

# SAM HOUSTON STATE UNIVERSITY

## Bachelor of Science in Kinesiology

### Exercise Science

Degree Plan Code:  
BS/KNE (minor), 2008

#### I. University Core Curriculum (42 Hours)

<input type="checkbox"/> 3 ENG 164	<input type="checkbox"/> 3 Any From: ENG 265, 266 or PHL 261, 263
<input type="checkbox"/> 3 ENG 165	<input type="checkbox"/> 3 Any From: FL 263, 264, GEO 265, 266, SOC 168, BSL 236, or HIS 265, 266
<input type="checkbox"/> 3 MTH 164 or 170	<input type="checkbox"/> 3 HIS 163
<input type="checkbox"/> 4 BIO 245	<input type="checkbox"/> 3 HIS 164
<input type="checkbox"/> 4 CHM 135/115 or 138/118	<input type="checkbox"/> 3 POL 261
<input type="checkbox"/> 3 Any from: ART 160, 161, 163, 260, MUS 138, 161, 264, 265, AGR 299, DNC 172, 176, or THR 160, 164, 166, 230, 231, FCS 160	<input type="checkbox"/> 3 Any from: POL 231, 232, 235, 265, 266, 281, 285
	<input type="checkbox"/> 3 Any from: ECO 230, 233, 234, PSY 131, 289, PHL 262, GEO 161, SOC 131, 264, AGR 236, or COM 286
	<input type="checkbox"/> 1 KIN 215 W

#### II. Degree Specific Requirements (29 Hours)

<input type="checkbox"/> 4 BIO 134/114	<input type="checkbox"/> 3 MTH, STA, or PHL 162
<input type="checkbox"/> 4 CHM 136/116 or CHM 139/119 or PHY 135/115	<input type="checkbox"/> 3 CS 133 or 143
<input type="checkbox"/> 3 ACCT 231	<input type="checkbox"/> 3 FCS 167
<input type="checkbox"/> 3 MGT 380	<input type="checkbox"/> 3 MKT 371
<input type="checkbox"/> 3 GBA 362	

#### III. Kinesiology (28 Hours)

<input type="checkbox"/> 3 KIN 131	<input type="checkbox"/> 3 KIN 373W
<input type="checkbox"/> 1 KIN 214W	<input type="checkbox"/> 3 KIN 473
<input type="checkbox"/> 1 KIN 215 W (counts in core)	<input type="checkbox"/> 3 KIN 477 <sup>2</sup>
<input type="checkbox"/> 3 KIN 362W	<input type="checkbox"/> 3 KIN 493
<input type="checkbox"/> 3 KIN 370	<input type="checkbox"/> 6 KIN 494, KIN 494

#### IV. MINOR (18 Hours/6 HR. ADV.)

<input type="checkbox"/> 3 HED 166	<input type="checkbox"/> 3 HED 392
<input type="checkbox"/> 3 HED 280	<input type="checkbox"/> 3 HED 461
<input type="checkbox"/> 3 HED 391	<input type="checkbox"/> 3 HED Restrictive Elective: HED 272, 281, 385, 390, 470, 490

#### V. Electives (3 Hours) or As needed to complete 120 hours including 42 advanced (300-400 Level) hours.

**Additional Degree Plan Notes:**

1. Degree must have 120 hours and at least 42 hours of advanced (300-400) level coursework.
2. KIN 477 is only offered during the Spring semester
3. Consult the University catalog for questions concerning transfer courses and residency requirements.

KIN 110	Racquet Sports
KIN 111	Elementary Activities
KIN 113	Basketball/Soccer
KIN 114	Rhythmic Activities and Innovative Games
KIN 115	Track and Field/Gymnastics
KIN 116	Varsity Sports
KIN 117	Lifetime and Individual Sports
KIN 131	Foundations of Kinesiology
KIN 210	Aquatics/Scuba Diving
KIN 211	Golf and Recreational Activities
KIN 212	Archery
KIN 213	Softball/Volleyball
KIN 214	Weight Training and Physical Conditioning
KIN 215	Fitness for Living
KIN 219	Kinesiology Activities
KIN 230	First Aid: Red Cross and Instructor's Course
KIN 233	Honors Fitness for Living
KIN 263	Motor Development
KIN 265	Coaching of Track and Baseball/Softball
KIN 266	Coaching of Football
KIN 267	Coaching of Basketball
KIN 268	Coaching of Volleyball
KIN 288	Officiating Sports
KIN 362	Biomechanics
KIN 363	Assessment in Kinesiology
KIN 364	Motor Learning
KIN 368	Motor Programming
KIN 369	Therapeutic Modalities of Athletic Training
KIN 370	Prevention and Care of Injuries
KIN 372	Team and Individual/Dual Sport Skill Analysis
KIN 373	Physiology of Exercise
KIN 375	Teaching Secondary Physical Education
KIN 378	Administration of Kinesiology and Recreation
KIN 388	Sports in Contemporary Society
KIN 417	Practicum in Kinesiology
KIN 430	History & Philosophy of American P. E. & Sport
KIN 435	Psychology of Coaching
KIN 463	Laboratory Experiences in the Motor Domain
KIN 469	Adaptive Kinesiology
KIN 473	Advanced Topics in Physiology of Exercise
KIN 477	Principles of Exercise Testing and Prescription
KIN 492	Problems in Kinesiology
KIN 493	Principles and Practices of Adult Fitness Management
KIN 494	Internship