AS – Kinesiology to BS – Exercise Physiology and Human Performance 2025-2026 Transfer Pathway

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

Central Texas College or Texas A&M University – Central Texas			
Additional Lower-Level Degree Requirements			
Central Texas College	**Texas A&M University – Central Texas**	**Course Name**	**SCH**
Any Level Elective[1,2,3]	Any Level Elective	Any Level Elective	2
		Subtotal	**2**

Texas A&M University - Central Texas					
BS Degree Requirements					
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	UL Elective	Upper-Level Elective - Faculty Approved	15
EPHP 3305	Principles and Techniques of Strength Training and Conditioning	3			
				Subtotal	**58**
				Total	**120**

Notes/Comments

TAMUCT offers upper-level courses (those labeled 3XXX-5XXX), while all lower-level courses (those labeled 1XXX-2XXX) should be completed at CTC. A minimum of 120 semester credit hours is required for all baccalaureate degrees. Pathways may exceed 120 semester credit hours, as certain courses required for the associate degree are transferable but not applicable to the baccalaureate degree. For help with pathway planning, please speak with an academic advisor or enrollment specialist. *This pathway is intended for planning and visualization purposes and is subject to change.*

1. The **AS** does not fulfill all the lower-level courses required for the undergraduate degree. Students will need to complete the 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 CTC or TAMUCT. Please consult with an academic advisor prior to selecting any-level electives.
3. Lower-Level Electives, Any Level Electives, Component Area Options, or Degree Requirements (DEG REQ) may consist of the proposed FOS courses: BIOL 2401, BIOL 2402, CHEM 1412, PHYS 1401, PSYC 2301, PHED 1301, PHED 1338, PHED 1306 or PHED 2356, 3 credit hour Teaching Team Sports, 3 credit hour Teaching Individual/Dual Sports.