

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 (PSYC 3331, PSYC 3333, PSYC 3374) is taken, and you may also 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).

Additional information: Reference the Program Landing Page (<https://www.shsu.edu/programs/bachelor-of-science-in-human-performance-and-wellness-management/>) for additional information, such as cost, delivery format, contact information, or to schedule a visit.

Code	Title	Hours
Bachelor of Science in Human Performance and Wellness Management		
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, 5}		4
Degree Specific Requirements		
BIOL 2403	Human Anatomy & Physiology I ^{2, 6}	4
BIOL 2404	Human Anatomy & Physiology II ⁶	4
CHEM 1406 or CHEM 1411	Inorganic & Environmental Chemistry ² General Chemistry I	4
COMS 1361	Public Speaking ⁴	3
FSCN 2362	Nutrition ⁷	3
KINE 1331	Foundations of Kinesiology ⁸	3
KINE 2115	Lifetime Health and Wellness ⁵	1
MATH 1314 or MATH 1316	Pre Calculus Algebra ¹ Plane Trigonometry	3
MATH 1370 or MATH 3379 or STAT 3379	Introduction to Biomedical Statistics ⁹ Statistical Methods in Practice Statistical Methods in Practice	3
PHYS 1105 or PHYS 1101	Classical Physics and Thermodynamics Lab General Physics Laboratory I	1
PHYS 1305 or PHYS 1301	Classical Physics and Thermodynamics General Physics-Mechanics and Heat	3
PSYC 1301	Introduction To Psychology ³	3
Major: Foundation		
ATTR 3370	Prevention & Care of Injuries	3
KINE 2114	Weight Training and Physical Conditioning (Major Core)	1
KINE 3173	Exercise Physiology Laboratory	1
KINE 3362	Functional Kinesiology	3

KINE 3364	Motor Learning	3
KINE 3373	Physiology of Exercise	3
KINE 4314	Advanced Strength Training	3
KINE 4361	Managing Health Promotion in the Workplace	3
or KINE 4365	Directing Wellness Programs	
or HLTH 4387	Community Health	
KINE 4362	Biomechanical Analysis	3
KINE 4373	Advanced Topics in Physiology of Exercise	3
KINE 4377	Principles of Exercise Testing and Prescription	3
KINE 4393	Adult Fitness Management	3
KINE 4394	Internship ¹⁰	3
KINE 4395	Internship II ¹⁰	3
Major: Required (Business Block) ¹¹		
MGMT 3310	Principles Of Management ¹¹	3
or MKTG 3310	Principles Of Marketing	
Prescribed Electives (Business Block) Select 9 hours from the following: ¹¹		9
BUAD 3338	Entrepreneurial Law	
BUAD 3345	Entrepreneurship I - Startup	
BUAD 3355	Business Law	
MGMT 3325	New Product Commercialization	
MGMT 3327	Management of Innovation and Technology	
MGMT 3330	Human Resource Management	
MKTG 3320	Consumer Behavior	
MKTG 3328	Professional Selling	
MKTG 3370	Integrated Marketing Communication and Promotional Strategy	
Prescribed Electives: General ¹²		5
General Electives - ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT		
Prescribed Electives: Advanced ¹²		6
Advanced Electives - ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT		
Minor: Not Required ^{13,14}		
Total Hours		120

¹ Satisfies Core Curriculum requirement for Component Area II (Mathematics).

² 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.

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

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

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

⁶ BIOL 2401 and BIOL 2402 may be used as transfer courses for this requirement; please see a SAM Center advisor for more details.

⁷ FSCN 1367 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details. FSCN 2362 requires 3 credit hours of BIOL/CHEM and 6 credit hours of MATH.

⁸ KINE 1331 should be taken as a freshman or during 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.

⁹ Will accept MATH 3379 OR STAT 3379 if transferred in from another institution or major.

¹⁰ 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. Each class will require 200 hours at an approved internship site.

¹¹ MKTG 3310 has a prerequisite of 50 hours.

MKTG 3310 is a prerequisite for MKTG 3320, MKTG 3370 AND MKTG 3328.

MGMT 3310 is a prerequisite for MGMT 3325, MGMT 3327, AND MGMT 3330.

¹² **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.

¹³ 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.

¹⁴ 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 1331¹ is a prerequisite for upper-level KINE courses and should be taken as a freshman or during the first semester as a transfer.

¹Students 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 or ATTR 2300, and 45 + credit hours.

