

BACHELOR OF SCIENCE, MAJOR IN HUMAN PERFORMANCE AND WELLNESS MANAGEMENT

This degree option prepares students for employment as managers of wellness and fitness programs that include corporate wellness programs, private health clubs, senior living facilities, and community and private health/wellness programs.

Code	Title	Hours
Bachelor of Science in Human Performance and Wellness Management		
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 2401 or BIOL 2403	Human Anatomy ¹ Human Anatomy & Physiology I	4
BIOL 2402 or BIOL 2404	Human Physiology Human Anatomy & Physiology II	4
CHEM 1406 or CHEM 1411	Inorganic & Envir Chemistry ¹ General Chemistry I	4
COMS 1361	Public Speaking ²	3
FACS 2362 or FACS 1367	Nutrition ³ Basic Nutrition	3
KINE 2115	Lifetime Health and Wellness ⁴	1
MATH 1314 or MATH 1316	Pre Calculus Algebra ⁵ Plane Trigonometry	3
MATH 1369 or MATH 1370 or MATH 3379	Elementary Statistics Intro Biomedical Statistics Statistical Mthods in Practice	3
PHYS 1305	Classical Physics & Thermodynmc	3
PHYS 1105	Class Phy & Thermodynamics Lab	1
PSYC 1301	Introduction To Psychology ⁶	3
Major		
Wellness Management Health Courses		
HLTH 2381 or KINE 1331	Consumer Health Education Foundations Of Kinesiology	3
HLTH 3361	Health Planning & Evaluation	3
HLTH 3392	Health Comm & Literacy	3
HLTH 4363	Interventions for Wellness	3
HLTH 4364 or HLTH 4361	Directing Wellness Programs Mgng Hlth Promo in Workplace	3
HLTH 4384 or KINE 4393	Internship Preparation Prncples& Prac Of Adlt Fit Mgt	3
HLTH 4387	Community Health	3
HLTH 4394 or KINE 4394	Internship Program ⁷ Internship	3
HLTH 4394	Internship Program ⁷	3

or KINE 4394	Internship	
Wellness Management Interdisciplinary Courses		
ATTR 3370	Prevention & Care of Injuries	3
BUAD 3355	Business Law	3
KINE 2114	Wgt Train & Phy Conditioning	1
KINE 3362	Functional Kinesiology	3
KINE 3364	Motor Learning	3
KINE 3373	Physiology Of Exercise	3
KINE 4314	Advanced Strength Training	3
KINE 4362	Biomechanical Analysis	3
KINE 4373	Adv Tpcs In Physlgy Of Exercis	3
KINE 4377	Prin Exer Testing/Prescription	3
MGMT 3310	Principles Of Management	3
MGMT 3330	Human Resource Management	3
MKTG 3310	Principles Of Marketing	3
Total Hours		120

- 1 Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science) and major requirement.
- 2 Satisfies three semester credit hours of the Core Curriculum requirement for Component Area IX (Component Area Option).
- 3 FACS 1367 accepted only as a transfer course.
- 4 Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).
- 5 Satisfies Core Curriculum requirement for Component Area II (Mathematics).
- 6 Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- 7 Students must enroll for two sections of KINE 4394 or HLTH 4394 for a total of 6 semester credit hours.

Notes

Degree must have 120 hours with at least 42 advanced hours (3000 and 4000) taken at a four year institution.

Consult current University catalog for questions concerning transfer courses and residency requirements.

Students must earn a grade of "C" or better in HLTH 4394 or KINE 4394.

HLTH 4393 requires a prerequisite 12 hours of HLTH course work.

HLTH 4384 must be completed prior to enrollment in HLTH 4394 (internship).

KINE 4393 must be completed prior to enrollment in KINE 4394 (internship).

HLTH 4394 or KINE 4394 (internship) is the Wellness Management Internship that requires 400 hours total, can be taken across two semesters. Internships are performed during the final semester(s) prior to students anticipated graduation date.

Plan to schedule approximately 27 involvement hours per week if completing all 400 hours in one semester.

BIOL 2402 or BIOL 2404 requires a grade of "C" or higher in BIOL 2401 or BIOL 2403 and CHEM 1406.

HLTH 3361, HLTH 4363, HLTH 4364, HLTH 4387, KINE 3373 and MKTG 3310 require Junior Standing.

ATTR 3370 requires 60 + hours or permission of the instructor.

MGMT 3310 requires 50 hours of course work completed.

MGMT 3330 requires a prerequisite of MGMT 3310.

