**Department of Kinesiology, Health, and Nutrition**

The Department of Kinesiology, Health, and Nutrition offers Bachelor of Science degrees for students majoring in Health, Kinesiology, and Public Health with a concentration in Health Promotion and Behavioral Science. Minors in Athletic Coaching, Community Health, Nutrition, Wellness, and a Certificate in Athletic Coaching are also offered. The Department also offers a dual degree leading to a Bachelor of Science in Nutrition and Dietetics and a Master of Dietetics Studies within the Coordinated Program in Dietetics.

The Health degree and the Public Health degree with a concentration in Health Promotion and Behavioral Science provide students the opportunity to prepare for health careers in city, county, state and national government health agencies; corporate wellness programs; and voluntary health agencies. The degrees require both academic coursework and practical experience via an internship and help to prepare students for admission to graduate programs in public health and health promotion. Students interested in pursuing a major or minor in Health or Public Health are required to consult with their academic advisor.

Students pursuing a Bachelor of Science degree in Kinesiology will select a concentration in athletic medicine, exercise science or physical education. Students with a concentration in athletic medicine are prepared to pursue careers in athletic training, physical therapy, or occupational therapy. Physical and/or occupational therapy licensure requires additional academic training in an accredited graduate program. Students interested in pursuing licensure in athletic training must apply and be accepted into the athletic training program at UTSA. Students with a concentration in exercise science are trained for careers in exercise physiology, clinical exercise, and fitness programming in corporate, commercial, and public settings. Graduates of this concentration are prepared for professional certifications in fitness and exercise physiology. The physical education concentration provides students the academic and professional experience as required by the State Board for Educator Certification. To be certified as a teacher by the State of Texas, a student must complete his or her coursework, have practical teaching experience (student teaching), and pass the Texas Examinations of Educator Standards (TExES). The graduate of this program will then be certified to teach physical education in grades pre-kindergarten–12.

The overall mission of the Coordinated Program in Dietetics (CPD) is to prepare entry-level dietitians who positively impact the nutritional status and health of individuals and the community, particularly those living in South Texas, through a solid academic education, service, and scholarship. The CPD offers a rigorous didactic curriculum that is integrated with over 1200 clock hours of supervised experiences, aimed at preparing entry level practitioners. Students who successfully complete the all the CPD requirements receive a verification of eligibility to take the national exam administered by the Commission of Dietetics Registration to become a Registered Dietitian (RD). Dietetics professionals are instrumental in assessing the nutritional needs of individuals, interpreting the science of food and nutrition to promote health, prevent diseases, and implement medical nutrition therapy for various diseases and illnesses. Registered dietitians are employed by healthcare facilities such as hospitals, long-term care facilities, and clinics; sports, wellness and fitness centers; foodservice operations, industry, pharmaceutical and food companies; community programs and public health; government agencies, private practice, and professional health organizations.

**Department Honors**

The Department of Kinesiology, Health, and Nutrition awards Department Honors to certain outstanding students and provides the opportunity for advanced study under close faculty supervision. Selection of honors designation is based on the student’s academic performance and recommendation by the faculty of the student’s major discipline. To be eligible for the program, students must have a minimum overall grade point average of 3.0 at UTSA and a minimum grade point average of 3.5 in their major at UTSA. The minimum grade point averages must be maintained for students to receive the approval of the Department Honors Committee and the discipline faculty. Students applying for Department Honors are expected to enroll in the appropriate honors thesis course during their final two semesters. The completed thesis must be approved by the supervising faculty sponsor and another departmental faculty member. Students interested in this program should contact their professors for additional information.

**Internship Policy**

Experiential learning is a valuable element for health and kinesiology professionals. An internship enables the student to gain practical experience as a professional under conditions conducive to educational development. The internship is a time-limited, supervised period of health or kinesiology education activities carried out in a kinesiology- or health-oriented organization. All Health majors are required to complete an internship (6 semester credit hours, 300 hours of time on site). Kinesiology majors who are not in Teacher Certification options may take an internship course.

**Internship Eligibility**

Health and Kinesiology majors are eligible to apply for an internship if they:

- have completed all degree requirements of the major and support work
- have a minimum grade point average (GPA) of 2.0
- are within 13 hours of graduation (including the 6 hours of the internship).

Students who do not meet the GPA requirement will not be allowed to complete the internship. The department advisor will assign students who do not meet the GPA requirement two upper-level courses (3 credit hours each) to take in place of the internship course.

Mandatory meetings are held in the semester prior to the student’s enrolling in the internship. Meeting dates for each semester are published in the UTSA Class Schedule. These meetings are held in June (for Fall), October (for Spring), and March (for Summer). Students are required to meet with their academic advisor prior to the meeting to verify that they are eligible for the internship. This must be done by October 1st, March 1st, or May 1st for the respective internship meeting. An e-mail will be sent within the first week of classes to all Kinesiology and Health majors with more than 110 semester credit hours, to inform them of this requirement and to ease the burden on the advising staff. Students must bring a signed degree plan from their advisor to the mandatory internship meeting.
Students who miss the meeting must contact the department internship coordinator no later than three business days after the missed meeting to make special arrangements. Failure to do so will result in being ineligible for the internship in the following semester. Extenuating circumstances must be documented and will be considered on a case-by-case basis.

Students requesting an internship at a site that requires a criminal background check are responsible for having the background check completed and submitted to the internship site for approval. Students are responsible for paying any fees associated with the completion of the background check. Students must have the background check completed and accepted by the internship site when the work plan for the internship is submitted.

Appeal Process
Students who wish to appeal the internship requirement due to prior work experience may do so by completing and submitting the appeal form, available from the academic advisor, with written documentation to a three-member review committee. Prior work experience is defined as a minimum of three years full-time work experience in the field of the respective degree. Written documentation submitted with the form includes: 1) a letter from the student detailing his or her work experience, how it fits his or her degree plan, and his or her career goals; 2) the student’s resume; and 3) a letter from his or her work supervisor verifying employment and stating the extent of their job responsibilities and the relationship to the degree. The appeals packet must be received by the department internship coordinator no later than October 7th, March 7th, or May 7th, for the Spring, Summer, or Fall semesters, respectively. The committee will meet prior to the internship meeting to discuss the appeals and make a recommendation to the Department Chair. Students who are denied appeals must attend the internship meeting and complete the internship.

- Bachelor of Science Degree in Health (Community Health and Preventive Services Specialization) (p. 2)
- Bachelor of Science Degree in Kinesiology (Athletic Medicine Concentration) (p. 4)
- Bachelor of Science Degree in Kinesiology (Exercise Science Concentration) (p. 6)
- Bachelor of Science Degree in Kinesiology (Physical Education Concentration) (p. 8)
- Bachelor of Science Degree in Nutrition and Dietetics (p. 10)
- Bachelor of Science Degree in Public Health (Health Promotion and Behavioral Science Concentration) (p. 12)

Bachelor of Science Degree in Health (Community Health and Preventive Services Specialization)
This program provides students with the opportunity to pursue a Bachelor of Science degree in Health for students interested in careers in community health, public health and health promotion. All degree core, designated electives, and support work must be completed with a grade of “C–” or better.

Admission Policy
The goal of admission requirements for the Health degree is to provide its undergraduate students with a program of study with the highest possible standards. To achieve this goal, the admission policy is designed to identify those students most likely to succeed in health education. All applicants for admission to the Health degree will be admitted to the program as pre-health students. Academic performance for declaration of the Health major will be evaluated after the following criteria have been met. To declare a Health major, a pre-health student must have:

- completed 30 semester credit hours and be in good standing with the University
- successfully completed the following or equivalent courses with a grade of “C–” or better:
  - WRC 1013 Freshman Composition I (Q) 3
  - WRC 1023 Freshman Composition II (Q) 3
  - HTH 2413 Introduction to Community and Public Health 3

Applicants who have completed all of the above courses as equivalent transferable college credit with a grade of “C–” or better and have no UTSA coursework can declare a Health major if they:

- meet all UTSA undergraduate admission requirements
- have completed 30 semester credit hours.

A pre-health student will not be able to register for upper-division, majors-only courses at UTSA until they have completed the courses listed above with the required grade point average. A student can complete each course required for admission twice in order to reach the required grade; however, students who are not able to meet the criteria after completing the course for the second time will no longer be considered a pre-health student and their major will be changed from pre-health to undecided (UND) in the University student record system. The student must then choose a major other than Health.

Academic advising for students seeking the degree is available in the Life and Health Sciences Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, at least 39 of which must be at the upper-division level.

Core Curriculum Requirements
Students seeking the Bachelor of Science degree in Health must fulfill University Core Curriculum requirements. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 should be used to satisfy the core requirement in Mathematics. BIO 1233 should be used to satisfy one of the Life & Physical Sciences core requirements. HTH 2413 should be used to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 should be used to satisfy the core requirement in the Component Area Option. All candidates for the degree must complete the following degree requirements in addition to the Core Curriculum requirements.

Core Curriculum Component Area Requirements (http://catalog.utsa.edu/undergraduate/bachelorsdegreeregulations/degreerequirements/corecurriculumcomponentarequirements)

<table>
<thead>
<tr>
<th>Category</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year Experience Requirement</td>
<td>3</td>
</tr>
<tr>
<td>Communication</td>
<td>6</td>
</tr>
<tr>
<td>Mathematics</td>
<td>3</td>
</tr>
<tr>
<td>Life and Physical Sciences</td>
<td>6</td>
</tr>
</tbody>
</table>
**Gateway Courses**

Students pursuing the Bachelor of Science degree in Health must successfully complete each of the following Gateway Courses with a grade of “C-” or better in no more than two attempts. A student who is unable to successfully complete these courses within two attempts, including dropping a course with a grade of “W” or taking an equivalent course at another institution, will be required to change his or her major.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HTH 2413</td>
<td>Introduction to Community and Public Health</td>
</tr>
<tr>
<td>HTH 3503</td>
<td>Theories of Health Behavior</td>
</tr>
</tbody>
</table>

**Degree Requirements**

**A. Degree core requirements**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HTH 2413</td>
<td>Introduction to Community and Public Health</td>
<td>3</td>
</tr>
<tr>
<td>HTH 2601</td>
<td>Field-Based Skills in Community Health and</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Preventive Services</td>
<td></td>
</tr>
<tr>
<td>HTH 2623</td>
<td>Database Management in Community and Public</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Health</td>
<td></td>
</tr>
<tr>
<td>HTH 3503</td>
<td>Theories of Health Behavior</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3513</td>
<td>Community Health</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3663</td>
<td>Program Planning and Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>HTH 4503</td>
<td>Human Disease and Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>HTH 4513</td>
<td>Consumer Health</td>
<td>3</td>
</tr>
<tr>
<td>HTH 4543</td>
<td>Environmental Health and Safety</td>
<td>3</td>
</tr>
<tr>
<td>HTH 4921</td>
<td>Capstone for Community Health and Preventive</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Services</td>
<td></td>
</tr>
<tr>
<td>HTH 4936</td>
<td>Internship in Health</td>
<td>6</td>
</tr>
</tbody>
</table>

**B. Support Work**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 1233</td>
<td>Contemporary Biology I</td>
<td>3</td>
</tr>
<tr>
<td>BIO 2051</td>
<td>Human Anatomy and Physiology Laboratory I</td>
<td>1</td>
</tr>
<tr>
<td>BIO 2053</td>
<td>Human Anatomy and Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>BIO 2061</td>
<td>Human Anatomy and Physiology Laboratory II</td>
<td>1</td>
</tr>
<tr>
<td>BIO 2063</td>
<td>Human Anatomy and Physiology II</td>
<td>3</td>
</tr>
<tr>
<td>COM 2113</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>MAT 1023</td>
<td>College Algebra with Applications</td>
<td>3</td>
</tr>
<tr>
<td>STA 1053</td>
<td>Basic Statistics</td>
<td>3</td>
</tr>
</tbody>
</table>

**C. Designated electives**

Select 15 semester credit hours of the following: 15

Select at least two of the following four courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HTH 3303</td>
<td>Physical Activity and Health</td>
</tr>
<tr>
<td>HTH 3533</td>
<td>Drugs and Health</td>
</tr>
<tr>
<td>HTH 4523</td>
<td>Understanding Human Sexuality</td>
</tr>
<tr>
<td>HTH 4533</td>
<td>Nutrition and Health</td>
</tr>
</tbody>
</table>

Additional designated electives can be taken from the following courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HTH 2133</td>
<td>School Health</td>
</tr>
<tr>
<td>HTH 2513</td>
<td>Personal Health</td>
</tr>
<tr>
<td>HTH 3003</td>
<td>Survey of Drugs and Health</td>
</tr>
<tr>
<td>HTH 3013</td>
<td>Survey of Human Nutrition</td>
</tr>
<tr>
<td>HTH 3023</td>
<td>Survey of Human Sexuality</td>
</tr>
<tr>
<td>HTH 3043</td>
<td>Principles of Weight Management</td>
</tr>
<tr>
<td>HTH 3523</td>
<td>Worksite Health Promotion</td>
</tr>
<tr>
<td>HTH 3543</td>
<td>Growth and Development</td>
</tr>
<tr>
<td>HTH 3553</td>
<td>Emotional Wellness</td>
</tr>
<tr>
<td>HTH 3563</td>
<td>Child and Adolescent Health Promotion</td>
</tr>
<tr>
<td>HTH 4953</td>
<td>Special Studies in Health</td>
</tr>
<tr>
<td>MGT 3013</td>
<td>Introduction to Organization Theory, Behavior, and Management</td>
</tr>
</tbody>
</table>

or MGT 4953

**D. Free electives** 11-23

All candidates for this degree must complete a minimum of 11 hours of free electives to meet the 120 hour minimum for the degree, including a sufficient number of electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours.

