

# BACHELOR OF SCIENCE, MAJOR IN HUMAN PERFORMANCE AND WELLNESS MANAGEMENT

The BS in Human Performance and Wellness Management (HPWM) prepares students for a career in corporate, private, and commercial fitness. Future job prospects include wellness coordinator, personal trainer, strength and conditioning specialist, and other fitness specializations.

This degree 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 3333, PSYC 3374, plus you may need a medical terminology course of 1-3 hours.

For students interested in Strength and Conditioning, owning their own fitness business, or interested in the marketing and management of fitness and wellness should focus their electives on those classes. A minor is not required for this degree, but is allowed (additional coursework may be needed).

Code	Title	Hours
<b>Bachelor of Science in Human Performance and Wellness Management</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</sup>		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) <sup>3</sup>		3
Component Area IX (Component Area Option) <sup>4, 5</sup>		4
<b>Degree Specific Requirements</b>		
BIOL 2403	Human Anatomy & Physiology I <sup>2, 7</sup>	4
BIOL 2404	Human Anatomy & Physiology II <sup>7</sup>	4
CHEM 1406 or CHEM 1411	Inorganic & Envir Chemistry <sup>2</sup> General Chemistry I	4
COMS 1361	Public Speaking <sup>4</sup>	3
FACS 2362	Nutrition <sup>8</sup>	3
KINE 1331	Foundations of Kinesiology <sup>6</sup>	3
KINE 2115	Lifetime Health and Wellness <sup>5</sup>	1
MATH 1314 or MATH 1316	Pre Calculus Algebra <sup>1</sup> Plane Trigonometry	3
MATH 1342 or MATH 1370 or MATH 3379 or ECON 2300 or ECON 2302	Elementary Statistics <sup>10</sup> Intro Biomedical Statistics Statistical Mthods in Practice Introduction To Economics Principles Of Microeconomics	3
PHYS 1105 or PHYS 1101	Class Phy & Thermodynamics Lab General Physics Laboratory I	1
PHYS 1305 or PHYS 1301	Classical Physics & Thermdynmc General Phy-Mechanics & Heat	3
PSYC 1301	Introduction To Psychology <sup>3</sup>	3
<b>Major: Foundation</b>		
ATTR 3370	Prevention & Care of Injuries <sup>6</sup>	3
KINE 2114	Wgt Train & Phy Conditioning (Major Core)	1
KINE 3173	Exercise Physiology Laboratory	1
KINE 3362	Functional Kinesiology <sup>6</sup>	3

KINE 3364	Motor Learning <sup>6</sup>	3
KINE 3373	Physiology of Exercise <sup>6</sup>	3
KINE 4314	Advanced Strength Training	3
KINE 4361	Managing Health Promotion in the Workplace	3
or KINE 4365	Directing Wellness Programs	
or HLTH 3361	Health Planning & Evaluation	
or HLTH 3392	Health Comm & Literacy	
or HLTH 4387	Community Health	
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 <sup>9</sup>	3
KINE 4395	Internship II <sup>9</sup>	3
<b>Major Required (Business Block) <sup>10</sup></b>		
MGMT 3310	Principles Of Management <sup>10</sup>	3
or MKTG 3310	Principles Of Marketing	
<b>Prescribed Electives (Business Block) Select 9 hours from the following: <sup>10</sup></b>		
BUAD 3338	Entrepreneurial Law	
BUAD 3345	Entrepreneurship I - Startup	
BUAD 3355	Business Law	
MGMT 3325	New Product Commercialization	
MGMT 3327	Mgt of Innovation & Technology	
MGMT 3330	Human Resource Management	
MGMT 3370	Operations Management	
MKTG 3320	Consumer Behavior	
MKTG 3328	Professional Selling	
MKTG 3370	Mkt Comm Promotional Strategy	
<b>Prescribed Electives: General <sup>11</sup></b>		
<b>3</b>		
General Electives - ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT		
<b>Prescribed Electives: Advanced <sup>11</sup></b>		
<b>8</b>		
Advanced Electives - ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT		
<b>Minor: Not Required <sup>12,13</sup></b>		
<b>Total Hours</b>		
		<b>120</b>

<sup>1</sup> Satisfies Core Curriculum requirement for Component Area II (Mathematics).