First Year

Fall	Hours Spring	Hours
CHEM 1406 ¹	4 ENGL 1302 ¹	3
ENGL 1301 ²	3 HIST 1302 ³	3
HIST 1301 ³	3 MATH 1369, 1370, or 3379	3
KINE 2114	1 PHYS 1305	3

KINE 2115 ⁴	1 PHYS 1105	1
MATH 1314 or 1316 ⁵	3 PSYC 1301 ⁶	3
	15	16
Second Year		
Fall	Hours Spring	Hours
BIOL 2401 or 2403 ¹	4 BIOL 2402 or 2404	4
FACS 2362 or 1367	3 COMS 1361 ⁴	3
POLS 2305 ⁷	3 HLTH 2381 or KINE 1331	3
Component Area IV (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiv)	3 HLTH 3392	3
Component Area V (catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav)	3 POLS 2306 ⁷	3
	16	16
Third Year		
Fall	Hours Spring	Hours
KINE 3362	3 HLTH 4363	3
KINE 3364	3 HLTH 4387	3
KINE 3373	3 MGMT 3330	3
MKTG 3310	3 KINE 4314	3
MGMT 3310	3 ATTR 3370	3
	15	15
Fourth Year		
Fall	Hours Spring	Hours
BUAD 3355	3 KINE 4362	3
HLTH 3361	3 KINE 4373	3
HLTH 4364 or 4361	3 KINE 4394 or HLTH 4394	3
HLTH 4384 or KINE 4393	3 KINE 4394 or HLTH 4394	3
KINE 4377	3	
	15	12

Total Hours: 120

- 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 VI (U.S. History).
- ⁴ Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).
- ⁵ Satisfies Core Curriculum requirement for Component Area II (Mathematics).
- ⁶ Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- ⁷ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).

Notes

Degree must have 120 hours with at least 42 advanced hours (3000 and 4000) taken at a four year institution.

Consult current University catalog for questions concerning transfer courses and residency requirements.

Students must earn a grade of "C" or better in HLTH 4394 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204394) or KINE 4394 (catalog.shsu.edu/archives/2019-2020/search/?P=KINE%204394).

HLTH 4393 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204393) requires a prerequisite 12 hours of HLTH course work.

HLTH 4384 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204384) must be completed prior to enrollment in HLTH 4394 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204394) (internship).

KINE 4393 (catalog.shsu.edu/archives/2019-2020/search/?P=KINE%204393) must be completed prior to enrollment in KINE 4394 (catalog.shsu.edu/archives/2019-2020/search/?P=KINE%204394) (internship).

HLTH 4394 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204394) or KINE 4394 (catalog.shsu.edu/archives/2019-2020/search/?P=KINE%204394) (internship) is the Wellness Management Internship that requires 400 hours total, can be taken across two semesters. Internships are performed during the final semester(s) prior to students anticipated graduation date.

Plan to schedule approximately 27 involvement hours per week if completing all 400 hours in one semester.

BIOL 2402 (catalog.shsu.edu/archives/2019-2020/search/?P=BIOL%202402) or BIOL 2404 (catalog.shsu.edu/archives/2019-2020/search/?P=BIOL%202404) requires a grade of "C" or higher in BIOL 2401 (catalog.shsu.edu/archives/2019-2020/search/?P=BIOL%202401) or BIOL 2403 (catalog.shsu.edu/archives/2019-2020/search/?P=BIOL%202403) and CHEM 1406 (catalog.shsu.edu/archives/2019-2020/search/?P=CHEM%201406).

HLTH 3361 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%203361), HLTH 4363 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204363), HLTH 4364 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204364), HLTH 4387 (catalog.shsu.edu/archives/2019-2020/search/?P=HLTH%204387), KINE 3373 (catalog.shsu.edu/archives/2019-2020/search/?P=KINE%203373) and MKTG 3310 (catalog.shsu.edu/archives/2019-2020/search/?P=MKTG%203310) require Junior Standing.

ATTR 3370 (catalog.shsu.edu/archives/2019-2020/search/?P=ATTR%203370) requires 60 + hours or permission of the instructor.

MGMT 3310 (catalog.shsu.edu/archives/2019-2020/search/?P=MGMT%203310) requires 50 hours of course work completed.

MGMT 3330 (catalog.shsu.edu/archives/2019-2020/search/?P=MGMT%203330) requires a prerequisite of MGMT 3310 (catalog.shsu.edu/archives/2019-2020/search/?P=MGMT%203310).