

This degree plan packet is meant to be a resource for current students at Texas A&M University.

If you are a prospective freshman or transfer student and would like to see if the courses listed in this packet coincide with courses you have taken or are looking to take outside of Texas A&M, please utilize one of the following resources:

**Texas A&M University Transfer Course Equivalency Site**

[https://compass-ssb.tamu.edu/pls/PROD/bwxkwtes.P\\_TransEquivMain](https://compass-ssb.tamu.edu/pls/PROD/bwxkwtes.P_TransEquivMain)

**Texas Common Course Numbering System**

<https://www.tccns.org/>

**TEXAS A&M UNIVERSITY  
DEPARTMENT OF HEALTH & KINESIOLOGY  
B.S. DEGREE PLAN IN KINESIOLOGY – EXERCISE SCIENCE  
BASIC EXERCISE PHYSIOLOGY (BEP)**

STUDENT \_\_\_\_\_ UIN# \_\_\_\_\_  
(Last) (First) (MI)

Writing Requirement KINE 482 & KINE 198 Foreign Language (2 yrs HS OR 2 semesters University) \_\_\_\_\_

International and Cultural Diversity (6 hours) \_\_\_\_\_ e-mail \_\_\_\_\_

COURSE #	HRS	GRD	COURSE #	HRS	GRD
ENGLISH & SPEECH (6)			KINESIOLOGY (25)		
<b>ENGL 104 – Composition &amp; Rhetoric</b>	<b>3</b>		KINE 199 Strength Training # ^	1	
<b>ENGL/COMM ^</b>	<b>3</b>		KINE 199 Aerobic # ^	1	
MATH (6)			KINE 198 Health and Fitness # +		
<b>MATH 140/141</b>	<b>3</b>		<b>KINE 121# – Phys &amp; Motor Fitness Assess</b>	<b>2</b>	
<b>MATH 131 – Math Concepts – Calculus</b>	<b>3</b>		<b>KINE 213 – Foundations of Kinesiology</b>	<b>3</b>	
SCIENCE (32)			KINE 318 – Athletic Injuries		
<b>BIOL 111 –Introductory Biology I</b>	<b>4</b>		<b>KINE 406 – Motor Learning &amp; Skill Perf</b>	<b>3</b>	
BIOL 112 – Introductory Biology II	4		KINE 426 – Exercise Biomechanics	4	
<b>CHEM 101/111 – Fund of Chemistry I</b>	<b>4</b>		KINE 427 – Therapeutic Principles	3	
CHEM 102/112 – Fund of Chemistry II	4		KINE 433 – Exercise Physiology	3	
<b>PHYS 201 – College Physics I</b>	<b>4</b>		<b>KINE 482 (S/U)– Writing Seminar +</b>	<b>1</b>	
PHYS 202 – College Physics II	4				
<b>BIOL 319#–Integ Hum Anat &amp; Phys I</b>	<b>4</b>				
<b>BIOL 320#–Integ Hum Anat &amp; Phys II</b>	<b>4</b>				
HISTORY (6)			PROFESSIONAL DEVELOPMENT (30)		
HIST*	3		CHEM 227 – Organic Chemistry I	3	
HIST*	3		CHEM 237 – Organic Chemistry Lab	1	
POLITICAL SCIENCE (6)			CHEM 228 – Organic Chemistry II		
POLS 206 – American National Govt	3		CHEM 238 – Organic Chemistry Lab	1	
POLS 207 – State and Local Govt	3		BIOL 351 – Fund of Microbiology	4	
SOCIAL SCIENCE (3)			GENE 301 – Comprehensive Genetics		
PSYC 107 – Intro to Psychology	3		GENE 312 – Comp Genetics Lab	1	
CREATIVE ARTS (3) *			BICH 410 – Comp Biochemistry I		
	3		STAT 302 – Statistical Methods	3	
LANG, PHIL & CULTURE (3) *			^Prof Dev ELECTIVE		
	3		^Prof Dev ELECTIVE	3	
			^Prof Dev ELECTIVE	2	

Courses outlined in **BOLD** indicate classes that **MUST** be taken before admittance to the Professional Phase (shaded area) of the program. Courses **SHADED** indicate classes in the **PROFESSIONAL PHASE** of the program.

