

BACHELOR OF SCIENCE, MAJOR IN KINESIOLOGY (CLINICAL EXERCISE SCIENCE)

This degree will prepare you for a career in clinical exercise science. Future job prospects include cardiac rehabilitation, hospital/clinic-based fitness and wellness facilities, performance centers, research facilities, and graduate education in exercise science, sport and human performance, and allied health fields (physical therapy, occupational therapy, prosthetics and orthotics, etc.). This track is focused on clinical and research settings; graduates will work with both clinical and general populations in cardiac rehabilitation facilities, research laboratories, or a sport-science based performance facilities. Minor is not required.

Bachelor of Science, Major in Kinesiology (Clinical 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
BIOL 1413	General Zoology	4
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 1411	General Chemistry I ¹	4
CHEM 1412	General Chemistry II	4
COMS 1361	Public Speaking ²	3
ENGL 3330	Intro To Technical Writing	3
FACS 2362	Nutrition ³	3
or FACS 1367	Basic Nutrition	
KINE 2115	Lifetime Health and Wellness ²	1
MATH 1314	Pre Calculus Algebra ⁴	3-4
or MATH 1316	Plane Trigonometry	
or MATH 1410	Elementary Functions	
PSYC 1301	Introduction To Psychology ⁵	3
PHYS 1301 & PHYS 1101	General Phy-Mechanics & Heat and General Physics Laboratory I	4
Select one of the following:		3-4
BIOL 4374	Biostatistics	
MATH 3379	Statistical Methods In Practice	
PSYC 3401	Research Methods	

Major Core

KINE 1331	Foundations Of Kinesiology	3
KINE 2114	Wgt Train & Phy Conditioning	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
Elective Block ⁶		15

Total Hours 120-122

- ¹ Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
- 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 the Core Curriculum requirement for Component Area II (Mathematics). Students interested in attending PT/OT school should take MATH 1314.
- ⁵ Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- ⁶ Physical Therapy: PHYS 1302, PHYS 1102, PSYC 3374; Occupational Therapy: PSYC 3331, PSYC 3374 & PSYC 3333 with PSYC 3133; PT & OT may also need 1-3 hours of medical terminology; 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 elective hours may need to be advanced hours 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.

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.

CHEM 1411, with a "C" or higher, is a prerequisite for CHEM 1412.

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

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

MATH 3379 requires 3 hours of college math.

BIOL 4374 requires 8 hours of advanced BIOL and MATH 1314 or MATH 1420.

ENGL 1301 and ENGL 1302 are prerequisites for ENGL 3330 and satisfy the Core Curriculum requirement for Component Area I (Communications).

KINE 3373, ATTR 3370, and KINE 3364 require Junior Standing.

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

KINE 3362, and ATTR 3370, requires a prerequisite of BIOL 2403.

KINE 4393 requires Senior Standing.

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

KINE 4362 requires a prerequisite of KINE 3362.

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

First Year

Fall	Hours Spring	Hours Summer	Hours
BIOL 1411 ¹	4 BIOL 1413	4 KINE 1331	3
CHEM 1411 ¹	4 COMS 1361 ⁴	3 KINE 2114	1
ENGL 1301 ²	3 ENGL 1302 ¹	3 KINE 2115 ⁶	1
MATH 1314, 1316, or 1410 ³	3-4 PSYC 1301 ⁵	3	
	14-15	13	5

Second Year

Fall	Hours Spring	Hours Summer	Hours
BIOL 2401 or 2403 ⁷	4 BIOL 2402 or 2404 ⁷	4 HIST 1302 ⁸	3

CHEM 1412	4 Electives ¹⁰	3 KINE 3364	3
HIST 1301 ⁸	3 FACS 2362	3 KINE 3373	3
POLS 2305 ⁹	3 POLS 2306 ⁹	3	
	PHYS 1301	3	
	PHYS 1101	1	
	14	17	9

Third Year

Fall	Hours Spring	Hours
Component Area IV (catalog.shsu.edu/ undergraduate/ academic-policies- procedures/degree- requirements- academic-guidelines/ core-curriculum/ #componentareaiv)	3 Component Area V (catalog.shsu.edu/ undergraduate/ academic-policies- procedures/degree- requirements- academic-guidelines/ core-curriculum/ #componentareav)	3
ENGL 3330	3 ATTR 3370	3
KINE 3362	3 Electives ¹⁰	6
MATH 3379, BIOL 4374, or PSYC 3401 ¹¹	3-4	
	12-13	12

Fourth Year

Fall	Hours Spring	Hours
Electives ¹⁰	6 KINE 4362	3
KINE 4377	3 KINE 4373	3
KINE 4393	3 KINE 4394 ¹²	3
	KINE 4394	3
	12	12

Total Hours: 120-122

¹ Satisfies 4 semester credit hours of the 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 II (Mathematics).

⁴ Satisfies three hours of the Core Curriculum requirement for Component Area IX (Component Area Option).

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

⁶ Satisfies one semester credit hour of Core Curriculum requirement for Component Area IX (Component Area Option).

⁷ Must take 8 hour sequence of BIOL 2401 and BIOL 2402 or 8 hour sequence of BIOL 2403 and BIOL 2404

⁸ Satisfies Core Curriculum requirement for Component Area VI (U.S. History).

⁹ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).

¹⁰ Physical Therapy: PHYS 1302, PHYS 1102, PSYC 3374; Occupational Therapy: PSYC 3331, PSYC 3374 & PSYC 3333 with PSYC 3133; PT & OT may also need 1-3 hours of medical terminology; 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 elective hours may need to be advanced hours to meet 42 advanced hour requirement.

¹¹ PSYC 3401 will add 1 hour to the degree.

¹² Register for 2 sections to complete 6 semester credit hours.