



Department of Kinesiology & Health Studies Southeastern Louisiana University

The Department of Kinesiology and Health Studies at Southeastern is one of the largest in the state with over 1000 students pursuing degrees in our department. What makes us special? A variety of undergraduate programs, small classes, quality faculty, and great opportunities for internship and clinical experiences.

Undergraduate Areas of Study

Athletic Training: First nationally-accredited Athletic Training program in Louisiana. Graduates are eligible to take the national certification exam and seek careers as Certified Athletic Trainers.

Health Education and Promotion: Southeastern is one of few universities in our state and region to offer an undergraduate degree in Health Education and Promotion. It prepares students for careers in community and worksite health promotion.

Health and Physical Education Teacher Education:

Graduates meet the requirements for Louisiana teacher certification in both Health and Physical Education K-12. We also offer courses leading to certification in Adapted Physical Education.

Sport Management:

One of few undergraduate degrees in Sport Management in Louisiana, it prepares graduates for careers with professional or amateur sport organizations, recreation, and fitness management. Sport Management includes study in areas of marketing, public relations, facility management, and administrative skills focusing on the sport/physical activity industry.

Kinesiology: Students pursuing the BS in Kinesiology select from two concentrations:

The **Exercise Science** concentration is designed to provide a strong science-based academic preparation for students who wish to pursue study in physical therapy, and other health-related professions requiring an undergraduate degree as a prerequisite for professional training.

The concentration in **Fitness and Human Performance** is designed to prepare students for careers in fitness and exercise specialties, including personal training, corporate fitness/wellness, strength and conditioning. It also provides entry requirements for most occupational therapy programs.

Contact Information

- Website: <http://www.southeastern.edu/khs>
- Email: khs@selu.edu. Phone: (985) 549-2129





Taylor Stanley
BS in Kinesiology

DPT, LSUHSC – Shreveport
Physical Therapist



Samone Cammon
BS in Sport Management

Alumnus of the Year 2015

Marketing Coordinator,
Wendy's



Reggie Stone
MS in Health & Kinesiology

Alumnus of the Year 2010

Athletic Trainer, New OrL Saints



Ross Barbier
BS in Sport Management

Law School, Samford Univ

The Sports Group (NCAA
Regulatory & Compliance
Consultants)



Rosalind Bello
MA in Health

Alumnus of the Year 2013

Director of Health Policy,
MD Anderson Cancer Cente



Alex Richerand
BS in Kinesiology

Med School (LSU HSC)

Physician

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Athletic Training
2019-2020 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition).....	3	*English 102 (Critical Reading & Writing).....	3
*General Biology 151	3	*Mathematics 162, 163, or 241 (Trig, Calculus or Statistics).....	3
*Biology Lab 152.....	1	*Zoology 250 (Anatomy & Physiology I)	3
*Chemistry 101 or 121 (Genl or Inorganic Chem)	3	*Zoology Lab 252 (Anatomy & Physiology I Lab)	1
*Chemistry Lab 103 or 123.....	1	*Athletic Training 141 (Injury Prevention and Management)	3
*Mathematics 151 or 161 (College Algebra)	3	*Psychology 101 (General Psychology)	<u>3</u>
Southeastern 101 (College Success).....	<u>2</u>		16
	16		

SECOND YEAR

*Communication 211 (Public Speaking).....	3	†Athletic Training 205 (Functional Anatomy)	3
* Zoology 251 ¹ (Anatomy & Physiology II)	3	†Athletic Training 206 (AT Foundations & Practice).....	3
*Zoology Lab 253 ¹ (Anatomy & Physiology II Lab)	1	†Athletic Training Lab 217 ² (Clinical in Athletic Training)	1
*History Elective.....	3	†Athletic Training 241 (Emergency Health Care)	3
*Family and Consumer Sciences 342 (Nutrition).....	3	†Athletic Training Lab 244 (Emergency Health Care Lab)	1
*Health Studies 133 (Healthy Lifestyles).....	<u>3</u>	*Kinesiology 321 (Motor Learning)	<u>3</u>
	16		14

SUMMER SEMESTER

†Athletic Training Lab 210 (Football Clinical Exp)	1
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THIRD YEAR

†Athletic Training Lab 303 ³ (Clin Integ & Field Exp I).....	1	†Athletic Training Lab 317 ³ (Clin Integ & Field Exp II)	1
†Athletic Training 372 (Therapeutic Modalities).....	3	†Athletic Training 333 (Therapeutic Exer and Rehab)	3
†Athletic Training Lab 370 (Ther Modalities Lab)	1	†Athletic Training Lab 304 (Ther Exer and Rehab Lab).....	1
†Athletic Training 305 (Lower Extremity Injury Mgmt) ...	3	†Athletic Training 340 (Upper Extremity Injury Mgmt)	3
†Athletic Training Lab 300 (Lower Extremity Lab)	1	†Athletic Training Lab 344 (Upper Extremity Lab).....	1
*Kinesiology 372 (Biomechanics)	3	*Kinesiology 392 (Exercise Physiology).....	<u>3</u>
*English 230,231 or 232 (Literature)	<u>3</u>		12
	15		

