

2006-2008 Bachelor of Science in Kinesiology
HEALTH PROMOTION AND FITNESS MAJOR

Major code: 332342

130 Semester hours (42 upper-division)

First visit

Last Name	First Name	Middle Name	U.T. EID	Date	Advisor
English/Rhetoric/Writing (9 semester hours) _____ RHE 306 — Rhetoric and Composition _____ E 316K — Masterworks of Literature _____ Substantial Writing Component Course _____ KIN 373 Upper-division Substantial Writing Component Course			Kinesiology (30 semester hours) (F) Fall only _____ KIN 324K — Applied Human Anatomy _____ KIN 325K — Physiology of Exercise OR _____ KIN 310 — Physiological Basis of Conditioning _____ KIN 352K — Management of Sport and Health Promotion Programs _____ KIN 352K — Diagnosis and Evaluation of Fitness _____ KIN 370K — Introduction to Health Promotion (F) _____ KIN 373 — Evaluation and Research Design _____ KIN 377 — Epidemiology in Health Promotion _____ _____ _____ Nine additional semester hours of approved KIN coursework (excluding KIN 127L, 227L, and 627L). Please refer to the advising aids on the back.		
Language Other Than English (semester hours vary) or Language Substitution (9 semester hours) Although the number of hours may vary, based on where the coursework was taken and the language selected, proficiency is required at the second-semester level: _____ Language 306, 406, or 506 (waived if SPN 508K taken at UT) _____ Language 307, 407, 507 or 508K Students with two years of high school language credit documented on their U.T. student record may substitute three courses from an approved list, available in SZB 216 or BEL 1005. _____ _____ _____			Professional Development Coursework in Kinesiology (15 semester hours) Important - see prerequisites listed on the back. _____ KIN 352K — Techniques of Fitness Leadership _____ KIN 327L — Fieldwork: Personal Training OR _____ KIN 327L — Fieldwork: Clinical Exercise Testing OR _____ KIN 327L — Fieldwork in Health Promotion _____ KIN 352K — Techniques of Health Promotion (SP) _____ KIN 627L — Internship		
Social Sciences (18 semester hours) _____ U.S. History — 6 semester hours _____ GOV 310L — American Government _____ GOV 312L — Issues and Policies in American Government _____ PSY 301 — Introduction to Psychology _____ ANT, ECO, GRG, LIN, or SOC — 3 semester hours			Minor (15 semester hours, with 6 upper-division) _____ _____ NTR 311 — Introductory Nutrition (required) _____ _____ _____ Your choice of minor must be approved by an advisor. No more than three semester hours may count for both the minor and for basic education requirements.		
Mathematics/Natural Sciences (18 semester hours) _____ Math — 3 semester hours (excluding M 301 — College Algebra) _____ BIO 301L — Molecules to Organisms; OR BIO 211 — Introductory Biology: Cell Biology <i>and</i> BIO 212 — Introductory Biology: Genetics and Evolution; OR BIO 311C — Introductory Biology Chemistry — 6 semester hours _____ Math, science (<i>astronomy, biology, chemistry, geology, physical science, physics, experimental psychology, physical anthropology, physical geography, history of science, or philosophy of science</i>), computer applications or computer science — 6 semester hours			Electives (enough coursework to achieve a total of 130 semester hours, including at least 42 upper-division semester hours) _____ _____ _____ _____ A maximum of three semester hours in physical education activity coursework, such as conditioning, basketball, and volleyball, can be counted as free electives in the College of Education. KIN 119 courses are <i>not</i> considered to be physical education activity coursework. A maximum of five elective courses may be taken on a pass/fail basis. KIN 119 core courses may be used for up to three of the nine hours of electives. No more than 12 semester hours of fieldwork will count toward the degree (KIN 627L and two KIN 327L's).		
General Culture (3 semester hours) _____ Architecture (ARC), Art History (ARH), Art (ART), Visual Art Studies (VAS), Classic Civilization (CC), Fine Arts (FA), Freshman Seminar (FS), Humanities (HMN), Music (MUS), Philosophy excluding Logic (PHL), or Theatre and Dance (TD) — 3 semester hours			_____ Hours needed to complete degree program as of _____ Expected graduation date _____		
Communication Skills (3 semester hours) _____ CMS 306M — Professional Communication Skills					

FURTHER INFORMATION ABOUT THE HEALTH PROMOTION AND FITNESS MAJOR

1. Approved coursework for the nine semester hours of KIN coursework on the front of this sheet —

The following courses are recommended for students wishing to concentrate in "Health Promotion":

- KIN 333 Child and Adolescent Health
- KIN 352K Psychosocial Issues in Adult Development
- KIN 352K Psychosocial Issues in Women's Health
- KIN 366 Human Sexuality
- KIN 367 Theories of Substance Abuse Prevention
- KIN 370K Adolescent Health Risk Behavior

The following courses are recommended for students wishing to concentrate in "Fitness":

- KIN 119 (3) Three hours of core courses in various activities (not KIN 127L – Fieldwork)
- KIN 310 Physiological Basis of Conditioning (if not taken as a major requirement)
- KIN 325K Physiology of Exercise (if not taken as a major requirement above)
- KIN 326K Biomechanical Analysis of Movement
- KIN 352K Sport Nutrition
- KIN 352K Psychological Aspects of Exercise
- KIN 352K Children's Exercise & Activity
- KIN 352K Physical Aging in America
- KIN 327L Fieldwork: Personal Training (Prerequisite: Techniques of Fitness Leadership)**
- KIN 327L Fieldwork: Clinical Exercise Testing (Prerequisite: Diagnosis and Evaluation of Fitness)**

**If not taken as a required Professional Development course

2. Prerequisites for required Professional Development Coursework —

- KIN 352K Techniques of Fitness Leadership (Prerequisite: KIN 310 or KIN 325K)
- KIN 327L Fieldwork: Personal Training (Prerequisite: KIN 352K – Techniques of Fitness Leadership)
- KIN 327L Fieldwork: Clinical Exercise Testing (Prerequisite – KIN 352K – Diagnosis and Evaluation of Fitness)
- KIN 327L Fieldwork: Health Promotion (Prerequisites – KIN 352K – Techniques of Health Promotion *and* KIN 370K – Introduction to Health Promotion)
- KIN 627L Internship (Prerequisite: KIN 327L and an overall 2.5 UT-Austin grade point average)

3. Graduation and Residency Requirements — To receive a degree from the College of Education, a student must have been registered in the college for at least two long-session semesters or the equivalent. A candidate for a degree must be registered in the college either in residence or in absentia the semester or summer session the degree is to be awarded, and must apply for the degree no later than the specified deadline. The student must have an official degree audit on file prior to applying for the degree (upon completing fifty semester hours of coursework). **Sixty hours counted toward the degree must be completed in residence, as well as twenty-four of the last thirty hours counted toward the degree. Coursework taken out-of-residence, including coursework through continuing and distance education or from another institution, will not be allowed in a student's final semester at The University. Students who are graduating in the summer may appeal to take courses at another institution in the first summer term only.**

For further information, please contact:

Department of Kinesiology, Belmont Hall, Room 1005, (512) 475-6146 <http://www.edb.utexas.edu/khe/>
or The College of Education, Student Division, Sanchez Building Room 216, The University of Texas, Austin, TX 78712
(512) 471-3223 <http://www.edb.utexas.edu/education/>

For information about careers and graduate study in the health professions, please visit an advisor in the Health Professions Office, Painter Hall 5.03, (512) 471-3172.