

Kinesiology - Health Sciences B.S. - 4 Year Degree Plan

2026-2027

Lamar University's **Bachelor of Science in Kinesiology** with a concentration in **health sciences** is for you if you're interested in physical therapy, occupational therapy, medicine, nursing, physician assistant or other health-oriented careers. Our coursework focuses on human movement and rehabilitation, along with biology, chemistry, psychology, etc. The goal of this program is for you to learn and engage with significant theories, models, themes and ideas within the health and kinesiology disciplines. – 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		BIOL 2402	Anatomy and Physiology II	4	
	BIOL 2401	Anatomy and Physiology I	4		ENGL 1302	Composition II	3	
	Any DISC Course		3		History		3	
	History Core		3		Professional Preparation		3	
	Professional Preparation		3		MATH 1313 or MATH 1332 or MATH 1333	Math for Allied Health or Contemporary Math I or Contemporary Math II	3	
	Hours		16		Hours		16	
SECOND YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 2371	Functional Anatomy/Physiology	3		Professional Preparation		3	
	KINT 3310	Wellness Strategies	3		PSYC 2317 or MATH 1342	Introduction to Statistical Methods or Elementary Statistical Methods	3	
	KINT 3330 and KINT 3130	Exercise Physiology and Exercise Physiology Lab	4		Creative Arts Core		3	
	Political Science Core		3		Language, Philosophy and Culture Core		3	
	PSYC 2301 or SOCI 1301	General Psychology or Intro to Sociology	3		Political Science Core		3	
	Hours		16		Hours		15	
THIRD YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3315	Biomechanics (KC 5)	3		KINT 4318	Neuromuscular Physiology	3	
	KINT 4350	Exercise Prescription	3		Professional Preparation		3	
	KINT 3380	Testing Procedures and Measureme	3		Free Elective		3	
	Free Elective		3		Free Elective		3	
	Professional Preparation		3		Free Elective		3	
	Hours		15		Hours		15	
FOURTH YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3342	Cardiopulmonary Exercise Physiology	3		KINT 4357	Health Risk Appraisal	3	
	KINT 4355	ExRx for Special Populations	3		Free Elective		3	
	Professional Preparation		3		Free Elective		3	
	Communication Core		3		Professional Preparation		3	
	Free Elective		3					
	Hours		15		Hours		12	