



4 -Year Suggested Academic Plan for Transfer, 2024 – 2025 Catalog

First Year - Freshman

AC Fall Semester				AC Spring Semester			
AC	SHSU	Course Name	Hrs	AC	SHSU	Course Name	Hrs
ENGL 1301	ENGL 1301	Composition I	3	ENGL 1302	ENGL 1302	Composition II	3
HIST 1301	HIST 1301	U.S. History I	3	HIST 1302	HIST 1302	U.S. History II	3
MATH 1314	MATH 1314	College Algebra	3	PSYC 2301	PSYC 1301	General Psychology	3
BIOL 2401 (1)	BIOL 2403	Anatomy & Physiology I	4	BIOL 2402 (1)	BIOL 2404	Anatomy & Physiology II	4
STSU 0300 + SPCH 1315 (2)	COMS 1361	Student Success and Speech	3	Creative Arts	Core 050	Core Curriculum 050: Creative Arts	3
Total			16	Total			16

Second Year - Sophomore

AC Fall Semester				AC Spring Semester			
AC	SHSU	Course Name	Hrs	AC	SHSU	Course Name	Hrs
Lang., Phil., & Culture	Core 040	Core Curriculum 040: Language, Philosophy, & Culture	3	GOVT 2306	POLS 2306	Texas Government	3
GOVT 2305	POLS 2305	Federal Government	3	BIOL 1322	FSCN 2362	Nutrition & Diet Therapy	3
PSYC 2314	PSYC 3374*	Lifespan, Growth, and Development	3	HITT 1305 or PHED 1306 (3)	HLTH 2372 or KINE 2330	Medical Terminology OR First Aid	3
CHEM 1411	CHEM 1411	General Chemistry I	4	SOCI 1301	SOCI 1301	Introduction to Sociology	3
PHED 1304 (3)	HLTH 1366	Personal & Community Health	3				
Total			16	Total			12

Angelina College Total Semester Hours: 60

Third Year - Junior

SHSU Fall Semester			SHSU Spring Semester		
SHSU	Course Name	Hrs	SHSU	Course Name	Hrs
KINE 1331	Foundations of Kinesiology	3	KINE 3362	Functional Kinesiology	3
KINE 2115	Lifetime Health and Wellness	1	KINE 3173	Exercise Physiology Laboratory	1
ATTR 3370	Prevention & Care of Injuries	3	KINE 3373	Exercise Physiology	3
MATH Option	MATH 1370, 3379, or STAT 3379	3	MGMT 3310 or MKTG 3310	Principles Of Management OR Principles Of Marketing	3
PHYS Option	PHYS 1305/1105 OR PHYS 1301/1101	4	KINE 3364	Motor Learning	3
KINE 2114	Weight Training and Physical Conditioning	1	KINE/HLTH	KINE 4361, KINE 4365, or HLTH 4387	3
Total		15	Total		16

SHSU Summer Sessions

SHSU	Course Name	Hrs	SHSU	Course Name	Hrs
Busi Elect. (4)	Business Block Electives	6	Busi Elect. (4)	Business Block Electives	3
Total		6	Total		3

Fourth Year - Senior

SHSU Fall Semester			SHSU Spring Semester		
SHSU	Course Name	Hrs	SHSU	Course Name	Hrs
KINE 4377	Principles of Exercise Testing and Prescription	3	KINE 4394	Internship	3
KINE 4393	Adult Fitness Management	3	KINE 4395	Internship II	3
KINE 4314	Advanced Strength Training	3	Adv. Elect. (5)	Electives: Advanced (ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT)	6
KINE 4362	Biomechanical Analysis	3			
KINE 4373	Advanced Topics in Physiology of Exercise	3			
Total		15	Total		12

SHSU Total Semester Hours: 67

Notes/Comments:

- (1) BIOL 2401 and BIOL 2402 may be used as transfer courses to satisfy BIOL 2403 and BIOL 2404.
- (2) COMS 1361 (SPCH 1315) is required for the B.S. degree.
- (3) Prescribed Electives: General
- (4) Prescribed Electives: Business Block – Select three (3) courses (9 hours) from the list found [here](#).
- (5) Prescribed Electives: Advanced
- (6) Electives should match your professional preparation, such as Occupational Therapy recommended courses, which include PSYC 3331, PSYC 3374, & PSYC 3333. Additionally, you may need a medical terminology course of 1-3 hours. Other suggested electives include: ATTR 4369 & KINE 4369, or upper-level (Advanced, 3000 or 4000 level) courses in BUAD, MKTG, or MGMT. KINE 4117 and KINE 4392 can be taken for students wanting to gain research experience. All but 3 hours of electives will be upper-level (3000 or 4000 level) courses in ATTR, BUAD, HLTH, KINE, MGMT, MKTG, PSYC, or SPMT.

Sam Houston State University – Transfer Information

Program Specific Information:

Bachelor of Science – Human Performance and Wellness Management

- Student must earn a 2.0 minimum overall GPA in all coursework.
- 42 semester hours of advanced coursework (3000 or 4000 level) are the absolute minimum. Minimum number of semester hours in residence: 30 semester hours of which 24 must be advanced.
- Additional information: Reference the [Program Landing Page](#) for additional information, such as cost, delivery format, contact information, or to schedule a visit.

Transfer of Credit & Student Benefits:

- Reverse transfer of credit.
- [Be A Bearkat - Transfer \(shsu.edu\)](#)
- Bearkat Transfer Scholarship available to full-time students:
 - Please refer to <https://www.shsu.edu/cost-aid/types-of-aid/scholarships> for Transfer Scholarship Conditions and Renewal Scholarship Conditions
- Transfer Honors students admitted to SHSU:
 - will be accepted to SHSU's Honors College. Students must have a minimum GPA of 3.25 and satisfy other Honors College admission criteria (such as full-time enrollment of at least 12 hours)
 - may transfer up to 12 hours of transfer Honors credits
 - will be eligible for additional scholarships
 - may develop their transfer Honors thesis (if completed) into an SHSU Honors thesis (and thereby graduate "with Highest Honors")
 - will be eligible, if space permits, to live in SHSU's dorms