Kinesiology – Freshman Breakout Session

Applied Exercise Physiology
Basic Exercise Physiology
Dance Science
Motor Behavior
Kinesiology/Athletic Training
Physical Education Teacher Certification
<table>
<thead>
<tr>
<th>Name</th>
<th>Courses Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paul Timoney</td>
<td>Motor Behavior (MTB), Last Names A-E</td>
</tr>
<tr>
<td>Maria Blandon</td>
<td>Motor Behavior (MTB), Last Names F-R</td>
</tr>
<tr>
<td>Kaitlyn Hiney</td>
<td>Motor Behavior (MTB), Last Names S-Z</td>
</tr>
<tr>
<td>Kasey McCarthy</td>
<td>Applied Exercise Physiology (AEP), Kinesiology (BS)/Athletic Training (MS) (ETR)</td>
</tr>
<tr>
<td>Kayla McGee</td>
<td>Basic Exercise Physiology (BEP), Physical Education Teacher Certification (PEK), Dance Science (DSC), University Studies Dance (USEH-DAN), Dance Minor</td>
</tr>
</tbody>
</table>
Advising Packet
Advising Syllabus

- Appointments
- Mandatory Advising
- Busy Times of the Year
- Email and Email Etiquette*

HLKN Academic Advising Syllabus

What is Academic Advising?
The primary purpose of academic advising at Texas A&M University is to assist students in their development of meaningful educational plans that are compatible with their personal abilities and goals. The ultimate responsibility for making decisions about personal goals and educational plans rests with the individual student.

Appointment Policies
Appointment Scheduling:
- You can schedule an appointment online at swan.tamu.edu/hlkn or via telephone (979) 845-4530.
- Appointments must be made a minimum of one (1) day in advance.
- Advising appointments are scheduled for 30 minutes.
- All students will be required to check-in upon arriving at our office; please be sure to have your Student ID with you.
- If you prefer to take advantage of our walk-in hours, you can walk-in anytime on Monday between 1:30 and 3:30 PM or Friday between 8:30 to 11:30 AM.

No Shows and Cancellations:
- If you fail to show up for your scheduled appointment, it will be recorded as a “No Show”.
- If you arrive for your appointment more than fifteen (15) minutes after your scheduled appointment, it will be recorded as a “No Show”.
- To cancel your appointment, you must go to swan.tamu.edu/hlkn. Please be sure to cancel at least 24 hours in advance to allow other students an opportunity to utilize that time-slot.
- After three (3) “No Shows”, you will no longer be able to schedule an appointment. To regain appointment scheduling privileges, you must visit our office in person and provide an explanation of why you accumulated 3 “No Shows”.

Key Dates:
- Registration dates
- Drop and withdrawal deadlines
- Campus holidays
- Final exams
- Grade postings

Busy Times:
Due to the number of students housed in the Health & Kinesiology Department, there are certain times of the year when will have heavier traffic and it may be harder to secure an appointment:
- The week before classes start
- The first week of classes
- On or around the Q-Drop deadline
- Leading up to pre-registration
- On or around Departmental deadlines
- End of Semester Processing

Mandatory Advising:
All first semester students (with the exception of Change of Major students) are required to attend an advising session with their advisors. Topics may include the following:
- Advisor Expectations
- Transition to Texas A&M
- Academic Progress
- Social Integration to Texas A&M
- Involvement Outside of Class
- Referral to Campus Resources

Email Etiquette:
E-mail is the primary method of communication utilized by your academic advisor; therefore, we ask that you consider the following when sending an e-mail:
- Always include your first & last name and UIN
- Include a brief reason for your e-mail in the subject
- Do not reply to a mass email, begin a new email
- Do not forward your email to another account (i.e. yahoo, g-mail, etc.)
- Only email advisors from your TAMU account
- Please allow at least 24 hours for a response
- Do not use abbreviated texting language
- Use appropriate, professional language
- Do not resend the same email multiple times
Appointments

SSC

• You can schedule appointments through SSC
• In Howdy, under My Record, Schedule Advising Appointment
• Can be made up to 1 week in advance.
• Must be made at least 24 hours in advance.
• Cancel or reschedule your appointment if you find you can’t make it.