\*Refer to core.tamu.edu. All electives **MUST** satisfy University Core Curriculum. Some electives may meet International and Cultural Diversity requirements.

^See General Rules and/or Spreadsheet for list of acceptable courses.

#These courses must be taken at Texas A&M.

+KINE 482 will fulfill the University Core Curriculum Writing Requirement; Select KINE 198 section numbers starting with 900 to meet second writing requirement.

STUDENT \_\_\_\_\_ DATE \_\_\_\_\_ MINIMUM HOURS REQUIRED: 120

ADVISOR \_\_\_\_\_ DATE \_\_\_\_\_ PROPOSED GRAD. DATE: \_\_\_\_\_

CHAIR, KINE \_\_\_\_\_ DATE \_\_\_\_\_

## Basic Exercise Physiology Catalog 140

THIS GUIDE IS INTENDED TO ASSIST IN SCHEDULING. EVERYTHING IS SUBJECT TO CHANGE.					
COURSE	PRE-REQUISITE	CLASS	SUBSTITUTE	MAJOR	Detailed Information
ENGL 104		FR/SO	ENGL 103		Needed to apply to Professional Phase; Must have a "B/C" grade combination in ENGL 104 and ENGL/COMM course
ENGL/COMM					Needed to Apply to Professional Phase; Choose from ENGL 210* or COMM 203, 205, 243. *Med School Recommended. Must have a "B/C" grade combination in ENGL 104 and ENGL/COMM course.
MATH 140/141			MATH 140, 166		Needed to apply to Professional Phase; Must make a "C" or better
MATH 131			MATH 142		Needed to apply to Professional Phase; Must make a "C" or better
BIOL 111					Needed to apply to Professional Phase; Must make a "C" or better
BIOL 112	BIOL 111		BIOL 107		Must make a "C" or better
CHEM 101/111					Needed to apply to Professional Phase; Must make a "C" or better
CHEM 102/112	CHEM 101				Must make a "C" or better
PHYS 201					Needed to apply to Professional Phase; Must make a "C" or better
PHYS 202	PHYS 201				Must make a "C" or better
BIOL 319	BIOL 111 & 112 or 107				Needed to apply to Professional Phase; Must make a "C" or better; Must be taken at Texas A&M
BIOL 320	BIOL 319				Needed to apply to Professional Phase; Must make a "C" or better; Must be taken at Texas A&M
HIST - 3 hrs					See core.tamu.edu
HIST - 3 hrs					See core.tamu.edu
POLS 206			NONE		
POLS 207			NONE		
PSYC 107			NONE		
**Creative Arts Elective					See core.tamu.edu Some courses may meet International & Cultural Diversity requirements.
**Language, Phil & Culture Elective					See core.tamu.edu Some courses may meet International & Cultural Diversity requirements.
KINE 199					Must not take Pass/Fail (S/U). See General Rule # 4 for list; Must make a "C" or better; Must be taken at Texas A&M
KINE 199					Must not take Pass/Fail (S/U). See General Rule # 4 for list; Must make a "C" or better; Must be taken at Texas A&M
KINE 198+					Writing Intensive Course (select section numbers starting with 900); Must not take Pass/Fail (S/U); Must make a "C" or better
KINE 121			NONE		Needed to apply to Professional Phase; Must make a "C" or better; Must be taken at Texas A&M
KINE 213					Needed to apply to Professional Phase; Must make a "C" or better
KINE 318		JR/SR			Must make a "C" or better
KINE 406		JR/SR		KINE	Must be accepted to Professional Phase; Must make a "C" or better
KINE 426		JR/SR		KINE	Must be accepted to Professional Phase; Must make a "C" or better
KINE 427		JR/SR		KINE	Must be accepted to Professional Phase; Must make a "C" or better
KINE 433		JR/SR		KINE	Must be accepted to Professional Phase; Must make a "C" or better
KINE 482+		JR/SR		KINE	Must be accepted to Professional Phase; Writing Intensive Course (select section numbers starting with 900); Must take Pass/Fail (S/U)
CHEM 227/237	CHEM 102				Must make a "C" or better
CHEM 228/238	CHEM 227				Must make a "C" or better
BIOL 351	BIOL 112 & CHEM227/237	JR/SR			Must make a "C" or better
GENE 301	BIOL 112	JR/SR			Must make a "C" or better
GENE 312	BIOL 112	JR/SR			Must make a "C" or better
BICH 410	CHEM 228	JR/SR			Must make a "C" or better
STAT 302	MATH 141/EQUIV		STAT 303		Must make a "C" or better
Professional Development Electives - 8 HRS					Select from Directed Electives list on General Rules sheet - Must make a "C" or better
+Writing Course Requirement					

