

Exercise Science B.S. - 4 Year Degree Plan

2026-2027

Lamar University's **Bachelor of Science in Exercise Science** provides a strong background in exercise and basic sciences, nutrition, psychology, principles of disease, exercise prescription, measurement and laboratory techniques. There are two concentrations offered to students: **pre-professional** and **personal fitness**. That way students can satisfy the prerequisites for additional professional training in medicine (physicians), physical therapy, occupational therapy, physician assistant and law or to pursue graduate studies in exercise and basic sciences, to mention a few. – Contact UAC at advising@lamar.edu, 409-880-8822, lamar.edu/findadvisor

NOTE: Degree plans may change over a four-year period. This may not be the most current list of course requirements for your program. It is always advised that you check Degree Audit in Banner Self-Serv or your advisor for the most up-to-date degree requirements and to track your progress toward a degree.

FIRST YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	ENGL 1301	Composition I	3	___	ENGL 1302	Composition II	3	___
	HIST 1301	U S History I 1763-1877	3	___	HIST 1302	U S History II Since 1877	3	___
	KINT 1301	Introduction to Kinesiology	3	___	HLTH 1370	Health and Wellness	3	___
	Creative Arts		3	___	MATH 1314	College Algebra	3	___
	COMM 1315	Public Speaking I	3	___	NUTR 1322	Introductory Nutrition	3	___
	Hours		15	___	Hours		15	___

SECOND YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	Language, Philosophy, Culture Core		3	___	KINT 2371	Functional Anatomy/Physiology	3	___
	POLS 2301	Intro to American Government I	3	___	PSYC 2301	General Psychology	3	___
	BIOL 2401	Anatomy and Physiology I	4	___	BIOL 2402	Anatomy and Physiology II	4	___
	MATH 1342	Elementary Statistical Methods	3	___	POLS 2302	Intro/American Government II	3	___
	KINT 2378	Applied Fitness Concepts	3	___		Elective	3	___
Hours		16	___	Hours		16	___	

THIRD YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3315	Biomechanics	3	___	KINT 3310 or KINT 4318	Wellness Strategies ESPF or Neuromuscular Physiology ESPP	3	___
	KINT 3342 or KINT 3322	Cardiopulmonary Exercise Physiology ESPP or Strength & Conditioning ESPF	3	___	KINT 4323	Practicum in Exercise Science	3	___
	KINT 3330 & KINT 3130	Exercise Physiology & Exercise Physiology Lab	4	___	HLTH 3360	Epidemiology	3	___
	KINT 3318	Research Methods	3	___	Emphasis Course		3	___
	Elective		3	___	Emphasis Course		3	___
Hours		16	___	Hours		15	___	

FOURTH YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3380	Testing Procedures and Measurements	3	___	KINT 4315	Electrocardiography	3	___
	KINT 3324	Metabolic Effects of Sport and Exercise	3	___	KINT 4355	Fitness Special Populations	3	___
	KINT 4350	Exercise Prescription	3	___	KINT 4630	ESFM Preceptorship	6	___
	Emphasis Course		3	___				
	Emphasis Course		3	___				
Hours		15	___	Hours		12	___	