

UH Next Degree Map

Exercise & Fitness Studies, B.S. General Studies, A.A.

2025-2026 Catalog

Semester 1 – SJC		Semester 2 – SJC		
YEAR 1	Core ENGL 1301 Composition I	3	Core ENGL 1302 Composition II	3
	Core American History	3	Core American History	3
	Core MATH 1314 College Algebra	3	MATH 1342 or PSYC 2317	3
	Core Creative Arts	3	Core Language, Philosophy, & Culture	3
	Core EDUC 1100 Learning Framework	1	Core Component Area Option	3
Semester 3 – SJC		Semester 4 – SJC		
YEAR 2	Core GOVT 2305 Federal Government	3	Core GOVT 2306 Texas Government	3
	Core BIOL 1306 + BIOL 1106 Biology I	4	Core CHEM 1305+1105 or CHEM 1311+1111	4
	Core Social & Behavioral Science	3	BIOL 1322 Nutrition & Diet Therapy	3
	PHED 1301 Foundations of Kinesiology	3	PHED 1304 Personal/Community Health	3
	B.S. Additional Math (see list on reverse)	3	B.S. Additional Math (see list on reverse)	3
Semester 5 – UH		Semester 6 – UH		
YEAR 3	KIN 2304 Structural Kinesiology I	3	KIN 3304 Structural Kinesiology II	3
	KIN 3306 Exercise Physiology	3	Advanced KIN Course	3
	Advanced KIN Course	3	Advanced KIN Course	3
	Minor Course	3	Minor Course	3
	General Elective	3	Minor Course	3
Semester 7 – UH		Semester 8 – UH		
YEAR 4	Advanced KIN Course	3	Advanced KIN or NUTR Course	3
	Advanced KIN Course	3	Advanced KIN or NUTR Course	3
	Advanced KIN or NUTR Course	3	Minor Course	3
	Minor Course	3	General Elective	3
	Minor Course	3	General Elective	3

See reverse for additional information

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UH Transfer Rules

- Courses taken at SJC must be completed with a C- or better.
- A maximum of 66 lower-level transfer credits can be used towards a UH bachelor's degree.
- A maximum of 2 credit hours in physical activity courses can transfer.

Major Requirements

- **B.S. Math:** complete 12 hours of approved mathematics courses. Approved mathematics courses include: BUSI 2305, COSC 1436, all college-level MATH subject courses, PHIL 2303, or PSYC 2317. At least 6 hours must be MATH subject courses.
- **B.S. Natural Science:** complete 8 hours of science courses. Students majoring in Exercise & Fitness Studies will complete this requirement through the major coursework.
- **Minor:** complete a minor or approved substitute. No more than 6 hours of major coursework can be used towards the minor.
- Complete PHED 1301 and KIN 2304 with a grade of C- or better.

From CLASS to Careers

Students who graduate with a degree in Kinesiology can pursue a large variety of careers and graduate programs. Recent graduates are employed in the following careers:

- Physical Therapist and Assistant
- Exercise Trainer and Group Fitness Instructor
- Coach and Scout
- Teacher and Instructor
- Registered Nurse
- Medical and Health Services Manager
- Occupational Therapist
- Diagnostic Medical Sonographer
- Athletic Trainer

The transferable skills students develop during their undergraduate career are important for future career and graduate school opportunities. Some of the skills recent graduates have emphasized include:

- Customer Service
- Microsoft Office (Word, Excel, PowerPoint)
- Management and Leadership
- Public Speaking
- Teamwork
- Marketing and Social Media
- Event Planning and Management

The estimated wage of Kinesiology graduates is \$73,900.