

Southeastern Louisiana University  
Department of Kinesiology and Health Studies

BS in Health and Physical Education  
2015-2016 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition) .....	3	*English 102 (Critical Reading & Writing) .....	3
*Mathematics 161 (College Algebra).....	3	*Mathematics 162 or 241 (Trig or Statistics).....	3
*Psychology 101 (General Psychology).....	3	History Elective .....	3
†Kinesiology Lab 2xx <sup>1</sup> .....	1	†Health Studies 133 (Healthy Lifestyles).....	3
†Kinesiology Lab 2xx <sup>1</sup> .....	1	†Kinesiology Lab 2xx <sup>1</sup> .....	1
†Kinesiology Lab 2xx <sup>1</sup> .....	1	†Kinesiology Lab 2xx <sup>1</sup> .....	1
†Health Studies 131 (First Aid & CPR) .....	2	†Kinesiology Lab 2xx <sup>1</sup> .....	<u>1</u>
Southeastern 101 .....	<u>2</u>		15
	16		

SECOND YEAR

*English 230, 231, or 232 (Literature) .....	3	††Education 203 (Foundations of Education) .....	2
*General Biology 151 .....	3	†Education 212 (Diversity in Education) .....	1
*Biology Lab 152 .....	1	*Zoology 250 (Anatomy & Physiology I).....	3
*Communication 210 (Comm in the Classroom) .....	3	*Zoology Lab 252 (Anatomy & Physiology I Lab) ..	1
Music, Art, Dance, or Theater Elective .....	3	†Kinesiology Lab 221 .....	1
†Health Studies 162 (Drugs & Society) .....	3	†Kinesiology Lab 222 .....	1
†Kinesiology Lab 2xx <sup>1</sup> .....	1	†Kinesiology 251 (Motor Development) .....	3
†Kinesiology Lab 2xx <sup>1</sup> .....	<u>1</u>	†Kinesiology 275 (Anatomical Kinesiology).....	3
	18	†Health Studies 251 (Human Sexuality) .....	<u>3</u>
			18

THIRD YEAR

†Educational Psychology 301 (Ed Psych).....	3	†Kinesiology 351 (Elementary PE Methods).....	3
†Educational Psychology 315 (Classroom Mgmt)....	3	†Kinesiology 372 (Biomechanics) .....	3
†Kinesiology 321 (Motor Learning) .....	3	†Kinesiology 426 (Strength & Cond Program) .....	3
†Kinesiology 362 (History of Sport & PE) .....	3	†Kinesiology 431 (Measurement & Eval).....	3
†Kinesiology 392 (Exercise Physiology) .....	<u>3</u>	†Health Studies 461 (School Health Program).....	3
	15	*Chemistry 101 (General Chemistry) .....	<u>3</u>
			18

FOURTH YEAR

†Education 472 (Reading in Content Areas) .....	3	†Education 486 (Student Teaching) .....	<u>9</u>
†Health Studies 401 (Health Instruction) .....	3		9
†Kinesiology 436 (Sport/Exer Psychology).....	3		
†Kinesiology 460 (Secondary PE Methods) .....	3		
†Kinesiology 491 (Adapted PE).....	<u>3</u>		
	15		

Total semester hours required: 124

† Major course; grade of C or higher is required.

†† Major course; grade of B or higher is required.

\* Grade of "C" or higher is required.

<sup>1</sup> Kinesiology Labs required for this degree are: 209, 210, 212, 213, 214, 217, 218, 219, 221, 222

Southeastern 101 is not required of transfer or readmitted Southeastern students with 30 hours or more. Students who are not required to take Southeastern 101 must complete 2 hrs of electives.