**Total Credit Hours** 78-90

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**B.S. in Health – Recommended Four-Year Academic Plan**

**First Year**

**Fall**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIS 1203</td>
<td>Academic Inquiry and Scholarship (core)</td>
<td>3</td>
</tr>
<tr>
<td>MAT 1023</td>
<td>College Algebra with Applications</td>
<td>3</td>
</tr>
<tr>
<td>WRC 1013</td>
<td>Freshman Composition I (Q) (core)</td>
<td>3</td>
</tr>
<tr>
<td>University core course</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Spring**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 1233</td>
<td>Contemporary Biology I</td>
<td>3</td>
</tr>
<tr>
<td>HTH 2413</td>
<td>Introduction to Community and Public Health</td>
<td>3</td>
</tr>
<tr>
<td>STA 1053</td>
<td>Basic Statistics</td>
<td>3</td>
</tr>
<tr>
<td>WRC 1023</td>
<td>Freshman Composition II (Q) (core)</td>
<td>3</td>
</tr>
<tr>
<td>University core course</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Second Year**

**Fall**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>University core course</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>University core course</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>University core course</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Spring**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 2053</td>
<td>Human Anatomy and Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>BIO 2051</td>
<td>Human Anatomy and Physiology Laboratory I</td>
<td>1</td>
</tr>
<tr>
<td>COM 2113</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>HTH 2601</td>
<td>Field-Based Skills in Community Health and Preventive Services</td>
<td>1</td>
</tr>
<tr>
<td>HTH 3503</td>
<td>Theories of Health Behavior</td>
<td>3</td>
</tr>
</tbody>
</table>

**Free elective** 2
Bachelor of Science Degree in Kinesiology

This program provides students with the opportunity to pursue a Bachelor of Science degree in Kinesiology. Students are prepared for careers in athletic training, exercise science or teaching physical education (pre-kindergarten–12). All required Kinesiology (KIN) courses and support work must be completed with a grade of “C–” or better.

Academic advising for students seeking the Kinesiology degree is available in the Life and Health Sciences Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level.

Students seeking the Bachelor of Science degree in Kinesiology must fulfill University Core Curriculum requirements in the same manner as other students.

Bachelor of Science Degree in Kinesiology (Athletic Medicine Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science degree in Kinesiology with a concentration in Athletic Medicine. Students are trained for careers in athletic training, and this is a pre-professional allied health training program for physical therapy and occupational therapy. Additional coursework may be required for acceptance into an allied health training program. Students should contact the Health Professions Office for details. All kinesiology degree core and support work must be completed with a grade of “C–” or better.

Admission Policy

The goal of admission requirements for the Athletic Medicine concentration is to provide its undergraduate students with a program of study with the highest possible standards. To achieve this goal, the admission policy is designed to identify those students most likely to succeed in athletic medicine. All applicants for admission to the Athletic Medicine concentration will be admitted to the program as pre-Athletic Medicine students. Academic performance for declaration of the Athletic Medicine concentration will be evaluated after the following criteria has been met. To declare an Athletic Medicine concentration, a pre-Athletic Medicine student must have:

- completed 30 semester credit hours with a cumulative grade point average of 2.75
- successfully completed the following or equivalent courses with a grade of “C–” or better:
  - BIO 1404 Biosciences I 4
  - KIN 2303 Foundations of Kinesiology 3
  - MAT 1073 Algebra for Scientists and Engineers 3
  - WRC 1013 Freshman Composition I (Q) 3

Applicants who have completed all of the above courses as equivalent transferable college credit with a grade of “C–” or better and have no UTSA coursework can declare an Athletic Medicine concentration if they:

- meet all UTSA undergraduate admission requirements
- have completed 30 semester credit hours

Additionally, incoming freshman with less than 30 completed semester credit hours may declare an Athletic Medicine concentration if they:

- graduated in the top 25 percent of their high school class and are in good standing with the University

A pre-Athletic Medicine student will not be able to register for upper-division, majors-only courses at UTSA until they have completed the courses listed above with the required grade point average. A student can complete each course required for admission twice in order to reach the required grade; however, students who are not able to meet the criteria after completing the course twice will no longer be considered a pre-Athletic Medicine student and their major will be changed to undeclared (UND) in the University student record system.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level.
Core Curriculum Requirements

Students seeking the Bachelor of Science degree in Kinesiology with a concentration in Athletic Medicine must fulfill University Core Curriculum requirements. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 should be used to satisfy the core requirement in Mathematics. BIO 1404 and BIO 1414 should be used to satisfy the core requirement in Life and Physical Sciences. PSY 1013 or SOC 1013 is recommended to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 is recommended to satisfy the core requirement in the Component Area Option.

Core Curriculum Component Area Requirements (http://catalog.utsa.edu/undergraduate/bachelorsdegeregulations/degreerequirements/corecurriculumcomponentarequirements)

First Year Experience Requirement 3
Communication 6
Mathematics 3
Life and Physical Sciences 6
Language, Philosophy and Culture 3
Creative Arts 3
American History 6
Government-Political Science 6
Social and Behavioral Sciences 3
Component Area Option 3
Total Credit Hours 42

Gateway Courses

Students pursuing the Bachelor of Science degree in Kinesiology must successfully complete each of the following Gateway Courses with a grade of “C” or better in no more than two attempts. A student who is unable to successfully complete these courses within two attempts, including dropping a course with a grade of “W” or taking an equivalent course at another institution, will be required to change his or her major.

KIN 2303 Foundations of Kinesiology
KIN 3313 Anatomy and Physiology for Kinesiology

Degree Requirements

Students in the Athletic Medicine concentration are required to successfully complete all Required KIN Courses, and select Designated Elective Courses based on their post-graduate goals. Students interested in applying to Physical Therapy, Occupational Therapy, and Physician’s Assistant programs are encouraged to meet with their academic advisors to ensure that they complete all pre-requisite courses to apply for the respective programs.

A. Required KIN Courses

KIN 2141 Medical Terminology 1
KIN 2303 Foundations of Kinesiology 3
KIN 3071 Musculoskeletal Fitness Instruction 1
KIN 3303 Athletic Injuries and Training Procedures 3
KIN 3313 Anatomy and Physiology for Kinesiology 3
KIN 3323 Biomechanics 3
KIN 3433 Exercise Physiology 3
KIN 3453 Fitness Programming and Exercise Prescription 3
KIN 3463 Musculoskeletal Anatomy 3
KIN 4043 Therapeutic Modalities 3
KIN 4143 Advanced Athletic Training 3
KIN 4243 Musculoskeletal Rehabilitation 3
KIN 4253 Exercise Nutrition 3
KIN 4403 Motor Learning 3
KIN 4931 Clinical Applications of Athletic Injuries (repeated for 6 semester credit hours) or KIN 4936 Internship in Kinesiology 6

B. Support Courses

BIO 1404 Biosciences I 4
BIO 1414 Biosciences II 4
BIO 2053 Human Anatomy and Physiology I 3
BIO 2051 Human Anatomy and Physiology Laboratory I 1
BIO 2063 Human Anatomy and Physiology II 3
BIO 2061 Human Anatomy and Physiology Laboratory II 1
CHE 1103 General Chemistry I 3
CHE 1113 General Chemistry II 3
CHE 1121 General Chemistry I Laboratory 1
CHE 1131 General Chemistry II Laboratory 1
COM 1053 Business and Professional Speech 3
or COM 2113 Public Speaking 3
MAT 1073 Algebra for Scientists and Engineers 3
PHY 1603 Algebra-based Physics I 3
PHY 1611 Algebra-based Physics I Laboratory 1
PHY 1623 Algebra-based Physics II 3
PHY 1631 Algebra-based Physics II Laboratory 1
PSY 1013 Introduction to Psychology 3
SOC 1013 Introduction to Sociology 3
STA 1053 Basic Statistics 3

C. Elective

Total Credit Hours 93

B.S. in Kinesiology, Athletic Medicine Concentration – Recommended Four-Year Academic Plan

First Year

Fall

Credit Hours

AIS 1203 Academic Inquiry and Scholarship (core) 3
KIN 2303 Foundations of Kinesiology 3
MAT 1073 Algebra for Scientists and Engineers 3
PSY 1013 Introduction to Psychology 3
WRC 1013 Freshman Composition I (Q) (core) 3

Spring

BIO 1404 Biosciences I (core and major) 4
CHE 1103 General Chemistry I 3
CHE 1121 General Chemistry I Laboratory 1
SOC 1013 Introduction to Sociology 3
## Bachelor of Science Degree in Kinesiology (Exercise Science Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science degree in Kinesiology with a concentration in Exercise Science. Students are trained for careers in exercise science. All kinesiology degree core and support work must be completed with a grade of "C-" or better.

### Admission Policy

The goal of admission requirements for the Exercise Science concentration is to provide its undergraduate students with a program of study with the highest possible standards. To achieve this goal, the admission policy is designed to identify those students most likely to succeed in kinesiology education. All applicants for admission to the Exercise Science concentration will be admitted to the program as pre-Exercise Science students. Academic performance for declaration of the Exercise Science concentration will be evaluated after the following criteria has been met. To declare an Exercise Science concentration, a pre-Exercise student must have:

- completed 30 semester credit hours with a cumulative grade point average of 2.5
- successfully completed the following or equivalent courses with a grade of "C-" or better:
  - BIO 1233 Contemporary Biology I 3
  - or BIO 1404 Biosciences I 3
  - KIN 2303 Foundations of Kinesiology 3
  - MAT 1073 Algebra for Scientists and Engineers 3
  - WRC 1013 Freshman Composition I (Q) 3

Applications who have completed all of the above courses as equivalent transferable college credit with a grade of "C-" or better and have no UTSA coursework can declare an Exercise Science concentration if they:

- meet all UTSA undergraduate admission requirements
- have completed 30 semester credit hours

Additionally, incoming freshman with less than 30 completed semester credit hours may declare as an Exercise Science concentration if they:

- graduated in the top 25 percent of their high school class and are in good standing with the University

A pre-Exercise Science student will not be able to register for upper-division, majors-only courses at UTSA until they have completed the courses listed above with the required grade point average. A student can complete each course required for admission twice in order to reach
the required grade of 2.5 out of 4.0; however, students who are not able to meet the criteria after completing the course twice will no longer be considered a pre-Exercise Science student and their major will be changed to undeclared (UND) in the University student record system.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level.

Core Curriculum Requirements
Students seeking the Bachelor of Science degree in Kinesiology with a concentration in Exercise Science must fulfill University Core Curriculum requirements. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 should be used to satisfy the core requirement in Mathematics. BIO 1233 or BIO 1404 should be used to satisfy one of the Life and Physical Sciences core requirements. COM 2113 should be used to satisfy the Component Area Option requirement.

Core Curriculum Component Area Requirements (http://catalog.utsa.edu/undergraduate/bachelorsdegreeregulations/degreerequirements/corecurriculumcomponentarequirements)

First Year Experience Requirement 3
Communication 6
Mathematics 3
Life and Physical Sciences 6
Language, Philosophy and Culture 3
Creative Arts 3
American History 6
Government-Political Science 6
Social and Behavioral Sciences 3
Component Area Option 3
Total Credit Hours 42

Gateway Courses
Students pursuing the Bachelor of Science degree in Kinesiology must successfully complete each of the following Gateway Courses with a grade of “C-” or better in no more than two attempts. A student who is unable to successfully complete these courses within two attempts, including dropping a course with a grade of “W” or taking an equivalent course at another institution, will be required to change his or her major.

