

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 master's degrees. Students wanting to complete this degree 100% online will need to work with their advisor to schedule the online sections of classes. Not all classes are offered online, all semesters. Please contact the Department of Kinesiology (kinesiology@SHSU.EDU) if you have specific questions. 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 (https://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
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 or MATH 3379	Introduction to Biomedical Statistics ⁵ Statistical Methods in Practice	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 or KINE 3365 or SPMT 3301	Administration of Kinesiology and Sport ⁷ Sport Law Professional Development in Sports	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: Advanced ⁹	
Advanced KINE, ATTR, or SPMT Electives (classes must be 3000 or 4000 level courses) ⁹	12
Minor: Required ¹⁰	
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 during the first year, first semester, or the first semester as a transfer.

Students must take BIOL 2403 and BIOL 2404 as an 8-hour sequence and should complete these courses as freshmen or sophomores.

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 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%202114>), KINE 2115 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%202115>), ATTR 3370 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=ATTR%203370>), KINE 3373 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%203373>), and KINE 3173 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%203173>); 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. Talk to your professors to learn about opportunities.

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.

First Year

Fall	Hours	Spring	Hours	Summer	Hours	
BIOL 2403 ^{1,2}		4 Component Area III (https://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiii) ¹		4 HSTY 1301 ⁷		3
ENGL 1301 ³		3 Component Area VIII (https://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaviii)			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 (https://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav)		3 Component Area IX (https://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaix)		3 ATTR, KINE, or SPMT Electives		3
HSTY 1302 ⁷		3 ATTR, KINE, or SPMT Electives		3 KINE 3362		3
KINE 2114		1 BIOL 1408		4		
MATH 1370 or 3376 ⁸		3 POLS 2306 ⁹		3		
POLS 2305 ⁹		3				
		13		13		6

Third Year

Fall	Hours	Spring	Hours	Summer	Hours
Component Area IV (https://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiv)		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, 3365, or SPMT 3301 ¹¹		3			
		12		12	6

Fourth Year

Fall	Hours	Spring	Hours	Summer	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 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=MATH%201342>), MATH 3379 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=MATH%203379>), or STAT 3379 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=STAT%203379>) if transferred in from another institution or major.
- ⁹ Satisfies Core Curriculum requirement for Component Area VII (Political Science/Government).
- ¹⁰ Advanced ATTR, 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.

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.
- 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 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%201331>) should be taken during the first year, first semester, or the first semester as a transfer.

Students must take BIOL 2403 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=BIOL%202403>) and BIOL 2404 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=BIOL%202404>) as an 8 hour sequence and should complete these courses as freshmen or sophomores.

CHEM 1406 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=CHEM%201406>) is a prerequisite for CHEM 1407 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=CHEM%201407>).

KINE 3362 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%203362>) requires a prerequisite of KINE 1331 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%201331>) or ATTR 2300 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=ATTR%202300>), BIOL 2403 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=BIOL%202403>), and 45 hours.

KINE 3373 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%203373>) requires junior standing and a minimum of 45 hours and KINE 1331 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%201331>) or ATTR 2300 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=ATTR%202300>), BIOL 2403 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=BIOL%202403>), and BIOL 2404 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=BIOL%202404>).

KINE 4393 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%204393>) requires KINE 2114 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%202114>), KINE 2115 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%202115>), ATTR 3370 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=ATTR%203370>), KINE 3373 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%203373>), and KINE 3173 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%203173>); and 75 credit hours.

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

KINE 4117 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%204117>) and KINE 4392 (<https://catalog.shsu.edu/archives/2025-2026/search/?P=KINE%204392>) can be taken for students wanting to gain research experience. Talk to your professors to learn about opportunities.

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.