

BACHELOR OF SCIENCE, MAJOR IN HUMAN PERFORMANCE AND WELLNESS MANAGEMENT

This degree option prepares students for employment in areas that include corporate and hospital wellness, performance enhancement training, health and fitness training, strength and conditioning, cardiac rehabilitation, and fitness entrepreneurship.

In addition, this degree option prepares students for professional schools such as Occupational Therapy, Professional Certification Exams, and graduate school in Sport and Human Performance concentrations.

Code	Title	Hours
Bachelor of Science in Human Performance and Wellness Management		
Core Curriculum (http://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 2403 or BIOL 2401	Human Anatomy & Physiology I ¹ Human Anatomy	4
BIOL 2404 or BIOL 2402	Human Anatomy & Physiology II Human Physiology	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 1331 or HLTH 2381	Foundations Of Kinesiology Consumer Health Education	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 or PHYS 1301	Classical Physics & Thermdynmc General Phy-Mechanics & Heat	3
PHYS 1105 or PHYS 1101	Class Phy & Thermodynamics Lab General Physics Laboratory I	1
PSYC 1301	Introduction To Psychology ⁶	3
Major Core		
KINE 2114	Wgt Train & Phy Conditioning (Major Core)	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 3173	Exercise Physiology Laboratory	1
KINE 4314	Advanced Strength Training	3
KINE 4361 or KINE 4365	Managing Health Promotion in the Workplace Directing Wellness Programs	3
KINE 4362	Biomechanical Analysis	3
KINE 4373	Adv Tpcs In Physlgy Of Exercis	3
KINE 4377	Prin Exer Testing/Prescription	3
KINE 4393 or HLTH 4384	Prncples& Prac Of Adlt Fit Mgt Internship Preparation	3
KINE 4394 or HLTH 4394	Internship ⁷ Internship Program	3
KINE 4394 or HLTH 4394	Internship ⁷ Internship Program	3
Interdisciplinary Courses		
BUAD 3355	Business Law	3
HLTH 3392 or HLTH 3361 or HLTH 4387	Health Comm & Literacy Health Planning & Evaluation Community Health	3
MGMT 3310	Principles Of Management	3
MGMT 3330	Human Resource Management	3
MKTG 3310	Principles Of Marketing	3
Electives ⁸		8
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 for a total of 6 semester credit hours.
- ⁸ Electives should match your professional preparation, such as Occupational Therapy recommended courses, which include PSYC 3331, PSYC 3374, & PSYC 3333 Additionally, you may need a medical terminology course of 1-3 hours. Other suggested electives include: 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. Six to nine hours of these electives may need to be 3000- and/or 4000-level courses to meet the 42 advanced hour requirement.

Notes

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

BIOL 2404 requires a grade of "C" or higher in BIOL 2403 .

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

MATH 3379 requires 3 hours of college math.

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

MGMT 3310 requires 45 hours of coursework completed.

KINE 3373 requires 45 hours of coursework completed and a prerequisite of BIOL 2403 and completion of or co-enrollment of BIOL 2404

ATTR 3370 requires a prerequisite of BIOL 2401 or BIOL 2403 and 60+ hours.

KINE 3362 requires a prerequisite of BIOL 2401 or BIOL 2403 and 60+ hours.

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

KINE 4373 requires a prerequisite of KINE 3373.

KINE 4377 requires a prerequisite of KINE 3362 and KINE 3373, must earn a "C" or better.

KINE 4362 requires a prerequisite of KINE 3362, PHYS 1305 and PHYS 1105 or PHYS 1301 and PHYS 1101.

KINE 4393 requires 90+ hours; 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, must earn a "C" or better.

First Year

Fall	Hours	Spring	Hours
BIOL 2403 ¹		4 BIOL 2404	4
ENGL 1301 ²		3 CHEM 1406 or 1411 ¹	4
KINE 1331		3 ENGL 1302 ²	3
KINE 2114		1 HIST 1302 ⁵	3
KINE 2115 ³		1 MATH 1369, 1370, or 3379	3
MATH 1314 or 1316 ⁴		3	
		15	17

Second Year

Fall	Hours	Spring	Hours
FACS 2362 or 1367 ⁶		3 Component Area IV (http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiv)	3
HIST 1301 ⁵		3 Component Area V (http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav)	3
PHYS 1305 or 1301		3 COMS 1361 ⁹	3
PHYS 1105 or 1101		1 HLTH 3392, 3361, or 4387	3
POLS 2305 ⁷		3 POLS 2306 ⁷	3
PSYC 1301 ⁸		3	
		16	15

Third Year

Fall	Hours	Spring	Hours
Electives		2 ATTR 3370	3
KINE 3173		1 BUAD 3355	3
KINE 3362		3 KINE 3364	3
KINE 3373		3 KINE 4314	3
MGMT 3310		3 MGMT 3330	3
MKTG 3310		3	
		15	15

Fourth Year

Fall	Hours	Spring	Hours
KINE 4361 or 4365		3 Electives	6
KINE 4362		3 KINE 4394 or HLTH 4394 ¹⁰	3
KINE 4373		3 KINE 4394 or HLTH 4394 ¹⁰	3
KINE 4377		3	
KINE 4393 or HLTH 4384		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 one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).
- ⁴ Satisfies Core Curriculum requirement for Component Area II (Mathematics).

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- 5 Satisfies Core Curriculum requirement for Component Area VI (U.S. History).
6 FACS 1367 accepted only as a transfer course.
7 Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).
8 Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
9 Satisfies three semester credit hours of the Core Curriculum requirement for Component Area IX (Component Area Option).
10 Students must enroll for two sections of KINE 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 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204394>) or KINE 4394 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=KINE%204394>).

HLTH 4393 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204393>) requires a prerequisite 12 hours of HLTH course work.

HLTH 4384 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204384>) must be completed prior to enrollment in HLTH 4394 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204394>) (internship).

KINE 4393 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=KINE%204393>) must be completed prior to enrollment in KINE 4394 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=KINE%204394>) (internship).

HLTH 4394 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204394>) or KINE 4394 (<http://catalog.shsu.edu/archives/2020-2021/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 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=BIOL%202402>) or BIOL 2404 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=BIOL%202404>) requires a grade of "C" or higher in BIOL 2401 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=BIOL%202401>) or BIOL 2403 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=BIOL%202403>) and CHEM 1406 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=CHEM%201406>).

HLTH 3361 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%203361>), HLTH 4363 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204363>), HLTH 4364 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204364>), HLTH 4387 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=HLTH%204387>), KINE 3373 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=KINE%203373>) and MKTG 3310 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=MKTG%203310>) require Junior Standing.

ATTR 3370 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=ATTR%203370>) requires 60 + hours or permission of the instructor.

MGMT 3310 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=MGMT%203310>) requires 50 hours of course work completed.

MGMT 3330 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=MGMT%203330>) requires a prerequisite of MGMT 3310 (<http://catalog.shsu.edu/archives/2020-2021/search/?P=MGMT%203310>).

The Texas Higher Education Coordinating Board (THECB) marketable skills initiative is part of the state's **60x30TX plan** and was designed to help students articulate their skills to employers. Marketable skills are those skills valued by employers and/or graduate programs that can be applied in a variety of work or education settings and may include interpersonal, cognitive, and applied skill areas.

The BS in Human Performance and Wellness Management is designed to provide graduates with the following marketable skills:

- Fitness assessment, exercise program design and implementation.
- Fitness and wellness entrepreneurship.
- Determination of strategies for performance enhancement and prevention of injuries.
- Effective communication with a range of audiences in exercise science settings.
- Effective teaching of motor skills in individual and group settings.