

BACHELOR OF SCIENCE, MAJOR IN KINESIOLOGY: MOVEMENT SCIENCE CONCENTRATION

Code	Title	Hours
Bachelor of Science, Major in Kinesiology: Movement Science Concentration		
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 (or 4 CH of BIOL, CHEM, or PHYS)	4
BIOL 2403	Human Anatomy & Physiology I ^{2, 5, 6}	4
BIOL 2404	Human Anatomy & Physiology II ^{5, 6}	4
CHEM 1411 or CHEM 1406	General Chemistry I ² Inorganic & Environmental Chemistry	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
Major: Foundation		
KINE 2114	Weight Training and Physical Conditioning	1
KINE 3362	Functional Kinesiology ⁸	3
KINE 3364	Motor Learning ⁸	3
KINE 3373	Physiology of Exercise ^{8, 9}	3
Major: Concentration		
ATTR 3370	Prevention & Care of Injuries	3
ATTR 4369 or KINE 4314	Therapeutic Exercise Interventions Advanced Strength Training	3
BIOL 4374 or MATH 3379 or PSYC 3401 or STAT 3379	Biostatistics ¹⁰ Statistical Methods in Practice Research Methods Statistical Methods in Practice	3-4
KINE 3173	Exercise Physiology Laboratory ⁹	1
KINE 3367 or KINE 4369	Lifespan Motor Development Adapted Physical Activity	3
KINE 4362	Biomechanical Analysis	3
KINE 4373	Advanced Topics in Physiology of Exercise ⁹	3
KINE 4375	Kinesiology Research Methods ⁸	3
KINE 4377	Principles of Exercise Testing and Prescription ⁹	3

KINE 4393	Adult Fitness Management ⁹	3
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Major: Prescribed Electives

Select 10 credit hours from ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC, or SPMT		10
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Prescribed Electives: Advanced

Select 9 advanced credit hours from ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC, or SPMT		9
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Minor: Not Required¹¹

Total Hours		120-121
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¹ MATH 1314 satisfies the Core Curriculum requirement for Component Area II (Mathematics).

² BIOL 2403 and CHEM 1411 or CHEM 1406 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 first or second year and is a prerequisite for all upper level KINE courses. Transfer students can co-enroll.

⁸ KINE 3362, KINE 3364, and KINE 3373 are prerequisites for KINE 4375.

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 PSYC 3401 will add one credit hour to the degree.

¹¹ 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.

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.

First Year

Fall	Hours	Spring	Hours
BIOL 2403 ^{1,2}		4 BIOL 2404 ²	4
ENGL 1301 ³		3 CHEM 1411 or 1406 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 3367 or 4369	3	
KINE 3373 ^{11, 12}	3	
16-17		15
Fourth Year		
Fall	Hours	Spring Hours
ATTR 4369 or KINE 4314		3 KINE 4393 ¹¹ 3
KINE 4373 ¹¹		3 Prescribed Electives ¹³ 4
KINE 4375 ¹²		3 Prescribed Electives: Advanced ¹⁴ 6
KINE 4377 ¹¹		3
Prescribed Electives: Advanced ¹⁴		3
15		13

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 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 10 credit hours from ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC, or SPMT.
- ¹⁴ Select nine advanced credit hours from ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC, or SPMT to meet the 42 advanced hour requirement.

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.

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: Movement Science Concentration is designed to provide graduates with the following marketable skills:

- Content knowledge in research and areas of study including exercise physiology, biomechanics, and motor learning.
- Fitness program design and implementation.
- Effective communication with a range of audiences in movement science settings.
- Critical thinking and decision making related to ethical and professional responsibilities in exercise science.
- Ability to implement critical areas of human performance into fitness and wellness occupations.
- Ability to apply knowledge to movement science and human performance settings.