Walk in Times

• Any changes will be addressed by your advisor:
• Mondays 1:30-4pm
• Fridays 8:30-11am
Mandatory Advising Meeting

- Schedule a meeting with your advisor
  - New students must attend a mandatory advising meeting with their advisor for important departmental requirements specific to their option

- You will receive an email in September with more information. **If you do not attend this meeting, you will be BLOCKED from registration for the next semester**
Busy Times of the Year

- Start/End of Semesters
- Deadlines
  - Professional Phase
  - Recap
  - Q-Drop
- Pre-Registration

Call the office if you have a time-sensitive issue/emergency

979-845-4530

Be sure to leave a voicemail message if it is after/before hours
Texas A&M University Email

Our official form of communication with you
• Check daily!

**DO NOT** forward your A&M emails to your personal email address

Information to include in emails:
• Name
• UIN
• Option (AEP, MTB, BEP)

Allow time for response
• Depending on the time of the semester, there may be a delay in response. Generally it takes 24-48 hours for a response.
Office of Professional School Advising

- Experts when it comes to Professional School
  - Admissions
  - Prerequisites
  - Entrance exams
- List serves
- Pre-professional student organizations
- Phone Number and Website
  - 979-847-8938
  - [http://opsa.tamu.edu/](*For the most up-to-date information, you can also contact the professional school that you are pursuing*)

<table>
<thead>
<tr>
<th>Professional School Advising (PSA)</th>
<th>GPRs</th>
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</thead>
<tbody>
<tr>
<td>Nursing</td>
<td>3.40-3.80</td>
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<tr>
<td>Physical Therapy</td>
<td>3.50-3.70</td>
</tr>
<tr>
<td>Physician Assistant</td>
<td>3.20-3.60</td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>3.20-3.50</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>3.40-4.00</td>
</tr>
<tr>
<td>Medical</td>
<td>3.60-3.70</td>
</tr>
<tr>
<td>Dental</td>
<td>3.50-3.60</td>
</tr>
<tr>
<td>Law</td>
<td>3.00-4.00</td>
</tr>
</tbody>
</table>
ICD Elective Sheet

Choosing a Lang, Phil, and Cult (LPC) & Creative Arts (CA) courses from this sheet will allow you to fulfill those and your ICD requirement.

We will review this more when we go over your degree plan packets.

*For the most up-to-date information, you can refer to [http://core.tamu.edu/](http://core.tamu.edu/)
HEALTH & KINESIOLOGY
NEW STUDENT ACKNOWLEDGEMENT

As a student in the Dept. of Health & Kinesiology, I acknowledge the following:

1. I am encouraged to join professionally related student organizations in the Department of Health and Kinesiology and at Texas A&M University, which will help me begin career growth in the field I have chosen.

2. It is understood and expected that I will be working toward a degree in Health, Kinesiology, Sport Management, or University Studies. It is my responsibility to understand the degree requirements along with deadlines, policies and procedures of the university, college, and department.

3. If I am found to be taking courses that do not fulfill my specific degree program requirements and which have not been specifically approved by a departmental advisor, I will be subject to having my schedule of classes canceled and to being blocked from registering for subsequent academic terms.

4. I accept the proposed degree plan as stated.

5. I will assume accountability for all emails I receive from the university, college, and departmental advisors; for all information listed in my degree plan packet; and for all the above stated.

Student __________________________ Date ______________

HLKN Advisor ______________________ Date ______________
Learning Communities

- Lohman Learning Communities
  - Reveille – HLTH/KINE majors
  - Requirement for Regents Scholars
- Sport Management Learning Community
- Transforming Lives Learning Community
- Students admitted based on availability

Submit application after presentation
Submit **BLUE** pages only
Degree Options
Kinesiology

• Exercise Science, Four Options – 120 credit hours
  • Applied Exercise Physiology (AEP)
  • Basic Exercise Physiology (BEP)
  • Motor Behavior (MTB)
  • Dance Science (DSC)

• Kinesiology/Athletic Training – 156 credit hours (including Masters)
  • B.S. Kinesiology/M.S. Athletic Training (ETR)

• Teacher Certification – 120 credit hours
  • Physical Education Teacher Certification (PEK)
Basic Exercise Physiology (BEP)

• Designed to allow students interested in Medical/Dental/Pharmacy school to complete the required science’s while still receiving a background in exercise science

• Very heavy concentration of science courses (51 hours)

• Students must take two sciences a semester to stay on track and graduate in this program
Applied Exercise Physiology (AEP)

• Designed to prepare students for a career in cardiac rehab or corporate/private fitness

