

Kinesiology - Human Performance B.S. - 4 Year Degree Plan

2026-2027

Lamar University's **Bachelor of Science in Kinesiology** with a concentration in **human performance** provides a strong background in exercise and basic sciences, nutrition, psychology, principles of disease, exercise prescription, measurement and laboratory techniques. This program is rooted in the fundamental scientific principles of exercise and human performance, offering a unique blend of practical application and hands-on opportunities to develop marketable skills using technology or conducting research. – 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
	Any DISC Course		3		BIOL 2402 Anatomy and Physiology II		4	
	ENGL 1301	Composition I	3		ENGL 1302 Composition II		3	
	BIOL 2401	Anatomy and Physiology I	4		MATH 1313 or MATH 1332 or MATH 1333 Mathematics for Allied Health or Contemporary Mathematics I or Contemporary Mathematics II		3	
	History Core		3		History Core		3	
	Creative Arts Core		3		Language, Philosophy and Culture Core		3	
	Hours		16		Hours		16	
SECOND YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 2371	Functional Anatomy/Physiology	3		KINT 2374	Psychology of Sport and Exercise	3	
	KINT 3310	Wellness Strategies	3		KINT 3330 and KINT 3130	Exercise Physiology and Exercise Physiology Lab	4	
	ATED 3371	Principles of Coaching	3		SMGT 3355	Event and Facility Mgmt	3	
	Political Science Core		3		Political Science Core		3	
	PSYC 2301 or SOCI 1301	General Psychology or Introduction to Sociology	3		Communication Core		3	
	Hours		15		Hours		16	
THIRD YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3315	Biomechanics (KC 5)	3		KINT 3322	Strenth and Conditioning	3	
	KINT 3324	Metabolic Effects of Sport & Exercise	3		KINT 3380	Testing Procedures and Measurement	3	
	KINT 4350	Exercise Prescription	3		KINT 4318	Neuromuscular Physiology	3	
	Free Elective		3		Free Elective		3	
	Free Elective		3		Free Elective		3	
	Hours		15		Hours		15	
FOURTH YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3342	Cardiopulmonary Exercise Physiology	3		KINT 4325	Advanced Program Design	3	
	KINT 4355	ExRx for Special Populations	3		KINT 4357	Health Risk Appraisal	3	
	PSYC 2317 or MATH 1342	Introduction to Statistical Methods or Elementary Statistical Methods	3		Free Elective		3	
	LEAD 4330	Leader Coaching	3		Free Elective		3	
	Free Elective		3					
	Hours		15		Hours		12	