

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 +	1	
<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	3	
<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 – 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	3	
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	4	
PSYC 107 – Intro to Psychology	3		BICH 410 – Comp Biochemistry I	3	
VISUAL/PERFORMING ARTS (3) *			STAT 302 – Statistical Methods	3	
	3		^Prof Dev ELECTIVE	3	
HUMANITIES (3) *			^Prof Dev ELECTIVE	3	
	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 the **Undergraduate Catalog**. 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 135

***This guide is intended to assist students in scheduling. Update as advisor indicates***

COURSE	PRE-REQ'S	CLASS	SUBSTITUTE	MAJOR	<b>ESSENTIAL INFORMATION!!!</b>
ENGL 104		U1, U2		EDKI	<b>Needed to apply to Professional Phase; Must have a "B/C" grade combination in ENGL 104 and ENGL/COMM course</b>
ENGL/COMM				EDKI	<b>Needed to Apply to Professional Phase; Choose from ENGL 210*, 241, 301* or COMM 203, 205, 243. *Med School Recommended. Must have a "B/C" grade combination in ENGL 104 and ENGL/COMM course.</b>
MATH 140/141			MATH 166	EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better</b>
MATH 131			MATH 142	EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better</b>
BIOL 111				EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better</b>
BIOL 112	BIOL 111		BIOL 107	EDKI	Must make a "C" or better
CHEM 101/111				EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better</b>
CHEM 102/112	CHEM 101			EDKI	Must make a "C" or better
PHYS 201				EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better</b>
PHYS 202	PHYS 201			EDKI	Must make a "C" or better
BIOL 319	BIOL 111			EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better; Must be taken at Texas A&amp;M</b>
BIOL 320	BIOL 319			EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better; Must be taken at Texas A&amp;M</b>
**HIST - 3 hrs				EDKI	HIST 105 and 106 or other courses in American and Texas history, except those courses pertaining solely to Texas history may not comprise more than 3 hours
**HIST - 3 hrs				EDKI	
POLS 206			NONE	EDKI	
POLS 207			NONE	EDKI	
PSYC 107			NONE	EDKI	
**Vis/Perf Arts				EDKI	See Core Curriculum. Some courses may meet International & Cultural Diversity requirements.
**Humanities				EDKI	See Core Curriculum. Some courses may meet International & Cultural Diversity requirements.
KINE 199				EDKI	Must not take Pass/Fail (S/U). <b>See General Rule # 5 for list</b> ; Must make a "C" or better; Must be taken at Texas A&M
KINE 199				EDKI	Must not take Pass/Fail (S/U). <b>See General Rule # 5 for list</b> ; Must make a "C" or better; Must be taken at Texas A&M
KINE 198+				EDKI	Writing Intensive Course (select section numbers starting with 900); Must not take Pass/Fail (S/U); Must make a "C" or better
<b>KINE 121</b>			NONE	EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better</b>
<b>KINE 213</b>				EDKI	<b>Needed to apply to Professional Phase; Must make a "C" or better</b>
KINE 318		JR/SR		EDKI	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 make a "C" or better
CHEM 227/237	CHEM 102			EDKI	Must make a "C" or better
CHEM 228/238	CHEM 227			EDKI	Must make a "C" or better
BIOL 351	BIOL 112; CHEM227/237			EDKI	Must make a "C" or better
GENE 301/312	BIOL 112			EDKI	Must make a "C" or better
BICH 410	CHEM 228			EDKI	Must make a "C" or better
STAT 302	MATH 141/EQUIV		STAT 303	EDKI	Must make a "C" or better
Professional Development Electives - 8 HRS				EDKI	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 Curriculum requirements in Catalog					

**GENERAL RULES  
BASIC EXERCISE PHYSIOLOGY (BEP)  
CATALOG 135**

**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 ENGL/COMM requirement with a minimum “B/C” grade combination.
3. Complete the following **bold** courses with a grade of “C” or better:

<b>KINE 121</b>	<b>MATH 131</b>	<b>BIOL 111</b>	<b>CHEM 101/111</b>	<b>PHYS 201</b>
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<b>KINE 213</b>	<b>MATH 141</b>	<b>BIOL 319#</b>	<b>BIOL 320#</b>	
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#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). Submit application form by **February 15<sup>th</sup> for Summer Acceptance, July 1<sup>st</sup> for Fall Acceptance and September 15<sup>th</sup> for Spring Acceptance.** Forms are available on the website (<https://mycehd.tamu.edu/academic-services/undergraduate-advising/upper-level-professional-phase-admissions> ). **No handwritten or late applications will be accepted.**

**NOTE:** Approximately 3 weeks after the deadline you will be able to check <http://myrecord.tamu.edu> to see 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 official notification of your acceptance or denial into the Professional Phase of the program approximately two weeks after TAMU grades are posted for the semester.