FOURTH YEAR

†Athletic Training 420 ³ (Senior Clinical I).....	3	†Athletic Training 425 ² (Senior Clinical II).....	3
†Athletic Training 455 (Medical and Pharm I)	3	†Athletic Training 466 (Medical & Pharm II)	3
†Athletic Training 462 (Admin & Psychosocial Interv).....	3	†Athletic Training 410 (Evidence-Based Practice).....	3
*Social/Behavioral Science Elective 200+ ⁴	3	*Kinesiology 426 (Strength & Conditioning Programs).....	3
*Music, Visual Arts, Dance, or Theater Elective	<u>3</u>	*Kinesiology 436 (Sport & Exercise Psychology).....	<u>3</u>
	15		15

Total semester hours required: 120

† Clinical Progression Course; grade of “C” or higher is required.

*Grade of “C” or higher is required.

Southeastern 101 is not required of transfer or readmitted Southeastern students with 30 hours or more. Students who are not required to take Southeastern 101 must take an additional 2 hrs of electives.

¹ Class must be taken prior to formal acceptance into ATEP or during the first semester of Clinical Progression.

² Provides the student with the opportunity to practice and apply athletic training clinical proficiencies under the supervision of a preceptor for a qualified minimum of 150 hours.

³ Provides the student with the opportunity to practice and apply athletic training clinical proficiencies under the supervision of a preceptor for a qualified minimum of 225 hours.

⁴ Social/Behavioral Science Elective must be sophomore level or higher, and selected from courses in Anthropology, Criminal Justice, Geography, Political Science, Psychology, or Sociology.

Students and parents want to know, "What am I going to do with this degree?" Rather than give you a list of jobs/careers that are theoretically possible, we would rather tell you what our alumni did after graduating. From time to time, we poll our alumni. Below is a sample of some of the self-reports of recent graduates.

BS in Athletic Training

Employment immediately after graduation, or within first few years of career

Job Title	Employer	Location
Athletic Trainer	Andrews Institute for Sports Medicine	Gulf Breeze, FL
Athletic Trainer	Baton Rouge Physical Therapy - Lake	Gonzales, LA
Athletic Trainer	Baton Rouge Physical Therapy - Lake	Baton Rouge, LA
Athletic Trainer	Catholic High School	Baton Rouge, LA
Athletic Trainer	East Jefferson General Hospital/Jesuit High School	New Orleans, LA
Athletic Trainer	Elite Chiropractic/Walker High School	Walker, LA
Athletic Trainer	Green Clinic	Ruston, LA
Athletic Trainer	Holmes Community College	Goodman, MS
Athletic Trainer	Jervis Christian College	Hawkins, TX
Athletic Trainer	Jesuit High School	New Orleans, LA
Athletic Trainer	Jones Physical Therapy	Mandeville, LA
Athletic Trainer	Live Oak High School	Denham Springs, LA
Athletic Trainer	Mississippi Sports Medicine	Jackson, MA
Athletic Trainer	North Oaks Health System	Hammond, LA
Athletic Trainer	North Oaks Health System	Hammond, LA
Athletic Trainer	North Oaks Sports Medicine	Hammond, LA
Athletic Trainer	North Oaks Sports Medicine	Hammond, LA
Athletic Trainer	North Oaks Sports Medicine	Hammond, LA
Athletic Trainer	North Oaks Sports Medicine	Hammond, LA
Athletic Trainer	Ochsner Sports Medicine	New Orleans, LA
Athletic Trainer	Ochsner Sports Medicine	New Orleans, LA
Athletic Trainer	Ochsner Sports Medicine	New Orleans, LA
Athletic Trainer	Ochsner Sports Medicine	New Orleans, LA
Athletic Trainer	Ochsner Sports Medicine	New Orleans, LA
Athletic Trainer	Parkview Baptist High School	Baton Rouge, LA
Athletic Trainer	Slidell Memorial Hospital	Slidell, LA
Athletic Trainer	Southeastern Louisiana University	Hammond, LA
Athletic Trainer	Southeastern Louisiana University	Hammond, LA
Athletic Trainer	Stedmond-Hawkins Orthopedic Clinic	Greenville, SC
Athletic Trainer	Thibodeaux Regional Hospital/St James Parish Schools	Thibodeaux, LA
Athletic Trainer	Tulane Inst of Sports Med/Archbishop Shaw High School	New Orleans, LA
Athletic Trainer & Teacher	Ascension Christian High School	Gonzales, LA
Athletic Trainer & Teacher	Chalmette High School	Chalmette, LA
Athletic Trainer & Teacher	Hammond High School	Hammond, LA
Athletic Trainer & Teacher	Holy Cross High School	New Orleans, LA
Athletic Trainer & Teacher	Lutcher High School	Lutcher, LA
Athletic Trainer & Teacher	St Mary Parish School System	Baldwin, LA
Athletic Trainer & Teacher	St. Joseph's Academy	Baton Rouge, LA
Athletic Trainer & Teacher	Warren Easton Charter High School	New Orleans, LA
Athletic Trainer & Teacher	Hahnville High School	Boutte, LA
Instructor	Southeastern Louisiana University	Hammond, LA
Teacher	Andrew Jackson Middle School (St Bernard Parish)	Chalmette, LA

