

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

This degree track prepares students 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 completion of prerequisites for entry into an occupational therapy masters program if the suggested elective block is taken (PSYC 3331, PSYC 3374, PSYC 3333, plus you may need a medical terminology course of 1-3 hours). A minor is not required for this track.

| Code | Title | Hours |
|---|---|-------|
| Bachelor of Science, Major in Kinesiology (Applied Exercise Science) | | |
| 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) ¹ | | 3 |
| Component Area III (Life and Physical Science) ² | | 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 | | 3 |
| Component Area IX (Component Area Option) ⁴ | | 4 |
| Degree Specific Requirements | | |
| BIOL 2403 or BIOL 2401 | Human Anatomy & Physiology I ² Human Anatomy | 4 |
| BIOL 2404 or BIOL 2402 | Human Anatomy & Physiology II Human Physiology | 4 |
| CHEM 1406 or CHEM 1411 | Inorganic & Envir Chemistry ² General Chemistry I | 4 |
| COMS 1361 | Public Speaking ⁴ | 3 |
| FACS 2362 or FACS 1367 | Nutrition ⁵ Basic Nutrition | 3 |
| KINE 1331 | Foundations Of Kinesiology | 3 |
| MATH 1314 or MATH 1316 or MATH 1410 | Pre Calculus Algebra ¹ Plane Trigonometry Elementary Functions | 3-4 |
| MATH 1342 or MATH 1370 or MATH 3379 | Elementary Statistics Intro Biomedical Statistics Statistical Mthods in Practice | 3 |
| Select one of the following: | | 4 |
| PHYS 1301 & PHYS 1101 PHYS 1305 & PHYS 1105 | General Phy-Mechanics & Heat and General Physics Laboratory I Classical Physics & Thermodynmc and Class Phy & Thermodynamics Lab | |
| PSYC 1301 | Introduction To Psychology ³ | 3 |
| Major Core | | |
| KINE 2114 | Wgt Train & Phy Conditioning | 1 |
| KINE 2115 | Lifetime Health and Wellness ⁴ | 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 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 ⁶ | 3 |
| KINE 4394 | Internship ⁶ | 3 |
| Choose one of the following: | | 3 |
| HLTH 3392 | Health Comm & Literacy | |
| HLTH 3361 | Health Planning & Evaluation | |
| HLTH 4387 | Community Health | |
| KINE 4361 | Managing Health Promotion in the Workplace | |
| KINE 4365 | Directing Wellness Programs | |
| Applied Exercise Block | | |
| BUAD 3355 | Business Law | 3 |
| MGMT 3310 | Principles Of Management | 3 |
| MGMT 3330 | Human Resource Management | 3 |
| MKTG 3310 | Principles Of Marketing | 3 |
| Elective Block ⁷ | | 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 Register for 2 sections to complete 6 semester credit hours.
- ⁷ For all electives, students should ensure that the courses meet professional career goals and/or advanced degree prerequisites. Examples of courses that those interested in the following fields may want to pursue include: Occupational Therapy: PSYC 3331, PSYC 3374, & PSYC 3333, plus 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 elective hours 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 in 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 or 2401 ¹ | | 4 BIOL 2404 or 2402 | 4 | |
| CHEM 1411 or 1406 ¹ | | 4 COMS 1361 ⁴ | 3 | |
| ENGL 1301 ² | | 3 ENGL 1302 ² | 3 | |
| MATH 1314, 1316, or 1410 ³ | | 3-4 KINE 1331 | 3 | |
| | | PSYC 1301 ⁵ | 3 | |
| 14-15 | | | 16 | |

