

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Kinesiology
Concentration in Fitness & Human Performance
2019-2020 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition)	3	*English 102 (Critical Reading & Writing).....	3
*General Biology 151	3	*Zoology 250 (Anatomy & Physiology I)	3
*Biology Lab 152	1	*Zoology Lab 252 (Anatomy & Physiol I Lab)	1
*Mathematics 151 or 161 (College Algebra).....	3	*Mathematics 162 or 241 (Trig or Statistics)	3
†Kinesiology 120 (Foundations of Kinesiology).....	3	†Health Studies 133 (Healthy Lifestyles)	3
Southeastern 101 ¹	<u>2</u>	*Psychology 101 (General Psychology).....	<u>3</u>
	15		16

SECOND YEAR

*English 230, 231, or 232 (Literature)	3	*Social/Behavioral Elective ²	3
History Elective	3	*Chemistry 101 or 121	3
*Zoology 251 (Anatomy & Physiology II).....	3	*Chemistry Lab 103 or 123	1
*Zoology Lab 253 (Anatomy & Physiol II Lab)	1	Communication 211 (Public Speaking).....	3
†Health Studies 162 (Drugs & Society)	3	†Kinesiology Lab Elective	1
†Kinesiology 275 (Anatomical Kinesiology)	<u>3</u>	†Kinesiology Lab Elective	1
	16	†Kinesiology 362 (History of Sport, Fitness, PE)	<u>3</u>
			15

THIRD YEAR

*English 322 (Prof/Technical Writing)	3	*Fam & Consumer Sci 345, 411, 421,424, or 432	3
*Fam & Consumer Sciences 342 (Nutrition).....	3	†Kinesiology 372 (Biomechanics).....	3
†Health Studies 362 (Worksite Health Promotion) ...	3	†Kinesiology 424 (Fit Testing & Prescription)	3
†Kinesiology 392 (Exercise Physiology)	3	†Kinesiology 426 (Strength & Cond Programs).....	3
†Kinesiology 321 (Motor Learning).....	3	Music, Visual Arts, Dance, or Theater Elective	<u>3</u>
†Kinesiology Lab Elective	<u>1</u>		15
	16		

FOURTH YEAR

*Management or Marketing Elective	3	†Kinesiology 410 (Internship).....	6
*Psychology 204 or 422 (Dev or Abnormal Psych) ..	3	Elective	<u>4</u>
†Health Studies 131 (First Aid & CPR)	2		10
†Health Studies 454 (Health Behavior Change)	3		
†Kinesiology 434 (Clin Aspects of Fit Testing)	3		
†Kinesiology 436 (Sport/Exer Psychology)	<u>3</u>		
	17		

Total semester hours required: 120

- 1 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 take an additional 2 hrs of electives.
- 2 Social/Behavioral Elective selected from Anthropology, Criminal Justice, Economics, Geography, Political Science, Psychology, Sociology

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

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