



# AS – Kinesiology to BS – Exercise Physiology and Human Performance 2023-2024 Transfer Pathway



AS Degree Requirements							
Central Texas College							
CTC	TAMUCT	Course Name	SCH	CTC	TAMUCT	Course Name	SCH
ENGL 1301	CORE 010	Composition I	3	GOVT 2305	CORE 070	Federal Government	3
HIST 1301	CORE 060	United States History I	3	CORE 050	CORE 050	Creative Arts Core	3
MATH 1314	CORE 020	College Algebra	3	KINE 1304	KINE 1304	Personal/Community Health I	3
BIOL 2401	CORE 030	Anatomy & Physiology I	4	KINE X1XX	KINE X1XX	Physical Activity Course	1
KINE 1301	KINE 1301	Foundations of Kinesiology	3	CORE 040	CORE 040	Language, Philosophy and Culture Core	3
SPCH 1315 SPCH 1318 or SPCH 1321	CORE 010	Public Speaking Interpersonal Communication or Business and Professional Communication	3	GOVT 2306	CORE 070	Texas Government	3
HIST 1302	CORE 060	United States History II	3	CORE 080	CORE 080	Social and Behavioral Science Core	3
BIOL 2402	CORE 030	Anatomy & Physiology II	4	KINE 1321	KINE 1321	Coaching/Sports/Athletics I	3
KINE 1306	KINE 1306	First Aid	3	KINE 1338	CORE 090	Concepts of Physical Fitness	3
KINE 1143	KINE 1143	Weight Training I	1	KINE X1XX	KINE X1XX	Physical Activity Course	1
CHEM 1411	CORE 090	General Chemistry I	4				
<b>Subtotal</b>							<b>60</b>

Additional Lower-Level Degree Requirements			
Central Texas College			
Central Texas College	Texas A&M University - Central Texas	Course Name	SCH
Any Level Elective <sup>1,2</sup>	Any Level Elective	Any Level Elective	2
<b>Subtotal</b>			<b>2</b>

Upper-Level Degree Requirements					
Texas A&M University - Central Texas					
TAMUCT	Course Name	SCH	TAMUCT	Course Name	SCH
EPHP 3301	Exercise Physiology I	3	EPHP 4304	Principles of Strength and Muscular Hypertrophy	3
EPHP 3302	Exercise Physiology II	3	EPHP 3303	Anatomical Kinesiology	3
EPHP 3307	Principles of Personal Training	3	EPHP 3306	Exercise Testing and Prescription	3
EPHP 3304	Exercise Biochemistry	3	EPHP 4102	Advanced Cardiovascular Training	1
EPHP 4302	Sports Nutrition	3	EPHP 4395	Exercise Physiology and Human Performance Capstone	3
EPHP 4301	Leadership in Exercise and Sport	3	EPHP 4684	Exercise Physiology and Human Performance Internship	6
EPHP 4305	Research Methods	3	Elective	Upper-Level Elective - Faculty Approved	15
EPHP 3305	Principles and Techniques of Strength Training and Conditioning	3			
<b>Subtotal</b>					<b>58</b>
<b>Total</b>					<b>120</b>

### Notes/Comments

Texas A&M University - Central Texas (TAMUCT) only offers upper-level courses (3xxx-5xxx labeled courses), all lower-level courses (1xxx-2xxx labeled courses) will need to be completed at Central Texas College (CTC). A minimum of 120 semester credit hours is required for all baccalaureate degrees. Pathways may exceed 120 semester credit hours as some courses necessary for the associate degree are transferable but not applicable to the baccalaureate degree. For help with pathway planning, students should speak with an [academic advisor](#).

1. The AS does not fulfill all the lower-level courses required for the undergraduate degree. Students will need to complete these remaining lower-level courses at CTC. Please discuss the consortium agreement procedure with a TAMUCT [financial aid advisor](#).
2. Any-level electives may be taken at TAMUCT or CTC. Please consult with an academic advisor prior to selecting any-level electives.