

2018-2019 “Green Sheet”

BS in Exercise Science & Human Performance (ESHP)

McMurry University

The major consists of an ESHP **core** plus one ESHP **concentration** choice.
No minor is required for this BS degree program.

The ESHP **core**:

ESHP Core (25 hours) (14 advanced hours; need at least 25 advanced hours in the concentration)					
Dept	Course#	Course Title	Hours	Prerequisites	Semester
KINE	2145	Fundamentals of APA Style	1	ENGL1310+1320+(KINE2330 or 2335)	F subterm
KINE	2330	Foundations of Exercise Science	3	none	F S
KINE	3300	Statistics, Measurement & Eval in ES	3	(KINE2330 or 2335) + MATH1311↑	F
KINE	3307	Nutrition for the Health Sciences	3	Any lab science	F S
KINE	3321	Anatomical Kinesiology	3	KINE2330 or KINE2335	F S
KINE	4220	Lab Testing in Exercise Science	2	KINE4320 or concurrent	F S
KINE	4320	Physiology of Exercise	3	KINE3321 + BIOL2401 + Jr. Standing	F S
BIOL	2401	Anatomy and Physiology I	4	none	F Su
PSYC	1340	General Psychology	3	none	F S

Make 1 ESHP **concentration** choice (Pre-Professional or Personal & Community Wellness)

Personal & Community Wellness Concentration (45 hours) (25 advanced hours included)					
Dept	Course#	Course Title	Hours	Prerequisites	Semester
KINE	2335	Accident Prevention, Care of Injuries	3	none	F S
KINE	3310	Exercise Prescription	3	(HFIT1200 or 1210) + (KINE2330 or 2335)	F
KINE	3320	Exercise Leadership	3	KINE3310	S
KINE	3331	Personal and Community Health	3	HFIT1200 or HFIT1210	as needed
KINE	4325	Risk Management in Exercise Science	3	Senior Standing	F May
KINE	4388	Internship (Practicum) in ES	3	Last Semester Senior	F S
ACCT	2310	Financial Accounting	3	none	F S Su
BUSI	23xx	Entrepreneurship I	2	none	
Select 6 hours from Advanced Kinesiology Electives					
Select 1 from each:					
HFIT	1120-29	Racquet Sports	1	HFIT1200 or HFIT1210	F S Su
HFIT	1140-49	Cardiovascular Fitness	1	HFIT1200 or HFIT1210	F S
HFIT	*	Lifetime Activity * 1130-1139 or 1150-1199	1	HFIT1200 or HFIT1210	F S
Select 12 hours:					
BIMS	2105	Medical Terminology I	1	none	F S
BIMS	3205	Medical Terminology II	2	BIMS2105	F S
BIOL	2402	Anatomy and Physiology II	4	none	F S
BUSI	1310	Contemporary Business	3	none	F S
BUSI	4370	Business Law	3	none	F
BUSI	4385	Ethics in Business & Society	3	none	F S
FINC	3330	Personal Finance	3	none	S
MGMT	3310	Principles of Management	3	none	F S Su
MKTG	3370	Principles of Marketing	3	none	F S Su
PSYC	4341	Physiological Psychology	3	PSYC1340 + Jr. Standing, (BIOL2401 Recmd)	S

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The ESHP **core**:

ESHP Core (25 hours) (14 advanced hours; need at least 25 advanced hours in the concentration)					
Dept	Course#	Course Title	Hours	Prerequisites	Semester
KINE	2145	Fundamentals of APA Style	1	ENGL1310+1320+(KINE2330 or 2335)	F subterm
KINE	2330	Foundations of Exercise Science	3	none	F S
KINE	3300	Statistics, Measurement & Eval in ES	3	(KINE2330 or 2335) + MATH1311↑	F
KINE	3307	Nutrition for the Health Sciences	3	Any lab science	F S
KINE	3321	Anatomical Kinesiology	3	KINE2330 or KINE2335	F S
KINE	4220	Lab Testing in Exercise Science	2	KINE4320 or concurrent	F S
KINE	4320	Physiology of Exercise	3	KINE3321 + BIOL2401 + Jr. Standing	F S
BIOL	2401	Anatomy and Physiology I	4	none	F Su
PSYC	1340	General Psychology	3	none	F S

Make 1 ESHP **concentration** choice (Pre-Professional or Personal & Community Wellness)

