

Department of Kinesiology and Health Studies
Southeastern Louisiana University

BS in Kinesiology - Exercise Science Concentration

2008-2009 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*Chemistry 121/123 (Inorganic Chemistry 1)	4	*Chemistry 122/124 (Inorganic Chemistry 2)	4
*General Biology 151/152 (General Biology)	4	*English 102 (Critical Reading & Writing)	3
*English 101 (Freshman Composition)	3	*Mathematics 162 (Trigonometry)	3
*Mathematics 161 ² (College Algebra)	3	†Kinesiology 191 (Intro to Health & Kinesiology)	1
Southeastern 101	<u>0-3</u>	†Kinesiology Lab 214 (Fundamentals of Fitness)	1
	14-17	†Health Studies 132 (Personal Health)	2
		*Psychology 101 (General Psychology)	<u>3</u>
			17

SECOND YEAR

*English 230, 231, or 232 (Literature)	3	Communication 211 (Public Speaking)	3
†Kinesiology 275 (Anatomical Kinesiology)	3	*Physics 192/194 (General Physics 2)	4
History Elective	3	†Kinesiology Lab	1
*Physics 191/193 (General Physics 1)	4	*Mathematics 241 (Statistics)	3
*Zoology 250/252 (Anatomy & Physiology 1)	<u>4</u>	*Zoology 251/253 (Anatomy & Physiology 2)	4
	17	Social/Behavioral Elective ¹	<u>3</u>
			18

THIRD YEAR

†Kinesiology 321 (Motor Learning)	3	*Chemistry 261/263 or 265/267 (Organic Chemistry)	4
†Kinesiology 372 (Biomechanics)	3	†Kinesiology 436 (Sport & Exer Psychology)	3
†Kinesiology 392 (Exercise Physiology)	3	†Kinesiology Lab	1
†Family and Consumer Sciences 342 (Nutrition)	3	*English 322 (Professional Writing)	3
*General Biology 200 (Cell Biology)	3	Music, Art, Dance, or Theatre	3
†Kinesiology 362 (History of Sport, PE, & Fitness)	<u>3</u>	†Kinesiology 424 (Fitness Testing & Prescription)	<u>3</u>
	18		17

FOURTH YEAR

FIRST SEMESTER		SECOND SEMESTER	
†Kinesiology 434 (Clinical Aspects of Fitness Testing) ...	3	†Kinesiology 410 (Internship)	<u>6</u>
†Health Studies 131 (First Aid & CPR)	2		
†Kinesiology 326 (Strength/Conditioning Programs)	3		
†Family & Consumer Sciences 411 or 432 (Adv Nutr) ...	3		
Electives	4		
†Kinesiology Lab	<u>1</u>		
	16		

Total semester hours required: 123-126

Southeastern 101 is not required of transfer or readmitted Southeastern students with 30 hours or more.

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

* Grade of "C" or higher is required.

¹ Social/Behavioral Electives must be selected from Anthropology, Economics, Geography, Political Science, Psychology, and Sociology.

² Students with an ACT Math score of 20 or lower will take Math 155 (5 credit hours) in place of Math 161, which will increase 2 credit hours the total number of hours required for the degree.