

BACHELOR OF SCIENCE, MAJOR IN CLINICAL EXERCISE SCIENCE

Code	Title	Hours
Bachelor of Science, Major in Clinical Exercise Science		
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		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, 5, 6}	4
BIOL 2404	Human Anatomy & Physiology II ^{5, 6}	4
CHEM 1411	General Chemistry I ²	4
COMS 1361	Public Speaking ⁴	3
FSCN 2362	Nutrition	3
KINE 1331	Foundations of Kinesiology ⁷	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 course from 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 3130	BLS, Cardiopulmonary Resuscitation/AED	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 4369 or KINE 3367	Adapted Physical Activity Lifespan Motor Development	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 ⁹	3
KINE 4394	Internship ¹¹	3
KINE 4395	Internship II ¹¹	3
Major: Prescribed Electives		
Select nine semester credit hours (9 SCH) from ATTR, CHEM, BIOL, HLTH, KINE, PHYS, PSYC, or SPMT		9
Prescribed Electives: Advanced		
Select three advanced credit hours (3 SCH) from ATTR, CHEM, BIOL, HLTH, KINE, PHYS, PSYC, or SPMT		3
Minor: Not Required^{12, 13}		
Total Hours		120-121

- ¹ MATH 1314 satisfies the Core Curriculum requirement for Component Area II (Mathematics).
- ² BIOL 2403 and CHEM 1411 satisfy the Core Curriculum requirement for Component Area III (Life and Physical Science).
- ³ PSYC 1301 satisfies the Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- ⁴ COMS 1361 and KINE 2115 satisfy the Core Curriculum requirement for Component Area IX (Component Area Option).
- ⁵ BIOL 2401 and BIOL 2402 may be used as a transfer course for this requirement. Please see a SAM Center advisor for more details.
- ⁶ Students must take the eight credit hour sequence of BIOL 2403 and BIOL 2404. BIOL 2404 requires a grade of "C" or better in BIOL 2403.
- ⁷ KINE 1331 should be taken in the first or second year and is a prerequisite for all upper level KINE courses. Transfer students can co-enroll.
- ⁸ PSYC 3401 will add one semester credit hour to the degree.
- ⁹ KINE 3173 and KINE 3373 should be taken in the same semester and are prerequisites for KINE 4373, KINE 4377, and KINE 4393.
- ¹⁰ KINE 3362, KINE 3364, and KINE 3373 are prerequisites for KINE 4375.
- ¹¹ Register for KINE 4394 and KINE 4395 to complete six 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 students must have internship set up for approval to register. Refer to the internship manual, and contact the internship coordinator for assistance.
- 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 credit hours will be needed above the degree program's stated total semester credit hours.
- ¹³ All minors can be paired with this degree program.

Notes

Students must earn a 2.75 minimum overall GPA in all coursework.

Students must meet a 2.75 minimum overall major GPA in all major coursework.

Students must earn a 2.75 minimum SHSU GPA in all coursework.

Students must meet a 2.75 minimum SHSU major GPA in all major coursework.

First Year

Fall	Hours	Spring	Hours
BIOL 2403 ^{1, 2}		4 BIOL 2404 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 (https://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareaiv)		3 Component Area V (https://catalog.shsu.edu/undergraduate/academic-policies-procedures/degree-requirements-academic-guidelines/core-curriculum/#componentareav)	3
BIOL 1406		4 FSCN 2362	3
HSTY 1301 ⁸		3 HSTY 1302 ⁸	3
MATH 1316		3 PHYS 1301 & PHYS 1101	4
POLS 2305 ⁹		3 POLS 2306 ⁹	3
		16	16

Third Year

Fall	Hours	Spring	Hours
BIOL 4374, MATH 3379, PSYC 3401, or STAT 3379 ¹⁰		3-4 ATTR 3370	3
COMS 1361 ⁵		3 KINE 3364 ¹²	3
KINE 3173 ¹¹		1 KINE 4362	3
KINE 3362 ¹²		3 Prescribed Electives ¹³	6
KINE 3373 ^{11, 12}		3	
KINE 4369 or 3367		3	
	16-17		15

Fourth Year

Fall	Hours	Spring	Hours
ATTR 4369 or KINE 4314		3 KINE 4394 ¹⁴	3
KINE 3130		1 KINE 4395 ¹⁴	3
KINE 4373 ¹¹		3 Prescribed Electives ¹³	3
KINE 4375 ¹²		3 Prescribed Electives: Advanced ¹⁵	3
KINE 4377 ¹¹		3	
KINE 4393 ^{11, 14}		3	
	16		12

Total Hours: 120-121

- 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. Students must take the eight credit hour sequence of BIOL 2403 and BIOL 2404.
- ³ Satisfies the Core Curriculum requirement for Component Area I (Communication).
- ⁴ KINE 1331 should be taken in the 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 the Core Curriculum requirement for Component Area II (Mathematics).
- ⁷ Satisfies the Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).
- ⁸ Satisfies the Core Curriculum requirement for Component Area VI (U.S. History).
- ⁹ Satisfies the Core Curriculum requirement for Component Area VII (Political Science/Government).
- ¹⁰ PSYC 3401 will add one semester credit hour to the degree.
- ¹¹ KINE 3173 and KINE 3373 should be taken in the same semester and are prerequisites for KINE 4373, KINE 4377, and KINE 4393.
- ¹² KINE 3362, KINE 3364, and KINE 3373 are prerequisites for KINE 4375.
- ¹³ Select nine semester credit hours from ATTR, CHEM, BIOL, HLTH, KINE, PHYS, PSYC, or SPMT.
- ¹⁴ Register for KINE 4394 and KINE 4395 to complete six semester credit hours (6 SCH). These classes can be taken in the same semester or two separate semesters. Both require KINE 4393 as a prerequisite. Students must have internship set up for approval to register. Refer to the internship manual, and contact the internship coordinator for assistance.
- ¹⁵ Select three advanced credit hours from ATTR, CHEM, BIOL, HLTH, KINE, PHYS, PSYC, or SPMT to meet the 42 advanced hour requirement.

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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 Clinical Exercise Science is designed to provide graduates with the following marketable skills:

- Technical equipment and testing skills and research in clinical exercise science.
- Exercise assessment and prescription and 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 clinical exercise science settings.