Pursued further education

Degree	University	Location
BS, Nursing	LSU Health Sciences Center	New Orleans, LA
DC, Chiropractic	Life University	Marietta, GA
MA, Education	Western Oregon Unviersity	Monmouth, OR
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health Science	University of Alabama	Tuscaloosa, AL
MA, Kinesiology	University of Texas-Tyler	Tyler, TX
MA, Kinesiology/Exercise Science	Louisiana Tech University	Ruston, LA
MBA, Business Administration	Warner University	Lake Wales, FL
MEd, Educational Leadership	Mercer University	Macon, GA
MEd, Educational Leadership	Murray State University	Murray, KY
MPH, Public Health	Tulane University	New Orleans, LA
MS, Athletic Training	Illinois State University	Normal, IL
MS, Athletic Training	Ohio University	Athens, OH
MS, Athletic Training	Indiana University	Bloomington, IN
MS, Exercise Science	Arkansas State University	Jonesboro, AR
MS, Health & Human Performance	McNeese State University	Lake Charles, LA
MS, Human Movement	A.T. Still University	Mesa, AZ
MS, Kinesiology	Louisiana State University	Baton Rouge, LA
MS, Kinesiology	Louisiana State University	Baton Rouge, LA
MS, Sports Administration	Arkansas State University	Jonesboro, AR

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Health Education and Promotion
2019-2020 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition)	3	*English 102 (Critical Reading & Writing)	3
*General Biology 151/152 (General Biology)	3	*Mathematics 241 (Statistics)	3
*Biology Lab 152 (General Biology Lab)	1	*Zoology 250 (Anatomy & Physiology I)	3
*Chemistry 101 or 121 (Genl or Inorganic).....	3	*Zoology Lab 252 (Anatomy & Physiology Lab I)	1
*Chemistry Lab 103 or 123 (Chemistry Lab).....	1	Psychology 101 (General Psychology)	3
*Mathematics 105 (Finite) or 151/161 (Algebra) ...	3	†Health Studies 133 (Healthy Lifestyles)	<u>3</u>
Southeastern 101 ¹ (Freshman Success).....	<u>2</u>		16
	16		

SECOND YEAR

*Zoology 251 (Anatomy & Physiology II).....	3	*Communication 211 (Public Speaking)	3
*Zoology Lab 253 (Anat & Physiology Lab II)	1	Music, Visual Arts, Dance, or Theater Elective	3
*English 230, 231, or 232 (Literature).....	3	†Health Studies 252 (Health & Stress).....	3
History Elective	3	†Health Studies 300 (Foundations of Health Educ)	3
†Health Studies 162 (Drugs & Society).....	3	†Health Studies 331 (Health Info & Media)	<u>3</u>
†Health Studies 251 (Human Sexuality).....	<u>3</u>		15
	16		

THIRD YEAR

†Health Studies 312 (Community Health).....	3	†Health Studies 315 (Study of Human Disease)	3
†Health Studies 420 (Health Program Planning)....	3	†Health Studies Elective 300-400	3
†Health Studies 360 (Epidemiology).....	3	†Health Studies 440 (Research Methods)	3
†Family and Consumer Sciences 342 (Nutrition)...	3	†Health Studies 453 (Health Assessment & Promo).....	3
*Management or Marketing Elective.....	3	Electives	<u>4</u>
	15		16

FOURTH YEAR

†Health Studies 131 (First Aid & CPR)	2	†Health Studies 410 (Internship).....	6
†Health Studies 362 (Worksite Health Promo).....	3	Electives	<u>3</u>
†Health Studies 401 (Health Instruction).....	3		9
†Health Studies 454 (Health Behavior Change)....	3		
Social/Behavioral Elective 200+.....	3		
Electives.....	<u>3</u>		
	17		

Total semester hours required: 120

¹ Southeastern 101 is not required of transfer or readmitted Southeastern students with 30 hours or more. Students who are not required to take Southeastern 101 must take an additional 2 hrs of electives.

