

# BACHELOR OF SCIENCE, MAJOR IN KINESIOLOGY (APPLIED EXERCISE SCIENCE)

This degree will prepare you for a career in corporate and commercial fitness. Future job prospects include wellness coordinator, personal trainer, strength and conditioning specialist, and other fitness specializations. This track is focused on applied settings where you will be working with the general population, such as at a performance center, commercial gym, or recreational facility. This degree will also allow you to complete your prerequisites for entry into an occupational therapy masters program if you take the suggested elective block (SOCL 1301, PSYC 3331, PSYC 3374, HLTH 2372).

## Bachelor of Science, Major in Kinesiology (Applied Exercise Science)

<b>Core Curriculum</b> (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum)		
Component Area I (Communication)		6
Component Area II (Mathematics) <sup>1</sup>		3
Component Area III (Life and Physical Science) <sup>2</sup>		8
Component Area IV (Language, Philosophy, and Culture)		3
Component Area V (Creative Arts)		3
Component Area VI (U.S. History)		6
Component Area VII (Political Science/Government)		6
Component Area VIII (Social and Behavioral Sciences) <sup>3</sup>		3
Component Area IX (Component Area Option) <sup>4</sup>		4
<b>Degree Specific Requirements</b>		
BIOL 2401	Human Anatomy	4
BIOL 1411	General Botany <sup>2</sup>	4
or BIOL 1413	General Zoology	
BIOL 2402	Human Physiology	4
CHEM 1406	Inorganic & Envir Chemistry <sup>2</sup>	4
or CHEM 1411	General Chemistry I	
MATH 1314	Pre Calculus Algebra	3-4
or MATH 1316	Plane Trigonometry	
or MATH 1410	Elementary Functions	
MATH 1369	Elementary Statistics	3
or MATH 3379	Statistical Mthods In Practice	
Select one of the following:		4
PHYS 1301 & PHYS 1101	General Phy-Mechanics & Heat and General Physics Laboratory I	
PHYS 1305 & PHYS 1105	Classical Physics & Thermodynmc and Class Phy & Thermodynamics Lab	
FACS 2362	Nutrition	3
ACCT 2301	Principles Of Financial Acc	3
BUAD 3355	Business Law	3
MKTG 3310	Principles Of Marketing	3
MGMT 3310	Principles Of Management	3
ENGL 3330	Intro To Technical Writing	3
<b>Major</b>		
PSYC 1301	Introduction To Psychology <sup>3</sup>	3
COMS 1361	Public Speaking <sup>4</sup>	3
KINE 1331	Foundations Of Kinesiology	3
KINE 2115	Lifetime Health and Wellness <sup>4</sup>	1
KINE 3362	Functional Kinesiology	3
KINE 3364	Motor Learning	3
KINE 2114	Wgt Train & Phy Conditioning	1
ATTR 3370	Prevention & Care of Injuries	3

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KINE 3373	Physiology Of Exercise	3
KINE 4362	Biomechanical Analysis	3
KINE 4373	Adv Tpcs In Physlgy Of Exercis	3
KINE 4377	Prin Exer Testing/Prescription	3
KINE 4393	Prncples& Prac Of Adlt Fit Mgt	3
KINE 4394	Internship	3
KINE 4394	Internship	3
<b>Elective Block</b>	Occupational Therapy: SOCI 1301, PSYC 3331, PSYC 3374, & HLTH 2372; Suggested Electives: ATTR 3369, ATTR 4369, ATTR 4300, ATTR 4310, ATTR 3383, & KINE 4369	11
<b>Total Hours</b>		<b>120-121</b>

- <sup>1</sup> MATH 1314, MATH 1316, or MATH 1410 satisfies Component Area II.
- <sup>2</sup> BIOL 1411 or BIOL 1413 and CHEM 1406 or CHEM 1411 satisfy Component Area III.
- <sup>3</sup> PSYC 1301 satisfies Component Area VIII.
- <sup>4</sup> KINE 2115 and COMS 1361 satisfy Component Area IX.