\*\* Proper selection might also meet International and Cultural Diversity requirement - see core.tamu.edu and icd.tamu.edu

**GENERAL RULES**  
**BASIC EXERCISE PHYSIOLOGY (BEP)**  
**CATALOG 140**

**I. REQUIREMENTS FOR ADMISSION TO THE PROFESSIONAL PHASE OF THE PROGRAM**

*The Professional Phase pre-requisites indicate "preparedness" for upper level coursework.*

1. Complete a minimum of **45 credit hours** of degree plan coursework, 30 of which must be University Core Curriculum requirements with a minimum of 15 hours completed at Texas A&M.
2. Complete **ENGL 104** and the **ENGL/COMM** requirement with a minimum "B/C" grade combination.
3. Complete the following **bold** courses with a grade of "C" or better:

**KINE 121      MATH 131/142      BIOL 111      CHEM 101 & 111      PHYS 201**

**KINE 213      MATH 140/141      BIOL 319#      BIOL 320#**

*# These courses must be taken at Texas A&M University.*

4. Minimum GPR requirement: 2.5 overall at A&M
5. Submit Application Form **and** professional resume by the deadline during the semester all above criteria will be met (during the semester you are enrolled in your last **BOLD** classes). *Application deadlines may change and will be posted on the MyCEHD website as well as emailed out each semester by your academic advisor.* Forms are available on the MyCEHD website (<http://mycehd.tamu.edu/students/undergraduate-forms/#hlkn>).

**No handwritten or late applications will be accepted.**

**NOTE:** Approximately 3 weeks after the deadline, you will receive a notification via email that your status has been changed from "Kinesiology (Lower)" to "BS KINE Basic Exercise Physiology". This will allow you to register for Professional Phase courses. You will receive *final* notification of your acceptance or denial into the Professional Phase of the program approximately two weeks after TAMU grades are posted for the semester.

**II. PROGRESS TOWARDS DEGREE-** Students must show progress towards their degree by completing a combined total of 24 credit hours on their degree plan during the fall and spring semesters. At the end of the spring semester, students who did not complete 24 credit hours on their degree plan will be placed on probation. They must complete at least 12 hours on their degree plan plus make up any additional hours not completed the year before during the next fall semester. Failure to do so will result in dismissal from the department.

**III. DESIGNATED ELECTIVES FOR BASIC EXERCISE PHYSIOLOGY OPTION**

BICH 411 – Biochemistry II (3)

BICH 412 – Biochemistry Lab I (1)

BIOL 213 – Molecular Cell Biology (3)

BIOL 405 – Comparative Endocrinology (3)

BIOL 434 – Reg & Behave Neuroscience (3)

#HLTH 353 – Drugs & Society (3)

HLTH 354 – Medical Terminology (3)

ISTM 209 – BUSN INFO System Concept (3)

KINE 285 – **Learning Community Section Only** (2)

\*KINE 491 – Undergrad Research (Variable Credit)

PHIL 480 – Medical Ethics (3)

NUTR 202 – Fundamentals of Nutrition (3)

VTPP 424 – Endocrine Physiology (3)

VTPP 425 – Pharmacology (3)

“\*” = **Must seek professor approval**

“#” = **Must be in Professional Phase**

**PLEASE NOTE SOME ELECTIVES MAY HAVE COURSE RESTRICTIONS THAT MUST BE MET IN ORDER TO ENROLL IN THE CLASS**

#### IV. KINE 199 Requirements for BEP

All BEP students must choose one course from each column on list of KINE 199's below to fulfill their graduation requirements.

