



**Kinesiology-Exercise & Sport Studies (Bachelor of Science) from Tarleton State University**  
**Graduation Plan - Recommended Course Sequence (2025-26)**  
**4-Year (Full-Time)**

Blinn College District Kinesiology (A.S.)			Tarleton State University Kinesiology-Exercise & Sport Studies (B.S.)		
Freshman	Fall		Junior	Fall	
	ENGL 1301	Composition I 3		KINE 3330	Motor Behavior 3
	BIOL 2401	Anatomy & Physiology I 4		KINE 3380	Adapted Physical Activity 3
	020-GEN ED	MATHEMATICS* 3			Advanced Kinesiology Elective 3
	KINE 1304	Personal/Comm Health I 3		ELECT	Elective* 3
	KINE 11xx	Physical Education-Activity 1		ELECT	Elective* 3
	KINE 1164	Intro to Phys Fitness & Wellness 1			
		<b>TOTAL 15</b>			<b>TOTAL 15</b>
	Spring			Spring	
	ENGL 1302	Composition II 3		KINE 3310	Tests & Measurements 3
	BIOL 2402	Anatomy & Physiology II 4		KINE 3390	Kinesiology 3
	KINE 1301	Foundations of Kinesiology 3			Advanced Kinesiology Elective 3
	SPCH*	SPCH ELECT** 3			Advanced Kinesiology Elective 3
	060-GEN ED	US HISTORY* 3		ELECT	Elective* 1
		<b>TOTAL 16</b>			<b>TOTAL 13</b>
Sophomore	Fall		Senior	Fall	
	060-GEN ED	US HISTORY* 3		KINE 4305	Capstone in Kinesiology 3
	070-GEN ED	GOVERNMENT* 3		KINE 3370	Physiology of Exercise 3
	040-GEN ED	HUMANITIES* 3			Advanced Kinesiology Elective 3
	080-GEN ED	SOCIAL SCIENCE* 3			Advanced Elective 3
	KINE 13xx/23xx	KINE Elective 3		ELECT	Elective* 3
	KINE 11xx	Physical Education-Activity 1			
		<b>TOTAL 16</b>			<b>TOTAL 15</b>
	Spring			Spring	
	KINE 13xx/23xx	KINE Elective 3		KINE 3360	Sports Nutrition 3
	070-GEN ED	GOVERNMENT* 3			Advanced Kinesiology Elective 3
	050-GEN ED	CREATIVE ARTS* 3			Advanced Kinesiology Elective 3
	KINE ELECT	Elective* 3			Advanced Elective 3
	KINE ELECT	Elective* 3		ELECT	Elective* 3
		<b>TOTAL 15</b>			<b>TOTAL 15</b>
Notes					

**TOTAL CREDIT-ALL TERMS 120**

\*Consult with an academic advisor to determine best options

\*Hours required for electives may be reduced if additional hours are taken to fulfill other requirements (e.g., 030-GEN ED Natural Science)