization Course	BIOL 2402* – Anatomy and Physiology II
KINE X3XX – Kinesiology Specialization Course	PHED X1XX – Any 1-hour Physical Activity Course
ENGL 2321 – British Literature <i>or</i> ENGL 2326 – American Literature <i>or</i> ENGL 2332* – World Literature I	ARTS 1301 – Art Appreciation <i>or</i> DANC 2303 – Dance Appreciation <i>or</i> DRAM 1310 – Theater Appreciation <i>or</i> HUMA 1315 – Fine Arts Appreciation <i>or</i> MUSI 1306 – Music Appreciation
	PHED 1304 – Personal/Community Health <i>or</i> PSYC 2314 – Lifespan Growth & Development <i>or</i> PSYC 2301* – General Psychology <i>or</i> SOCI 2306 – Human Sexuality

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



ACU TRANSFER TRACK

Associate of Arts to Bachelor of Science in Exercise Science (Online)

SEMESTER-BY-SEMESTER MAP FOR FULL-TIME STUDENTS

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 March 22, 2021; Approved by OCM March 23, 2021