

# HEALTH PROFESSIONS PATHWAY

## Bachelor of Science in Kinesiology - Exercise Science

The Bachelor of Science (B.S.) in Kinesiology – Exercise Science, housed in the Ila Faye Miller School of Nursing and Health Professions at the University of the Incarnate Word, is for individuals interested in promoting positive exercise, physical activity, and health and wellness behaviors in children and adults. The program of study leading to the Bachelor of Science degree prepares students to pursue careers in the fitness industry as well as graduate education in exercise science, pre-professional, or allied health fields. The graduate also acquires the knowledge, skills and abilities needed to become a certified fitness instructor, personal trainer, and/or strength and conditioning specialist. Students in the Exercise Science concentration are prepared to become professionals who make a difference in the lives of others through assessing, designing, and implementing physical activity and fitness programs and interventions for human performance.

### 11th Grade

FALL

BIOL 2321  
BIOL 2121  
UIW CORE

SPRING

BIOL 2322  
BIOL 2122  
PSYC 1301  
UIW CORE

### 12th Grade

FALL

NUTR 2341  
MATH 1304  
UIW CORE

SPRING

KEHP 1301  
UIW CORE (2)

### PROFESSIONAL DEGREES

Master of Science in Kinesiology  
Master of Science in Sport Management  
Master of Science in Athletic Training

SCAN NOW

Learn more about the Kinesiology undergraduate program at the Ila Faye Miller School of Nursing and Health Professions.



## BRAINPOWER CONNECTION'S COLLEGE CONNECTION PROGRAM

The Brainpower Connection's College Connection Program offers a seamless transition to the University of the Incarnate Word and its Health Professions schools, accelerating their academic pathway to UIW and post-secondary education at a reduced tuition rate. Eligible students attend college classes on the UIW campus. These dual credit courses will help students to succeed in college and provide opportunities to engage in student life activities. Health professions students must have a C or better in all college courses for major, minor, concentration, and/or specialization.

### FOR MORE INFORMATION

Contact Patricia L. Ramirez, director of Brainpower Connection Programs, at (210) 283-6300 or [plramire@uiwtx.edu](mailto:plramire@uiwtx.edu).





## B.S. in Kinesiology Course Descriptions



### BIOL 2321 Anatomy and Physiology I

This course is the first of a two-course sequence. It examines the gross structure and functions of the human body including cells, tissues, and organs of the following systems: integumentary, skeletal, muscular, nervous, and special senses. It is designed for students in biology, the health professions, and physical education.

### BIOL 2121 Anatomy and Physiology I Lab

Corequisite laboratory section of BIOL 2321.

### BIOL 2322 Anatomy and Physiology II

Anatomy and Physiology II is a course covering the second half of a two-semester sequence on the structure and function of the human organism. The purpose of this course is to familiarize students with the endocrine system, circulation, immunity, respiration, digestion, urinary system, homeostasis of acid, base, and fluids, reproduction, and development. **Prerequisite: BIOL 2321.**

### BIOL 2122 Anatomy and Physiology II Lab

Corequisite laboratory section of BIOL 2322.

### KEHP 1301 Foundations of Kinesiology

This course is designed to increase an understanding of the fields in Physical Education, Exercise Science, and Sport. Students will look at the sub-disciplines in relation to philosophy, objectives, historical backgrounds, principles, trends, curriculum, and professional preparation. Utilizing national CPR/AED/first aid guidelines, students will have the opportunity to be certified in CPR/AED/first aid upon successful completion of the written and skills assessments.

### MATH 1304 College Algebra

This three-hour course covers algebraic operations, functions, and functional notation; polynomial equations and inequalities; graphing techniques, graphs of polynomial and rational functions; logarithms and exponentials; and problems from the physical and social sciences and business.

### NUTR 2341 Introduction to Nutrition

This course examines fundamentals of normal human nutrition, major nutritional problems, and the relation of nutrition to mental and physical development. Food habits and the cultural, social, and psychological influences upon food choices are discussed. In addition, the course introduces students to current dietary guidelines and nutrition issues and requires the application of basic nutrition principles to dietary assessment. **Prerequisite: 3 semester hours in Chemistry or Biology.**

### PSYC 1301 Introduction to Psychology

This course studies the basic facts and principles of psychology.