

# BACHELOR OF SCIENCE, MAJOR IN KINESIOLOGY (CLINICAL EXERCISE SCIENCE): 3+2 MSAT

Code	Title	Hours
<b>Bachelor of Science, Major in Kinesiology (Clinical Exercise Science): 3+2 MSAT</b>		
Core Curriculum ( <a href="http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/">http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/</a> )		
Component Area I (Communication)		6
Component Area II (Mathematics) <sup>1</sup>		3
Component Area III (Life and Physical Science) <sup>2,3</sup>		8
Component Area IV (Language, Philosophy, and Culture) <sup>4</sup>		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>5</sup>		3
Component Area IX (Component Area Option) <sup>6</sup>		4
<b>Degree Specific Requirements</b>		
KINE 1331 or ATTR 2300	Foundations Of Kinesiology <sup>7</sup> Intro to Athletic Training	3
BIOL 2403 or BIOL 2401	Human Anatomy & Physiology I <sup>2,8</sup> Human Anatomy	4
BIOL 2404 or BIOL 2402	Human Anatomy & Physiology II <sup>2,8</sup> Human Physiology	4
CHEM 1411	General Chemistry I <sup>2</sup>	4
COMS 1361	Public Speaking <sup>6</sup>	3
BIOL or CHEM or PHYS <sup>2,3,8</sup>		4
FACS 2362	Nutrition	3
KINE 2115	Lifetime Health and Wellness <sup>6</sup>	1
MATH 1314	Pre Calculus Algebra <sup>1</sup>	3
MATH 1316	Plane Trigonometry	3
PSYC 1301	Introduction To Psychology <sup>5</sup>	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 <sup>9</sup>	
MATH 3379 or STAT 3379	Statistical Mthods in Practice Statistical Methds in Practice	
PSYC 3401	Research Methods <sup>9</sup>	
<b>Major: Foundation</b>		
KINE 2114	Wgt Train & Phy Conditioning	1
KINE 3362	Functional Kinesiology	3
KINE 3364	Motor Learning	3
KINE 3373	Physiology Of Exercise	3
<b>Major</b>		
ATTR 3370	Prevention & Care of Injuries	3
ATTR 4369 or KINE 4314	Therapeutic Interventions II Advanced Strength Training	3
KINE 3173	Exercise Physiology Laboratory	1
KINE 4362	Biomechanical Analysis	3
KINE 4373	Adv Tpcs In Physlgy Of Exercis	3
KINE 4377	Prin Exer Testing/Prescription	3

Elective Block PHYS, PSYC, HLTH, ATTR, KINE, BIOL, CHEM <sup>10</sup>	3
<b>3+2 MSAT <sup>11</sup></b>	
ATTR 5210 Clinical Experiences in Athletic Training I	2
ATTR 5220 Clinical Experiences in Athletic Training II	2
ATTR 5230 Clinical Experiences in Athletic Training III	2
ATTR 5240 Clinical Experiences in Athletic Training IV	2
ATTR 5300 Injury Prevention and Protective Strategies	3
ATTR 5310 Clinical Evaluation and Assessment Fundamentals	3
ATTR 5311 Lower Extremity Injuries & ATTR 5111 and Lower Extremity Injuries Lab	4
ATTR 5312 Upper Extremity Injuries & ATTR 5112 and Upper Extremity Injuries Lab	4
ATTR 5313 Head and Facial Injuries in Sport	3
ATTR 5314 Spine and Pelvis Injuries	3
ATTR 5315 Non-Orthopedic Pathologies in Sport and Exercise & ATTR 5115 and Non-Orthopedic Pathologies Lab	4
ATTR 5320 Acute and Emergency Care in Athletic Training	3
ATTR 5330 Therapeutic Interventions I & ATTR 5130 and Therapeutic Intervention I Lab	4
ATTR 5331 Therapeutic Interventions II & ATTR 5131 and Therapeutic Intervention II Lab	4
ATTR 5340 Administration in Athletic Training	3
ATTR 5350 Immersive Clinical Experiences in Athletic Training	3
HLTH 5371 Health Care Quality & Safety	3
HLTH 5378 Health Care Informatics	3
KINE 5374 Appld Rsrch Mthd-Kin & Spt Mgt	3

