



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



First Year - Collin College

FIRST SEMESTER	SECOND SEMESTER
ENGL 1301 Composition I	ENGL 2311 Business & Technical Writing
Math course ¹	GOVT 2305 Federal Government
Speech course ²	KINE 1304 Personal/Community Health
KINE 1306 First Aid, CPR, and Safety Practices	Language, Philosophy, and Culture course ⁸
KINE 1301 Foundations of Kinesiology	Activity course ⁰
KINE 1100 Beginning Weight Training	BIOL 1406 Biology for Science Majors I
16 credit hours	17 credit hours

Second Year - Collin College

FIRST SEMESTER	SECOND SEMESTER
US History course ⁵	US History course ⁵
BIOL 2401 Anatomy & Physiology I	Creative Arts ⁴
PSYC 2301 General Psychology	BIOL 1322 Nutrition and Diet Therapy
GOVT 2306 Texas Government	KINE 2356 Care & Prevention of Athletic Injuries
KINE 1338 Concepts of Physical Fitness	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 & Frisco 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
PH 1320 Introduction to Public Health	
17 credit hours	16 credit hours

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

AA/BS Exercise & Sports Science - Clinical Exercise Science Concentration

Collin Options:

¹**Math** - choose one from: **MATH** 1314, 1316, 1324, 1325, 1332, 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 (recommended)**, 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