**Notes**

BIOL 2401 is a prerequisite for FACS 2362 and KINE 3362.

BIOL 2402 requires a grade of "C" or higher in BIOL 2401 and CHEM 1406 .

MATH 1410 or MATH 1316 or MATH 1420 are prerequisites for PHYS 1301 and PHYS 1101. A grade of "C" or higher is required for courses.

ACCT 2301 requires 18 hours of course work completed.

MATH 3379 requires 3 hours of college math.

MKTG 3310, KINE 3364, and KINE 3373 require Junior Standing.

MGMT 3310 requires 50 hours of course work completed.

ENGL 1301 and ENGL 1302 are prerequisites for ENGL 3330 and satisfy Core Component Area I.

KINE 3362 requires a prerequisite of BIOL 2401 or BIOL 3410.

ATTR 3370 requires Junior Standing in Kinesiology or permission from Instructor.

KINE 4393 requires Senior Standing.

KINE 4394 requires Senior Standing and completion of KINE 4393 and KINE 4377.

**First Year**

Fall	Hours Spring	Hours Summer	Hours
BIOL 1411 or 1413 <sup>1</sup>	4 ENGL 1302 <sup>2</sup>	3 HIST 1301 <sup>6</sup>	3
CHEM 1411 or 1406 <sup>1</sup>	4 COMS 1361 <sup>4</sup>	3 KINE 1331	3
ENGL 1301 <sup>2</sup>	3 MATH 1314, 1316, or 1410 <sup>5</sup>	3-4 KINE 2114	1
PSYC 1301 <sup>3</sup>	3 PHYS 1301 or 1305 PHYS 1101 or 1105	3 KINE 2115 <sup>4</sup> 1	1
	14	13-14	8

**Second Year**

Fall	Hours Spring	Hours Summer	Hours
BIOL 2401	4 POLS 2306 <sup>7</sup>	3 KINE 3364	3
MATH 1369 or 3379	3 FACS 2362	3 HIST 1302 <sup>6</sup>	3
ACCT 2301	3 BIOL 2402	4	

POLS 2305 <sup>7</sup>	3 Component Area V (catalog.shsu.edu/ undergraduate/ academic-policies- procedures/degree- requirements- academic-guidelines/ core-curriculum/ #componentareav)	3	
	13	13	6

**Third Year**

Fall	Hours Spring	Hours Summer	Hours
ATTR 3370	3 KINE 3362	3 Electives (see list below)	5
ENGL 3330	3 MKTG 3310	3	
MGMT 3310	3 BUAD 3355	3	
KINE 3373	3 Component Area IV (catalog.shsu.edu/ undergraduate/ academic-policies- procedures/degree- requirements- academic-guidelines/ core-curriculum/ #componentareaiv)	3	
	12	12	5

**Fourth Year**

Fall	Hours Spring	Hours
KINE 4377	3 KINE 4373	3
KINE 4393	3 KINE 4362	3
Upper Level Electives (see list below)	6 KINE 4394 (Register for 2 sections to complete 6 credit hours)	6
	12	12

Total Hours: 120-121

- 1 Satisfies Component Area III.
- 2 Satisfies Component Area I.
- 3 Satisfies Component Area VIII.
- 4 Satisfies Component Area IX.
- 5 Satisfies Component Area II.
- 6 Satisfies Component Area VI.
- 7 Satisfies Component Area VII.

**Electives**

## Occupational Therapy:

SOCI 1301	Principles Of Sociology
PSYC 3331	Abnormal Psychology
PSYC 3374	Development Psychology
HLTH 2372	Health & Medical Terminology

## Suggested Electives:

ATTR 3369	Therapeutic Interventions I
ATTR 4369	Therapeutic Interventions II
ATTR 4300	Care of the Lower Extremity
ATTR 4310	Care of the Upper Extremity
ATTR 3383	Head & Face Injuries in Sport

KINE 4369

Adapted Physical Activity