

Southeastern Louisiana University  
Department of Kinesiology and Health Studies

BS in Health and Physical Education  
2018-2019 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition) .....	3	*English 102 (Critical Reading & Writing) .....	3
*Mathematics 151 or 161 (College Algebra) .....	3	*Mathematics 162 or 241 (Trig or Statistics) .....	3
*Psychology 101 (General Psychology) .....	3	†Health Studies 133 (Healthy Lifestyles) .....	3
†Kinesiology Lab (select from list below) .....	1	†Health Studies 162 (Drugs & Society) .....	3
†Kinesiology Lab (select from list below) .....	1	†Kinesiology Lab (select from list below) .....	1
†Kinesiology Lab (select from list below) .....	1	†Kinesiology Lab (select from list below) .....	1
†Health Studies 131 (First Aid & CPR) .....	2	†Kinesiology Lab (select from list below) .....	<u>1</u>
Southeastern 101 .....	<u>2</u>		15
	16		

SECOND YEAR

*English 230, 231, or 232 (Literature) .....	3	*Zoology 250 (Anatomy & Physiology I) .....	3
*General Biology 151 .....	3	*Zoology Lab 252 (Anatomy & Physio I Lab) .....	1
*Biology Lab 152 .....	1	†Educ Psyc 301 or Psychology 204 (Dev Psych) .....	3
*Communication 210 (Comm in the Classroom) .....	3	†Health Studies 251 (Human Sexuality) .....	3
††Education 202 (Intro to Teacher Education) .....	3	†Kinesiology 251 (Motor Development) .....	3
†Kinesiology 275 (Anatomical Kinesiology) .....	3	†Kinesiology 321 (Motor Learning) .....	<u>3</u>
†Kinesiology Lab (select from list below) .....	<u>1</u>		16
	17		

THIRD YEAR

†Education 315 or 316 (Class Motiv & Mgmt) .....	3	†Kinesiology 362 (History of Sport, PE, Fitness) .....	3
†Education 472 (Reading in Content Areas) .....	3	†Kinesiology 372 (Biomechanics) .....	3
†Kinesiology 351 (Elementary PE Methods) .....	3	†Kinesiology 431 (Measurement & Eval) .....	3
†Kinesiology 392 (Exercise Physiology) .....	3	†Kinesiology 436 (Sport/Exer Psychology) .....	3
†Kinesiology 491 (Adapted PE) .....	3	†Kinesiology 460 (Secondary PE Methods) .....	3
†Health Studies 461 (School Health Program) .....	<u>3</u>	†Health Studies 401 (Health Instruction) .....	<u>3</u>
	18		18

FOURTH YEAR

History elective .....	3	†Education 486 (Student Teaching II) .....	<u>9</u>
*Chemistry 101 .....	3		9
Music, Art, Dance, or Theater elective .....	3		
†Education 453 (Student Teaching I) .....	<u>6</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, 214, 221, 224, 226, 228**

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.