

**Southeastern Louisiana University**  
**Department of Kinesiology and Health Studies**

**BS in Kinesiology**  
**Concentration in Exercise Science**  
**2020-2021 Catalog**

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
†Kinesiology 120 (Foundations of Kinesiology) .....	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 <sup>1</sup> (Freshman Success) .....	<u>2</u>	*Biology Lab 154.....	1
	15	†Kinesiology Lab .....	1
			15

SECOND YEAR

*English 230, 231, or 232 (Literature) .....	3	Communication 211 (Public Speaking).....	3
*Chemistry 122 (General Chemistry 2).....	3	*Psychology 101 .....	3
*Chemistry Lab 124 (General Chem 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	History Elective.....	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
*English 322 (Professional/Technical Writing) .....	3	*Science Elective (select from list below) .....	3
*Psychology 204 or 422 (Dev or Abnormal Psych)..	3	Elective.....	<u>1</u>
†Kinesiology 372 (Biomechanics) .....	3		10
†Kinesiology 434 (Clin Aspects of Fit Testing).....	3		
†Kinesiology 436 (Sport/Exercise Psychology).....	<u>3</u>		
	17		

Total semester hours required: 120

<sup>1</sup> 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.

\* Grade of “C” or higher is required.

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).