KIN 2303 Foundations of Kinesiology
KIN 3313 Anatomy and Physiology for Kinesiology

Degree Requirements
A. Required KIN Courses
KIN 2111 Lifetime Fitness Activity Instruction 1
KIN 2211 First Aid and CPR 1
KIN 2303 Foundations of Kinesiology 3
KIN 3051 Group Fitness Instruction 1
KIN 3071 Musculoskeletal Fitness Instruction 1
KIN 3313 Anatomy and Physiology for Kinesiology 3

KIN 3321 Biomechanics Laboratory 1
KIN 3323 Biomechanics 3
KIN 3431 Exercise Physiology Laboratory 1
KIN 3433 Exercise Physiology 3
KIN 3441 Graded Exercise Testing and Fitness Assessment Laboratory 1
KIN 3443 Graded Exercise Testing and Fitness Assessment 3
KIN 3453 Fitness Programming and Exercise Prescription 3
KIN 4023 Exercise Psychology 3
KIN 4253 Exercise Nutrition 3
KIN 4401 Motor Learning Laboratory 1
KIN 4403 Motor Learning 3
KIN 4936 Internship in Kinesiology 6

B. Support Courses
BIO 1233 Contemporary Biology I 3
or BIO 1404 Biosciences I
BIO 2051 Human Anatomy and Physiology Laboratory I 1
BIO 2053 Human Anatomy and Physiology I 3
BIO 2061 Human Anatomy and Physiology Laboratory II 1
BIO 2063 Human Anatomy and Physiology II 3
COM 2113 Public Speaking 3
MAT 1023 College Algebra with Applications 3
STA 1053 Basic Statistics 3

C. Minor 18-24
D. Electives 10-4
Total Credit Hours 89

B.S. in Kinesiology, Exercise Science Concentration – Recommended Four-Year Academic Plan

First Year
Fall
AIS 1203 Academic Inquiry and Scholarship (core) 3
KIN 2111 Lifetime Fitness Activity Instruction 1
KIN 2211 First Aid and CPR 1
KIN 2303 Foundations of Kinesiology 3
KIN 3051 Group Fitness Instruction 1
KIN 3071 Musculoskeletal Fitness Instruction 1
KIN 3313 Anatomy and Physiology for Kinesiology 3

Spring
BIO 2051 Human Anatomy and Physiology Laboratory I 1
MAT 1023 College Algebra with Applications 3
WRC 1013 Freshman Composition I (Q) (core) 3

KIN 3321 Biomechanics Laboratory 1
KIN 3323 Biomechanics 3
KIN 3431 Exercise Physiology Laboratory 1
KIN 3433 Exercise Physiology 3
KIN 3441 Graded Exercise Testing and Fitness Assessment Laboratory 1
KIN 3443 Graded Exercise Testing and Fitness Assessment 3
KIN 3453 Fitness Programming and Exercise Prescription 3
KIN 4023 Exercise Psychology 3
KIN 4253 Exercise Nutrition 3
KIN 4401 Motor Learning Laboratory 1
KIN 4403 Motor Learning 3
KIN 4936 Internship in Kinesiology 6

B. Support Courses
BIO 1233 Contemporary Biology I 3
or BIO 1404 Biosciences I
BIO 2051 Human Anatomy and Physiology Laboratory I 1
BIO 2053 Human Anatomy and Physiology I 3
BIO 2061 Human Anatomy and Physiology Laboratory II 1
BIO 2063 Human Anatomy and Physiology II 3
COM 2113 Public Speaking 3
MAT 1023 College Algebra with Applications 3
STA 1053 Basic Statistics 3

C. Minor 18-24
D. Electives 10-4
Total Credit Hours 89

First Year
Fall
AIS 1203 Academic Inquiry and Scholarship (core) 3
KIN 2111 Lifetime Fitness Activity Instruction 1
KIN 2211 First Aid and CPR 1
KIN 2303 Foundations of Kinesiology 3
KIN 3051 Group Fitness Instruction 1
KIN 3071 Musculoskeletal Fitness Instruction 1
KIN 3313 Anatomy and Physiology for Kinesiology 3

Spring
BIO 2051 Human Anatomy and Physiology Laboratory I 1
MAT 1023 College Algebra with Applications 3
WRC 1013 Freshman Composition I (Q) (core) 3

KIN 3321 Biomechanics Laboratory 1
KIN 3323 Biomechanics 3
KIN 3431 Exercise Physiology Laboratory 1
KIN 3433 Exercise Physiology 3
KIN 3441 Graded Exercise Testing and Fitness Assessment Laboratory 1
KIN 3443 Graded Exercise Testing and Fitness Assessment 3
KIN 3453 Fitness Programming and Exercise Prescription 3
KIN 4023 Exercise Psychology 3
KIN 4253 Exercise Nutrition 3
KIN 4401 Motor Learning Laboratory 1
KIN 4403 Motor Learning 3
KIN 4936 Internship in Kinesiology 6

B. Support Courses
BIO 1233 Contemporary Biology I 3
or BIO 1404 Biosciences I
BIO 2051 Human Anatomy and Physiology Laboratory I 1
BIO 2053 Human Anatomy and Physiology I 3
BIO 2061 Human Anatomy and Physiology Laboratory II 1
BIO 2063 Human Anatomy and Physiology II 3
COM 2113 Public Speaking 3
MAT 1023 College Algebra with Applications 3
STA 1053 Basic Statistics 3

C. Minor 18-24
D. Electives 10-4
Total Credit Hours 89

Second Year
Fall
BIO 2063 Human Anatomy and Physiology II 3
BIO 2061 Human Anatomy and Physiology Laboratory II 1
KIN 2211 First Aid and CPR 1
KIN 3051 Group Fitness Instruction 1

KIN 3321 Biomechanics Laboratory 1
KIN 3323 Biomechanics 3
KIN 3431 Exercise Physiology Laboratory 1
KIN 3433 Exercise Physiology 3
KIN 3441 Graded Exercise Testing and Fitness Assessment Laboratory 1
KIN 3443 Graded Exercise Testing and Fitness Assessment 3
KIN 3453 Fitness Programming and Exercise Prescription 3
KIN 4023 Exercise Psychology 3
KIN 4253 Exercise Nutrition 3
KIN 4401 Motor Learning Laboratory 1
KIN 4403 Motor Learning 3
KIN 4936 Internship in Kinesiology 6

B. Support Courses
BIO 1233 Contemporary Biology I 3
or BIO 1404 Biosciences I
BIO 2051 Human Anatomy and Physiology Laboratory I 1
BIO 2053 Human Anatomy and Physiology I 3
BIO 2061 Human Anatomy and Physiology Laboratory II 1
BIO 2063 Human Anatomy and Physiology II 3
COM 2113 Public Speaking 3
MAT 1023 College Algebra with Applications 3
STA 1053 Basic Statistics 3

C. Minor 18-24
D. Electives 10-4
Total Credit Hours 89

Second Year
Fall
BIO 2063 Human Anatomy and Physiology II 3
BIO 2061 Human Anatomy and Physiology Laboratory II 1
KIN 2211 First Aid and CPR 1
KIN 3051 Group Fitness Instruction 1

KIN 3321 Biomechanics Laboratory 1
KIN 3323 Biomechanics 3
KIN 3431 Exercise Physiology Laboratory 1
KIN 3433 Exercise Physiology 3
KIN 3441 Graded Exercise Testing and Fitness Assessment Laboratory 1
KIN 3443 Graded Exercise Testing and Fitness Assessment 3
KIN 3453 Fitness Programming and Exercise Prescription 3
KIN 4023 Exercise Psychology 3
KIN 4253 Exercise Nutrition 3
KIN 4401 Motor Learning Laboratory 1
KIN 4403 Motor Learning 3
KIN 4936 Internship in Kinesiology 6
### Bachelor of Science Degree in Kinesiology (Physical Education Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science degree in Kinesiology with a concentration in Physical Education. Students are prepared for careers in teaching physical education (pre-kindergarten–12). All kinesiology degree core and support work must be completed with a grade of “C–” or better.

| Minor course | 3 |
| University core course | 3 |
| University core course | 3 |

#### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>COM 2113</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>KIN 2111</td>
<td>Lifetime Fitness Activity Instruction</td>
<td>1</td>
</tr>
<tr>
<td>KIN 3313</td>
<td>Anatomy and Physiology for Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

#### Minor course

| University core course | 3 |
| University core course | 3 |

#### Third Year

#### Fall

<table>
<thead>
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<th>Course Title</th>
<th>Credit Hours</th>
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<tr>
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<td>Exercise Physiology</td>
<td>3</td>
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<tr>
<td>KIN 3431</td>
<td>Exercise Physiology Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>KIN 3071</td>
<td>Musculoskeletal Fitness Instruction</td>
<td>1</td>
</tr>
<tr>
<td>KIN 3323</td>
<td>Biomechanics</td>
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</tr>
<tr>
<td>KIN 3321</td>
<td>Biomechanics Laboratory</td>
<td>1</td>
</tr>
</tbody>
</table>

| Minor course | 3 |
| Elective or Minor course | 3 |

#### Spring

<table>
<thead>
<tr>
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<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 3443</td>
<td>Graded Exercise Testing and Fitness Assessment</td>
<td>3</td>
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<tr>
<td>KIN 3441</td>
<td>Graded Exercise Testing and Fitness Assessment Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>KIN 3453</td>
<td>Fitness Programming and Exercise Prescription</td>
<td>3</td>
</tr>
<tr>
<td>KIN 4023</td>
<td>Exercise Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

| Minor course | 3 |
| Elective or Minor course | 2 |

#### Fourth Year

#### Fall

<table>
<thead>
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<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tr>
<td>KIN 4253</td>
<td>Exercise Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>KIN 4403</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>KIN 4401</td>
<td>Motor Learning Laboratory</td>
<td>1</td>
</tr>
</tbody>
</table>

| Minor course | 3 |
| University core course | 3 |
| University core course | 3 |

#### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 4936</td>
<td>Internship in Kinesiology</td>
<td>6</td>
</tr>
</tbody>
</table>

| University core course | 3 |
| Elective or Minor course | 3 |

#### Total Credit Hours: 120.0

Academic advising for students seeking the Kinesiology degree is available in the Interdisciplinary Education Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level.

### Core Curriculum Requirements

Students seeking the Bachelor of Science degree in Kinesiology with a concentration in Physical Education must fulfill University Core Curriculum requirements. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 should be used to satisfy the core requirement in Mathematics.

BIO 1233 should be used to satisfy one of the core requirements in Life and Physical Sciences.

SOC 1013 is recommended to satisfy the core requirement in Social and Behavioral Sciences.

### Core Curriculum Component Area Requirements

- First Year Experience Requirement: 3
- Communication: 6
- Mathematics: 3
- Life and Physical Sciences: 6
- Language, Philosophy and Culture: 3
- Creative Arts: 3
- American History: 6
- Government-Political Science: 6
- Social and Behavioral Sciences: 3
- Component Area Option: 3

#### Total Credit Hours: 42

### Gateway Courses

Students pursuing the Bachelor of Science degree in Kinesiology must successfully complete each of the following Gateway Courses with a grade of “C–” or better in no more than two attempts. A student who is unable to successfully complete these courses within two attempts, including dropping a course with a grade of “W” or taking an equivalent course at another institution, will be required to change his or her major.

