

BACHELOR OF SCIENCE, MAJOR IN KINESIOLOGY

This degree prepares students to enter the field of Kinesiology. Graduates may be employed in work sites, hospitals, recreational facilities, and/or educational environments. Students may also go into graduate school in sport management, sport psychology, and other kinesiology-related advanced masters degrees. This degree requires a minor. Students may select Sport Coaching as their minor.

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

Code	Title	Hours
Bachelor of Science, Major in Kinesiology		
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
Component Area IX (Component Area Option) ³		4
Degree Specific Requirements		
BIOL 1408 or BIOL 1406 or BIOL 1407	Contemporary Biology General Biology I General Biology II	4
BIOL 2403	Human Anatomy & Physiology I ^{2,4}	4
BIOL 2404	Human Anatomy & Physiology II ^{2,4}	4
CHEM 1406 or CHEM 1411 or PHYS 1305 & PHYS 1105 or PHYS 1301 & PHYS 1101	Inorganic & Environmental Chemistry ² General Chemistry I Classical Physics and Thermodynamics and Classical Physics and Thermodynamics Lab General Physics-Mechanics and Heat and General Physics Laboratory I	4
MATH 1314 or MATH 1332	Pre Calculus Algebra ¹ College Mathematics	3
MATH 1370	Introduction to Biomedical Statistics ⁵	3
Major: Foundation		
KINE 1331	Foundations of Kinesiology ⁶	3
KINE 2114	Weight Training and Physical Conditioning	1
KINE 2115	Lifetime Health and Wellness ³	1
KINE 3362	Functional Kinesiology	3
KINE 3363	Assessment in Kinesiology ⁷	3
KINE 3364	Motor Learning	3
KINE 3373	Physiology of Exercise	3
KINE 3378	Administration of Kinesiology and Sport ⁷	3
KINE 3388	Sports in Contemporary Society ⁸	3
KINE 4369	Adapted Physical Activity	3
Major: Prescribed Electives		
Select 2 credit hours of Kinesiology Activity Courses		2
KINE 1110	Racquet Sports	
KINE 1113	Basketball and Soccer	
KINE 1114	Rhythmic Activities & Dance	
KINE 1115	Track & Field	
KINE 1117	Lifetime Physical Activities	

KINE 1120	Martial Arts	
or KINE 2110	Scuba/Diving	
or KINE 2111	Golf & Recreational Activities	
KINE 2113	Softball and Volleyball	
KINE 2119	Kinesiology Activities	
KINE, ATTR, SPMT Elective Hours may be at any level		10
Major Prescribed Electives: Advanced⁹		
Advanced KINE, ATTR, or SPMT Electives (classes must be 3000 or 4000 level courses) ⁹		12
Minor: Required¹⁰		
Select 18 hours of Minor courses (a minimum of 9 must be advanced hours)		18
Total Hours		120

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

² Select one of the following: CHEM 1406 & CHEM 1411 OR PHYS 1305 & PHYS 1105 or PHYS 1301 & PHYS 1101. Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).

³ Satisfies one hour of the Core Curriculum requirement for Component Area IX (Component Area Option).

⁴ BIOL 2401 and BIOL 2402 may be used as transfer courses for this requirement; please see a SAM Center advisor for more details.

⁵ Will accept MATH 1342, MATH 3379, OR STAT 3379 if transferred in from another institution or major.

⁶ KINE 1331 is a prerequisite for all upper-level KINE classes and must be taken as a freshman. Transfers must take this course their first semester.

⁷ Offered in Fall only; may also be offered in Summer.

⁸ Offered in Spring only; may also be offered in Summer.

⁹ Advanced KINE, ATTR, or SPMT Electives must be 3000-level or 4000-level courses.

¹⁰ If you select the Minor in Sport Coaching, you will need to take KINE electives to meet your 120-hour degree requirement. 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.

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

KINE 1331 should be taken Freshman year, or the first semester as a transfer.

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

CHEM 1406 is a prerequisite for CHEM 1407.

KINE 3362 requires a prerequisite of KINE 1331 or ATTR 2300, BIOL 2403 and 45 hours.

KINE 3373 requires junior standing and a minimum of 45 hours and KINE 1331 or ATTR 2300, BIOL 2403 and BIOL 2404

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

KINE Activity Courses are 1000 or 2000-level 1-hour courses.

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

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First Year

Fall	Hours	Spring	Hours	Summer	Hours
BIOL 2403 ^{1,2}		4 Component Area III ¹		4 HIST 1301 ⁷	3
ENGL 1301 ³		3 Component Area VIII		3	
KINE 1331 ⁴		3 BIOL 2404 ^{1, 2}		4	
MATH 1314 or 1332 ⁵		3 ENGL 1302 ³		3	

KINE Activity Courses		1 KINE 2115 ⁶		1	
		14		15	3
Second Year					
Fall	Hours	Spring	Hours	Summer	Hours
Component Area V		3 Component Area IX		3 ATTR, KINE, or SPMT Electives ¹⁰	3
HIST 1302 ⁷		3 ATTR, KINE, or SPMT Electives ¹⁰		3 KINE 3362	3
KINE 2114		1 BIOL 1408		4	
MATH 1370 ⁸		3 POLS 2306 ⁹		3	
POLS 2305 ⁹		3			
		13		13	6
Third Year					
Fall	Hours	Spring	Hours	Summer	Hours
Component Area IV		3 KINE 3373		3 ATTR, KINE, or SPMT Advanced Electives ¹⁰	3
KINE 3363 ¹¹		3 KINE 3388 ¹²		3 Minor ¹³	3
KINE 3364		3 Minor ¹³		6	
KINE 3378 ¹¹		3			
		12		12	6
Fourth Year					
Fall	Hours	Spring	Hours		
ATTR, KINE, or SPMT Advanced Electives ¹⁰		3 ATTR, KINE, or SPMT Advanced Electives ¹⁰		6	
KINE 4369		3 Electives: Advanced General		4	
Minor ¹³		6 KINE Activity Courses		1	
		Minor ¹³		3	
		12		14	

Total Hours: 120

- ¹ Select one of the following: CHEM 1406 & CHEM 1411 or PHYS 1305 & PHYS 1105 or PHYS 1301 and PHYS 1101. Satisfies Core Curriculum requirement for Component Area III (Life and Physical Science).
- 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 is a prerequisite for all upper level KINE classes and must be taken as a freshman. Transfers must take this course their first semester.
- ⁵ Satisfies Core Curriculum requirement for Component Area II (Mathematics).
- ⁶ Satisfies one hour of the Core Curriculum requirement for Component Area IX (Component Area Option).
- ⁷ Satisfies Core Curriculum requirement for Component Area VI (U.S. History).
- ⁸ Will accept MATH 1342, MATH 3379, or STAT 3379 if transferred in from another institution or major.
- ⁹ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).
- ¹⁰ Advanced KINE or SPMT Electives must be 3000-level or 4000-level courses.
- ¹¹ Offered in Fall; may also be offered in Summer.
- ¹² Offered in Spring; may also be offered in Summer.
- ¹³ If you select the Minor in Sport Coaching, you will need to take electives to meet your 120-hour degree requirement. The following minor cannot be paired with this degree program: Minor in Kinesiology.

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

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KINE 1331 should be taken Freshman year, or the first semester as a transfer.

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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 Kinesiology is designed to provide graduates with the following marketable skills:

- A broad-based examination of Kinesiology.
- Exercise program design and implementation.
- Fitness assessment.