

Harris College of Nursing & Health Sciences
Health and Fitness

Name: _____ TCU ID: _____ Date: _____

TCU Core Curriculum:

_____ ENGL 10803 Composition I (WCO)	_____ Fine Arts (FAR)
_____ ENGL 20803 Composition II (WCO)	_____ COMM 10123 Communicating Effectively (OCO)
_____ Humanities elective (HUM)	Major MATH 10043 Elementary Statistics (MTH)
_____ Literary Traditions/Humanities (LT/HUM)	Major PSYC 10213 Introduction to Psychology (CA*)
_____ Religious Traditions/Humanities (RT/HUM)	Major Natural Science (NSC)
_____ Global Awareness*/Social Science (GA/SSC)	Major Natural Science (NSC)
_____ Citizenship Values*/Social Science (CSV/SSC)	
_____ Historical Traditions/Social Science (HT/SSC)	

*Must be completed at TCU

Health & Fitness Curriculum:

KINE CORE (14 HRS)

- _____ KINE 10101 Intro to Kinesiology
- _____ KINE 10603 Anatomical Kinesiology
- _____ KINE 30403 Motor Behavior
- _____ KINE 30623 Biomechanics
- _____ KINE 30634 Exercise Physiology (NSC)

ASSOCIATED REQUIREMENTS (17 HRS)

- _____ BIOL 20204 Anatomy & Physiology (NSC)
- _____ BIOL 20214 Anatomy & Physiology II
- _____ MATH 10043 Elementary Statistics
- _____ PSYC 10213 General Psychology
- _____ MANA 30153 Organizational Management

KINE FOUNDATIONS (27 HRS)

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| _____ HLTH 30233 Sport & Exercise Neurophysiology (WEM) | _____ KINE 30713 Psychology of Sport OR |
| _____ HLTH 30423 Nutrition & Physical Activity | _____ KINE 30733 Exercise Psychology |
| _____ HLTH 40203 Study of Human Disease | _____ KINE 30833 Physical Activity & Disability |
| _____ KINE 20313 Foundations of Sport Injury | _____ KINE 40513 Principles of Strength & Conditioning |
| _____ KINE 30523 Exercise Assessment & Prescription (WEM) | _____ KINE 40903 Senior Internship |

KINE EMPHASIS (CHOOSE 9 HRS)

Clinical Emphasis

- _____ HLTH 30203 Health & Stress Management
- _____ KINE 30843 Neuromuscular Pathophysiology

Strength & Conditioning Emphasis

- _____ KINE 30343 Theory of Coaching
- _____ KINE 40543 Advanced Strength & Conditioning

ELECTIVES OR MINOR (NUMBER OF HOURS TO MEET 120 HOURS)

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|------------|------------|
| 1. _____ : | 6. _____ : |
| 2. _____ : | 7. _____ : |
| 3. _____ : | 8. _____ : |
| 4. _____ : | 9. _____ : |
| 5. _____ : | *. _____ : |