- KIN 2303 | Foundations of Kinesiology | 3
- KIN 3313 | Anatomy and Physiology for Kinesiology | 3

### Degree Requirements

#### A. Required KIN Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 2003</td>
<td>Computer Applications in Kinesiology and Health</td>
<td>3</td>
</tr>
<tr>
<td>KIN 2211</td>
<td>First Aid and CPR</td>
<td>1</td>
</tr>
<tr>
<td>KIN 2123</td>
<td>Fitness and Wellness Concepts</td>
<td>3</td>
</tr>
<tr>
<td>KIN 2303</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 2421</td>
<td>Outdoor Activities and Innovative Games</td>
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</tr>
<tr>
<td>KIN 3001</td>
<td>Skill Analysis in Physical Activity: Individual Activities</td>
<td>1</td>
</tr>
<tr>
<td>KIN 3011</td>
<td>Skill Analysis in Physical Activity: Team Sports</td>
<td>1</td>
</tr>
</tbody>
</table>
KIN 3013 Theory of Coaching 3
KIN 3021 Skill Analysis in Physical Activity: Team Sports II 1
KIN 3031 Skill Analysis in Physical Activity: Dual Sports 1
KIN 3051 Group Fitness Instruction 1
KIN 3061 Foundational Movement 1
KIN 3103 Motor Development 3
KIN 3113 Scientific Principles of Physical Activity 3
KIN 3313 Anatomy and Physiology for Kinesiology 3
KIN 3413 Tactics 3
KIN 4113 Evaluation 3
KIN 4123 Introduction to Sport Psychology 3
KIN 4343 Movement Awareness 3
KIN 4403 Motor Learning 3
KIN 4423 Developmental/Adapted Physical Activity 3
Kinesiology elective 1

B. Support Courses
BIO 1233 Contemporary Biology I 3
COM 1043 Introduction to Communication 3
EDP 3203 Learning and Development in the Secondary School Adolescent 3
EDU 2103 Social Foundations for Education in a Diverse U.S. Society 3
HTH 3013 Survey of Human Nutrition 3
IDS 2013 Introduction to Learning and Teaching in a Culturally Diverse Society 3
STA 1053 Basic Statistics (core and major) 3

C. Professional Education courses
C&I 4716 Clinical Teaching: All Level EC–12 1 6
KIN 4203 Teaching Secondary Physical Education 1 3
KIN 4303 Teaching Elementary Physical Education 1 3
RDG 3773 Reading and Writing Across the Disciplines—Secondary 1 3

Total Credit Hours 84

1 Courses require an advisor code and are restricted to students who have applied and been accepted into the Teacher Certification Program.

All the courses listed for the Physical Education Concentration (84 hours) are required for teacher certification in physical education. Only the courses marked with an asterisk are restricted and require an advisor code and acceptance into the Teacher Certification Program. Advisor codes for these classes will be issued only if all prerequisites have been completed.

B.S. in Kinesiology, Physical Education Concentration – Recommended Four-Year Academic Plan

First Year

Fall
Credit Hours
AIS 1203 Academic Inquiry and Scholarship (core) 3
BIO 1233 Contemporary Biology I (core and major) 3
KIN 2303 Foundations of Kinesiology 3

Second Year

Fall

KIN 3001 Skill Analysis in Physical Activity: Individual Activities 1
KIN 3011 Skill Analysis in Physical Activity: Team Sports I 1
KIN 3013 Theory of Coaching 3
KIN 4123 Introduction to Sport Psychology 3
KIN 4423 Developmental/Adapted Physical Activity 3
Bachelor of Science Degree in Nutrition and Dietetics

The Bachelor of Science in Nutrition and Dietetics offers the initial phase of a professional program known as the Coordinated Program in Dietetics (CPD). Didactic and introductory supervised experiences are part of the curriculum and serve as a foundation for the Master of Dietetics Studies (MDS). Students must meet all admission requirements to seek the dual Bachelor of Science in Nutrition and Dietetics and the Master of Dietetics Studies. Successful completion of both degrees certifies the student as eligible to take the national exam to become Registered Dietitian (RD). Students admitted into the undergraduate program are not guaranteed placement into the MDS unless they maintain a 3.0 grade point average and have completed all degree core, support courses and Texas core with a grade of “C-” or better. Students on the B.S. in Nutrition and Dietetics track who are not able to complete the Master of Dietetics Studies, may earn the Bachelor of Science degree if they meet the University graduation requirements, but are not eligible for the verification statement to take the RD exam.

Admission Policy

The admission requirements into the Dietetics and Nutrition degree are intended to offer a program with high standards for success. Some of the requirements are known to be a good predictor of achievement in the graduate professional phase of the Coordinated Program in Dietetics. While students can declare a pre-dietetics/nutrition track, there is a restricted placement in the advanced practicum courses, which limits the capacity for admission into the Coordinated Program in Dietetics. Admission into the major as part of a cohort group occurs in the Fall semester. In order to declare a major in Dietetics and Nutrition, a student must meet the following criteria:

- Completion of all support courses and most of the Texas Core requirements with a minimum cumulative grade point average (GPA) of 3.0 (on a 4.0 scale) and be in good standing with the University.
- All prerequisite courses must be passed with a “C-” or better. Detailed information about the courses, including the Texas common course numbers may be obtained from the Undergraduate Catalog.
- No prerequisite course can be repeated more than twice to meet the grade criteria.
- All support courses (prerequisite courses) must be completed by the end of the summer semester prior to entering the program in the Fall semester.
- Submit a program application, two completed reference forms (program specific) preferably by faculty members and a statement indicating personal career goals, knowledge of the profession, commitment, interests, and motivation.
- A personal interview with the program faculty.
- Transfer students must meet all the above criteria and meet all the UTSA undergraduate admission requirements. Official transcripts from all institutions attended must be submitted.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the Bachelor of Science degree in Nutrition and Dietetics must fulfill University Core Curriculum requirements. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1073 should be used to satisfy the core requirement in Mathematics. BIO 1233 or BIO 1404 and BIO 1243 or BIO 1414 should be used to satisfy the Life and Physical Sciences requirements. ANT 1013 or SOC 1013 or PSY 1013 should be used to satisfy the Social and Behavioral Sciences requirement. STA 1053 may be used to satisfy the Component Area Option.

Core Curriculum Component Area Requirements (http://catalog.utsa.edu/undergraduate/bachelorsdegree/regulations/ degreerequirements/corecurriculumcomponentarearequirements)

<table>
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<th>Requirement</th>
<th>Credit Hours</th>
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<td>First Year Experience Requirement</td>
<td>3</td>
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<tr>
<td>Communication</td>
<td>6</td>
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<tr>
<td>Mathematics</td>
<td>3</td>
</tr>
<tr>
<td>Life and Physical Sciences</td>
<td>6</td>
</tr>
<tr>
<td>Language, Philosophy and Culture</td>
<td>3</td>
</tr>
<tr>
<td>Creative Arts</td>
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<tr>
<td>American History</td>
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<tr>
<td>Government-Political Science</td>
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<tr>
<td>Social and Behavioral Sciences</td>
<td>3</td>
</tr>
<tr>
<td>Component Area Option</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credit Hours</strong></td>
<td><strong>42</strong></td>
</tr>
</tbody>
</table>

Gateway Course

Students pursuing the Bachelor of Science degree in Nutrition and Dietetics must successfully complete the following Gateway Course with a grade of “C-” or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping the course with a grade of “W” or taking an equivalent course at another institution, will be required to change his or her major.

NDT 3413 Advanced Human Nutrition

Degree Requirements

A. Degree Core Requirements

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>NDT 3191</td>
<td>Applied Food Science Practicum</td>
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</tr>
</tbody>
</table>

Department of Kinesiology, Health, and Nutrition
### Course Sequence Guide for B.S. Degree in Nutrition and Dietetics

This course sequence guide is designed to assist students in completing their UTSA undergraduate degree requirements that are part of the Coordinated Program in Dietetics. This is merely a guide and students must satisfy other admission requirements for the Coordinated Program in Dietetics; and meet with their advisor for individualized degree plans. Progress within this guide depends upon such factors as course availability, individual student academic preparation, student time management, work obligations, and individual financial considerations. Students may choose to take core and support courses during Summer terms to reduce course loads during long semesters. Courses in the Nutrition and Dietetics (NDT) Program are only offered once a year according to the guide below.

### B.S. in Nutrition and Dietetics – Recommended Four-Year Academic Plan

#### First Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>Fall</td>
<td>AIS 1203</td>
<td>Academic Inquiry and Scholarship (core)</td>
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<td>BIO 1233 or 1404</td>
<td>Contemporary Biology I (core and major)</td>
<td>3</td>
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<tr>
<td></td>
<td>CHE 1103</td>
<td>General Chemistry I</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>CHE 1121</td>
<td>General Chemistry I Laboratory</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>MAT 1073</td>
<td>Algebra for Scientists and Engineers (core and major)</td>
<td>3</td>
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<td></td>
<td>WRC 1013</td>
<td>Freshman Composition I (Q) (core)</td>
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<tr>
<td>Spring</td>
<td>BIO 1243 or 1414</td>
<td>Contemporary Biology II (core)</td>
<td>3</td>
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<td>CHE 1113</td>
<td>General Chemistry II</td>
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<td>CHE 1131</td>
<td>General Chemistry II Laboratory</td>
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<td>WRC 1023</td>
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<td>American History core</td>
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<td>Government-Political Science core</td>
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#### Second Year

<table>
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<td>Introductory Microbiology</td>
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<td>Organic Chemistry I Laboratory</td>
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<td>MGT 3013</td>
<td>Introduction to Organization Theory, Behavior, and Management</td>
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<td>American History core</td>
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<table>
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<td>Spring</td>
<td>BIO 2063</td>
<td>Human Anatomy and Physiology II</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>BIO 2061</td>
<td>Human Anatomy and Physiology II Laboratory</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>BIO 3513</td>
<td>Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>MGT 3013</td>
<td>Introduction to Organization Theory, Behavior, and Management</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>NDT 2043 or BIO 2043</td>
<td>Introduction to Nutritional Sciences</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PSY 1013</td>
<td>Introduction to Psychology (core)</td>
<td>3</td>
</tr>
</tbody>
</table>

#### Third Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>NDT 3191</td>
<td>Applied Food Science Practicum</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>NDT 3203</td>
<td>Introduction to Nutrition and Dietetics Careers</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>NDT 3313</td>
<td>Applied Food Science</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>NDT 3413</td>
<td>Advanced Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>STA 1053</td>
<td>Basic Statistics (core and major)</td>
<td>3</td>
</tr>
<tr>
<td>Spring</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The Bachelor of Science degree in Public Health (Health Promotion and Behavioral Science Concentration) offers an interdisciplinary curriculum designed for students who are interested in gaining knowledge and developing skills needed in a variety of health care related areas, including biostatistics, environmental science, health and public administration, epidemiology, and health behavior. The degree requirements consist of the university core curriculum, major core requirements, elective courses in areas of specializations, a foreign language, and an internship. The major core is multidisciplinary introducing students to the fundamental subjects and the essential knowledge necessary for working in any field related to public health. The elective courses allow students to concentrate in one of the areas of specialization.

The degree program prepares students for health care related careers in government, private, and nonprofit organizations. In addition, graduates of this program will be competent in pursuing graduate studies in a variety of academic fields, including public health, allied health, public policy, nutrition, business, and law. It can also provide students with a pathway to advanced studies in medicine or dentistry if the students use the electives to fulfill the additional admission requirements for medical and dental schools.

The degree program is offered in two concentrations: (1) Epidemiology and Disease Control and (2) Health Promotion and Behavioral Science.

The Epidemiology and Disease Control concentration is offered by the Department of Sociology (http://catalog.utsa.edu/undergraduate/librarilfinearts/sociology/#degreestext) of the College of Liberal and Fine Arts (COLFA) and the Health Promotion and Behavioral Science concentration is offered by the Department of Kinesiology, Health, and Nutrition of the College of Education and Human Development (COEHD).

Bachelor of Science in Public Health majors will be advised by the Life and Health Sciences Advising Center.

The minimum number of semester credit hours required for this degree, including Core Curriculum requirements, is 120. Thirty-nine of the total semester credit hours required for the degree must be at the upper-division level.

### Core Curriculum requirements (42 semester credit hours)

Students seeking the Bachelor of Science degree in Public Health with a concentration in Health Promotion and Behavioral Science must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements; however, if these courses are taken to satisfy both requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 may be used to satisfy the core requirement in Mathematics as well as a major requirement. BIO 1404 and BIO 1414 may be used to satisfy the core requirement in Natural Sciences as well as major requirements.

### Core Curriculum Component Area Requirements (http://catalog.utsa.edu/undergraduate/bachelorsdegreeregulations/degreerequirements/corecurriculumcomponentarearequirements)

<table>
<thead>
<tr>
<th>Component Area Option</th>
<th>Total Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year Experience Requirement</td>
<td>3</td>
</tr>
<tr>
<td>Communication</td>
<td>6</td>
</tr>
<tr>
<td>Mathematics</td>
<td>3</td>
</tr>
<tr>
<td>Life and Physical Sciences</td>
<td>6</td>
</tr>
<tr>
<td>Language, Philosophy and Culture</td>
<td>3</td>
</tr>
<tr>
<td>Creative Arts</td>
<td>3</td>
</tr>
<tr>
<td>American History</td>
<td>6</td>
</tr>
<tr>
<td>Government-Political Science</td>
<td>6</td>
</tr>
<tr>
<td>Social and Behavioral Sciences</td>
<td>3</td>
</tr>
<tr>
<td>Component Area Option</td>
<td>3</td>
</tr>
<tr>
<td>Total Credit Hours</td>
<td>42</td>
</tr>
</tbody>
</table>

### Degree Requirements

All candidates for the Bachelor of Science degree in Public Health with a concentration in Health Promotion and Behavioral Science must complete the following 87 semester credit hours, which includes 9 semester credit hours of core curriculum requirements.