Second Year

| Fall | Hours | Spring | Hours | Summer | Hours |
|--------------------------|-------|---|-----------|--------------------------|----------|
| HIST 1301 ⁶ | | 3 Component Area IV (http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiv) | | 3 HIST 1302 ⁶ | 3 |
| KINE 2114 | | 1 Component Area V (http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav) | | 3 | |
| KINE 2115 ⁴ | | 1 FACS 2362 or 1367 ⁸ | | 3 | |
| MATH 1342, 1370, or 3379 | | 3 KINE 3364 | | 3 | |
| PHYS 1101 or 1105 | | 1 POLS 2306 ⁷ | | 3 | |
| PHYS 1301 or 1305 | | 3 | | | |
| POLS 2305 ⁷ | | 3 | | | |
| 15 | | | 15 | 3 | 3 |

Third Year

| Fall | Hours | Spring | Hours | |
|--|-------|-------------|-----------|--|
| Advanced Electives (See list below) ⁹ | | 2 BUAD 3355 | 3 | |
| ATTR 3370 | | 3 KINE 3362 | 3 | |
| HLTH 3392, 3361, 4387, KINE 4361, or KINE 4365 | | 3 KINE 4314 | 3 | |
| KINE 3173 | | 1 MGMT 3330 | 3 | |
| KINE 3373 | | 3 MKTG 3310 | 3 | |
| MGMT 3310 | | 3 | | |
| 15 | | | 15 | |

Fourth Year

| Fall | Hours | Spring | Hours |
|--|-------|--|-----------|
| Advanced Electives (See list below) ⁹ | | 3 Advanced Electives (See list below) ⁹ | 6 |
| KINE 4362 | | 3 KINE 4394 ¹⁰ | 3 |
| KINE 4373 | | 3 KINE 4394 ¹⁰ | 3 |
| KINE 4377 | | 3 | |
| KINE 4393 | | 3 | |
| | | 15 | 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 II (Mathematics).
- 4 Satisfies Core Curriculum requirement for Component Area IX (Component Area Options).
- 5 Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences) .
- 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 FACS 2362 must be taken at SHSU. FACS 1367 will only be accepted if it is a transfer course.
- 9 For all electives, students should ensure that the courses meet professional career goals and/or advanced degree prerequisites. Examples of courses that those interested in the following fields may want to pursue include: Occupational Therapy: PSYC 3331, PSYC 3374, & PSYC 3333, plus 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 elective hours may need to be 3000- and/or 4000-level courses to meet the 42 advanced hour requirement.
- 10 Register for 2 sections to complete 6 semester credit hours

Notes

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

BIOL 2402 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202402>) requires a grade of "C" or higher in BIOL 2401 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=BIOL%202401>) and CHEM 1406 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=CHEM%201406>).

Students must either take 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>) as an 8 hour sequence, or they can 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.

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.

ACCT 2301 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ACCT%202301>) requires 18 hours of course work completed.

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

MKTG 3310 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MKTG%203310>), KINE 3364 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203364>), and KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>) require Junior Standing.

MGMT 3310 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=MGMT%203310>) requires 50 hours of course work completed.

ENGL 1301 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ENGL%201301>) and ENGL 1302 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ENGL%201302>) are prerequisites for ENGL 3330 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ENGL%203330>) and satisfy Core Curriculum requirement for Component Area I (Communications).

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

It is recommended that you take BIOL 2402 before KINE 3373. ATTR 3370 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=ATTR%203370>) requires Junior Standing in Kinesiology or permission from Instructor.

KINE 3362 requires a prerequisite of BIOL 2401 or BIOL 2403 and 60+ hours. Students may co-enroll with BIOL course.

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

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.

KINE 4373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204373>) requires KINE 4377 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204377>) requires a prerequisite of KINE 3373 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%203373>). 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 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>), must earn a "C" or better.

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 1305 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201305>) and PHYS 1105 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=PHYS%201105>) or 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 4393 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204393>) requires 90+ hours; students must take KINE 4393 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204393>) at least one semester prior to KINE 4394 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204394>) Internship.

KINE 4394 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204394>) requires Senior Standing and completion of KINE 4393 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204393>) and KINE 4377 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204377>), must earn a "C" or better. KINE 4377 (<http://catalog.shsu.edu/archives/2021-2022/search/?P=KINE%204377>).

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 (Applied Exercise Science) 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.