• Can be used for admittance into Physical Therapy school by taking pre-requisites that are not built in
  • *If this is your plan let Kasey Know right away*

• Requires an Internship
  • Corporate/Private Fitness
  • Cardiac Rehab
  • Strength and Conditioning with high performing athletes
  • Physical Therapy
Motor Behavior (MTB)

- Prepares students for various professional school’s while receiving a background in exercise physiology

- Suitable option for students who want to pursue Physical Therapy, Physician’s Assistant, Occupational Therapy and others

- Students may also choose electives that will lead them to graduate school (Athletic Training & Motor Neuroscience)
B.S. Kinesiology/M.S. Athletic Training (ETR)

• Prepares students for a career in athletic training. Allows students to obtain a B.S. and M.S. in 5 years

• Students are admitted into Kinesiology, not the 5 year plan
  • This will be determined in year 3

• Hybrid Program
  • First 3 years complete B.S. in Kinesiology
  • Last 2 years complete M.S. in Athletic Training

• Requires 3.25 GPA for admissions into graduate program
Physical Education Teacher Certification (PEK)

• Students will graduate with Certification in P.E. (Grades K-12)
  • NOT for coaching college or professional athletes
• Built in classes to prepare student to take a second teaching certification exam
• Full semester of student teaching built into last semester at TAMU
• You are NOT able to build in the required pre-reqs to apply to professional school with this option
Dance Science (DSC)

• Offers students a cohesive view of dance health and wellness

• Prepares students to be employed by dance companies and dance training facilities throughout the world to devise effective training programs as well as advise dancers regarding nutrition and injury prevention/care.

• Requires audition for admission
New Student Acknowledgement

• DO NOT TEAR APART
• Complete Name & UIN
• TAMU e-mail address – username@email.tamu.edu
• Phone Number
• Write in your option
  • AEP   ETR
  • PEK   DSC
  • BEP
  • MTB
• Sign & Date (do not separate!)
Degree Plan Packets
Degree Plan

- Catalog Number
- Writing Courses
- International and Cultural Diversity
- Core Curriculum
- Bold Courses/Shaded Box
- Professional Phase vs. Professional School
- Directed Electives/Free Electives
# Motor Behavior

## Catalog 140

This guide is intended to assist in scheduling; everything is subject to change.