A. Public Health Foundation courses.

All candidates for this degree must complete the following 38 semester credit hours of coursework:

<table>
<thead>
<tr>
<th>Course</th>
<th>Division</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 1404</td>
<td>Biosciences</td>
<td>Human Disease and Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>BIO 1414</td>
<td>Biosciences II</td>
<td>Theories of Health Behavior</td>
<td>3</td>
</tr>
</tbody>
</table>
Course Sequence Guide for B.S. Degree in Public Health (Health Promotion and Behavioral Science Concentration)

This course sequence guide is designed to assist students in completing the requirements for their UTSA undergraduate Public Health degree with a concentration in Health Promotion and Behavioral Science. This is merely a guide and students must satisfy other requirements of this catalog and meet with their academic advisor for individualized degree plans. Progress within this guide depends upon such factors as course availability, individual student academic preparation, student time management, work obligations, and individual financial considerations. Students may choose to take courses during Summer terms to reduce course loads during long semesters.

B.S. in Public Health, Health Promotion and Behavioral Science Concentration – Four-Year Academic Plan

First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIS 1203 Academic Inquiry and Scholarship (core)</td>
<td>3</td>
</tr>
<tr>
<td>PUB 1113 Introduction to Public Health</td>
<td>3</td>
</tr>
<tr>
<td>PUB 2113 Data Management in Public Health</td>
<td>3</td>
</tr>
<tr>
<td>PUB 4933 Public Health Internship (repeated once)</td>
<td>6</td>
</tr>
<tr>
<td>HTH 3663 Program Planning and Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>Select at least 15 semester credit hours from the following list of courses:</td>
<td></td>
</tr>
<tr>
<td>ANT 3523 Medical Anthropology</td>
<td></td>
</tr>
<tr>
<td>BIO 2003 Biology of Human Reproduction</td>
<td></td>
</tr>
<tr>
<td>BIO 2043 Nutrition</td>
<td></td>
</tr>
<tr>
<td>BIO 4813 Brain and Behavior</td>
<td></td>
</tr>
<tr>
<td>HTH 3043 Principles of Weight Management</td>
<td></td>
</tr>
<tr>
<td>HTH 3513 Community Health</td>
<td></td>
</tr>
<tr>
<td>HTH 3523 Worksite Health Promotion</td>
<td></td>
</tr>
<tr>
<td>HTH 3533 Drugs and Health</td>
<td></td>
</tr>
<tr>
<td>HTH 3543 Growth and Development</td>
<td></td>
</tr>
<tr>
<td>HTH 3553 Emotional Wellness</td>
<td></td>
</tr>
<tr>
<td>HTH 3563 Child and Adolescent Health Promotion</td>
<td></td>
</tr>
<tr>
<td>HTH 4513 Consumer Health</td>
<td></td>
</tr>
<tr>
<td>HTH 4523 Understanding Human Sexuality</td>
<td></td>
</tr>
<tr>
<td>HTH 4533 Nutrition and Health</td>
<td></td>
</tr>
<tr>
<td>KIN 2123 Fitness and Wellness Concepts</td>
<td></td>
</tr>
<tr>
<td>KIN 4023 Exercise Psychology</td>
<td></td>
</tr>
<tr>
<td>PSY 4253 Psychology of Health</td>
<td></td>
</tr>
<tr>
<td>SOC 2023 Social Context of Drug Use</td>
<td></td>
</tr>
<tr>
<td>SOC 3213 Medical Sociology</td>
<td></td>
</tr>
<tr>
<td>Spring</td>
<td>Credit Hours</td>
</tr>
<tr>
<td>BIO 1404 Biosciences I (core and major)</td>
<td>4</td>
</tr>
<tr>
<td>HIS 1043, 1053, or 2053 United States History: Pre-Columbus to Civil War Era (core)</td>
<td>3</td>
</tr>
<tr>
<td>POL 1013 Introduction to American Politics (core)</td>
<td>3</td>
</tr>
<tr>
<td>PUB 4933 Public Health Internship (repeated once)</td>
<td>6</td>
</tr>
<tr>
<td>WRC 1023 Freshman Composition II (Q) (core)</td>
<td>3</td>
</tr>
<tr>
<td>Language, Philosophy &amp; Culture core</td>
<td>3</td>
</tr>
</tbody>
</table>

Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 1414 Biosciences II (core and major)</td>
<td>4</td>
</tr>
<tr>
<td>HIS 1043, 1053, or 2053 United States History: Pre-Columbus to Civil War Era (core)</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3503 Theories of Health Behavior</td>
<td>3</td>
</tr>
<tr>
<td>HTH 353 Program Planning and Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>POL 1133 or 1213 Texas Politics and Society (core)</td>
<td>3</td>
</tr>
<tr>
<td>Creative Arts core</td>
<td>3</td>
</tr>
<tr>
<td>Spring</td>
<td>Credit Hours</td>
</tr>
<tr>
<td>PUB 2113 Data Management in Public Health</td>
<td>3</td>
</tr>
<tr>
<td>PUB 4933 Public Health Internship (repeated once)</td>
<td>6</td>
</tr>
<tr>
<td>SOC 3223 Population Dynamics and Demographic Techniques</td>
<td>3</td>
</tr>
<tr>
<td>Social and Behavioral Sciences core</td>
<td>3</td>
</tr>
<tr>
<td>Free elective</td>
<td>3</td>
</tr>
<tr>
<td>Free elective</td>
<td>3</td>
</tr>
</tbody>
</table>

Third Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>MGT 3013 Introduction to Organization Theory, Behavior, and Management</td>
<td>3</td>
</tr>
<tr>
<td>SOC 4043 Global Health</td>
<td>3</td>
</tr>
<tr>
<td>Free elective</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Credit Hours 87
Department of Kinesiology, Health, and Nutrition

Free elective 3
Foreign language (semester I) 3

Spring
HTH 3663 Program Planning and Evaluation (Concentration course) 3
HTH 4503 Human Disease and Epidemiology 3
HTH 4543 Environmental Health and Safety 3
SOC 4053 Health Care System 3
Foreign language (semester II) 3

Fourth Year
Fall
Concentration course 3
Concentration course 3
Concentration course 3
Free elective (upper-division) 3
Free elective (upper-division) 3

Spring
PUB 4933 Public Health Internship (repeated) 6
Concentration course (upper-division) 3
Concentration course (upper-division) 3
Free elective (to meet 120 hour minimum) 1

Total Credit Hours: 120.0

Master of Public Health (4+1 Program for Public Health Majors)

This is a collaborative program between The University of Texas at San Antonio and The University of Texas Health Science Center at Houston - School of Public Health.

Program Description

The 4+1 program provides a direct line for Public Health students to enroll in and complete their master’s coursework over the course of five years, as opposed to the traditional four years of undergraduate work and two years of graduate work. The 4+1 degree between The University of Texas at San Antonio (UTSA) and The University of Texas Health Science Center at Houston - School of Public Health (UTHSCH SPH) allows undergraduate public health majors to streamline and advance their education efficiently.

The student will graduate with a baccalaureate degree in public health while earning a certificate in public health from UTHSCH SPH. Additionally, they will have the opportunity to complete a Master of Public Health (MPH) degree program in one additional year instead of the customary two years. Upon graduation from UTSA, students can immediately transition to master’s status and continue on to complete the remaining degree requirements at UTHSCH SPH. Students who do not wish to continue with the master’s degree will graduate with a certificate in public health from UTHSCH SPH.

Graduates will be expected to acquire the education, skill-set and experience needed to enter the professional work force in any of the varied fields of public health, or be well prepared to continue with their education through doctoral studies or in professional degrees such as medicine, dentistry and pharmacy.

Requirements

Students in good standing in the Bachelor of Public Health program who have a minimum cumulative grade point average of a 3.2 or higher and ideally have completed select degree foundation courses can apply for acceptance into the 4+1 program during their third full year of study. Students who are accepted into the 4+1 program will then complete selected online or in person graduate courses during their last year of study at the UTHSCH San Antonio Regional Campus. This coursework will simultaneously satisfy remaining undergraduate requirements, as well as the core courses for the Master of Public Health (MPH) degree. After satisfying the undergraduate degree requirements students will then apply for and finish the graduate program.

- Minor in Athletic Coaching (p. 14)
- Minor in Community Health (p. 14)
- Minor in Nutrition (p. 14)
- Minor in Wellness (p. 15)

Minor in Athletic Coaching

All students pursuing a minor in Athletic Coaching must complete the following 18 semester credit hours:

- KIN 1101 Team Sports (repeat for a total of 3 semester credit hours) 3
- KIN 3013 Theory of Coaching 3
- KIN 3113 Scientific Principles of Physical Activity 3
- KIN 4413 Coaching Athletics (repeated for a total of 6 semester credit hours) 6
- KIN 4943 Athletic Coaching Practicum 3

Total Credit Hours 18

To declare a Minor in Athletic Coaching or to obtain advice, students should consult their academic advisor.

Minor in Community Health

All students pursuing the Minor in Community Health must complete the following 18 semester credit hours:

- HTH 2413 Introduction to Community and Public Health 3
- HTH 2623 Database Management in Community and Public Health 3
- HTH 3503 Theories of Health Behavior 3
- HTH 3513 Community Health 3
- HTH 3663 Program Planning and Evaluation 3
- HTH 4503 Human Disease and Epidemiology 3

Total Credit Hours 18

Minor in Nutrition

The Minor in Nutrition is open to Biology, Health, and Kinesiology majors. To declare a Minor in Nutrition or obtain advice, students should consult their undergraduate advisor. All students pursuing the minor must complete a minimum of 18 semester credit hours in Nutrition and Dietetics (NDT) courses. It should be noted that students seeking a minor must also complete applicable support coursework in biology and chemistry as needed to fulfill the normal prerequisites for any course listed below. All NDT courses and their prerequisites must be completed with a grade of "C-" or better, with the exception of NDT 2043 which
must be completed with a grade of "B-" or better. Students must achieve a grade point average of at least 2.0 on all work used to satisfy the requirements of the minor.

A. Required Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NDT 2043</td>
<td>Introduction to Nutritional Sciences</td>
<td>3</td>
</tr>
<tr>
<td>NDT 3323</td>
<td>Nutrition and Health Assessment</td>
<td>3</td>
</tr>
<tr>
<td>NDT 3343</td>
<td>Nutrition in the Life Span</td>
<td>3</td>
</tr>
<tr>
<td>NDT 4333</td>
<td>Community Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

B. Select 6 additional semester credit hours of 3000- or 4000-level NDT courses from the list below

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NDT 3313</td>
<td>Applied Food Science</td>
<td>3</td>
</tr>
<tr>
<td>&amp; NDT 3191</td>
<td>and Applied Food Science Practicum</td>
<td></td>
</tr>
<tr>
<td>NDT 3413</td>
<td>Advanced Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NDT 4343</td>
<td>Nutrition in Disease Prevention and Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>NDT 4363</td>
<td>Current Issues in Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NDT 4951</td>
<td>Independent Study in Nutrition and Dietetics</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Credit Hours 18

Minor in Wellness

All students pursuing the Minor in Wellness must complete the following 18 semester credit hours:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HTH 3003</td>
<td>Survey of Drugs and Health</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3013</td>
<td>Survey of Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3023</td>
<td>Survey of Human Sexuality</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3553</td>
<td>Emotional Wellness</td>
<td>3</td>
</tr>
<tr>
<td>KIN 2123</td>
<td>Fitness and Wellness Concepts</td>
<td>3</td>
</tr>
<tr>
<td>One additional Health course selected from the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HTH 2513</td>
<td>Personal Health</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3043</td>
<td>Principles of Weight Management</td>
<td>3</td>
</tr>
<tr>
<td>HTH 3543</td>
<td>Growth and Development</td>
<td>3</td>
</tr>
<tr>
<td>or HTH 4513</td>
<td>Consumer Health</td>
<td></td>
</tr>
</tbody>
</table>

Total Credit Hours 18

To declare a Minor in Community Health or Wellness or to obtain advice, students should consult their academic advisor.