KINE 3373 requires 45 credit hours of coursework completed and prerequisites of BIOL 2403 and BIOL 2404, and KINE 1331 or ATTR 2300.

ATTR 3370 requires prerequisites of BIOL 2403, KINE 1331 or ATTR 2300, and 45+ credit hours.

KINE 3362 requires prerequisites of KINE 1331 or ATTR 2300, and 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 a prerequisite of KINE 2114, KINE 2115, ATTR 3370, KINE 3373, KINE 3173, and 75 Credit Hours; students must take KINE 4393 at least one semester prior to their KINE 4394 and KINE 4395 Internship.

KINE 4394 and KINE 4395 require 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 2115, KINE 3362, and KINE 3373.

MKTG 3310 has a prerequisite of 50 hours.

MGMT 3310 requires 45 credit hours of coursework completed.

MKTG 3310 is a prerequisite for MKTG 3320, MKTG 3370, and MKTG 3328.

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

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First Year

Fall	Hours	Spring	Hours
BIOL 2403 ^{1, 2}		4 BIOL 2404 ²	4
ENGL 1301 ³		3 CHEM 1406 or 1411 ¹	4
KINE 1331 ⁴		3 ENGL 1302 ³	3
KINE 2114		1 HIST 1302 ⁷	3
KINE 2115 ⁵		1 MATH 1370, 3379, or STAT 3379 ⁸	3

MATH 1314 or 1316 ⁶	3		
	15		17
Second Year			
Fall	Hours	Spring	Hours
FSCN 2362 ⁹		3 Component Area IV	3
HIST 1301 ⁷		3 Component Area V	3
PHYS 1305 or 1301		3 COMS 1361 ¹²	3
PHYS 1105 or 1101		1 KINE 3362	3
POLS 2305 ¹⁰		3 POLS 2306 ¹⁰	3
PSYC 1301 ¹¹		3	
	16		15
Third Year			
Fall	Hours	Spring	Hours
ATTR 3370		3 KINE 3364	3
KINE 3173		1 KINE 4314	3
KINE 3373		3 Business Block Electives ^{13, 15}	9
MGMT 3310 or MKTG 3310 ¹³		3	
Electives: General (ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT) ¹⁴		3	
Electives: Advanced (ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT) ¹⁴		2	
	15		15
Fourth Year			
Fall	Hours	Spring	Hours
KINE 4361, HLTH 3361, HLTH 4387, or KINE 4365		3 KINE 4394 ¹⁶	3
KINE 4362		3 KINE 4395 ¹⁶	3
KINE 4373		3 Electives: Advanced (ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT) ¹⁴	6
KINE 4377		3	
KINE 4393		3	
	15		12
Total Hours: 120			

¹ 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.

² BIOL 2401 and BIOL 2402 may be used as transfer courses for this requirement; please see a SAM Center advisor for more details.

³ Satisfies Core Curriculum requirement for Component Area I (Communications).

⁴ KINE 1331 should be taken as a freshman or during the 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.

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

⁶ Satisfies Core Curriculum requirement for Component Area II (Mathematics).

⁷ Satisfies Core Curriculum requirement for Component Area VI (U.S. History).

⁸ Will accept MATH 3379 or STAT 3379 if transferred in from another institution or major.

⁹ FSCN 1367 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details. FSCN 2362 requires 3 credit hours of BIOL/CHEM and 6 credit hours of MATH.

¹⁰ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).

¹¹ Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).

¹² Satisfies three semester credit hours of the Core Curriculum requirement for Component Area IX (Component Area Option).

¹³ MKTG 3310 has a prerequisite of 50 hours.

MKTG 3310 is a prerequisite for MKTG 3320, MKTG 3370, AND MKTG 3328.

MGMT 3310 is a prerequisite for MGMT 3325, MGMT 3327, AND MGMT 3330.

¹⁴ 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.

¹⁵ See, Business Block Elective course list below.

¹⁶ 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.

Code	Title	Hours
Business Block Elective Courses ^{13,15}		
BUAD 3338	Entrepreneurial Law	3
BUAD 3345	Entrepreneurship I - Startup	3
BUAD 3355	Business Law	3
MGMT 3325	New Product Commercialization	3
MGMT 3327	Management of Innovation and Technology	3
MGMT 3330	Human Resource Management	3
MKTG 3320	Consumer Behavior	3
MKTG 3328	Professional Selling	3
MKTG 3370	Integrated Marketing Communication and Promotional Strategy	3

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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.

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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.