**Enrollment Management:** Entrance to Professional Phase can be a competitive process. The number of applicants to be accepted will be determined by the number of faculty and available lab facilities. Beginning, September 1, 2004, up to 175 students (Basic Exercise Physiology and Motor Behavior) will be accepted during the academic year (75 in the Fall, 75 in the Spring and 25 in the Summer).

**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)	KINE 240/INFO 209 – Comp Tech in HLTH & KINE (3)
BICH 412 – Biochemistry Lab I (1)	*KINE 491 – Undergrad Research (Variable Credit)
BIOL 213 – Molecular Cell Biology (3)	NUTR 202 – Fundamentals of Nutrition
BIOL 405 – Comparative Endocrinology (3)	PHIL 480 – Medical Ethics (3)
BIOL 434 – Reg & Behave Neuroscience (3)	VTPP 424 – Endocrine Physiology (3)
#HLTH 353 – Drugs & Society (3)	VTPP 425 – Pharmacology (3)
HLTH 354 – Medical Terminology (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 from the below list of KINE 199's 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	
Conditioning 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.

\* BEP students can take Aerobic Movement & Resist Flex to meet the KINE 199 requirements, but there is no guarantee that you will be able to register for these courses since they are on the Force List every semester for the Applied Exercise Physiology degree plan, Teacher Certification degree plan and the Coaching Minor.

#### V. REQUIREMENTS FOR GRADUATION

1. Submit departmental *Intent to Graduate* form (<https://mycehd.tamu.edu/academic-services/undergraduate-advising/forms>) by the deadline (February 15<sup>th</sup>, July 1<sup>st</sup> or September 15<sup>th</sup>): **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.

**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.

- Prerequisite courses are denoted by arrows.
- 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> Humanities Elective * VPA 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>	BICH 410	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

\*Refer to the **Undergraduate Catalog**. All electives **MUST** satisfy University Core Curriculum. Some electives may meet International and Cultural Diversity requirements.

^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.

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

This degree plan has been laid out showing students the number of hours they must take each semester in order to complete the degree in four years **without attending summer school**. This is a suggested plan and does not have to be followed as laid out below. Students should use this document in conjunction with the flow chart, curriculum spreadsheet and degree plan when scheduling courses each semester to ensure that they are meeting all prerequisites, taking courses for admission to professional phase in a timely manner and meeting all grade requirements.

<p style="text-align: center;"><b>1<sup>st</sup> Semester Freshman</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>BIOL 111</td><td style="text-align: right;">4</td></tr> <tr><td>ENGL 104</td><td style="text-align: right;">3</td></tr> <tr><td>^HIST</td><td style="text-align: right;">3</td></tr> <tr><td>MATH 141</td><td style="text-align: right;">3</td></tr> <tr><td colspan="2" style="border-top: 1px solid black;"></td></tr> <tr><td></td><td style="text-align: right;">13</td></tr> </table>	BIOL 111	4	ENGL 104	3	^HIST	3	MATH 141	3				13	<p style="text-align: center;"><b>2<sup>nd</sup> Semester Freshman</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>BIOL 112</td><td style="text-align: right;">4</td></tr> <tr><td>KINE121</td><td style="text-align: right;">2</td></tr> <tr><td>ENGL/COMM</td><td style="text-align: right;">3</td></tr> <tr><td>KINE 213</td><td style="text-align: right;">3</td></tr> <tr><td>MATH 131</td><td style="text-align: right;">3</td></tr> <tr><td colspan="2" style="border-top: 1px solid black;"></td></tr> <tr><td></td><td style="text-align: right;">15</td></tr> </table>	BIOL 112	4	KINE121	2	ENGL/COMM	3	KINE 213	3	MATH 131	3				15				
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Total    120																															

#Must be taken at Texas A&M.

^See General Rules and/or Curriculum Spreadsheet for acceptable list of courses. This plan is based on students meeting 6 hours of International and Cultural Diversity with dual credit for International and Cultural Diversity and Visual and Performing Arts, Humanities or History electives. See Dual Credit Electives sheet.

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