

# Kinesiology & Exercise Science

This template has been completed by the appropriate Academic Committee as a blueprint for guiding students who intend to major in this discipline. Students who successfully complete this course of study and who meet the requirements for admission to the participating state senior institution are eligible to apply for admission to the major with junior standing. Not all two-year colleges or universities will offer every course or program and course numbers and names may vary. Students desiring to transfer will be advised to refer to catalogs or to access details about courses and programs through world-wide web sites of colleges and universities.

## **Areas I-IV General Studies Curriculum Core**

**41 Hours** (Could be 42 if a 4-SH Mathematics course is taken in Area III.)

Forty-one semester hours of credit in general studies core courses have been approved by the Articulation and General Studies Committee. The general studies curriculum core includes study in the areas of written composition, humanities and fine arts, natural sciences and mathematics, and history, social, and behavioral sciences.

### **Area I Written Communication**

**6 Semester Hours**

Effective written communication skills are essential in a literate society. **Requirements include at least 6 semester hours in written composition.**

**NOTE: English Composition I and II are the only courses available in AREA I.**

### **Area II Humanities and Fine Arts**

**12 Semester Hours**

Study in the humanities addresses the ability to deal with questions of values, ethics, or aesthetics as they are represented in literature, philosophy, religion, and the arts, and is fundamental to general education. **Minimum requirements include at least 12 semester hours in humanities with a minimum 3 semester hours in literature\*, 3 semester hours in the arts, and the remaining semester hours from the humanities and/or fine arts.** In addition to literature, disciplines in the humanities include, but are not limited to, philosophy, religious studies, speech, foreign languages, art, music, theatre, and dance.

**NOTE: Students must complete a 6 semester-hour sequence either in literature or in history in Area II or IV.**

**Discipline Specific Requirements for AREA II:**

**Public Speaking (Required by all institutions except AUM)**

### **Area III Natural Sciences and Mathematics**

**11 Semester Hours** (Could be 12 if a 4-SH Mathematics course is taken in Area III.)

Study in the natural sciences and mathematics emphasizes the scientific method and applies quantitative or inductive reasoning. **Requirements include at least 11 semester hours with at least 3 semester hours in mathematics at the precalculus algebra level or higher (some degrees may allow Finite Mathematics) and at least 8 semester hours in the natural sciences which must include laboratory experiences.** Disciplines in the natural sciences include but are not limited to, astronomy, biology, chemistry, geology, and physics.

**NOTE: Some mathematics courses are offered for 4 semester credit hours and some natural science laboratory courses are often 5 semester hours.** Only minimum semester hour requirements are indicated.

**Discipline Specific Requirements for AREA III:**

Finite Math or higher - 3 SH

Precalculus Algebra or higher - 3 SH or higher (Troy and AUM require this as a minimum math)

Principles of Biology I with Lab - 4 SH

Select one:

Introduction to General Chemistry with Lab - 4 SH

Introduction to Organic Chemistry with Lab - 4 SH

## Area IV History, Social and Behavioral Sciences

### 12 Semester Hours

Study in history and the social and behavioral sciences deals primarily with the study of human behavior, social and political structures, and economics. **Requirements include 12 semester hours with at least a 3 semester hours course in history and at least 6 semester hours from among other disciplines in the social and behavioral sciences.** Disciplines include, but are not limited to, anthropology, economics, geography, political science, psychology, and sociology.

**NOTE: Students must complete a 6 semester-hour sequence either in literature or in history in Area II or IV.**

#### Discipline Specific Requirements for AREA IV:

General Psychology - 3 SH

(Note: Students attending the University of Montevallo should select Microeconomics or Macroeconomics - 3 SH)

## Area V Pre-Professional, Major and Electives

### 19-23 Semester Hours

**Area V is designated for courses appropriate to the degree/major requirements** of the individual student (it may also include electives). These courses are most often taken during the last part of the sophomore year to prepare a student to enter the four-year institution as a junior in their chosen major.

**NOTE: Some institutions may include courses in wellness or physical education.**

#### Discipline Specific Requirements for AREA V:

Select one of the following pathways:

##### ALLIED HEALTH / PRE-HEALTH PATHWAY (Montevallo) [24 SH]:

BIO 104 Principles of Biology II 4 SH

BIO 201 Human Anatomy and Physiology I 4 SH

BIO 202 Human Anatomy and Physiology II 4 SH

\* CHM 112 College Chemistry II 4 SH

\*\* PHY 201 General Physics I 4 SH

\*\* PHY 202 General Physics II 4 SH

##### ALLIED HEALTH / PRE-HEALTH PATHWAY (Troy) [20 SH]:

BIO 201 Human Anatomy and Physiology I 4 SH

BIO 202 Human Anatomy and Physiology II 4 SH

CHM 112 College Chemistry II 4 SH

PHY 201 General Physics I 4 SH

PHY 202 General Physics II 4 SH

##### NUTRITION WELLNESS (MONTEVALLO) / BIOENERGETICS (UAB) PATHWAY [19 SH]:

BIO 201 Human Anatomy and Physiology I 4 SH  
BIO 202 Human Anatomy and Physiology II 4 SH  
BIO 220 General Microbiology 4 SH  
\* CHM 112 College Chemistry II 4 SH  
PHL 206 Ethics and Society 3 SH