Certificate in Athletic Coaching

All students pursuing a Certificate in Athletic Coaching must complete the following 15 semester credit hours:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 1101</td>
<td>Team Sports (repeated for a total of 3 semester credit hours)</td>
<td>3</td>
</tr>
<tr>
<td>KIN 3013</td>
<td>Theory of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>KIN 3113</td>
<td>Scientific Principles of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KIN 4413</td>
<td>Coaching Athletics</td>
<td>3</td>
</tr>
<tr>
<td>KIN 4943</td>
<td>Athletic Coaching Practicum</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Credit Hours 15

Health (HTH) Courses

HTH 2133. School Health. (3-0) 3 Credit Hours. (TCCN = TECA 1318)
This course is designed to provide teacher certification students with the opportunity to gain developmentally appropriate knowledge and skills in health and environmental safety. It will address health-related issues in personal, interpersonal, and community settings and creating a safe teaching environment. Offered Spring Semester only.

HTH 2413. Introduction to Community and Public Health. (3-0) 3 Credit Hours.
This course is a survey of the profession of public health and the competencies required of health educators, including examination of philosophies, ethics and current trends. This course serves as a foundation for other courses in the health degree. May be applied toward the Core Curriculum requirement in Social and Behavioral Sciences. Generally offered: Fall, Spring.

HTH 2513. Personal Health. (3-0) 3 Credit Hours. (TCCN = PHED 1304)
Emphasizes the concept of mind, body, and spirit as necessary components of total well-being; principles of preventive health; and self-responsibility for personal health behaviors. May be applied toward the Core Curriculum requirement in Social and Behavioral Sciences. Generally offered: Fall, Spring.

HTH 2601. Field-Based Skills in Community Health and Preventive Services. (1-0) 1 Credit Hour.
Prerequisite: HTH 2413. This course introduces students to practices and skills that are commonly used in community health and preventive health services. These include health screening skills and skills for communicating and interpreting screening results. The course offers hands-on practice of these skills.

HTH 2623. Database Management in Community and Public Health. (3-0) 3 Credit Hours.
This course will focus on practical issues in database management. Students will learn how to perform basic query and reporting operations, migrate data between various file formats, share data using cloud data management systems such as Dropbox, prepare data for statistical analysis, conduct statistical analyses common in community and public health, perform data quality control and assurance procedures and develop formal documents for reporting outcomes. Database management and statistical software such as SPSS, Microsoft Access and SQL will be used. (Formerly titled “Applied Technology for Research and Health Education.”).

HTH 3003. Survey of Drugs and Health. (3-0) 3 Credit Hours.
Study of the use and abuse of drugs and other substances. Examines addiction, dependence, tolerance, motivation for use, and effects of substance abuse on health and society. Generally offered: Fall, Spring.

HTH 3013. Survey of Human Nutrition. (3-0) 3 Credit Hours.
An overview approach to understanding the principles of nutrition and their effect on health and fitness. Emphasis on major nutritional issues throughout the human life cycle; self-evaluation of diet and fitness habits. Generally offered: Fall, Spring.

HTH 3023. Survey of Human Sexuality. (3-0) 3 Credit Hours.
A study examining the breadth of human sexuality, including psychosocial, cultural and physical aspects, and its impact on our lives.
HTH 3043. Principles of Weight Management. (3-1) 3 Credit Hours.
An in-depth study of the field of prevention and management of obesity. This course provides practical application of nutritional, psychological, and physical activity principles that help individuals manage their own weight and is suitable for students in health, kinesiology, psychology, biology, counseling, or others. A noncompetitive, monitored activity component is required. Generally offered: Spring.

HTH 3303. Physical Activity and Health. (3-0) 3 Credit Hours.
Prerequisites: HTH 3503 and HTH 3663. The course provides a survey of the health-related effects and social-cultural and behavioral determinants of physical activity and exercise. Biological/physiological mechanisms for adaptations to physical activity are also addressed. Generally offered: Fall.

HTH 3503. Theories of Health Behavior. (3-0) 3 Credit Hours.
Designed to provide an overview of health behavior theories, program planning models and multi-level interventions typically used in public health. Each level of the socio-ecological model will be discussed including individual, interpersonal, organization, community and policy. Directed field experience is required. (Formerly titled “Foundations of Health Theory.”) Generally offered: Fall, Spring, Summer.

HTH 3513. Community Health. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413 and HTH 3503. Study of community health problems and the function and organization of public, private, and voluntary health agencies, application of health theories and models and program planning methods. Directed field experience is required. Offered Fall Semester only.

HTH 3523. Worksite Health Promotion. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413 and HTH 3503. Organization, administration, and supervision of health programs in the community, school, business, or industry setting. Application of health theories, models and program planning methods is required. Directed field experience is required. Offered Spring Semester only.

HTH 3533. Drugs and Health. (3-0) 3 Credit Hours.
Prerequisites: Completion of Core science requirements, anatomy and physiology, HTH 2413, HTH 3503, and HTH 3663. Study of the use and abuse of drugs and other substances. Examines addiction, dependence, tolerance, motivation for use, and effects of substance abuse on health and society. Application of theories and models for program development, implementation and evaluation. Health majors and minors only. Offered Spring Semester only.

HTH 3543. Growth and Development. (3-0) 3 Credit Hours.
Physical, social, and psychological development throughout the lifespan. Implications for health professionals at all stages of development (prenatal to death) are addressed. Offered Spring Semester only.

HTH 3553. Emotional Wellness. (3-0) 3 Credit Hours.
Practical application of techniques for shaping healthier emotional behavior; emphasis on personality, stress management, and fulfilling relationships. Generally offered: Fall, Spring.

HTH 3563. Child and Adolescent Health Promotion. (3-0) 3 Credit Hours.
Designed for students who are interested in promoting the health of youth, as well as those students pursuing academic training in education and community health. The primary goal of this course is to improve the health literacy of teachers and health promotion specialists through understanding and application of evidence-based child and adolescent health promotion concepts. Offered Fall Semester only.

HTH 3663. Program Planning and Evaluation. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413 and HTH 3503. This course provides students with a basic understanding of planning, implementing, and evaluating health promotion programs in a variety of settings, including worksite, healthcare, and community and at a various levels (individual, organization, community, policy).

HTH 4503. Human Disease and Epidemiology. (3-0) 3 Credit Hours.
An in-depth look at the etiology, prevention, and treatment of chronic and contagious diseases afflicting humans and epidemiological methods. Generally offered: Fall, Spring.

HTH 4513. Consumer Health. (3-0) 3 Credit Hours.
Study of the consumer’s selection of health products and services; health frauds, scams and quackery; and the acquisition of basic knowledge for making responsible decisions when selecting professional, complementary, or alternative health care services and products. Offered Fall Semester only.

HTH 4523. Understanding Human Sexuality. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413, HTH 3503, and HTH 3663. An in-depth study of human sexuality, including psychosocial, cultural and physical aspects. Application of theories and models for program development, implementation and evaluation. Health majors and minors only. Directed field experience is required. Offered Spring Semester only.

HTH 4533. Nutrition and Health. (3-0) 3 Credit Hours.
Prerequisites: Completion of Core science and mathematics requirements, BIO 2053, BIO 2063, HTH 2413, HTH 3013, HTH 3503, and HTH 3663. An in-depth examination of the principles of nutrition and their effects on health and fitness. Emphasis on critical thinking and translation of nutritional knowledge to real-world settings. Includes self-evaluation of diet and fitness habits. Application of health theories and models for program development, implementation, and evaluation in nutritional context. Health majors and minors only. Generally offered: Fall.

HTH 4543. Environmental Health and Safety. (3-0) 3 Credit Hours.
Intensive coverage of the aspects of a human being’s health and safety in a changing environment. Considers applicable factors of ecology, including problems related to water, waste, pesticides, foods, radiation, population, and other aspects of the total ecosystem, as well as personal and occupational safety within these parameters. Generally offered: Fall, Spring.

HTH 4911. Independent Study. (0-0) 1 Credit Hour.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.

HTH 4913. Independent Study. (0-0) 3 Credit Hours.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree. Generally offered: Spring.
HTH 4921. Capstone for Community Health and Preventive Services. (1-0) 1 Credit Hour.
Corequisite: Must be completed the same semester as internship (HTH 4936). This course aids students in synthesizing their classroom and internship experiences to reinforce critical skills and key responsibilities for Health Educators. This course will provide students with an overview of resources, skills, and recommendations regarding their professional development. Students are required to take this course concurrent with HTH 4936.

HTH 4936. Internship in Health. (0-0) 6 Credit Hours.
Prerequisites: Student is required to have a cumulative grade point average of 2.0 or greater and must be within 13 semester credit hours of graduation. The opportunity for work experience in a private or public health-related agency. Opportunities are developed in consultation with the faculty advisor and on-site coordinator. No more than 6 semester credit hours of internship will apply to a bachelor’s degree. (Credit cannot be earned for both HTH 4936 and KIN 4936.) Generally offered: Fall, Spring, Summer.

HTH 4951. Special Studies in Health. (1-0) 1 Credit Hour.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

HTH 4952. Special Studies in Health. (2-0) 2 Credit Hours.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

HTH 4953. Special Studies in Health. (3-0) 3 Credit Hours.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

HTH 4993. Honors Thesis. (0-0) 3 Credit Hours.
Prerequisites: Enrollment limited to candidates for honors in the Department of Health and Kinesiology during the last two semesters; consent of the Honors College. Supervised research and preparation of an honors thesis. May be repeated once for credit with advisor’s approval.

Kinesiology (KIN) Courses

KIN 1001. Individual Physical Activities. (0-3) 1 Credit Hour.
Practice in the techniques of individual physical activities. Sections focus on particular sports or fitness activities as indicated in the Schedule of Classes. May be repeated for credit, but not more than 6 semester credit hours of KIN 1001 alone or in combination with KIN 1101 will apply to a bachelor’s degree. Generally offered: Fall, Spring, Summer.

KIN 1013. Freshman Topics in Kinesiology. (3-0) 3 Credit Hours.
This course is designed to help students acquire the tools and life skills necessary to succeed in college and the future. The curriculum is an overview of topics including: note and test taking, learning styles, concentration skills, stress management, communication, diversity, and how to choose a major and a career. The student will be oriented with the different aspects of Roadrunners for Life, UTSA’s version of the NCAA CHAMPS/Life Skills Program. A maximum of 3 semester credit hours of freshman topics courses may apply to a bachelor’s degree. Generally offered: Fall, Summer.

KIN 1101. Team Sports. (0-3) 1 Credit Hour.
Practice in the techniques of team sports. Sections focus on particular sports as indicated in the Schedule of Classes. May be repeated for credit, but not more than 6 semester credit hours of KIN 1101 alone or in combination with KIN 1001 will apply to a bachelor’s degree. Generally offered Fall, Spring.

KIN 2003. Computer Applications in Kinesiology and Health. (3-0) 3 Credit Hours.
Prerequisite: KIN 2303 or HTH 2413. Application of computer and multimedia technology in Kinesiology and Health disciplines. Generally offered: Fall, Spring, Summer.

KIN 2111. Lifetime Fitness Activity Instruction. (1-2) 1 Credit Hour.
Practice in delivering instructions in lifetime fitness activities for adults. These activities include cycling, hiking, jogging, golf, badminton and tennis.

KIN 2123. Fitness and Wellness Concepts. (3-0) 3 Credit Hours.
(TCCN = KINE 1338)
Prerequisite: KIN 2303 or consent of instructor. This course is designed to provide students with developmentally appropriate knowledge and skills in health and fitness. The course will address health-related issues in personal, interpersonal, and community settings. An individual fitness requirement may be required. Generally offered Fall, Spring.

KIN 2141. Medical Terminology. (1-1) 1 Credit Hour.
Prerequisites: KIN 2303 and admission to the Athletic Medicine Program. This course examines the word roots, prefixes, suffixes and terms used in medicine and clinical exercise. A major focus will be on the terms used in the major organ systems of the body, diseases, injuries, and medical treatments.

KIN 2211. First Aid and CPR. (1-2) 1 Credit Hour.
A study of basic first aid procedures, cardiopulmonary resuscitation (CPR), automated external defibrillation (AED), and blood borne pathogens. Upon successful completion of this course students will be able to sit for national certification in first aid and CPR. (Formerly KIN 3213. Credit cannot be earned for both KIN 2211 and KIN 3213.)

