



AS – Health and Wellness to BS – Exercise Physiology and Human Performance 2024-2025 Transfer Pathway



AS Degree Requirements							
Austin Community College							
ACC	TAMUCT	Course Name	SCH	ACC	TAMUCT	Course Name	SCH
EDUC 1100 or KINE X1XX	EDUC 1100 or KINE X1XX	Learning Framework: Effective Strategies for College Success or KINE Activity Course	1	CORE 040	CORE 040	Language, Philosophy, and Culture Core	3
ENGL 1301	CORE 010	English Composition I	3	GOVT 2305	CORE 070	United States Government	3
BIOL 1322	BIOL 1322	Nutrition and Diet Therapy	3	PSYC 2301	CORE 080	Introduction to Psychology	3
KINE 1304	KINE 1304	Personal Health	3	SPCH X3XX	SPCH X3XX	Oral Communication	3
CORE 060	CORE 060	American History Core	3	BIOL 2401	CORE 030	Anatomy and Physiology I	4
KINE X1XX	KINE X1XX	KINE Activity Course	1	CORE 050	CORE 050	Creative Arts Core	3
ENGL 1302 or ENGL 2311	CORE 010	English Composition II or Technical and Business Writing	3	GOVT 2306	CORE 070	Texas State and Local Government	3
CORE 020	CORE 020	Mathematics Core	3	KINE 1306 or KINE 2356	KINE 1306 or KINE 2356	First Aid or Care and Prevention of Athletic Injuries	3
KINE 1346	KINE 1346	Drug Use and Abuse	3	BIOL 2402	CORE 030	Anatomy and Physiology II	4
CORE 060	CORE 060	American History Core	3	KINE X1XX	KINE X1XX	KINE Activity Course	1
CHEM 1411	CORE 090	General Chemistry I	4	KINE X1XX	KINE X1XX	KINE Activity Course	1
Subtotal							61

Additional Lower-Level Degree Requirements			
Austin Community College or Texas A&M University - Central Texas			
Austin Community College	Texas A&M University - Central Texas	Course Name	SCH
Any Level Elective ^{1,2}	Any Level Elective	Any Level Elective	4
Subtotal			4

Upper-Level Degree Requirements					
Texas A&M University - Central Texas					
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	Upper-Level Elective	Upper-Level Elective - Faculty Approved	12
EPHP 3305	Principles and Techniques of Strength Training and Conditioning	3			
Subtotal					55
Total					120

Notes/Comments	
TAMUCT offers upper-level courses (3xxx-5xxx labeled courses), all lower-level courses (1xxx-2xxx labeled courses) will need to be completed at ACC. A minimum of 120 semester credit hours is required for all baccalaureate degrees. Pathways may exceed 120 semester credit hours as some courses necessary 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 . <i>This pathway is intended for planning and visualization purposes and is subject to change.</i>	
1.	The AS does not fulfill all the lower-level courses required for the undergraduate degree. Students will need to complete these remaining lower-level courses at ACC. Please discuss the consortium agreement procedure with a TAMUCT financial aid advisor .
2.	Any-level electives may be taken at TAMUCT or at ACC. Please consult with an academic advisor prior to selecting any-level electives.