



AA/AS General Studies (Kinesiology FOS) to
BS Exercise & Sports Science
(Clinical Exercise Science Concentration)



First Year - Collin College

FIRST SEMESTER	SECOND SEMESTER
^C ENGL 1301 Composition I	^C ENGL 2311 Business & Technical Writing
^{C*} Math course ¹	^C GOVT 2305 Federal Government
^C Speech course ²	*KINE 1304 Personal/Community Health
KINE 1306 First Aid, CPR, and Safety Practices	^C Language, Philosophy, and Culture course ⁸
KINE 1301 Foundations of Kinesiology	^{C*} BIOL 2404 Anatomy & Physiology Basic
KINE 1100 Beginning Weight Training	Activity course ⁰
US 1100 University Seminar	
17 credit hours	17 credit hours

Second Year - Collin College

FIRST SEMESTER	SECOND SEMESTER
^C US History course ⁵	^C US History course ⁵
^{C*} Life/Physical Science course ⁶	^C Creative Arts ⁴
^C PSYC 2301 General Psychology	BIOL 1322 Nutrition and Diet Therapy
^C GOVT 2306 Texas Government	KINE 2356 Care & Prevention of Athletic Injuries
KINE 1338 Concepts of Physical Fitness	^{C*} Life/Physical Science course ⁶
16 credit hours	16 credit hours

Third Year – Texas State University/Collin College

Texas State University courses taught at Collin College Technical Campuses

FIRST SEMESTER	SECOND SEMESTER
Activity course ⁰	ESS 4320 Resistance Training & Conditioning
*ESS 3317/ESS 3117 Exercise Physiology/lab	ESS 4319 Fitness Asmnt/Programming for Clinical Exer. Science
*ESS 3319 Introduction to Cardiopulmonary Exercise Physiology	ESS 4321 Asmnt/Prescription Practicum for Clinical Exer. Science
ESS 4351 Measurement and Evaluation in ESS	PH 4336 Health Behavioral Theory
AT 3358 Clinical Pathopharmacology	Life/Physical Science course ⁶ (Core 030 @TXST)
*PH 1320 Introduction to Public Health	
17 credit hours	16 credit hours



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Fourth Year – Texas State University

FIRST SEMESTER	SECOND SEMESTER
*ESS 4101 Professional Development in Clinical Exercise Science	ESS 4661 Internship in Clinical Exercise Science
ESS 3320 Biomechanics	
ESS 3329 Motor Learning	
HITT 1305 Medical Terminology	
Clinical Elective ⁹	
Clinical Elective ⁹	
16 credit hours	6 credit hours

Collin Options:

¹**Math** - choose one from: **MATH** 1314, 1316, 1324, 1325, 1342, 1350, 1351, 2305, 2318, 2320, 2412, 2413, 2414, 2415.

²**Speech** – choose one from: **SPCH** 1311, 1315, 1321

⁴**Creative Arts** – choose one from: **ARTS** 1301, 1303, 1304, 1313, **DANC** 2303, **DRAM** 1310, 2361, 2362, 2366, **MUSI** 1306, 1307, 1310

⁵**History** – choose one from: **HIST** 1301, 1302, 2301

⁶**Life/Physical Science** - choose **two** from: **BIOL** 1407, 1408, 1409, 1414, 1415, 2401, 2402, 2406, 2416, 2420, 2421, **CHEM** 1405, 1411, 1412, 2423, 2425, **PHYS** 1401, 1402, 1403, 1404, 1405, 1410, 1415, 1417, 2425, 2426

⁸**Language/Philosophy/Culture** – choose one from: **ENGL** 2322, 2323, 2327, 2328, 2332, 2333, 2341, **HIST** 2311, 2312, 2321, 2322, **HUMA** 1301, **PHIL** 1301, 1304, 2303, 2306, 2307, 2321

⁰**Activity** - choose two total from: **KINE** 1106, 1111, 1112, 1114, 1115, 1116, 1117, 1120, 1123, 1125, 1126, 1127, 1129, 1131, 1136, 1137, 1140, 1147, 1148.

Texas State Options:

⁹**Clinical Elective** – choose 2 total from: **ESS** 4333, 4324, **NUTR** 3364, **PH** 3348

Additional Information and Requirements:

- * “C” or better required
- Courses in bold require a 2.0 or higher overall GPA to enroll
- **Minimum Graduation Requirements**
 - 2.0 or higher TXST GPA
 - 2.25 or higher major GPA



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- 2.0 or higher minor GPA (if applicable)
- Minimum 120 overall hours
- 9 hours of writing intensive coursework
- Minimum of 36 hours of advanced coursework (3000-4000 level)
- 24 hours of advanced TXST coursework (3000-4000 level)
- 24 of the last 30 hours must be completed with TXST coursework

Important Note: This pathway map is intended for planning purposes only and does not guarantee course availability or fulfillment of degree requirements. Requirements may vary based on individual circumstances. Students are strongly encouraged to meet with an academic advisor regularly to ensure they are on track to complete their academic program.