KIN 2303. Foundations of Kinesiology. (3-0) 3 Credit Hours. (TCCN = KINE 1301)
Study of the history and philosophy of physical activity, and an introduction to anatomy, physiology, biomechanics, motor behavior, and psychology of exercise and sport. This course will also introduce careers in kinesiology and the requirements for graduation with a degree in kinesiology. (Formerly titled “Cultural and Scientific Foundations of Kinesiology.”) Generally offered Fall, Spring, Summer.
KIN 2421. Outdoor Activities and Innovative Games. (1-2) 1 Credit Hour.
Prerequisite: KIN 2303. Practice in delivering instructions of selected outdoor activities (hiking, orienteering, biking) and innovative games for all age groups. Weekend class field trips required. Laboratory fee will be assessed. (Formerly titled “Outdoor Activities and Lifetime Sports.”) Generally offered Fall, Spring.

KIN 2441. Management and Organization in Kinesiology and Sports. (1-1) 1 Credit Hour.
Prerequisite: KIN 2303. Introduction to concepts and skills that will prepare the student to become an effective leader of physical fitness, sport and health, and physical education programs. (Formerly KIN 2423. Credit cannot be earned for both KIN 2423 and KIN 2441.)

KIN 3001. Skill Analysis in Physical Activity: Individual Activities. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected individual activities such as golf, bowling, archery, and track and field. Generally offered Fall, Spring.

KIN 3011. Skill Analysis in Physical Activity: Team Sports I. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected team sports, such as basketball, soccer, and baseball/softball. Generally offered: Fall.

KIN 3013. Theory of Coaching. (3-0) 3 Credit Hours.
This course will discuss the principles and philosophies of coaching sports. Domains will remain consistent with that of the National Standards for Sport Coaches and will focus on philosophy and ethics, safety and injury prevention, physical conditioning, growth and development, teaching and communication, sport skills and tactics, organization and administration, and evaluation. Generally offered Fall, Spring.

KIN 3021. Skill Analysis in Physical Activity: Team Sports II. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected team sports, such as football, volleyball, and team handball. Generally offered: Spring.

KIN 3031. Skill Analysis in Physical Activity: Dual Sports. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected dual sports, such as badminton, tennis and handball. Generally offered: Fall, Spring.

KIN 3041. Skill Analysis in Physical Activity: Track and Field. (1-2) 1 Credit Hour.
Specialized activity instruction involving skills, drills, rules, regulations, and skill performance in a variety of selected track and field events.

KIN 3051. Group Fitness Instruction. (1-2) 1 Credit Hour.
Prerequisite: KIN 2303 or consent of instructor. Practice in delivering a variety of appropriate aerobic, musculoskeletal fitness, and wellness activities for children and adults. (Formerly titled “Aerobic Fitness Instruction.”) Generally offered: Fall, Spring, Summer.

KIN 3061. Foundational Movement. (1-2) 1 Credit Hour.
Provide instruction in facilitating the foundational movement skills which provide the basis for all movement capacities and their application in specialized activities geared to the early childhood through adolescent stages. (Formerly titled “Rhythmical Activities and Dance.”) Generally offered: Fall, Spring.

KIN 3071. Musculoskeletal Fitness Instruction. (1-2) 1 Credit Hour.
Prerequisite: KIN 3313. Instructional techniques applied to health related fitness using resistance training, balance, flexibility, and musculoskeletal conditioning activities. Generally offered: Fall, Spring.

KIN 3103. Motor Development. (3-0) 3 Credit Hours.
A study of motor, physical, and neuromuscular development across the human life span. Effects of social, cognitive, growth and maturation, and aging factors on motor development will be addressed. Directed field experience may be required. Generally offered: Fall, Spring.

KIN 3113. Scientific Principles of Physical Activity. (3-1) 3 Credit Hours.
A study of the physiological and biomechanical principles of physical activity and human movement. Emphasis is placed on acute responses and chronic adaptations of the musculoskeletal and cardiorespiratory systems to physical activity. Generally offered: Fall, Spring.

KIN 3123. Early Childhood Development Through Movement. (3-0) 3 Credit Hours.
A study of movement development and the effects on cognitive and social development of young children. Students will learn to program and deliver developmentally appropriate strategies and activities to introduce and refine fundamental movement skills and health-related components of fitness. Task analysis and sequential delivery of concepts and skills will also be discussed. Some field work experiences may be required.

KIN 3303. Athletic Injuries and Training Procedures. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or equivalent. Prevention and care of athletic injuries. A study of training and conditioning for the team and individual. Techniques and procedures for emergencies: diagnostic, preventive, and remedial measures. Organization of the training room facility. Directed field experience may be required. Generally offered: Fall, Spring, Summer.

KIN 3313. Anatomy and Physiology for Kinesiology. (3-1) 3 Credit Hours.
Prerequisite: KIN 2303 or HTH 2413. A detailed study of anatomy and physiology of the human cardiorespiratory, musculoskeletal and nervous systems. Emphasis will be placed on the anatomical factors that cause human movement and application to common exercise-related injuries. Anatomy laboratory hours may be required. Generally offered: Fall, Spring, Summer.

KIN 3321. Biomechanics Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 3313 and concurrent enrollment in KIN 3323. Quantitative and qualitative evaluation of human movement through analysis of video and biomechanical data. Application of Biomechanics to sports performance enhancement and injury prevention. This lab will complement the content covered in KIN 3323.

KIN 3323. Biomechanics. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or equivalent. The study of the human body in sports motion and sport objects in motion. The application of mechanical principles, kinematics, and kinetics. Biomechanics laboratory hours are required. Generally offered: Fall, Spring, Summer.

KIN 3413. Tactics. (3-0) 3 Credit Hours.
Development, organization, and delivery of appropriate physical activities for children through the adolescent stage. Some fieldwork observation experiences may be required. Generally offered: Fall, Spring.
KIN 3431. Exercise Physiology Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 3313 and concurrent enrollment in KIN 3433.
Laboratory exercises demonstrating principles of exercise physiology.
Topics include metabolic, cardiorespiratory, and neuromuscular responses to physical activity and exercise.

KIN 3433. Exercise Physiology. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or equivalent. A study of the adaptation and effects of the body to physiological stress. Emphasis will be placed on the physiology of training, metabolism and work capacity, and electrocardiography. Generally offered: Fall, Spring, Summer.

KIN 4411. Graded Exercise Testing and Fitness Assessment Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 4343. This course includes laboratory and clinical measurements of aerobic capacity, balance, body composition, electrocardiography, flexibility, muscular endurance, muscular strength, and pulmonary function. Students are required to demonstrate competence in administering health related physical fitness.

KIN 4434. Graded Exercise Testing and Fitness Assessment. (3-0) 3 Credit Hours.
Prerequisite: KIN 3433 and concurrent enrollment in KIN 4443. This course introduces students to a variety of therapeutic modalities currently used in clinical and fitness counseling. Generally offered: Fall, Spring, Summer.

KIN 4133. Evaluation. (3-0) 3 Credit Hours.
Application of test, measurement, and evaluation theory. Emphasis is on proper selection and administration of tests, appropriate evaluation of test results using basic statistical procedures, and assignment of grades. Field experience required. Generally offered: Fall, Spring.

KIN 4123. Introduction to Sport Psychology. (3-0) 3 Credit Hours.
Prerequisite: KIN 2303. This course involves an in-depth study of the psychological factors that underlie and support human behavior and performance, particularly as it relates to sports. This course introduces contemporary and practical theories regarding mental processes and applicable uses for this information. (Formerly titled “Psychosocial Aspects of Exercise and Sport.”) Generally offered: Fall, Spring.

KIN 4143. Advanced Athletic Training. (3-0) 3 Credit Hours.
Prerequisites: KIN 3303 and KIN 3463, and admission to the Athletic Medicine Program. This course deals in depth with issues related to athletic training, including assessment of injuries, and proper tapping and wrapping techniques. Generally offered: Fall, Spring, Summer.

KIN 4203. Teaching Secondary Physical Education. (3-1) 3 Credit Hours.
Prerequisites: KIN 4343, KIN 4423, and admission to the Teacher Certification Program. Examination of current trends, issues, and pedagogical approaches to the teaching and learning of physical education in the secondary school curriculum. Contemporary programming, behavior management strategies, and community outreach activities will be emphasized. Weekly fieldwork in the public schools at the secondary school level is required. Restricted course; advisor code required for registration. Generally offered: Fall, Spring.

KIN 4233. Advanced Topics in Exercise Physiology. (2-2) 3 Credit Hours.
Prerequisite: KIN 4343. In-depth study of exercise physiology, emphasizing application of physiological principles of training for physical fitness and sport performance, graded exercise testing, and professional issues. This course includes introduction to research in exercise physiology.

KIN 4243. Musculoskeletal Rehabilitation. (3-1) 3 Credit Hours.
Prerequisites: KIN 3303, KIN 3463, KIN 4143, and admission to the Athletic Medicine Program. This course examines various therapeutic exercises and programs used in the treatment and rehabilitation of exercise-related injuries. Generally offered: Fall, Spring, Summer.

KIN 4253. Exercise Nutrition. (3-0) 3 Credit Hours.
Prerequisite: KIN 3433. This course will address the basic concepts of nutrition from a scientific basis, applying these concepts to understanding of food nutritional labeling, dietary recommendations for health and fitness, as well as exercise or sport performance enhancement. Generally offered: Fall, Spring, Summer.

KIN 4303. Teaching Elementary Physical Education. (3-1) 3 Credit Hours.
Prerequisites: KIN 4343, KIN 4423, and admission to the Teacher Certification Program. Examination of current trends, issues, and pedagogical approaches to teaching and facilitating learning of physical education in the elementary school curriculum. Contemporary programming, problem solving, and community outreach activities will be emphasized. Weekly fieldwork in the public schools at the elementary school level is required. Restricted course; advisor code required for registration. Generally offered: Fall, Spring.
KIN 4343. Movement Awareness. (3-0) 3 Credit Hours.
Prerequisite: KIN 3413. Study of concepts of movement awareness and the elements of movement that are the basis of all movement capacities. Application of these concepts to the learning of motor skills will be included. Generally offered: Fall, Spring.

KIN 4401. Motor Learning Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 3313, and concurrent enrollment in KIN 4403. Laboratory exercises demonstrating the principles of motor learning and motor control. This lab will complement KIN 4403.

KIN 4403. Motor Learning. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or an equivalent. Functional applications of motor control and learning theory in skill instruction and sports performance. Motor learning laboratory hours are required. Generally offered: Fall, Spring, Summer.

KIN 4413. Coaching Athletics. (3-0) 3 Credit Hours.
Theory of coaching relevant to athletics. Emphasis on organization and content involved in coaching sports. The sport content may vary in different semesters between baseball, basketball, football, soccer, softball, and volleyball. Course may be repeated for credit. Generally offered: Fall, Spring.

KIN 4423. Developmental/Adapted Physical Activity. (3-1) 3 Credit Hours.
Prerequisites: KIN 3103 and KIN 3413, or consent of instructor. A developmental and functional approach to the study of disabilities in physical activity. Legislation, pathologies, and adaptation principles. Field experience is required throughout the course. Generally offered: Fall, Spring.

KIN 4411. Independent Study. (0-0) 1 Credit Hour.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.

KIN 4912. Independent Study. (0-0) 2 Credit Hours.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.

KIN 4913. Independent Study. (0-0) 3 Credit Hours.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree. Generally offered: Fall, Spring.

KIN 4931. Clinical Applications of Athletic Injuries. (1-2) 1 Credit Hour.
Prerequisites: Consent of instructor and admission to the Athletic Medicine Program. This course provides practical applications in prevention, diagnosis, treatment, and rehabilitation of athletic injuries, and includes 300 hours of supervised field, laboratory and clinical experiences in athletic training. May be repeated for credit for a maximum of 6 semester credit hours.

KIN 4936. Internship in Kinesiology. (0-0) 6 Credit Hours.
Prerequisites: Student is required to have a cumulative grade point average of 2.0 or greater and must be within 13 semester credit hours of graduation. Supervised internship with appropriate agency in the field of kinesiology. No more than 6 semester credit hours of internship will apply to a bachelor’s degree. (Credit cannot be earned for both KIN 4936 and HTH 4936.) Generally offered: Fall, Spring, Summer.

KIN 4943. Athletic Coaching Practicum. (0-0) 3 Credit Hours.
Prerequisites: First Aid and CPR certification and consent of instructor. Supervised coaching practicum with appropriate agency in the field of kinesiology. May be repeated for credit for a maximum of 6 semester credit hours. (Formerly titled “Practicum in Kinesiology.”) Generally offered: Spring.

