

BS in Kinesiology – Fitness and Human Performance Concentration

2008-2009 Catalog

FIRST YEAR	
<p>FIRST SEMESTER</p> <p>†Health Studies 132 (Personal Health).....2</p> <p>*General Biology 151/152 (Gen Biology and Lab).....4</p> <p>*English 101 (Freshman Composition)3</p> <p>*Mathematics 161² (College Algebra).....3</p> <p>†Kinesiology 191 (Intro to Health & Kinesiology)1</p> <p>Southeastern 101.....<u>0-3</u></p> <p style="text-align: right;">13-16</p>	<p>SECOND SEMESTER</p> <p>*Zoology 250/252 (Anatomy & Physiology 1)4</p> <p>*English 102 (Critical Reading & Writing).....3</p> <p>*Mathematics 162 or 241 (Trigonometry or Statistics)3</p> <p>*Chemistry 101/103 or 121/123 (General or Inorganic) ..4</p> <p>Social/Behavioral Elective¹<u>3</u></p> <p style="text-align: right;">17</p>
SECOND YEAR	
<p>*English 230, 231, or 232 (Literature).....3</p> <p>Music, Art, Dance, or Theatre3</p> <p>*Health Studies 162 (Drugs and Society)3</p> <p>*Zoology 251/253 (Anatomy & Physiology 2)4</p> <p>*Psychology 101 (General Psychology).....3</p> <p>†Kinesiology Lab 214 (Fundamentals of Fitness).....<u>1</u></p> <p style="text-align: right;">17</p>	<p>Communication 211 (Public Speaking).....3</p> <p>*Psychology 204 (Developmental Psychology)3</p> <p>Elective3</p> <p>*Management 141, or Marketing 303 or 3143</p> <p>†Kinesiology 392 (Exercise Physiology)3</p> <p>†Kinesiology 275 (Anatomical Kinesiology)<u>3</u></p> <p style="text-align: right;">18</p>
THIRD YEAR	
<p>†Kinesiology 321 (Motor Learning).....3</p> <p>†Kinesiology 424 (Fitness Testing and Prescription).....3</p> <p>†Kinesiology 365 (Exercise Adherence & Motivation)....3</p> <p>†Kinesiology 326 (Strength/Conditioning Programs)3</p> <p>†Kinesiology 362 (History of Sport, PE, & Fitness)3</p> <p>†Kinesiology Laboratory1</p> <p>†Kinesiology Laboratory<u>1</u></p> <p style="text-align: right;">17</p>	<p>†Kinesiology 372 (Biomechanics)3</p> <p>†Kinesiology 434 (Clinical Aspects of Fitness Testing) ..3</p> <p>*Health Studies 362 (Worksite Health Promotion)3</p> <p>*English 322 (Professional Writing)3</p> <p>†Family and Consumer Sciences 342 (Nutrition).....3</p> <p>History Elective<u>3</u></p> <p style="text-align: right;">18</p>
FOURTH YEAR	
<p>†Kinesiology 436 (Sport & Exercise Psychology)3</p> <p>*Health Studies 453 (Health Assessment & Promotion) ..3</p> <p>*Health Studies 454 (Health Behavior Change)3</p> <p>*Family & Consumer Sciences 411 or 432 (Adv Nutr)....3</p> <p>Elective2</p> <p>†Health Studies 131 (First Aid & CPR)2</p> <p>†Kinesiology Laboratory<u>1</u></p> <p style="text-align: right;">17</p>	<p>†Kinesiology 410 (Internship).....<u>6</u></p> <p style="text-align: right;">6</p>

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.