<sup>2</sup> Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science) and should be taken in your first few semesters. You must earn a C or better.

<sup>3</sup> Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).

<sup>4</sup> Satisfies three semester credit hours of the Core Curriculum requirement for Component Area IX (Component Area Option).

<sup>5</sup> Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).

<sup>6</sup> KINE 1331 should be taken as a freshman or your during your first semester. This course is a prerequisite for all upper level KINE courses. Transfer students can co-enroll in KINE 1331 and upper level courses with permission.

Students interested in the graduate degree in Athletic Training (MSAT) can take ATTR 2300 in place of KINE 1331.

<sup>7</sup> BIOL 2401 and BIOL 2402 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details.

<sup>8</sup> FACS 1367 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details.

<sup>9</sup> Students must enroll in KINE 4394 and KINE 4395 for a total of 6 semester credit hours related to the internship. These courses may be taken in sequence across two semesters, or be completed all in one semester.

<sup>10</sup> ECON 2300 OR ECON 2302 I is a prerequisite for MKTG 3310.

MKTG 3310 and ECON 2300 or ECON 2302 are prerequisites for MKTG 3320, MKTG 3370 AND MKTG 3328

MGMT 3310 is a prerequisite for MGMT 3325, MGMT 3327, MGMT 3330, and MGMT 3370.

<sup>11</sup> Electives should match your professional preparation, such as Occupational Therapy recommended courses, which include PSYC 3331, PSYC 3333, and PSYC 3374. Additionally, you may need a medical terminology course of 1-3 hours. Other suggested electives include: ATTR 4369 & KINE 4369, or upper level courses in BUAD, MKTG, or MGMT. KINE 4117 and KINE 4392 can be taken for students

wanting to gain research experience. All but 3 hours of electives will be upper level (3000 or 4000 level) courses in ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT.  
 12 A minor is **not required** for this degree program; however, a student has the option to add a minor, but to do so additional semester credits hours will be needed above the degree program's stated total semester credit hours.  
 13 The following minor cannot be paired with this degree program: Minor in Kinesiology.

**Notes**

Students must earn a 2.0 minimum overall GPA in all coursework.

Students must meet a 2.0 minimum overall major GPA in all major coursework.

Students must earn a 2.0 minimum SHSU GPA in all coursework.

Students must meet a 2.0 minimum SHSU major GPA in all major coursework.

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

KINE 1331<sup>1</sup> is a prerequisite for upper level KINE courses and should be taken as a freshman or during your first semester.

<sup>1</sup>Students interested in ATTR graduate MSAT program can take ATTR 2300 or KINE 1331.

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 credit hours of college math.

KINE 3364 requires KINE 1331 and 45 + credit hours.

KINE 3373 requires 45 credit hours of coursework completed and prerequisites of BIOL 2403 and BIOL 2404, and KINE 1331.

ATTR 3370 requires prerequisites of BIOL 2403, KINE 1331, and 30+ credit hours.

KINE 3362 requires prerequisites of KINE 1331, BIOL 2403 and 45+ credit 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 75+ credit 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.

KINE 4314 requires a prerequisite of KINE 2114, KINE 3362, and KINE 3373.

ECON 2300 or ECON 2302 is a prerequisite for MKTG 3310.

MGMT 3310 requires 45 credit hours of coursework completed.

MKTG 3310 and ECON 2300 or ECON 2302 are prerequisites for MKTG 3320, MKTG 3370, and MKTG 3328.

MGMT 3310 is a prerequisite for MGMT 3325, MGMT 3327, MGMT 3330, and MGMT 3370.