KIN 4953. Special Studies. (3-0) 3 Credit Hours.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study not normally or not often available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

KIN 4973. Wellness Counseling. (3-0) 3 Credit Hours.
Prerequisites: KIN 3443 and KIN 4253. Students will learn and apply counseling techniques to promote the adoption of health-promoting lifestyle behaviors in diverse populations. Basic counseling theories will be introduced. Generally offered: Fall, Spring.

KIN 4983. Applied Exercise Science. (3-1) 3 Credit Hours.
Prerequisites: KIN 3323, KIN 3433, KIN 3443, KIN 3453, and KIN 4253. Capstone course and seminar for students pursuing training and certification in exercise science, and preparation for graduate studies. Generally offered: Fall, Spring, Summer.

KIN 4993. Honors Thesis. (0-0) 3 Credit Hours.
Prerequisites: Enrollment limited to candidates for honors in the Department of Health and Kinesiology during the last two semesters; consent of the Honors College. Supervised research and preparation of an honors thesis. May be repeated once for credit with advisor’s approval.

Nutrition and Dietetics (NDT) Courses

NDT 2043. Introduction to Nutritional Sciences. (3-0) 3 Credit Hours.
Prerequisite: BIO 1233 or BIO 1404. Basic concepts related to the classification and functions of nutrients; the process of digestion, absorption, transport, utilization, and storage of nutrients in humans and the interaction between diet and health. (Credit cannot be earned for both NDT 2043 and BIO 2043.) Generally offered: Fall, Spring.

NDT 3191. Applied Food Science Practicum. (0-3) 1 Credit Hour.
Prerequisites: BIO 1053, CHE 1103, CHE 1113, and NDT 2043 or equivalent. Corequisite: Concurrent enrollment in NDT 3313 or permission of faculty advisor. The application of concepts related to the chemical, physical, sensory, and nutritional properties of food in menu planning, food preparation, and recipe modification. Generally offered: Fall.
NDT 3203. Introduction to Nutrition and Dietetics Careers. (3-0) 3 Credit Hours. 
Prerequisite: Nutrition and Dietetics majors only. General overview of nutrition and dietetics as a profession, including career opportunities, scope of practice, credentialing, code of ethics, and collaboration with other disciplines. Self-directed modules on medical terminology, word roots, prefixes and suffixes will be integrated into the course content. Generally offered: Fall.

NDT 3292. Food Production Practicum. (0-6) 2 Credit Hours. 
Prerequisite: Nutrition and Dietetics majors only. Corequisite: Concurrent enrollment in NDT 3353 or permission of faculty advisor. Practicum related to the procurement, preparation, and delivery of food in large foodservice operations. Generally offered: Spring.

NDT 3313. Applied Food Science. (3-0) 3 Credit Hours. 
Prerequisites: BIO 1053, CHE 1103, CHE 1113, and NDT 2043 or equivalent. Concurrent enrollment in NDT 3191 is recommended. Concepts related to the chemical, physical, sensory, and nutritional properties of food in menu planning, food preparation, and recipe modification. Generally offered: Fall.

NDT 3323. Nutrition and Health Assessment. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors and minors only, and NDT 2043 or equivalent. Methods, tools, and interpretation of data in assessing the nutritional status of individuals including dietary anthropometric, biochemical, and clinical assessment, as well as other measurements of health in individuals and the community. Generally offered: Spring.

NDT 3333. Nutrition Counseling and Education. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors only, and NDT 2043 or equivalent. Discussion of theories of learning and behavior modification, models and techniques, communication skills, evaluation methods, and cultural competence in nutrition counseling and education; and application of concepts to facilitate behavioral change. Generally offered: Spring.

NDT 3343. Nutrition in the Life Span. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors and minors only, and NDT 2043 or equivalent and Human Physiology. Nutritional needs during various stages of the lifecycle as influenced by physiologic, cultural, and environmental factors.

NDT 3353. Production and Foodservice System Management I. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors only, and NDT 3313 or equivalent; concurrent enrollment in NDT 3292 is recommended. Principles related to the menu planning, food sanitation and safety, procurement, production, marketing, and materials management in foodservice operations Generally offered: Spring.

NDT 3413. Advanced Human Nutrition. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors and minors only, and NDT 2043 or equivalent and Biochemistry. Advanced discussion of nutrient structure, function and interaction, metabolic pathways, and regulation and integration of metabolism.

NDT 4091. Community Service Practicum. (0-3) 1 Credit Hour. 
Prerequisite: Nutrition and Dietetics majors only. Corequisite: NDT 4333 is recommended or with permission of faculty advisor. Application of learned strategies in meaningful community service through collaborative tasks performed at various community programs. Service learning activities are aimed at enriching the life experiences of students through civic responsibility and community outreach.

NDT 4191. Nutrition Care Process Practicum. (0-3) 1 Credit Hour. 
Prerequisite: Nutrition and Dietetics majors only. Corequisite: Concurrent enrollment in NDT 4353 is required. A problem-based approach to dietetics practice using case simulations and studies; application of basic nutritional assessment skills, nutritional diagnosis, intervention, and monitoring in different settings; practice skills in counseling and nutrition education.

NDT 4313. Production and Food Service System Management II. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors only, and NDT 3353 and NDT 3292 or equivalent. Theories and principles related to the foodservice, systems management including leadership, decision-making, human resources, and financial management of operations.

NDT 4323. Medical Nutrition Therapy I. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors only, and NDT 3233 and NDT 3333 or equivalent. Pathophysiology and the application of the nutritional care process in the treatment of simple human diseases and conditions, part 1.

NDT 4333. Community Nutrition. (3-0) 3 Credit Hours. 
Prerequisite: NDT 2043 or equivalent. Nutrition-related issues in public health, various community resources, agencies, and programs involved in health promotion and disease prevention.

NDT 4343. Nutrition in Disease Prevention and Health Promotion. (3-0) 3 Credit Hours. 
Prerequisites: NDT 2043 and NDT 3333. An evidence-based analysis as it relates to diet/nutrition in the prevention of chronic diseases; and fundamental concepts in the promotion of health among individuals and groups.

NDT 4353. Medical Nutrition Therapy II. (3-0) 3 Credit Hours. 
Prerequisites: Nutrition and Dietetics majors only, and NDT 4323. Continuation of Advanced Medical Nutrition I; and review of the pathophysiology and the application of the nutritional care process in the treatment of more complex human disease and conditions.

NDT 4363. Current Issues in Nutrition. (3-0) 3 Credit Hours. 
Prerequisites: NDT 2043 or equivalent; must have senior or graduate standing. In-depth discussion and analysis of emerging trends, concepts, and controversies in nutritional sciences, including application of evidence-based principles in the discussion.

NDT 4951. Independent Study in Nutrition and Dietetics. (0-0) 1 Credit Hour. 
Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

NDT 4952. Independent Study in Nutrition and Dietetics. (0-0) 2 Credit Hours. 
Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.
NDT 4953. Independent Study in Nutrition and Dietetics. (0-0) 3 Credit Hours.
Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

Public Health (PUB) Courses

PUB 1113. Introduction to Public Health. (3-0) 3 Credit Hours.
Introduces students to the discipline of public health. It will cover a variety of disciplines to the basic tenets of public health. The course will provide a history of public health, an introduction to the five core disciplines (Epidemiology, Biostatistics, Environmental Health, Social and Behavioral Health, and Health Policy & Management). The course will also cover the role of public health in a global society. (Same as SOC 1043. Credit cannot be earned for both PUB 1113 and SOC 1043.)

PUB 2113. Data Management in Public Health. (3-0) 3 Credit Hours.
Study of the skills required to design, organize and implement a data management system in public health applications. It will cover an introduction to data preparation for statistical analysis, development of organizational tools, methods of data acquisition, data collection form design, principles of database development, quality control of data, and data security. Application of Microsoft® Access and SAS® software packages in data management will be presented. (Same as SOC 3543. Credit cannot be earned for both PUB 2113 and SOC 3543.)

PUB 3413. Behavioral Epidemiology. (3-0) 3 Credit Hours.
Provides the student with basic knowledge about epidemiological applications in a behavioral area. It covers behavioral and social environmental issues related to disease etiology, premature morbidity and mortality patterns. Provides an overview of the epidemiology of specific health-related behaviors, the relationships between these behaviors and health outcomes, and available evidence for the effectiveness and appropriateness of various approaches to modification of these behaviors. (Same as SOC 4083. Credit cannot be earned for both PUB 3413 and SOC 4083.)

PUB 3514. Foundations of Biostatistics. (4-0) 4 Credit Hours.
Prerequisite: Must be enrolled in the BS/MPH 4+1 program. This course introduces the development and application of statistical reasoning and methods in addressing, analyzing, and solving problems in public health. Computer applications are included.

PUB 3523. Social and Behavioral Aspects of Community Health. (3-0) 3 Credit Hours.
Prerequisite: Must be enrolled in the BS/MPH 4+1 program. This course focusses on health problems and issues and public health methods that have a major social or behavioral component. The course will enable students to describe one or two core theoretical perspectives from each of the social science disciplines of psychology, sociology and anthropology, and their application to public health. The course will cover the major social and behavioral science models used in health promotion and disease prevention. The course will also cover existing social inequalities in health status related to race, social class, and gender, and the critical intersection between social risk factors, behavioral risk factors, and the development and implementation of public health interventions.

PUB 3533. Overview of Environmental Health. (3-0) 3 Credit Hours.
Prerequisite: Must be enrolled in the BS/MPH 4+1 program. This survey course provides students with an awareness of how the man-made and natural ecosystem interact to affect health and the quality of life. Areas of emphasis are population dynamics, global environmental health problems, toxicology, food, air and water quality, occupational health, radiation, noise, and solid and hazardous waste.

PUB 3543. Introduction to Management and Policy Sciences. (3-0) 3 Credit Hours.
Prerequisite: Must be enrolled in the BS/MPH 4+1 program. This course surveys the history of public health, an introduction to the five core disciplines to the basic tenets of public health. The course will cover the role of public health in a global society. (Same as SOC 1043. Credit cannot be earned for both PUB 2113 and SOC 3543.)

PUB 3613. Etiology 1: Epidemiologic Methods to Investigate Outbreaks and New Epidemics. (3-0) 3 Credit Hours.
Utilizes case discussion seminars to appraise the investigative methods and research designs for studying disease outbreaks and new epidemics. Historical and current cases will include examples of disease outbreaks (e.g., food borne illness, hospital infections), emergences of new diseases, or epidemics related to specific exposures (e.g., natural disasters). Each case will evaluate the background of the problem, the investigative methods employed, the results, and the interventions taken to resolve the problem.

PUB 4613. Etiology 2: Epidemiologic Methods to Investigate Chronic Disease, Exposure, and Risk. (3-0) 3 Credit Hours.
Utilizes case discussion seminars to appraise the investigative methods and research designs for studying chronic disease, disease exposure, and ascertainment of risk. Cases will include current examples of chronic diseases or conditions affecting population health (e.g., cardiovascular disease, diabetes, and obesity), methods for ascertaining outcomes (e.g., death certificates), and measures of risk association (e.g., standardized mortality ratios and relative risk). Each case will evaluate the background of the problem, the investigative methods employed, the results, and the public policy and practice implications from the research.

PUB 4913. Independent Study. (0-0) 3 Credit Hours.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.
PUB 4933. Public Health Internship. (0-0) 3 Credit Hours.
Prerequisites: Senior standing and completion of SOC 1043, SOC 4073, and SOC 3543. Provides the opportunity for work experience in a private or public health-related agency. Opportunities are developed in consultation with faculty advisor and on-site coordinator. Internship must be approved in advance by the Internship Coordinator and the student’s internship faculty advisor. Supervised full-or part-time off-campus work experience and training in health care management. A minimum of 150 hours of work experience is required. Individual conferences and written reports required. May be repeated for credit but not more than 6 hours of internship will apply to a bachelor’s degree.

PUB 4936. Public Health Internship. (0-0) 6 Credit Hours.
Prerequisites: Senior standing and completion of SOC 1043, SOC 3543, and SOC 4073. Provides the opportunity for work experience in a private or public health-related agency. Opportunities are developed in consultation with faculty advisor and on-site coordinator. Internship must be approved in advance by the Internship Coordinator and the student’s internship faculty advisor. Supervised full-or part-time off-campus work experience and training in health care management. A minimum of 300 hours of work experience is required. Individual conferences and written reports required. Not more than 6 hours of internship will apply to a bachelor’s degree.

PUB 4953. Special Studies in Public Health. (3-0) 3 Credit Hours.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.