

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

This degree track prepares students for a career in Clinical Exercise Science. Future job prospects include cardiac rehabilitation, hospital/clinic-based fitness and wellness facilities, sport-science based performance facilities, and/or research facilities. This degree also prepares students for further Graduate Education in Exercise Science, Sport and Human Performance, and Allied Health Fields (e.g., physical therapy, occupational therapy, prosthetics and orthotics, etc.). A minor is not required for this track, however, electives should be used to fulfill courses related to one's career goals.

Code	Title	Hours
Bachelor of Science, Major in Kinesiology (Clinical Exercise Science)		
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 1406	General Biology I	4
BIOL 2403	Human Anatomy & Physiology I ^{2, 6, 7}	4
BIOL 2404	Human Anatomy & Physiology II ^{2, 6, 7}	4
CHEM 1411	General Chemistry I ²	4
COMS 1361	Public Speaking ⁴	3
ENGL 3330	Introduction to Technical Writing	3
FSCN 2362	Nutrition	3
KINE 1331	Foundations of Kinesiology ⁵	3
KINE 2115	Lifetime Health and Wellness ⁴	1
MATH 1314	Pre Calculus Algebra ¹	3
MATH 1316	Plane Trigonometry	3
PHYS 1301 & PHYS 1101	General Physics-Mechanics and Heat and General Physics Laboratory I	4
PSYC 1301	Introduction To Psychology ³	3
Select one of the following:		3-4
BIOL 4374	Biostatistics	
MATH 3379	Statistical Methods in Practice	
PSYC 3401	Research Methods ⁸	
STAT 3379	Statistical Methods in Practice	
Major: Foundation		
ATTR 3370	Prevention & Care of Injuries	3
ATTR 4369 or KINE 4314	Therapeutic Exercise Interventions Advanced Strength Training	3
KINE 2114	Weight Training and Physical Conditioning	1
KINE 3173	Exercise Physiology Laboratory ⁹	1
KINE 3362	Functional Kinesiology ¹⁰	3
KINE 3364	Motor Learning ¹⁰	3
KINE 3373	Physiology of Exercise ^{9, 10}	3
KINE 4362	Biomechanical Analysis	3
KINE 4373	Advanced Topics in Physiology of Exercise ⁹	3
KINE 4375	Kinesiology Research Methods ¹⁰	3

KINE 4377	Principles of Exercise Testing and Prescription ⁹	3
KINE 4393	Adult Fitness Management	3
KINE 4394	Internship ¹¹	3
KINE 4395	Internship II ¹¹	3
Major: Prescribed Electives¹²		10
Prescribed Electives: Advanced¹³		3
Minor: Not Required^{14,15}		
Total Hours		120-121

- ¹ Satisfies the Core Curriculum requirement for Component Area II (Mathematics).
- ² Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
- ³ Satisfies Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- ⁴ Satisfies Core Curriculum requirement for Component Area IX (Component Area Option).
- ⁵ KINE 1331 should be taken in your first or second year and is a prerequisite for all upper level KINE courses. Transfer students can co-enroll.
- ⁶ BIOL 2401 and BIOL 2402 may be used as a transfer course for this requirement; please see a SAM Center advisor for more details.
- ⁷ Must take 8-hour sequence of BIOL 2403 and BIOL 2404 and BIOL 2404 requires a grade of "C" or better in BIOL 2403.
- ⁸ PSYC 3401 will add one hour to the degree.
- ⁹ KINE 3173 and KINE 3373 should be taken in the same semester and are prerequisites for KINE 4377, KINE 4373, and KINE 4393.
- ¹⁰ Prerequisites for KINE 4375 include KINE 3362, KINE 3364, and KINE 3373.
- ¹¹ Register for KINE 4394 and KINE 4395 to complete 6 semester credit hours (200 contact hours for each class). These internship classes can be taken in the same semester or two separate semesters. KINE 4393 is a prerequisite and you must have your internship set up for approval to register. Refer to the internship manual and contact the internship coordinator for assistance.
- ¹² For all Prescribed Electives, students should ensure that the courses meet professional career goals and/or advanced degree prerequisites. Research professional schools of interest and the FAQ sections of PTCAS, OTCAS, and ATCAS based on your goals. Examples of courses that those interested in the following fields may want to pursue include: (a) Physical Therapy: PHYS 1302, PHYS 1102, PSYC 3374; (b) Occupational Therapy, PSYC 3331, PSYC 3374, & PSYC 3333; (c) PT & OT may also need 1-3 hours of medical terminology. Other suggested electives include: ATTR 4369 & KINE 4369; and KINE 4314. KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience. Major electives can be selected from: ATTR, CHEM, BIOL, HLTH, KINE, PHYS, PSYC & SPMT.
- ¹³ Three elective hours need to be 3000- and/or 4000-level courses to meet the 42 advanced hour requirement. Major ADVANCED Electives may be selected from ATTR, BIOL, HLTH, KINE, PSYC & SPMT.
- ¹⁴ A minor is not required for this degree program; however, a student has the option to add a minor. If a minor is added, additional semester credits hours will be required above the degree program's stated total semester credit hours.
- ¹⁵ The following minor cannot be paired with this degree program: Minor in Kinesiology. The Sport Coaching minor is allowed to be paired with this degree program.

