

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 (PSYC 3331, PSYC 3374, PSYC 3333, PSYC 3133 plus you may need a medical terminology course of 1-3 hours). Minor is not required.

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

Core Curriculum (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum)		
Component Area I (Communication)		6
Component Area II (Mathematics)		3
Component Area III (Life and Physical Science)		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)		3
Component Area IX (Component Area Option)		4
Degree Specific Requirements		
BIOL 1411	General Botany ¹	4
or BIOL 1413	General Zoology	
BIOL 2401	Human Anatomy	4
or BIOL 2403	Human Anatomy & Physiology I	
BIOL 2402	Human Physiology	4
or BIOL 2404	Human Anatomy & Physiology II	
CHEM 1406	Inorganic & Envir Chemistry ¹	4
or CHEM 1411	General Chemistry I	
COMS 1361	Public Speaking ²	3
ENGL 3330	Intro To Technical Writing	3
FACS 2362	Nutrition ³	3
or FACS 1367	Basic Nutrition	
MATH 1314	Pre Calculus Algebra ⁴	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	
PSYC 1301	Introduction To Psychology ⁵	3
Major Core		
KINE 1331	Foundations Of Kinesiology	3
KINE 2114	Wgt Train & Phy Conditioning	1
KINE 2115	Lifetime Health and Wellness ²	1
KINE 3362	Functional Kinesiology	3
KINE 3364	Motor Learning	3
KINE 3373	Physiology Of Exercise	3
Major		

ATTR 3370	Prevention & Care of Injuries	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
Applied Exercise Block		
ACCT 2301	Principles Of Financial Acc	3
BUAD 3355	Business Law	3
MGMT 3310	Principles Of Management	3
MKTG 3310	Principles Of Marketing	3
Elective Block ⁶		11
Total Hours		120-121

¹ Satisfies Core Curriculum requirement for Component Area III (Life and Physical Sciences).

² Satisfies Core Curriculum requirement for Component Area IX (Component Area Option).

³ FACS 2362 must be taken at SHSU. FACS 1367 will only be accepted if it is a transfer course.

⁴ Satisfies Core Curriculum requirement for Component Area II (Mathematics).

⁵ Satisfies Core Component requirement for Component Area VIII (Social and Behavioral Sciences).

⁶ Occupational Therapy: PSYC 3331, PSYC 3374, & PSYC 3333 & PSYC 3133 plus you may need a medical terminology course of 1-3 hours; Other Suggested Electives: ATTR 3369 ATTR 4369 ATTR 4300, ATTR 4310, ATTR 3383, & KINE 4369, KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience. 6-9 of these electives may need to be upper level to meet 42 advanced hour requirement.

Notes

All KINE/ATTR majors and/or minors must earn a "C" or better for all KINE/ATTR courses.

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

Students must either take BIOL 2401 and BIOL 2402 as an 8 hour sequence, or they can take BIOL 2403 and BIOL 2404 as an 8 hour sequence.

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 Curriculum requirement for Component Area I (Communications).

It is recommended that you take BIOL 2402 before KINE 3373.

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

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

KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience.

KINE 4377 requires a prerequisite of KINE 3362 and KINE 3373.

KINE 4362 requires a prerequisite of KINE 3362.

KINE 4393 requires Senior Standing; students must take KINE 4393 at least one semester prior to KINE 4394 Internship.

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 ¹	4 ENGL 1302 ²	3 HIST 1301 ⁶	3

CHEM 1411 or 1406 ¹	4 COMS 1361 ⁴	3 KINE 1331	3
ENGL 1301 ²	3 MATH 1314, 1316, or 1410 ⁵	3-4 KINE 2114	1
PSYC 1301 ³	3 PHYS 1101 or 1105	1 KINE 2115 ⁴	1
	PHYS 1301 or 1305	3	
	14	13-14	8
Second Year			
Fall	Hours Spring	Hours Summer	Hours
ACCT 2301	3 BIOL 2402	4 HIST 1302 ⁶	3
BIOL 2401	4 FACS 2362	3 KINE 3364	3
MATH 1369 or 3379	3 POLS 2306 ⁷	3	
POLS 2305 ⁷	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 BUAD 3355	3 Electives (See list below)	5
ENGL 3330	3 KINE 3362	3	
KINE 3373	3 MKTG 3310	3	
MGMT 3310	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 4362	3	
KINE 4393	3 KINE 4373	3	
Advanced Electives (See list below)	6 KINE 4394 ⁸	3	
	KINE 4394 ⁸	3	
	12	12	

Total Hours: 120-121

- ¹ Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
- ² Satisfies Core Curriculum requirement for Component Area I (Communications).
- ³ Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences) .
- ⁴ Satisfies Core Curriculum requirement for Component Area IX (Component Area Options).
- ⁵ Satisfies Core Curriculum requirement for Component Area II (Mathematics).
- ⁶ Satisfies Core Curriculum requirement for Component Area VI (U.S. History).
- ⁷ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).
- ⁸ Register for 2 sections to complete 6 semester credit hours

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Other Suggested Electives: ATTR 3369 ATTR 4369 ATTR 4300, ATTR 4310, ATTR 3383, & KINE 4369, KINE 4117 and KINE 4392 can be taken
for students wanting to gain research experience. 6-9 of these electives may need to be upper level to meet 42 advanced hour requirement.