Pre-Professional Concentration (45 hours) [select 42 hours from the 1 st section; 22 hours must be advanced]					
Dept	Course#	Course Title	Hours	Prerequisites	Semester
KINE	2261	Assessment of Athletic Injuries	2	none	F
KINE	2335	Accident Prevention, Care of Injuries	3	none	F S
KINE	3245	Writing using APA Style	2	“C” or better in KINE2145	S
KINE	3302	Introduction to Motor Learning	3	KINE3321 or permission	F
KINE	3310	Exercise Prescription	3	(HFIT1200 or 1210) + (KINE2330 or 2335)	F
KINE	3325	Biomechanical Kinesiology	3	Jr. Standing+Lab Science+MATH1311↑	S
KINE	3330	Adapted Physical Activity & Sport	2	KINE2330 or KINE2335	S
KINE	3380	Therapeutic Modalities	3	KINE2261	evenS
KINE	4100	Applied Pharmacology	1	Senior Standing or Permission	oddS
KINE	4325	Risk Management	3	Senior Standing	evenF May
KINE	4340	Advanced Techniques of Athletic Training	3	KINE3380 + BIOL2401	oddS
KINE	4245	Experimental Research in Exercise Science	2	KINE3245 + KINE4220/concurrent	S
BIMS	2105	Medical Terminology I	1	none	F S
BIMS	3205	Medical Terminology II	2	BIMS2105	F S
BIMS	3430	Human Physiology	4	BIOL2401 + BIOL2402	S
BIOL	2402	Anatomy and Physiology II	4	BIOL2401	S Su
CHEM	1410	General Chemistry I	4	MATH1311↑ or concurrent	F
CHEM	1420	General Chemistry II	4	CHEM1410	S
PHYS	1410	General Physics I	4	Math 1311+ Know Trigonometry	F
PHYS	1420	General Physics II	4	PHYS1410	S
PREP	2105	Seminar in Health Professions I	1	none	F
PREP	2106	Seminar in Health Professions II	1	none	F
PSYC	43xx, 33xx	Advanced Psychology Elective	3		
Select 3 hours:					
KINE	3121-4122	Apprentice Athletic Trainer Laboratory	3	Junior standing	F S
KINE	4388	Internship (Practicum) in Exercise Science	3	Last Semester Senior	F S

The following Bundles indicate best McMurry University course choices in the ESHP Pre-Professional Concentration for students preparing to attend Masters Athletic Training or Doctoral Physical/Occupational Therapy graduate programs (after graduating from McMurry University).

Pre-Athletic Training Bundle, (45 Hours) [select 42 hours from the 1 st section; 22 hours must be advanced]					
KINE	2261	Assessment of Athletic Injuries	2	none	F
KINE	2335	Accident Prevention, Care of Injuries	3	none	F S
KINE	3245	Writing using APA Style	2	"C" or better in KINE2145	F
KINE	3302	Introduction to Motor Learning	3	KINE3321 or permission	F
KINE	3310	Exercise Prescription	3	(HFIT1200 or 1210) + (KINE2330 or 2335)	F
KINE	3330	Adapted Physical Activity & Sport	2	KINE2330 or KINE2335	S
KINE	3380	Therapeutic Modalities	3	KINE2261	evenS
KINE	4100	Applied Pharmacology	1	Senior Standing or Permission	oddS
KINE	4325	Risk Management	3	Senior Standing	F May
KINE	4340	Advanced Techniques of Athletic Training	3	KINE3380 + BIOL2401	oddS
KINE	4245	Experimental Research in Exercise Science	2	KINE3245 + KINE4220/concurrent	S
BIMS	2105	Medical Terminology I	1	none	F S
BIMS	3205	Medical Terminology II	2	BIMS2105	F S
BIOL	2402	Anatomy and Physiology II	4	BIOL2401	S Su
PSYC	3340*	Social Psychology *choose 1 Psychology	3	PSYC 1340	F S
PSYC	3382*	Positive Psychology and Mental Health *	3	PSYC1340	S
PSYC	4341*	Physiological Psychology *choose 1 Psychology	3	PSYC1340 + Jr. Standing, (BIOL2401 Recmd)	S
PSYC	4300*	Abnormal Psychology *choose 1 Psychology	3	PSYC1340 + Jr. Standing	F S
Select 3 hours:					
KINE	3121	Apprentice Athletic Trainer Laboratory	3	Junior standing	F
KINE	3122	Apprentice Athletic Trainer Laboratory	3	Junior standing	S
KINE	4121	Apprentice Athletic Trainer Laboratory	3	Junior standing	F
KINE	4122	Apprentice Athletic Trainer Laboratory	3	Junior standing	S

Pre-Physical Therapy/Occupational Therapy Bundle (45 Hours) [select 42 hours from the 1 st section; 22 hours must be advanced]					
KINE	3310	Exercise Prescription	3	(HFIT1200 or 1210) + (KINE2330 or 2335)	F
KINE	3325	Biomechanical Kinesiology	3	Jr. Standing+Lab Science+MATH1311↑	S
KINE	3245	Writing using APA Style	2	"C" or better in KINE2145	F
KINE	3302	Introduction to Motor Learning	3	KINE3321 or permission	F
KINE	3310	Exercise Prescription	3	(HFIT1200 or 1210) + (KINE2330 or 2335)	F
KINE	4245	Experimental Research in Exercise Science	2	KINE3245 + KINE4220/concurrent	S
KINE	43xx, 33xx	Advanced Kinesiology Elective	3		
BIMS	2105	Medical Terminology I	1	none	F S
BIMS	3205	Medical Terminology II	2	BIMS2105	F S
BIMS	3430	Human Physiology	4	BIOL2401 + BIOL2402	S
BIOL	2402	Anatomy and Physiology II	4	BIOL2401	S Su
CHEM	1410	General Chemistry I	4	MATH1311↑ or concurrent	F S
CHEM	1420	General Chemistry II	4	CHEM1410	S Su
PHYS	1410	General Physics I	4	Math 1311+ Know Trigonometry	F
PHYS	1420	General Physics II	4	PHYS1410	S
PREP	2105	Seminar in Health Professions I	1	none	F
PREP	2106	Seminar in Health Professions II	1	none	F
PSYC	4300	Abnormal Psychology	3	PSYC1340 + Jr. Standing	F S
Select 3 hours:					
KINE	4388	Internship (Practicum) in Exercise Science	3	Last Semester Senior	F S