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**NUTRITION PATHWAY (Troy) [19 SH]:**

BIO 201 Human Anatomy and Physiology I 4 SH  
BIO 202 Human Anatomy and Physiology II 4 SH  
BIO 220 General Microbiology 4 SH  
CHM 112 College Chemistry II 4 SH  
CIS 146 Microcomputer Applications 3 SH

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**WELLNESS / FITNESS (Troy) [21 SH]:**

BIO 201 Human Anatomy and Physiology I 4 SH  
BIO 202 Human Anatomy and Physiology II 4 SH  
BIO 220 General Microbiology 4 SH  
CIS 146 Microcomputer Applications 3 SH  
HEC 140 Principles of Nutrition 3 SH  
HED 231 First Aid 3 SH

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**EXERCISE SCIENCE (UAH, UAB, UNA, and AUM) [17-20 SH]:**

BIO 201 Human Anatomy and Physiology I 4 SH  
BIO 202 Human Anatomy and Physiology II 4 SH  
PED 200 Foundation of Physical Education 3 SH  
\*\*\* HED 231 First Aid 3 SH  
4\* HED 226 Wellness 3 SH  
5\* CIS 130 Introduction to Information Systems 3 SH

Students (except those transferring to UNA) must complete one of the following (3 SH):

6\* HED 221 Personal Health 3 SH  
HED 222 Community Health 3 SH

Students (except those transferring to UNA) must complete one of the following (3 SH):

BUS 271 Business Statistics I 3 SH  
6\* MTH 265 Elementary Statistics 3 SH

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**HEALTH PROMOTION (Montevallo) [20 SH]:**

BIO 201 Human Anatomy and Physiology I 4 SH  
BIO 202 Human Anatomy and Physiology II 4 SH  
HED 230 Safety and First Aid 3 SH

Students should take an additional 6 SH from Area II that have not already been taken.

Students may take an additional 3 SH from Area II - IV that has not already been taken.

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**STRENGTH CONDITIONING / FITNESS LEADERSHIP (Montevallo, UAB, and UNA) [11 SH]:**

BIO 201 Human Anatomy and Physiology I 4 SH  
BIO 202 Human Anatomy and Physiology II 4 SH  
HED 231 First Aid 3 SH

Remaining hours determined by the Area V page of the institution to which you plan to transfer.

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**HUMAN PERFORMANCE (JSU) [16 SH]:**

BIO 201 Human Anatomy and Physiology I 4 SH  
HED 226 Wellness 3 SH  
HED 230 Safety and First Aid 3 SH  
HEC 140 Principles of Nutrition 3 SH

Students must complete one of the following (3 SH):

BUS 271 Business Statistics I 3 SH  
MTH 265 Elementary Statistics 3 SH

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**CLINICAL PATHWAY (JSU) [24 SH]:**

BIO 104 Principles of Biology II 4 SH  
BIO 201 Human Anatomy and Physiology I 4 SH  
BIO 202 Human Anatomy and Physiology II 4 SH  
CHM 112 College Chemistry II 4 SH  
HED 226 Wellness 3 SH  
HIT 110 Medical Terminology 3 SH  
PHY 201 General Physics I 4 SH

Students must complete one of the following (3 SH):

BUS 271 Business Statistics I 3 SH  
MTH 265 Elementary Statistics 3 SH

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\* Montevallo students may take CHM 105 instead

\*\* Montevallo students seeking admission to Physical Therapy must complete this course

\*\*\*Not required if transferring to AUM or UAH

4\* Required only if transferring to AUM

5\* Required only if transferring to UNA

6\* Required if transferring to UAB

**Total Combined Hours for Areas I-V**

**60-64 Semester Hours** (Could be 65 if a 4-SH Mathematics course is taken in Area III.)

NOTE: For institutions requiring 120 semester hours for graduation the maximum allowable hours for transfer from a community college into a four-year baccalaureate degree program will be 60 semester hours. The primary goal of the template is to try to allow for 1/2 of the total degree hours to transfer from an Alabama public two-year community college to an Alabama public four-year university. The template sets the policy for the [ALABAMA TRANSFERS GUIDE](#). If you are a transfer student, make sure you obtain and follow an official [ALABAMA TRANSFERS GUIDE](#).

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**Total credits:**

**0**