

Kinesiology



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Kinesiology is the art and science of human movement.

A kinesiology degree prepares students for a career in wellness across the lifespan, with an emphasis on the prevention of illness, and the promotion and maintenance of optimal health and fitness. The degree is designed for students interested in helping others with the development of motor skills, active lifestyles, fitness advice, nutrition counseling, stress reduction, and behavior modification to support a healthy and well person.

Students should work with their advisors to tailor course selections to align with their chosen transfer university. The transfer plans on this page show a tailored example for a university commonly chosen by Lee College students. However, students may choose to continue their education at any university.

What Will I Learn?

Begin your academic journey with us in our close-knit classrooms. Our professors give you expert instruction and training to help you pursue a career in sports, athletic training, and other health-related fields.

Some of the classes you will take:

- KINE 1304 Personal Health
- KINE 1306 First Aid
- KINE 1301 Foundations of Kinesiology
- KINE 1164 Introduction to Physical Fitness and Wellness

- KINE 1143 Walking/Jogging
- KINE 1127 Yoga
- KINE 1123 Weight Training
- KINE 1121 Water Aerobics
- KINE 1115 Swimming

What Can I Do with This Course of Study?

University graduates pursue professional careers in areas such as:

- Exercise and Sport Science
- Sports Medicine
- Exercise Psychologist
- Occupational or Physical Therapy
- Biomechanics Specialist
- Physician Assistant
- Personal Trainer/Fitness Instructor
- Sport Physiologist
- Recreation Director
- Sports Manager
- Strength and Conditioning Coach
- Physical Education Teacher
- Adaptive Physical Education Teacher

Kinesiology Texas State Transfer Plan

Foundations: These are the courses students need in order to progress in their career/college pathway, as they either provide a certificate or lay the groundwork for moving to the next set of courses.

	Lee College	Texas State University
Course	Course Title	Counts Toward
EDUC 1200	Learning Frameworks	N/A
ENGL 1301	English Composition I	ENG 1310
HIST 1301	History of the United States to 1877	HIST 1310
SPCH 1315	Public Speaking	COMM 1310
KINE 1164	Introduction to Physical Fitness and Wellness	ESS 1100
Math 1314	College Algebra	Math 1315
Life or Physical Science (4)	Suggested: CHEM 1411 Other Options: CHEM 1405, CHEM 1411, PHYS 1403 [ASTR 1303 + lab], PHYS 1404 [ASTR 1304 + lab], GEOL 1403, GEOL 1404, BIOL 2401, PHYS 1401	CHEM 1341 + lab

Knowledge Building: These courses further the students' knowledge in the area of study and increase their preparation for the degree completion.

	Lee College	Texas State University
Course	Course Title	Counts Toward
ENGL 1302	English Composition II	ENG 1320
Life and Physical Science (4)	Suggested: CHEM 1412 Other Options: CHEM 1405, CHEM 1411, PHYS 1403 [ASTR 1303 + lab], PHYS 1404 [ASTR 1304 + lab], GEOL 1403, GEOL 1404, BIOL 2401, PHYS 1401	CHEM 1342 + lab
Creative Arts(3)	Suggested: ARTS 1303 or ARTS 1304	ARTH 2301 or ARTH 2302
KINE 1123	Weight Training, Beginning	ESS 1179
GOVT 2305	Federal Government	POLS 2320
PSYC 2301#or SOCI 1301	Introduction to Psychology OR Introductory Sociology	PSY 1300 or SOCI 1310
HIST 1302	History of the United States since 1877	HIST 1320

Completion: These are the courses the student needs in order to complete the degree plan and prepare to enter the workforce.

	Lee College	Texas State University
Course	Course Title	Counts Toward
GOVT 2306	Texas Government	POLS 2310
Language Philosophy and Culture (3)	ENGL 2322, 2323, 2327, OR 2328	ENG 2310, 2320, 2059, 2360
BIOL 2404	The Human Body	BIO 2430
Science Elective	Select an additional science course based on your transfer concentration at Texas State University.	
Kinesiology Elective	Select an additional KINE course based on your transfer concentration at Texas State University.	

Additional Transfer Options

University and program	Minimum GPA requirements	Recommended Electives
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University of Houston – Clear Lake: Fitness & Human Performance	2.75	CHEM 1411, CHEM 1412, PHYS 1401, PHYS 1402, SOC 1301
Texas A & M University: Coaching Academy (University Studies — Sports Conditioning	2.5	MATH 2413, BIOL 1322
Texas State University: Health & Wellness Promotion	2.75	BIOL 2404, COSC 1301
Texas State University: Athletic Training	2.25	BIOL 1406, PHYS 1405, BIOL 2404
Stephen F. Austin University: Kinesiology	2.0	BIOL 2401, BIOL 2402

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[Contact an Advisor/Counselor](#)