

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Health and Physical Education
2020-2021 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.

¹ 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.