

Southeastern Louisiana University
Department of Kinesiology and Health Studies

CURRICULUM IN KINESIOLOGY
LEADING TO THE DEGREE OF BACHELOR OF ARTS
CONCENTRATION: FITNESS AND HUMAN PERFORMANCE
2004-2005 Catalog

FIRST SEMESTER

*Chemistry 101/103 or 121/123 (Chem + Lab)	4
*General Biology 151/152 (Gen Biology + Lab).....	4
*English 101 (Freshman Composition).....	3
*Math 160 or 161 ¹ (College Algebra).....	3
†Kinesiology 191 (Intro to Kinesiology)	1
†Health Studies 132 (Personal Health)	2
Orientation 101	<u>0-1</u>
	17-18

FIRST YEAR

SECOND SEMESTER

*Zoology 250/252 (Anatomy & Physiology 1).....	4
*English 102 (Critical Reading & Writing).....	3
†Health Studies 162 (Drugs & Society).....	3
†Health Studies 131 (First Aid & CPR).....	2
Social/Behavioral Elective ²	3
*Math 162 or 241 ³ (Trigonometry or Statistics)	<u>3</u>
	18

*English 230, 231, or 232 (Literature).....	3
Music, Visual Arts, Dance, Theater	3
History 201 or 202 (American History)	3
†Zoology 251/253 (Anatomy & Physiology 2).....	4
Social/Behavioral Elective ²	3
†Kinesiology Lab 214 (Fundamentals of Fitness).....	1
†Kinesiology Lab.....	<u>1</u>
	18

SECOND YEAR

Communication 210 or 211 ⁵ (Public Speaking).....	3
†Psychology 204 (Developmental Psychology).....	3
†Elective	3
†Management 141 or Marketing 303 or 314.....	3
†Kinesiology 392/393 (Exercise Physiology).....	3
†Kinesiology 275 (Anatomical Kinesiology)	<u>3</u>
	18

†Kinesiology 321 (Motor Learning)	3
†Kinesiology 424 (Fitness Testing & Prescription)	3
†Kinesiology 365 (Exer Motiv and Adherence)	3
†Kinesiology 326 (Str Devt & Cond Programs)	3
†Kinesiology 362 (Sport History)	3
†Elective	<u>3</u>
	18

THIRD YEAR

†Kinesiology 372 (Biomechanics).....	3
†Kinesiology 434 (Clinical Aspects of Ex. Test).....	3
†Health Studies 362 (Worksite Hlth Promotion)	3
†English 230, 231, 232, or 322 ⁴ (Lit or Tech Writ)	3
†Family and Consumer Sciences 342 (Nutrition)	3
†Elective	2
†Kinesiology Lab.....	<u>1</u>
	18

†Kinesiology 436 (Sport Psychology)	3
†Health Studies 453 (Hlth Assessment & Promo)	3
†Health Studies 454 (Hlth Behavior Change).....	3
†Family & Consumer Sciences 411 or 432 (Adv Nutr)	3
†Elective	3
†Kinesiology Lab.....	1
†Kinesiology Lab.....	<u>1</u>
	17

FOURTH YEAR

†Kinesiology 410 (Senior Practicum).....	<u>6</u>
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Total semester hours required: 130-131

Orientation 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 Math 161 recommended.

² Psychology 101 and Sociology 101 recommended as Social/Behavioral Electives for this curriculum. Social/Behavioral Electives must be selected from Anthropology, Economics, Geography, Political Science, Psychology, and Sociology.

³ Math 241 recommended.

⁴ English 322 recommended.

⁵ Communication 211 recommended.

Recommended electives include General Biology 153/154, 312, and 200, Psychology 422, Physics 191/193 and 192/194, Zoology 392, Chemistry 122/124 and 261/263