Code	Title	Hours
For students admitted to the Master of Science in Athletic Training (MSAT) 3+2 degree. These courses will be replaced with graduate-level courses in the MSAT program (shown in parentheses).		
ENGL 3330	Introduction to Technical Writing	3
KINE 4375	Kinesiology Research Methods	3
KINE 4393	Adult Fitness Management	3
KINE 4394	Internship	3
KINE 4395	Internship II	3
Major: Prescribed Electives		
HLTH 4395	Special Topics in Health	3
KINE 3363	Assessment in Kinesiology	3
KINE 4117	Practicum	1
KINE 4392	Problems in Kinesiology	3
Total Hours		25

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

KINE 1331 should be taken as a freshman or sophomore and is a prerequisite for all upper-level KINE courses.

MATH 1316, MATH 1410 or MATH 1420 are prerequisites for PHYS 1301 and PHYS 1101. A grade of "C" or higher is required for courses.

CHEM 1411, with a "C" or higher, is a prerequisite for CHEM 1412.

Students must take BIOL 2403 and BIOL 2404 as an 8-hour sequence and BIOL 2404 requires a grade of "C" or better in BIOL 2403.

ENGL 1301 and ENGL 1302 are prerequisites for ENGL 3330 and satisfy the Core Curriculum requirement for Component Area I (Communications).

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

KINE 3362 requires prerequisites of KINE 1331 or ATTR 2300, BIOL 2403, and 45+ hours.

KINE 3364 requires a prerequisite of KINE 1331 or ATTR 2300, and 45+ hours.

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

MATH 3379 requires 3 hours of college math.

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

KINE 4362 requires prerequisites of KINE 3362, PHYS 1301, and PHYS 1101 and 75+ hours.

KINE 4373 requires prerequisites of KINE 3373 and KINE 3173.

KINE 4375 requires prerequisites of KINE 3364, KINE 3362, KINE 3373, and KINE 3173.

KINE 4377 requires prerequisites of KINE 3362, KINE 3173, and KINE 3373.

KINE 4393 requires ATTR 3370, KINE 2114, KINE 2115, KINE 3173, and KINE 3373 and 75+ hours.

KINE 4394 and KINE 4395 require KINE 4393 and KINE 4377.

BIOL 4374 requires 8 hours of advanced BIOL and MATH 1314 or MATH 1420.

Prescribed Electives can be selected from ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC, & SPMT. Three elective hours need to be 3000- and/or 4000-level courses to meet the 42 advanced hour requirement.