**Total Hours****153-154**

- 1 MATH 1314 and MATH 1316 satisfy the Core Curriculum requirement for Component Area II (Mathematics).
- 2 BIOL 1413, BIOL 2403, BIOL 2404, and CHEM 1411 satisfy Core Curriculum requirement for Component Area III (Life and Physical Science).
- 3 BIOL 1413 is recommended.
- 4 SOCI 2319 is recommended and satisfies Core Curriculum requirement for Component Area IV (Language, aPhilosophy, and Culture).
- 5 PSYC 1301 satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- 6 COMS 1361 and KINE 2115 satisfy6 Core Curriculum requirement for Component Area IX (Component Area Option).
- 7 ATTR 2300 is recommended for MSAT 3+2 prospective students and includes 75 observation clinical hours.
- 8 Must take 8 hour sequence of BIOL 2401 and BIOL 2402 or 8 hour sequence of BIOL 2403 and BIOL 2404, and these courses must be taken early in the degree plan to allow proper sequencing of classes.
- 9 STAT 3379 is recommended, and PSYC 3401 will add 1 semester credit hour to the degree program.
- 10 HLTH 2372, HLTH 3350, HLTH 3360, KINE 4335 are recommended for MSAT 3+2 prospective students. Other suggested electives include: ATTR 4369 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ATTR%204369>) & KINE 4369 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204369>); KINE 4117 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204117>) and KINE 4392 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204392>) can be taken for students wanting to gain research experience.
- 11 Students planning to pursue the 3+2 MSAT option must complete the Graduate Application process and be accepted to the MSAT program. In order to apply to the 3+2 MSAT program students must complete all undergraduate degree plan requirements (minimum of 95 semester credit hours) and all admission requirements. Once a student is accepted to the graduate MSAT program, students are eligible to begin the MSAT program upon completion of all admission requirements. The graduate program will begin in the Summer I semester term each year and will run as a cohort model. Students may apply to the program while coursework is in-progress but may not begin the graduate MSAT program until the 95 semester credit hours are completed.

**Notes**

Students who are preparing to apply to gradate programs should earn a "C" or better in their coursework. All KINE majors and/or minors must earn a "C" or better for all KINE/ATTR courses and all MSAT prospective students must earn a "C" or better in all pre-requisite courses.

MATH 1410 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%201410>) or MATH 1316 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%201316>) or MATH 1420 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%201420>) are prerequisites for PHYS 1301

(<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201301>) and PHYS 1101 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201101>). A grade of "C" or higher is required for courses.

CHEM 1411 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=CHEM%201411>), with a "C" or higher, is a prerequisite for CHEM 1412 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=CHEM%201412>).

Students must take BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) as an 8 hour sequence and this should be taken early in the degree program.

MATH 3379 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%203379>) requires 3 hours of college math.

BIOL 4374 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%204374>) requires 8 hours of advanced BIOL and MATH 1314 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%201314>) or MATH 1420 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%201420>).

ATTR 3370 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ATTR%203370>) requires a prerequisite of BIOL 2401 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202401>) or BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and 60+ hours.

KINE 4362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204362>) requires a prerequisite of KINE 3362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203362>), PHYS 1301 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201301>) and PHYS 1101 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201101>).

KINE 4377 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204377>) requires a prerequisite of KINE 3362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203362>) and KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>).

KINE 4373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204373>) requires a prerequisite of KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>).

KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>) requires a prerequisite of BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) or co-enrolled in BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) and 45 hours.

KINE 3364 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203364>) requires 60+ hours.

**First Year**

Fall	Hours	Spring	Hours
Component Area IV ( <a href="http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiv">http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiv</a> ) <sup>1</sup>		3 CHEM 1411 <sup>2</sup>	4
BIOL, CHEM, PHYS <sup>2,3</sup>		4 ENGL 1302 <sup>4</sup>	3
ENGL 1301 <sup>4</sup>		3 HIST 1302 <sup>5</sup>	3
HIST 1301 <sup>5</sup>		3 MATH 1316 <sup>6</sup>	3
MATH 1314 <sup>6</sup>		3 PSYC 1301 <sup>7</sup>	3
		<b>16</b>	<b>16</b>

**Second Year**

Fall	Hours	Spring	Hours
BIOL 2403 or 2401 <sup>2,3</sup>		4 ATTR 2300 or KINE 1331 <sup>11</sup>	3
BIOL 4374, MATH 3379, PSYC 3401, or STAT 3379 <sup>8</sup>		3-4 BIOL 2404 or 2402 <sup>2,3</sup>	4
COMS 1361 <sup>9</sup>		3 FACS 2362	3
KINE 2114		1 KINE 3362	3
KINE 2115 <sup>9</sup>		1 POLS 2306 <sup>10</sup>	3

POLS 2305 <sup>10</sup>		3				
		<b>15-16</b>		<b>16</b>		
<b>Third Year</b>						
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>	<b>Summer</b>	<b>Hours</b>	
Component Area V ( <a href="http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav">http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav</a> )		3 ATTR 4369 or KINE 4314		3 ATTR 5300 <sup>13</sup>		3
ATTR 3370		3 KINE 3173		1 ATTR 5310		3
KINE 3364		3 KINE 4362		3 ATTR 5320		3
KINE 3373		3 KINE 4373		3		
PHYS 1301 & PHYS 1101		4 KINE 4377		3		
		ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC <sup>12</sup>		3		
		<b>16</b>		<b>16</b>		<b>9</b>
<b>Fourth Year</b>						
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>	<b>Summer</b>	<b>Hours</b>	
ATTR 5111		1 ATTR 5112		1 ATTR 5230		2
ATTR 5130		1 ATTR 5131		1 ATTR 5314		3
ATTR 5210		2 ATTR 5220		2 HLTH 5378		3
ATTR 5311		3 ATTR 5312		3 KINE 5374		3
ATTR 5330		3 ATTR 5313		3		
		ATTR 5331		3		
		<b>10</b>		<b>13</b>		<b>11</b>
<b>Fifth Year</b>						
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>			
ATTR 5350		3 ATTR 5115		1		
HLTH 5371		3 ATTR 5240		2		
		ATTR 5315		3		
		ATTR 5340		3		
		<b>6</b>		<b>9</b>		

