

Bachelor of Science, Human Performance and Wellness Management

Department of Kinesiology

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Core Curriculum Requirements	Course Name	Hours	TCCNS	SHSU
Communication (6 hours)	Composition I	3	ENGL 1301	ENGL 1301
	Composition II	3	ENGL 1302	ENGL 1302
Mathematics (3 hours)	Pre-calculus Algebra OR Plane Trigonometry	3	MATH 1314 MATH 1316	MATH 1314 MATH 1316
Life & Physical Sciences (6 hours) ^{1,4}	Choose <u>two</u> courses from your current Texas community college's core approved list. <i>BIOL 2401 (BIOL 2403) & BIOL 2402 (BIOL 2404) are required for the SHSU degree.</i>			
Language, Philosophy, & Culture (3 hours)	Choose <u>one</u> course from your current Texas community college's core approved list.			
Creative Arts (3 hours)	Choose <u>one</u> course from your current Texas community college's core approved list.			
American History (6 hours)	United States History to 1876	3	HIST 1301	HSTY 1301
	United States History since 1876	3	HIST 1302	HSTY 1302
Government/Political Science (6 hours)	American Government	3	GOVT 2305	POLS 2305
	Texas Government	3	GOVT 2306	POLS 2306
Social & Behavioral Science (3 hours) ²	Choose <u>one</u> course from your current Texas community college's core approved list. <i>PSYC 2301 (PSYC 1301) is required for the SHSU degree.</i>			
Component Area Option Recommendations (6 hours) ³	Choose <u>two</u> courses from your current Texas community college's core approved list. <i>PHED 1164 (KINE 2115) and SPCH 1315 (COMS 1361) are required for the SHSU degree.</i>			
Major Requirement or Field of Study	Course Name	Hours	TCCNS	SHSU
Major	Public Speaking	3	SPCH 1315	COMS 1361
Major	General Chemistry I OR Inorganic & Environmental Chemistry	4	CHEM 1411 CHEM 1406	CHEM 1411 CHEM 1406
Major	Lifetime Health and Wellness	1	PHED 1164	KINE 2115
Major	Classical Physics & Thermodynamics w/lab OR General Physics-Mechanics and Heat w/lab	4	PHYS 1305/1105 PHYS 1301/1101	PHYS 1305/1105 PHYS 1301/1101
Major	Nutrition	3	HECO 1322	FSCN 2362

*SHSU accepts a maximum of 70 credit hours: 66 academic hours + 4 hours of activity-based physical education (kinesiology) hours.

Students must earn a 2.0 minimum overall GPA in all coursework, overall major GPA, SHSU GPA, and SHSU major GPA.

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

A minor is not required for this program.

1 - BIOL 2401 (BIOL 2403) and CHEM 1406/1411 satisfy the Core Curriculum requirement for Component Area III (Life and Physical Science) and should be taken in the first few semesters. Students must earn a C or better.

2 - PSYC 1301 satisfies the Core Curriculum requirement for Component Area VIII (Social and Behavioral Sciences).

3 - COMS 1361 satisfies three semester credit hours and KINE 2115 satisfies one credit 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 the BIOL 2403 and BIOL 2404 requirements; please see a SAM Center advisor for more details

Full degree can be found here: [Human Performance and Wellness Management, Bachelors](#)