

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Kinesiology
Fitness and Human Performance Concentration
2006-2007 Catalog

FIRST YEAR

FIRST SEMESTER

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

SECOND SEMESTER

*Zoology 250/252 (Anatomy & Physiology 1)	4
*English 102 (Critical Reading & Writing).....	3
*Health Studies 162 (Drugs & Society)	3
†Kinesiology Laboratory	1
Social/Behavioral Elective ¹	3
*Mathematics 162 or 241 (Trigonometry or Statistics)	<u>3</u>
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SECOND YEAR

*English 230, 231, or 232 (Literature).....	3
Music, Art, Dance, or Theatre	3
History Elective	3
*Zoology 251/253 (Anatomy & Physiology 2)	4
*Psychology 101 (General Psychology).....	3
†Kinesiology Lab 214 (Fundamentals of Fitness).....	<u>1</u>
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Communication 211 (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

THIRD YEAR

†Kinesiology 321 (Motor Learning).....	3
†Kinesiology 424 (Fitness Testing and Prescription)	3
†Kinesiology 365 (Exercise Adherence & Motivation)....	3
†Kinesiology 326 (Strength/Conditioning Programs)	3
†Kinesiology 362 (History of Sport)	3
†Kinesiology Laboratory	<u>1</u>
	16

†Kinesiology 372 (Biomechanics)	3
†Kinesiology 434 (Clinical Aspects of Fitness Testing) ..	3
*Health Studies 362 (Worksite Health Promotion)	3
*English 322 (Professional Writing)	3
†Family and Consumer Sciences 342 (Nutrition).....	3
†Kinesiology Laboratory	<u>1</u>
	16

FOURTH YEAR

†Kinesiology 436 (Sport Psychology)	3
*Health Studies 453 (Health Assessment & Promotion) ..	3
*Health Studies 454 (Health Behavior Change)	3
*Family & Consumer Sciences 411 or 432 (Adv Nutr)....	3
Elective	2
†Health Studies 131 (First Aid & CPR)	<u>2</u>
	16

†Kinesiology 410 (Practicum/Internship).....	<u>6</u>
	6

Total semester hours required: 123-124

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