



**AS – Health and Wellness to
BS – Exercise Physiology and Human Performance
2025-2026 Transfer Pathway**



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

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

Texas A&M University–Central Texas (TAMUCT)					
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 ACC. 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.*

- 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 ACC. Please discuss the consortium agreement procedure with a TAMUCT [financial aid advisor](#).
- Any-level electives may be taken at Austin Community College or at Texas A&M University-Central Texas. Please consult with an academic advisor prior to selecting any-level electives.