

Northeast Texas Community College &
Texas A&M University – Texarkana
2019-2020 Guided Pathways

Associate of Science in Human Performance to
Bachelor of Science in Kinesiology, Pre-Therapy

NTCC		A&M-TEXARKANA	
COURSES	HOURS	COURSES	HOURS
ENGL 1301	3	KINE 1301	0
SPCH 1315 (or) SPCH 1321	3	KINE 334	3
MATH 1342	3	KINE 343	4
BIOL 2401	4	KINE 331	3
BIOL 2402	4	KINE 332	3
PHIL 1301 (or) PHIL 2306 (TAMUT Equivalency is PHIL 1350)	3	KINE 431	3
ARTS 1301*	3	KINE 432	3
HIST 1301	3	KINE 443	4
HIST 1302	3	KINE 435	3
GOVT 2305	3	KINE 436	3
GOVT 2306	3	KINE 437	3
PSYC 2301	3	BIOL 335	3
ENGL 1302	3	HSCI 1323 (NTCC Equivalency is BIOL 1322)	0
BIOL 1322 (TAMUT Equivalency is HSCI 1323)	3	HSCI 1106 (NTCC Equivalency is PHED 1306)	0
PHED 1301 (TAMUT Equivalency is KINE 1301)	3	HSCI 346	3
PHED 1306	3	HSCI 434	3
PHED 1304	3	PSY 325	3
PHED 1338	3	PHIL 1350 (NTCC Equivalency is PHIL 1301 (or) PHIL 2306)	0
PHED 2356	3		
PHED*	1		
OTHER REQUIREMENTS:			
BIOL 1406	4		
BIOL 1407	4		
CHEM 1411	4		
CHEM 1412	4		
PHYS 1401	4		
PHYS 1402	4		
TOTAL	84	TOTAL	128

*Other Courses may Apply. See NTCC Degree Plan for Options
41 Upper Division (UD) Hours Required for the BS Degree

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30 Hours of Residency Required

Travel to Main Campus in Texarkana Required to Complete Degree

UD= Upper Division

LD= Lower Division

Texas A&M University – Texarkana Course Descriptions

KINE 1301. Foundations of Kinesiology. 3 Hours. This course explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts of movement, and physical activity. Specifically, this course is an introduction to the fundamental principles of human movement and their relationship to fitness and activity. The class also introduces students to the subdisciplines of Kinesiology that relate to Sport Psychology/Sociology, Motor Behavior/Motor Learning, Biomechanics, Exercise Physiology, Sport History, and Sport Pedagogy. The course is intended for entry-level students with career interests in human movement as it relates to motor performance, physical fitness, and sport-related activity.

KINE 1354. Concepts of Physical Activity. 3 Hours. This course emphasizes the fundamental concepts of physical activity with a focus on the relationships of health, fitness, exercises, and athletic performance. Topics include information related to the need for continuing physical activity and its contribution to well-being, including procedures for assessing fitness levels in the various components of physical fitness and techniques used in developing physical fitness and optimal lifelong health and wellness among students. Physical activity is required.

KINE 2350. Physical Activity Skills I: Conditioning, Individual, and Dual Sports. 3 Hours. The purpose of this course is to develop the techniques for sports conditioning and fundamental skills used in teaching individual/dual sports, recreational, and physical fitness activities. This course also focuses on the various stages of game skills development for a variety of activities. Physical participation is required.

KINE 2351. Physical Activity Skills II: Team Sports. 3 Hours. The purpose of this course is to develop the techniques utilized in fundamental skills for team sports. Emphasis will be on developing the basic skills through observation, participation, and analysis of movement patterns appropriate for various skill levels. Students will be introduced to the basic skills of the selected team sports. Teaching considerations will be introduced throughout the semester regarding the instruction of team sports in physical education settings. Physical participation is required. Prerequisite: [KINE 2350](#).

KINE 314. Teaching Methods in Physical Education I. 3 Hours. A study of the movement approach to teaching physical education to elementary children with emphasis on developing content and methodology, teaching theories, and practices related to the learning of children's movement skills are discussed. Contents include the scientific basis for motor skill performance, curricular organization, and pedagogical methodology related to the elementary school physical

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education program. Students will engage in pre-practicum experience with children in an on-campus setting, focusing on improving teaching strategies and curriculum and teaching material development. Prerequisite: [KINE 1354](#) and Junior/Senior standing.

KINE 315. Teaching Methods in Physical Education II. 3 Hours. This is a course designed to enable the student to learn the processes of movements and skill acquisition of students in middle/secondary schools. Using state standards, it provides information related to curriculum selection and implementation of middle/secondary public school physical education programs. Students will demonstrate competencies in presentations utilizing various instructional strategies. Prerequisite: [KINE 314](#) and Junior/Senior standing.

KINE 316. Administration of Kinesiology and Sports Programs. 3 Hours. This course provides students with an understanding of the complexity involved in sport facility, event, and program management. An integrated study of the administration of traditional and contemporary kinesiology and athletic programs will be discussed. Philosophies and principles of the administration of kinesiology and athletic programs are applied to important areas such as personnel policies, leadership, facilities, equipment, record keeping, finance, legal implications, and program promotion. Prerequisite: Junior or Senior standing.