**First Year**

Fall	Hours	Spring	Hours
BIOL 2403 <sup>1</sup>		4 BIOL 2404	4
ENGL 1301 <sup>2</sup>		3 CHEM 1406 or 1411 <sup>1</sup>	4
KINE 1331 <sup>3</sup>		3 ENGL 1302 <sup>2</sup>	3
KINE 2114		1 HIST 1302 <sup>6</sup>	3
KINE 2115 <sup>4</sup>		1 MATH 1342, ECON 2300, ECON 2302, MATH 1370, or MATH 3379	3

MATH 1314 or 1316 <sup>5</sup>	3		
	<b>15</b>		<b>17</b>
<b>Second Year</b>			
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>
FACS 2362 <sup>7</sup>		3 Component Area IV ( <a href="http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareiv">http://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareiv</a> )	3
HIST 1301 <sup>6</sup>		3 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
PHYS 1305 or 1301		3 COMS 1361 <sup>10</sup>	3
PHYS 1105 or 1101		1 KINE 3362	3
POLS 2305 <sup>8</sup>		3 POLS 2306 <sup>8</sup>	3
PSYC 1301 <sup>9</sup>		3	
	<b>16</b>		<b>15</b>
<b>Third Year</b>			
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>
Prescribed Electives Advanced - ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT <sup>11</sup>		2 Prescribed Electives: General <sup>12</sup>	9
ATTR 3370		3 KINE 3364	3
KINE 3173		1 KINE 4314	3
KINE 3373		3	
MGMT 3310 or MKTG 3310 <sup>12</sup>		3	
General Electives <sup>11</sup>		3	
	<b>15</b>		<b>15</b>
<b>Fourth Year</b>			
<b>Fall</b>	<b>Hours</b>	<b>Spring</b>	<b>Hours</b>
KINE 4361, HLTH 3392, HLTH 3361, HLTH 4387, or KINE 4365		3 Prescribed Electives Advanced - ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT <sup>11</sup>	6
KINE 4362		3 KINE 4394 <sup>13</sup>	3
KINE 4373		3 KINE 4395 <sup>13</sup>	3
KINE 4377		3	
KINE 4393		3	
	<b>15</b>		<b>12</b>

**Total Hours: 120**

- <sup>1</sup> Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
- <sup>2</sup> Satisfies Core Curriculum requirement for Component Area I (Communications).
- <sup>3</sup> KINE 1331 should be taken as a freshman or your during your first semester. This course is a prerequisite for all upper level KINE courses. Transfer students can co-enroll in KINE 1331 and upper level courses with permission. Students interested in the graduate degree in Athletic Training (MSAT) can take ATTR 2300 in place of KINE 1331.
- <sup>4</sup> Satisfies one semester credit hour of the of Core Curriculum requirement for Component Area IX (Component Area Option).
- <sup>5</sup> Satisfies Core Curriculum requirement for Component Area II (Mathematics).
- <sup>6</sup> Satisfies Core Curriculum requirement for Component Area VI (U.S. History).
- <sup>7</sup> FACS 1367 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details.
- <sup>8</sup> Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).
- <sup>9</sup> Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- <sup>10</sup> Satisfies three semester credit hours of the Core Curriculum requirement for Component Area IX (Component Area Option).
- <sup>11</sup> 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 4369 & KINE 4369, or upper level courses in BUAD, MKTG, or MGMT. KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience. All but 3 hours of electives will be upper level (3000 or 4000 level) courses in ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT.
- <sup>12</sup> ECON 2300 or ECON 2302 is a prerequisite for MKTG 3310.

MKTG 3310 and ECON 2300 or ECON 2302 are prerequisites for MKTG 3320 and MKTG 3328.

MGMT 3310 is a prerequisite for MGMT 3325, MGMT 3327, MGMT 3330, and MGMT 3370.

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## Notes

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The following minor cannot be paired with this degree program: Minor in Kinesiology.

Must earn a "C" or better for all KINE, ATTR, and/or SPMT courses.

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

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

MATH 3379 requires 3 credit hours of college math.

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

MGMT 3310 requires 45 credit hours of coursework completed.

KINE 3373 requires 45 credit 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+ credit hours.

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

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.