First Year

Fall	Hours	Spring	Hours
BIOL 2403 ^{1,2}		4 BIOL 2404 ^{1,2}	4
ENGL 1301 ³		3 CHEM 1411 ¹	4
KINE 1331 ⁴		3 ENGL 1302 ³	3
KINE 2115 ⁵		1 KINE 2114	1
MATH 1314 ⁶		3 PSYC 1301 ⁷	3
		14	15

Second Year

Fall	Hours	Spring	Hours
Component Area IV		3 Component Area V	3
BIOL 1406		4 FSCN 2362	3
HIST 1301 ⁸		3 HIST 1302 ⁸	3
MATH 1316		3 PHYS 1101	1
POLS 2305 ⁹		3 PHYS 1301	3
		POLS 2306 ⁹	3
		16	16

Third Year

Fall	Hours	Spring	Hours
BIOL 4374, MATH 3379, or PSYC 3401 ¹⁰		3 ATTR 3370 ¹²	3
COMS 1361 ⁵		3 KINE 3364 ¹²	3

ENGL 3330	3 KINE 4373 ¹¹	3
KINE 3173 ¹¹	1 Prescribed Electives ¹³	6
KINE 3362 ¹²	3	
KINE 3373 ^{11,12}	3	
	16	15

Fourth Year

Fall	Hours	Spring	Hours
ATTR 4369 or KINE 4314		3 KINE 4394 ¹⁴	3
KINE 4362		3 KINE 4395 ¹⁴	3
KINE 4375 ¹²		3 Prescribed Electives ¹³	4
KINE 4377 ¹¹		3 Prescribed Electives: Advanced ¹⁵	3
KINE 4393 ¹¹		3	
		15	13

Total Hours: 120

- ¹ Satisfies four semester credit hours of the Core Curriculum requirement for Component Area III (Life and Physical Science).
- ² BIOL 2401 and BIOL 2402 may be used as a transfer course for this requirement, please, see a SAM Center advisor for more details. Must take eight hour sequence of BIOL 2403 and BIOL 2404.
- ³ Satisfies Core Curriculum requirement for Component Area I (Communications).
- ⁴ KINE 1331 should be taken in your first or second year and is a prerequisite for all upper level KINE courses. Transfer students can co-enroll.
- ⁵ Satisfies the 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 VIII (Social and Behavioral Sciences).
- ⁸ Satisfies Core Curriculum requirement for Component Area VI (U.S. History).
- ⁹ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).
- ¹⁰ PSYC 3401 will add one hour to the degree.
- ¹¹ KINE 3173 should be taken with KINE 3373. Both classes are prerequisites for KINE 4373, KINE 4377, and KINE 4393.
- ¹² Prerequisites for KINE 4375 include KINE 3362, KINE 3364, and KINE 3373.
- ¹³ For all Prescribed Electives, ensure that they meet professional career goals and/or advanced degree prerequisites. Refer to the schools you plan to apply to for specific prerequisites needed. Athletic Training: ATTR 4369 and KINE 4314 Physical Therapy: PHYS 1302, PHYS 1102, PSYC 3374; Occupational Therapy, PSYC 3331, PSYC 3374, & PSYC 3333; PT & OT may also need 1-3 hours of medical terminology; Suggested Electives: ATTR 4369, KINE 4314 & KINE 4369; KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience. Three of these elective hours need to be advanced hours to meet 42 advanced hour requirement. Major Electives may be selected from ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC, and SPMT.
- ¹⁴ Register for KINE 4394 and KINE 4395 to complete 6 semester credit hours. These classes can be taken in the same semester or two separate semesters.
- ¹⁵ Three elective hours need to be 3000- and/or 4000-level courses to meet the 42 advanced hour requirement. Major ADVANCED Electives may be selected from ATTR, BIOL, HLTH, KINE, PSYC & SPMT.

Notes

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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.

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

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KINE 4373 requires prerequisites of KINE 3373 and KINE 3173.

KINE 4375 requires prerequisites of KINE 3364, KINE 3362, KINE 3373, and KINE 3173.

KINE 4377 requires prerequisites of KINE 3362, KINE 3173, and KINE 3373.

KINE 4393 requires ATTR 3370, KINE 2114, KINE 2115, KINE 3173, and KINE 3373 and 75+ hours.

KINE 4394 and KINE 4395 require KINE 4393 and KINE 4377.

BIOL 4374 requires 8 hours of advanced BIOL and MATH 1314 or MATH 1420.

Prescribed Electives can be selected from ATTR, BIOL, CHEM, HLTH, KINE, PHYS, & PSYC. Six to nine elective hours may need to be 3000- and/or 4000-level courses to meet the 42 advanced hour requirement.

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) 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.