



Pre-approved List

***List Current as of August 15, 2020**

***Pre-approval needed if not on this list**

***Students are encouraged to approach KINE faculty with suggestions within the pre-approved categories to satisfy requirements**

Membership (5 points Max)

2 points

SHAPE America - Society of Health and Physical Education	CSCCA - Collegiate Strength and Conditioning Coaches Association
TAHPERD - Texas Association for Health, Physical Education, Recreation and Dance	THSCA - Texas High School Coaches Association
NIRSA - National Intramural Recreational Sports Association	ASEP - American Society of Exercise Physiologists
ACSM - American College of Sports Medicine	TABC - Texas Association of Basketball Coaches
NSCA - National Strength and Conditioning Association	PEK - Phi Epsilon Kappa

1 point

TATSA - Tarleton Athletic Training Association	Sorority/Fraternity (max 2 entries - 1/year)
KFC - Kinesiology Fitness Club	TSU Club (non- KINES) - (max 2 entries - 1/year)
TSU Pre-med Organization - Nursing, etc.	

Certifications (5 points max) – (*may receive 10 points max with pre- approval)

***certificates are one time entry only**

2 points

CSCS - Certified Strength and Conditioning Specialist	NSCA - National Strength and Conditioning Certificates
EMT - Emergency Medical Technician	ACE - American Council on Exercise
ACSM - American College of Sports Medicine	ISSA - International Sports Science Association

1 point

Lifeguard Certificate	CPR/First Aid/AED (1 point max)
NFHS Learning modules	Train Traq - KINES ONLY – PRE-APPROVAL needed

Leadership (5 points max) – (*may receive 10 points max with pre- approval)

2 points

National Honor Society	Honor Awarded - National Level - KINES ONLY
Officer/Attend - TAHPERD (max 2 entries)	Officer/Attend - ACSM (max 2 entries)
Officer/Attend - NIRSA (max 2 entries)	Officer/Attend - KINES org (max 2 entries)

1 point

Attend KINES workshop	Attend KINES Speaker Series
Attend Rec center workshop	Attend Career Service workshop
Officer TSU club/org (max 2 pts)	Captain of Varsity/Club/Rec - TSU ONLY (max 2 pts)
Scholarship Recipient (Non-athletic) (max 2pts)	Service/Spirit Award
Job Shadowing KINES field – 1pt/4 hours (max 2 pts/8 hrs)	Paid work KINES field (rehab, officiating, etc.) - 1pt/ 4 hours (max 2 pts/8 hrs)
Dean’s List (1 pt/semester, max 2 pts)	President’s List (1 pt/semester, max 2 pts)

Research (5 points max)

***pre-approval needed on all Research entries**

5 points

Present at TAHPERD, ACSM or NIRSA Conference	Present at National or State Symposium
Publish in peer review journal, magazine, website	

3 points

Present at TSU KINES or Rec Sports Expo	Present at Career Services workshop
Present at Local conference	Publish at TSU or local newspaper, magazine

1 point

Participate in TSU KINES Research Study (1 pt/4 hours, 2 pts/8 hours max)

Fitness (5 points max)

2 points

Performing a Stress Test (1 entry only)	5k/10k/marathon participant (1 entry only)
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1 point

Varsity/Club/Intramural Sports (TSU ONLY) 1/pt/season, 2 pt max)	Daily workout log (1pt/semester, 2 pt max)
Rec center 1-time activity (sand VB tournament, crate building, etc.) 2 pts max	Participate Outdoor Pursuits trip (not course credit)

Service (5 points max)

2 points

Administer a Stress Test	Fitness Gram testing (faculty will approve hours)
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1 point

Blood drive (max 2 entries)	Rock the Gym volunteer (possible 2 pts/see faculty)
UIL volunteer (1 pt/4 hours or 1 game, max 2 pts. Ex. 1 pt for 4 hours at track meet or 1 pt for a football game)	CERF, Wellness, KPL lab volunteer (1 pt/4 hrs, max 2 points)
Coach youth sports team (2 pts max)	TSU athletic/Rec sports volunteer 1 pt/ event, max 2 entries)
Volunteer at TREAT (1 pt/4 hrs, max 2 points)	Volunteer at Community event (1 pt- 4 hrs/event, max 2 points)