

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Kinesiology
Concentration in Exercise Science
2016-2017 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*Psychology 101 (General Psychology)	3	*Chemistry 121 (General Chemistry 1).....	3
*General Biology 151	3	*Chemistry Lab 123 (General Chem 1 Lab)	1
*Biology Lab 152.....	1	*English 102 (Critical Reading and Writing).....	3
*English 101 (Freshman Composition).....	3	*Mathematics 162 (Trigonometry).....	3
*Mathematics 151 or 161 (College Algebra)	3	*General Biology 153	3
Southeastern 101 ¹ (Freshman Success)	<u>2</u>	*Biology Lab 154.....	1
	15	†Kinesiology 191 (Intro to Kinesiology).....	1
		†Kinesiology Lab	<u>1</u>
			16

SECOND YEAR

*English 230, 231, or 232 (Literature)	3	Communication 211 (Public Speaking).....	3
*Chemistry 122 (General Chemistry 2).....	3	History Elective.....	3
*Chemistry Lab 124 (General Chemistry Lab 2) ...	1	*General Biology 200 (Cell Biology)	3
*Zoology 250 (Anatomy & Physiology 1)	3	*Zoology 251 (Anatomy & Physiology 2).....	3
*Zoology Lab 252 (Anatomy & Physiology Lab 1)..	1	*Zoology Lab 253 (Anatomy & Physiology Lab 2)..	1
*Mathematics 241 (Statistics)	3	†Kinesiology 275 (Anatomical Kinesiology).....	<u>3</u>
†Kinesiology Lab	<u>1</u>		16
	15		

THIRD YEAR

Music, Visual Arts, Dance, Theater Elective	3	*Physics 192 (General Physics 2)	3
*Physics 191 (General Physics 1)	3	*Physics Lab 194 (General Physics Lab 2)	1
*Physics Lab 193 (General Physics Lab 1).....	1	*English 322 (Prof/Technical Writing)	3
†Health Studies 133 (Healthy Lifestyles).....	3	*Family & Consumer Sciences 342 (Nutrition)	3
†Kinesiology 321 (Motor Learning)	3	†Kinesiology 424 (Fitness Testing & Prescription) ..	3
†Kinesiology 392 (Exercise Physiology)	<u>3</u>	†Kinesiology 426 (Strength & Cond Programs)	<u>3</u>
	16		16

FOURTH YEAR

†Health Studies 131 (First Aid & CPR)	2	†Kinesiology 410 (Internship).....	6
†Science Elective (Selected from choices below)	3	Electives	<u>3</u>
*Psychology 204 or 422 (Dev or Abnormal Psych)..	3		9
†Kinesiology 372 (Biomechanics)	3		
†Kinesiology 434 (Clin Aspects of Fit Testing).....	3		
†Kinesiology 436 (Sport/Exercise 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 not required to take Southeastern 101 must complete an additional 2 hrs of electives.

† Major course, grade of "C" or higher is required.

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Science Elective must be chosen from Chemistry 261 (Survey of Organic Chem.), Chemistry 265 (Organic Chem 1) , General Biology 312 (Genetics), Microbiology 223 (Medical Micro Bio), Zoology 302 (Comparative Anatomy), 332 (Animal Histology), 392 (Animal Physiology) or 499 (Neurobiology).