**Total Hours: 153-154**

- 1 SOCI 2319 recommended and satisfies Core Curriculum requirement for Component Area IV (Language, Philosophy, and Culture).
- 2 BIOL 1413 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%201413>), BIOL 2403 BIOL 2404, and CHEM 1411 satisfy Core Curriculum requirement for Component Area III (Life and Physical Sciences) and BIOL 1413 is recommended.
- 3 Must take 8 hour sequence of BIOL 2401 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202401>) and BIOL 2402 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202402>) or 8 hour sequence of BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>), and these courses must be taken early in the degree plan to allow proper sequencing of classes.
- 4 Satisfies the Core Curriculum requirement for Component Area I (Communication).
- 5 Satisfies the Core Curriculum requirement for Component Area VI (U.S. History).
- 6 MATH 1314 and MATH 1316 satisfy the Core Curriculum requirement for Component Area II (Mathematics).
- 7 PHYS 1301 satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- 8 STAT 3379 is recommended and PSYC 3401 will add 1 semester credit hour to the degree plan.
- 9 COMS 1361 and KINE 2115 satisfy Core Curriculum requirement for Component Area IX (Component Area Option).
- 10 Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).

- 11 ATTR 2300 recommended.
- 12 HLTH 2372 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=HLTH%202372>), HLTH 3350 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=HLTH%203350>), HLTH 3360 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=HLTH%203360>), KINE 4335 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204335>) are recommended for MSAT 3+2 prospective students. Other suggested electives include: ATTR 4369 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ATTR%204369>) & KINE 4369 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204369>); KINE 4117 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204117>) and KINE 4392 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204392>) can be taken for students wanting to gain research experience.
- 13 Students planning to pursue the 3+2 MSAT option must complete the Graduate Application process and be accepted to the MSAT program. In order to apply to the 3+2 MSAT program students must complete all undergraduate degree plan requirements (minimum of 95 semester credit hours) and all admission requirements. Once a student is accepted to the graduate MSAT program, students are eligible to begin the MSAT program upon completion of all admission requirements. The graduate program will begin in the Summer I semester term each year and will run as a cohort model. Students may apply to the program while coursework is in-progress but may not begin the graduate MSAT program until the 95 semester credit hours are completed.

## Notes

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CHEM 1411 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=CHEM%201411>), with a "C" or higher, is a prerequisite for CHEM 1412 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=CHEM%201412>).

Students must take BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) as an 8 hour sequence and this should be taken early in the degree program.

MATH 3379 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%203379>) requires 3 hours of college math.

BIOL 4374 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%204374>) requires 8 hours of advanced BIOL and MATH 1314 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%201314>) or MATH 1420 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MATH%201420>).

ATTR 3370 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ATTR%203370>) requires a prerequisite of BIOL 2401 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202401>) or BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and 60+ hours.

KINE 4362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204362>) requires a prerequisite of KINE 3362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203362>), PHYS 1301 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201301>) and PHYS 1101 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201101>).

KINE 4377 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204377>) requires a prerequisite of KINE 3362 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203362>) and KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>).

KINE 4373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204373>) requires a prerequisite of KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>).

KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>) requires a prerequisite of BIOL 2403 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202403>) and BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) or co-enrolled in BIOL 2404 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202404>) and 45 hours.

KINE 3364 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203364>) requires 60+ hours.

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 Kinesiology (Clinical Exercise Science): 3+2 MSAT option is designed to provide graduates with the following marketable skills:

- Exercise assessment and prescription.
- Fitness program design and implementation.
- Critical thinking and decision making related to ethical and professional responsibilities in exercise science.

- Strategies for performance enhancement and prevention of injuries.
- Effective communication with a range of audiences in exercise science settings.
- Communicate and collaborate with other healthcare professions.
- Promote healthy lifestyle behaviors to minimize the risk of injury and illness.
- Implement systematic, evidence-based examinations and assessments to determine best care for active patient populations.
- Utilize best practices in immediate and emergency care situations.
- Apply therapeutic interventions, including therapeutic modalities, manual therapies, and therapeutic exercise.
- Integrate best practices of policy development, documentation practices, and basic business practices to promote optimal patient care.