<table>
<thead>
<tr>
<th>COURSE</th>
<th>PRE-REQUISITE</th>
<th>CLASS</th>
<th>SUBSTITUTE</th>
<th>MAJOR</th>
<th>Detailed Information</th>
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<tbody>
<tr>
<td>ENGL 104</td>
<td>ENGL 103</td>
<td>Needed to apply to Professional Phase; Must have a &quot;B/C&quot; grade combination in ENGL 104 and ENGL/COMM course</td>
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<td>ENGL/COMM</td>
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<td></td>
<td>Needed to apply to Professional Phase; Choose from *ENGL 230, COMM 203, 205, 243</td>
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<td>MATH 140/141</td>
<td>MATH 166</td>
<td>Needed to apply to Professional Phase; Must make a &quot;C&quot; or better</td>
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<td>MATH 131</td>
<td>MATH 142</td>
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<td>BIOL 111</td>
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<td>Needed to apply to Professional Phase; Must make a &quot;C&quot; or better</td>
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<td>BIOL 112</td>
<td>BIOL 111</td>
<td>BIOL 107</td>
<td>Must make a &quot;C&quot; or better</td>
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<td>CHEM 103/111</td>
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<td>CHEM 115/115</td>
<td>CHEM 101</td>
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<td>PHYS 202</td>
<td>PHYS 201</td>
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<td>BIOL 319</td>
<td>BIOL 111/112</td>
<td>Needed to apply to Professional Phase; Must make a &quot;C&quot; or better; Must be taken at Texas A&amp;M</td>
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<td>BIOL 202</td>
<td>BIOL 109</td>
<td>Needed to apply to Professional Phase; Must make a &quot;C&quot; or better; Must be taken at Texas A&amp;M</td>
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<td><strong>HIST</strong></td>
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<td>See core course. Some courses may meet International &amp; Cultural Diversity requirements.</td>
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<td><strong>PHYS</strong></td>
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<td>See core course. Some courses may meet International &amp; Cultural Diversity requirements.</td>
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<td>POLS 206</td>
<td>NONE</td>
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<td>POLS 207</td>
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<td>PSYC 107</td>
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<tr>
<td><strong>Creative Arts</strong></td>
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<tr>
<td><strong>Lang, Phil &amp; Culture</strong></td>
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<tr>
<td>KINE 199</td>
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<td></td>
<td></td>
<td></td>
<td>Must not take Pass/Fail (P/F); Must not take Pass/Fail (P/F); Must make a &quot;C&quot; or better; Must be taken at Texas A&amp;M</td>
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<tr>
<td>KINE 199</td>
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<td></td>
<td>Must not take Pass/Fail (P/F); Must make a &quot;C&quot; or better; Must be taken at Texas A&amp;M</td>
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<tr>
<td>KINE 194</td>
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<td>Must take Writing Intensive Section (section numbers starting with 900). Must not take Pass/Fail (P/F); Must make a &quot;C&quot; or better</td>
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<tr>
<td>KINE 194</td>
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<td>Must take Writing Intensive Section (section numbers starting with 900). Must not take Pass/Fail (P/F); Must make a &quot;C&quot; or better</td>
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<td>KINE 121</td>
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<td>KINE 123</td>
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<td>Needed to apply to Professional Phase; Must make a &quot;C&quot; or better</td>
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<td>KINE 307</td>
<td>JR/SR</td>
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<td>Must make a &quot;C&quot; or better</td>
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<td>KINE 318</td>
<td>JR/SR</td>
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<td>Must make a &quot;C&quot; or better</td>
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<td>KINE 406</td>
<td>JR/SR</td>
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<tr>
<td>KINE 426</td>
<td>JR/SR</td>
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<td>KINE 427</td>
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<tr>
<td>KINE 443</td>
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<tr>
<td>KINE 482A</td>
<td>JR/SR</td>
<td>KINE</td>
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<td>Must be accepted to Professional Phase; Must take Pass/Fail (P/F); Must take Writing Intensive Section (section numbers starting with 900)</td>
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<tr>
<td>PSYC 306</td>
<td>PSYC 107</td>
<td>JR/SR</td>
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<td>Must make a &quot;C&quot; or better</td>
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<tr>
<td>PSYC 307</td>
<td>PSYC 107</td>
<td>JR/SR</td>
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<td></td>
<td>Must make a &quot;C&quot; or better</td>
</tr>
<tr>
<td>SOC 205</td>
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<td>Must make a &quot;C&quot; or better</td>
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<tr>
<td>STAT 302</td>
<td>MATH 141/141Equiv</td>
<td></td>
<td></td>
<td></td>
<td>Must make a &quot;C&quot; or better</td>
</tr>
<tr>
<td>PD ELECTIVES - 15 HRS</td>
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<td></td>
<td>Select from Directed Electives list on General Rules sheet - Must make a &quot;C&quot; or better</td>
</tr>
</tbody>
</table>

*Note: Satisfies Writing Course Requirement

** Proper selection might also meet International and Cultural Diversity requirement - use.tamu.edu and scil.tamu.edu
General Rules

• Professional Phase Requirements

• KINE 199 Requirements
  • AEP Students – Must take Majors Aerobic Mvmt & Majors Resist Flex
  • BEP & MTB – Refer to list in degree plan packet

• Directed Electives (DE)

• Internship (AEP Only) / Student Teaching (PEK Only)

• Progress Towards Degree

• Undergraduate Degree Planner
Howdy Demonstration
Registration Packet
Selecting Courses for Fall

• Use First Column of Flow Chart

• One or two bold classes

• 100 or 200 level courses

• Exercise Science – at least one science class

• CRN- Course Reference Number

*Summer admits must register for Summer before Fall
Registration this Afternoon

- Arrive at 2:00 pm, BLOCKER 130
- Registration begins at 2:30 pm
- Bring Degree Plan packet
- Prepare Plan A, B, C and D
- Parents Meeting in Blocker TBD
Blocker
Where registration will happen at 2 pm

Harrington Education Classroom
Where you are right now
REMIND is a communication tool that helps your advisor reach you with a quick text to instantly send updates, deadlines, and other pertinent information to you, all in real time. The updates will be short, simple reminders to stay on top of your degree requirements.

Side Note: You do not have to download the App to be able to get the texts.

In order to subscribe please text @hlhtamu to 81010

Extra Resources

HLKN Academic Advising
@HLKN_Advising

Tweets: 14
Following: 35
Followers: 67
Have a Great Year!!!

Undergraduate Advising Office
Blocker Building Room 328
979.845.4530