

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Kinesiology
Fitness and Human Performance Concentration
2005-2006 Catalog

FIRST YEAR

FIRST SEMESTER	SECOND SEMESTER
*Chemistry 101/103 or 121/123 (Intro to Chemistry) 4	*Zoology 250/252 (Human Anatomy/Physiology 1) 4
*General Biology 151/152 (Intro to Biology)..... 4	*English 102 (Critical Reading and Writing)..... 3
*English 101 (Freshman Composition) 3	†Health Studies 162 (Drugs and Society) 3
*Math 160 or 161 ¹ (Algebra)..... 3	†Health Studies 131 (First Aid & CPR) 2
†Kinesiology 191 (Intro to Kinesiology)..... 1	Social/Behavioral Elective ² 3
†Health Studies 132 (Personal Health) 2	*Math 162 or 241 ³ (Trigonometry or Statistics)..... 3
Orientation 101 0-1	18
17-18	

SECOND YEAR

*English 230, 231, or 232 (Literature)..... 3	Communication 210 or 211 ⁵ (Public Speaking) 3
Music, Visual Arts, Dance, Theater..... 3	†Psychology 204 (Developmental Psychology)..... 3
History 201 or 202 (American History)..... 3	†Elective 3
†Zoology 251/253 (Human Anatomy/Physiology 2)..... 4	†Management 141 or Marketing 303 or 314 3
Social/Behavioral Elective ² 3	†Kinesiology 392/393 (Exercise Physiology) 3
†Kinesiology Lab 214 (Fundamentals of Fitness) 1	†Kinesiology 275 (Anatomic Kinesiology)..... 3
†Kinesiology Lab 1	18
18	

THIRD YEAR

†Kinesiology 321 (Motor Learning) 3	†Kinesiology 372 (Biomechanics) 3
†Kinesiology 424 (Exercise Testing and Prescription)..... 3	†Kinesiology 434 (Clinical Exer Testing and Prescr) 3
†Kinesiology 365 (Exercise Adherence and Motivation) ... 3	†Health Studies 362 (Worksite Health Promotion) 3
†Kinesiology 326 (Advanced Strength Training) 3	†English 230, 231, 232, or 322 ⁴ (Literature/Prof Writing) . 3
†Kinesiology 362 (History of Sport and PE) 3	†Family and Consumer Sciences 342 (Nutrition) 3
†Elective 3	†Elective 2
18	†Kinesiology Lab 1
	18

FOURTH YEAR

†Kinesiology 436 (Sport Psychology) 3	†Kinesiology 410 (Senior Practicum/Internship) 6
†Health Studies 453 (Health Assessment & Promotion) 3	
†Health Studies 454 (Health Behavior Change) 3	
†Family and Consumer Sciences 411 or 432 (Adv Nutr) ... 3	
†Elective 3	
†Kinesiology Lab 1	
†Kinesiology Lab 1	
17	6

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