Aerobic Requirement	Strength Training Requirement
Aerobic Running Beginning	Strength Training
Aerobic Running Intermediate	Yoga
Aerobic Walking	Pilates
Cardio Kickboxing	Resist Flex
Step	
Mountain Biking	
Cardio Fitness Swimming	
Majors Fitness	
Indoor Cycling	
Trail Running	
Aerobic Movement	

Here are the rules that apply to your KINE 199's

1. **You must take at least one KINE 199 from each column.**
2. **You must take these courses for a grade. They cannot be taken Pass/Fail.**
3. **You must take these courses at Texas A&M. These courses cannot be transferred in.**

#### V. REQUIREMENTS FOR GRADUATION

1. Submit departmental *Intent to Graduate* form (<http://mycehd.tamu.edu/students/undergraduate-forms/#hlkn>) by the deadline (announced each semester): **two (2) semesters before graduation semester.**
2. Minimum GPR requirement: 2.5 overall at Texas A&M.
3. A grade of "C" or better must be made in each of the following: ENGL/COMM, Math and Science foundation, and Professional Development Electives courses. This applies to those courses taken at Texas A&M and those courses taken elsewhere and transferred to Texas A&M.
4. Complete all degree plan HLTH and KINE courses with a "C" or better in each. This applies to those courses taken at Texas A&M and those courses taken elsewhere and transferred to Texas A&M.
5. Add/Pay Diploma Fee the semester you are graduating.
6. Apply for graduation the semester you are graduating.
7. Transfer all applicable courses to Texas A&M.
8. More information can be found on <http://graduation.tamu.edu/>

#### VI. UNDERGRADUATE DEGREE PLANNER REQUIREMENT

All students entering Texas A&M University in fall 2013 or later are required by TEC§51.9685 (formerly House Bill 3025) to complete an online undergraduate degree plan. Students are required to complete the Undergraduate Degree Planner before the start date of their second year. The Undergraduate Degree Planner is in Howdy on the My Record tab in the Undergraduate Degree Planner channel. Guides for using the Undergraduate Degree Planner are also available in Howdy. This is not a substitute for advising and approval of your Undergraduate Degree Planner does NOT ensure you are meeting all of the requirements for graduation.

**Texas A&M University**  
**Department of Health and Kinesiology**  
**B.S. Degree Plan in Kinesiology – Exercise Science**  
**Basic Exercise Physiology (BEP)**

The flow chart below is designed to help the student determine when they should take certain courses.

- Arrows denote prerequisite courses.
- All **BOLD** courses must be completed prior to admission in the Professional Phase.
- Students may not take courses in the last column until they have been admitted to the Professional Phase of the program.
- See the General Rules handout for more information regarding admission to the Professional Phase.

Courses with no prerequisites Typically taken Year 1 & 2	Courses with prerequisites or upper level standing required				Professional Phase Courses
<b>ENGL 104</b> <b>MATH 140/141</b> → <b>MATH 131</b> HIST * HIST * POLS 206 POLS 207 PSYC 107 KINE 198+ KINE 199 Strength # ^ KINE 199 Aerobic # ^ <b>KINE 121#</b> <b>KINE 213</b> Lang, Phil & Cult Elective * Creative Arts Elective * <b>BIOL 111</b> → <b>CHEM 101/111</b> → <b>PHYS 201</b> →	<b>ENGL/COMM</b> →              <b>BIOL 112</b> → ↓ <b>BIOL 319 #</b> → ↓ <b>BIOL 320 #</b> → <b>CHEM 102/112</b> → <b>PHYS 202</b> →	STAT 302              GENE 301/312   KINE 318   <b>CHEM 227/237</b> →	BIOL 351              <b>CHEM 228/238</b> →	<b>BICH 410</b>	KINE 406 KINE 426 KINE 427 KINE 433 KINE 482+

^ Professional Development Electives – These courses have prerequisites satisfied by some of the above courses. Check the course catalog for prerequisites.

→ Denotes prerequisite

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^See General Rules and Spreadsheet for list of acceptable courses.

#These courses must be taken at Texas A&M.

+KINE 482-900 will fulfill the University Core Curriculum Writing Requirement.

+Select KINE 198 section numbers starting with 900 to meet second writing requirement.