KINE 331. Motor Development. 3 Hours. This course focuses on human motor development including motor pattern characteristics, human growth, perceptual motor development, and fitness development across the lifespan. Socio-cultural influences on motor development will also be discussed. Theories and models of motor development are also featured in this course. Topics include physical factors that influence growth, maturation, and aging, process underlying perceptual-motor performance, and the interpretation and applications of motor research to human movement. The course will engage students through lecture, laboratory work, and problem-based learning activities. Prerequisite: Junior standing.

KINE 332. Program Development/Management in Fitness Industries. 3 Hours. This course provides students with skills needed to develop, implement, and manage programs in fitness industry. Emphasis will be placed on the knowledge and strategies essential to the development of successful health and fitness programs. The course also provides an overview of the principles and practices of promotions and marketing in corporate, commercial, and institutional fitness industry. Topics include sport marketing planning, market segmentation, and identification of target market, motivational techniques, and administrative considerations. Prerequisites: [KINE 1301](#) and Junior standing.

KINE 334. Test and Measurement in Kinesiology. 3 Hours. This course is designed to provide students with the basic concepts in statistics, measurement, and evaluation in the physical education and exercise sciences. The course incorporates the application and interpretation of descriptive and inferential statistics for quantitative research, school grading, and children's fitness evaluation. Students will utilize computer based statistical programs for statistics analysis. In addition, knowledge of general considerations for test selection, construction, and

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evaluation will also be covered. The course will engage students through lecture and laboratory experiences. Prerequisite: [MATH 1314](#) and Junior standing.

KINE 343. Exercise Physiology. 4 Hours. This course studies physiological responses and adaptations to acute and chronic bouts of exercise with an emphasis on training techniques and enhanced physical performance. Topics include aerobic and anaerobic energy sources for muscular activity, physiology of muscle contraction, strength, and flexibility. The role of nervous system control of muscular activity will be explored along with pulmonary and circulatory physiology, gas exchange and transport, body composition, and weight control, as well as pediatric exercise physiology. Physiological effects of various physical activities on the human body will also be addressed. The course will engage students through lecture, laboratory experiences, and problem-based learning activities. Prerequisite: [BIOL 2401](#) and Junior standing.

KINE 431. Introduction to Kinesiology Research Methods. 3 Hours. This course is designed to familiarize students with major research methods that are applicable to health, physical education, and sports science. Research design, data collection, analysis, validity, research procedures, and report writing will be covered. The course satisfies both the laboratory requirement for sports science and physical education experience. Knowledge acquired in this course will assist students in understanding the nature of the research process and various types of research methods. Students will develop the skills necessary for conducting a research project in health, physical education, and sports science. The format of the course will be a mixture of lecture, discussion, reading, and writing. Students are expected to be able to use various research methods to successfully complete a small individual or group research project. Prerequisite: [MATH 1314](#) and Junior standing.

KINE 432. Kinesiology and Biomechanics. 3 Hours. This course will equip participants with knowledge of the essential mechanical concepts and principles that govern human movement within a context of physical education and sports science. Through lecture, laboratory experience, problem-solving activities, and other forms of learning in and outside the classroom, students will acquire practical biomechanical knowledge through the integration between the mechanical principles and the efficiency of human movement and interrelationships of biomechanics, musculoskeletal anatomy, and neuromuscular physiology. Prerequisite: [BIOL 2401](#) and [BIOL 2402](#).

KINE 435. Exercise and Chronic Diseases. 3 Hours. This course is designed to study individuals with chronic and acute health problems that interfere with participating in physical education and leisure activities. Special exercise testing and exercise program design/implementation considerations for individuals with common chronic diseases and disabilities will be discussed. Basic pathophysiology of various chronic diseases will be explored and studied. Prerequisite: [KINE 343](#).

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KINE 436. Motor Skills for Special Populations. 3 Hours. This is an experiential course designed to introduce students to the world of adapted physical activity, leisure, and sports for individuals with special needs. Students will gain an overview of the various sports, recreational, and physical activities available in kinesiology setting. Students will be introduced to the basic theoretical and practical knowledge for adapting activities/equipment appropriately to meet the unique needs of a variety of special populations. Principles, guidelines and strategies for motor skill, and activity instruction will be gleaned through hands-on participation, class discussions, and individual/group project. Practical considerations for conducting motor skills programs for individuals of all ages with disabilities will also be included. Prerequisite: [KINE 331](#).

KINE 437. Internship in Kinesiology. 3 Hours. The student internship is designed to help students to integrate and apply the knowledge and skills they have gained in earlier stages of the program to the real-life workplace environment and requirements. As an important learning experience, students will be expected to engage in reflection and analysis on their internship experience with regard to kinesiology and sports science. The internship provides practical experience of the challenges faced in the workplace and will assist students in making decisions regarding their career path. The students and the university supervisors will develop a contractual agreement which provides for a minimum of 120 clock hours of specific learning experiences on or off campus. Prerequisite: [KINE 343](#), [KINE 331](#), and Senior standing.

KINE 443. Exercise Testing and Prescription. 4 Hours. This course provides the knowledge of how to assess aerobic capacity, cardiorespiratory endurance, muscular strength and endurance, flexibility, body fat, pulmonary function, and blood pressure and evaluate the results. Emphasis is placed on design and implementation of exercise programs for healthy and special populations based upon appropriate screening and evaluation procedures. The application of both laboratory and field-based tests will be covered in lectures and laboratories. The theory and practice of designing individualized and group exercise prescription is covered. The course includes clinical observation and laboratory experiences. Prerequisite: [KINE 343](#).

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