

## Bachelor of Science, Human Performance and Wellness Management

### CORE REQUIREMENTS

Department of Kinesiology

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Course Name	Hours	TCCNS	SHSU
<b>Communication (6 hours)</b>			
Composition I	3	ENGL 1301	ENGL 1301
Composition II	3	ENGL 1302	ENGL 1302
<b>Mathematics (3 hours)</b>			
Pre-calculus Algebra OR Plane Trigonometry	3	MATH 1314 MATH 1316	MATH 1314 MATH 1316
<b>Life &amp; Physical Sciences (6 hours)<sup>1, 4</sup></b>			
Human Anatomy & Physiology I	4	BIOL 2401	BIOL 2403
Human Anatomy & Physiology II	4	BIOL 2402	BIOL 2404
<b>Language, Philosophy, &amp; Culture (3 hours)</b>			
Choose <u>one</u> course from your current Texas community college's core approved list.			
<b>Creative Arts (3 hours)</b>			
Choose <u>one</u> course from your current Texas community college's core approved list.			
<b>American History (6 hours)</b>			
United States History to 1876	3	HIST 1301	HSTY 1301
United States History since 1876	3	HIST 1302	HSTY 1302
<b>Government/Political Science (6 hours)</b>			
American Government	3	GOVT 2305	POLS 2305
Texas Government	3	GOVT 2306	POLS 2306
<b>Social &amp; Behavioral Science (3 hours)<sup>2</sup></b>			
Introduction to Psychology	3	PSYC 2301	PSYC 1301
<b>Component Area Option Recommendations (6 hours)<sup>3</sup></b>			
Choose <u>two</u> courses from your current Texas community college's core approved list.			

### MAJOR REQUIREMENTS

Full degree can be found here: <https://www.shsu.edu/academics/health-sciences/kinesiology/undergraduate/wellness-management.html>

Course Name	Hours	TCCNS	SHSU
Public Speaking	3	SPCH 1315	COMS 1361
General Chemistry I OR Inorganic & Environmental Chemistry	4	CHEM 1411 CHEM 1406	CHEM 1411 CHEM 1406
Lifetime Health and Wellness	1	PHED 1164	KINE 2115
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
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 - Satisfies 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.