why SHSU?

This is a university that thinks big but feels small. With a student population of over 19,000, SHSU prides itself with creating a close community. Current students and alumni alike attest to the warm, supportive environment found all over the SHSU campus. Faculty members are more than professors—they are mentors, advisors, informal tutors, and personal links to great career connections.

Sam Houston State University has something—and then some—for everyone. No matter where you look, you will find ways to have fun, make great friends, enjoy the arts, serve others, and challenge yourself.

An education from Sam Houston State University prepares graduates to be a vital part of the world. It gives them the theoretical and practical knowledge to understand and solve challenges. It equips them with the experience and confidence to become effective leaders. It develops in them a heart for service to their communities. It gives them the tools they need to have an impact—as new graduates and for the rest of their lives.

There are many ways to learn more about Sam Houston State University, but the best way is to come visit campus and experience it for yourself.

The Bachelor of Science in kinesiology at Sam Houston State University is designed to advance your understanding of relationships among movement, exercise, and skill that occur in the contexts of development, learning, rehabilitation, and personal training.

The various concentrations prepare you for movement-related fields such as teaching, coaching, personal exercise, personal training, and fitness.
Kinesiology Bachelor’s Degree

Make Your Move

The curriculum of the Bachelor of Science in kinesiology integrates the physiological, biomechanical, and psycho-social bases of movement. Students develop their own movement skills which transition into a focus on movement analysis, physiological function, and skill assessment. Students finish the program with strong theoretical and problem solving skills based on a comprehensive knowledge of movement and exercise science.

Graduates of the program are able to apply their knowledge and skills to a variety of movement-related careers, such as commercial fitness, hospital wellness, teaching, and more.

SCHOLARSHIPS

Students may apply for kinesiology scholarships and non-degree specific scholarships by completing the ScholarX online application. Transfer scholarships are available for students who would like to continue their academic career at Sam Houston. SHSU provides a quality education at an affordable cost.

CONCENTRATIONS

The applied exercise science concentration will prepare you for a career in corporate and commercial fitness. Suggested minors are health fitness, general business, or nutrition.

The clinical exercise science concentration focuses on clinical and research settings. Biology, chemistry, health fitness, or general business are suggested minors for this concentration.

Students pursuing teacher certification will minor in secondary education and an additional content area that is taught in public schools.

INTERNSHIPS

Students pursuing the exercise science track complete a professionally supervised 6-credit, 480-hour internship.