



Pre-approved List

***List Current as of November 1, 2023**

***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 points - 1/year)
Coaching Club at Tarleton- Kinesiology Coaching Club	Tarleton State University Club (non-KINES) - (max 2 points - 1/year)
Tarleton State University Pre-med Organization- Nursing, etc.	Sport Management Club- Kinesiology

Certifications (5 points max)

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
NASM- National Academy of Sport Medicine	NESTA- National Exercise & Sport Trainers Association

1 point

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

Leadership (5 points max)

2 points

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

1 point

Attend Kinesiology workshop	Attend Kinesiology Speaker Series
Attend Recreation center workshop	Attend Career Service workshop
Officer Tarleton State University club/org (max 2 points)	Captain of Varsity/Club/Rec- Tarleton State University ONLY (max 2 points)
Scholarship Recipient (Non-athletic) (max 2 points)	Service/Spirit Award
Job Shadowing KINES field – 1pt/4 hours (max 2 points/8 hours)	Paid work KINES field (rehab, officiating, etc.) - 1pt/ 4 hours (max 2 points/8 hours)
Dean’s List (1 point/semester, max 2 points)	President’s List (1 point/semester, max 2 points)
Informational Interview (one-page summary)	

Research (5 points max)

5 points

Present at TAHPERD, ACSM, ACE, NSCA, or NIRSA Conference	Present at National or State Symposium
Publish in peer-reviewed journals, magazines, or websites	

3 points

Present at Tarleton State University KINES or Rec Sports Expo	Present at Career Services workshop
Present at Local Conference	Publish at Tarleton State University or a local newspaper, or a magazine

2 Points

Attend Conference (TAHPERD/ACSM/NSCA) Must submit a one-page summary reflection	Attend Facility Tour Must submit a one-page summary reflection
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1 Point

Participate in Tarleton State University KINES Research Study (1 point/4 hours, 2 points/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 (Tarleton State University ONLY) (1 point/season, 2 points max)	Daily workout log for a semester (1 point/semester, 2 points max)
Rec center activity (sand VB tournament, crate building, etc.) (1 point/activity, 2 points max)	Participate in 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 points)	Rock the Gym volunteer (2 points/see faculty)
UIL volunteer (1 point/4 hours or 1 game, max 2 points. Example: 1 point for 4 hours at track meet or 1 point for a football game)	CERF, Wellness, KPL lab volunteer (1 point/4 hrs, max 2 points)
Coach youth sports team (2 points max)	Tarleton State University Athletic/Rec sports (volunteer 1 point/ event, max 2 points)
Volunteer at TREAT (1 point/4 hrs, max 2 points)	Volunteer at a Community event (1 point- 4 hrs/event, max 2 points)