† Major Course; grade of C or higher is required.

* Grade of "C" or higher is required.

Social/Behavioral Science Elective must be sophomore level or higher, and selected from courses in Anthropology, Criminal Justice, Economics, Geography, Political Science, Psychology, or Sociology.

Students and parents want to know, "What am I going to do with this degree?" Rather than give you a list of jobs/careers that are theoretically possible, we would rather tell you what our alumni did after graduating. From time to time, we poll our alumni. Below is a sample of some of the self-reports of recent graduates.

BS in Health Education and Promotion

Employment immediately after graduation, or within first few years of career

Job Title	Employer	Location
Account Manager	Louisiana Companies	Baton Rouge, LA
Admission Specialist	North Oaks Medical Center, Diagnostic Center	Hammond, LA
Behavioral Health Educator	Our Lady of the Lake Hosp -Lake Weight Solutions	Baton Rouge, LA
Behavioral Health Educator	Our Lady of the Lake Hosp -Lake Weight Solutions	Baton Rouge, LA
Client Services Liaison	Couch, Conville, & Blitt	New Orleans, LA
Disease Intervention Specialist	Office of Public Health	Mandeville, LA
Education Coordinator	Neill Corporation	Hammond, LA
Emergency Physician Scribe	Scribe America	Baton Rouge, LA
Health Coach	North Oaks Health System	Hammond, LA
Health Coach	Woman's Center for Wellness	Baton Rouge, LA
Health Educator	East Jefferson General Hospital	Metairie, LA
Health Educator	Health Net/WellCheck	Hammond, LA
Health Educator	North Oaks Health System	Hammond, LA
Health Educator	SB Wellness	Baton Rouge, LA
Health Educator	St Helena Hospital, Center for Health	St Helena, CA
Health Educator	Tangipahoa Alcohol and Drug Abuse Council	Hammond, LA
Health Educ/Comm Advocate	Our Lady of the Lake Hospital	Baton Rouge, LA
Health/Fitness Instructor	Red Lerille's Health & Racket Club	Lafayette, LA
Oncology Patient Navigator	Slidell Memorial Hospital	Slidell, LA
Prevention Specialist	Tangipahoa Alcohol and Drug Abuse Council	Hammond, LA
Program Specialist	Tangipahoa Alcohol and Drug Abuse Council	Hammond, LA
Residency Program Coordinator	Tulane University School of Medicine	New Orleans, LA
Safety Manager	Winn-Dixie Logistics	Hammond, LA
Substance Prevention Educator	PRIDE Youth and Community Resources	Covington, LA
Teacher	Sequitur Classical Academy	Baton Rouge, LA
Teacher	Tangipahoa Parish Schools	Hammond, LA
Training Coordinator	All Star Automotive Group	Baton Rouge, LA
Vaccine Specialist	Merck & Company	New Orleans, LA
Wellness and Fitness Trainer	Cross Gates Family Fitness	Slidell, LA
Youth Advocate Specialist	Broadmoor Senior High School	Baton Rouge, LA

Pursued further education

Degree	University	Location
BSN, Nursing	Charity School of Nursing	New Orleans, LA
BSN, Nursing	Our Lady of the Lake College	Baton Rouge, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Healthcare Administration	Southern University	Baton Rouge, LA
MOT, Occupational Therapy	LSU Health Sciences Center	New Orleans, LA
MOT, Occupational Therapy	University of St Augustine	St Augustine, FL
MS, Comm Sciences & Disorders	Southeastern Louisiana University	Hammond, LA

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Health and Physical Education
2019-2020 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition)	3	*English 102 (Critical Reading & Writing)	3
*Mathematics 151 or 161 (College Algebra)	3	*Mathematics 162 or 241 (Trig or Statistics)	3
*Psychology 101 (General Psychology)	3	†Health Studies 133 (Healthy Lifestyles)	3
†Kinesiology Lab (select from list below)	1	†Health Studies 162 (Drugs & Society)	3
†Kinesiology Lab (select from list below)	1	†Kinesiology Lab (select from list below)	1
†Kinesiology Lab (select from list below)	1	†Kinesiology Lab (select from list below)	1
†Health Studies 131 (First Aid & CPR)	2	†Kinesiology Lab (select from list below)	<u>1</u>
Southeastern 101	<u>2</u>		15
	16		

SECOND YEAR

*English 230, 231, or 232 (Literature)	3	*Zoology 250 (Anatomy & Physiology I)	3
*General Biology 151	3	*Zoology Lab 252 (Anatomy & Physio I Lab)	1
*Biology Lab 152	1	†Educ Psyc 301 or Psychology 204 (Dev Psych)	3
*Communication 210 (Comm in the Classroom)	3	†Health Studies 251 (Human Sexuality)	3
††Education 202 (Intro to Teacher Education)	3	†Kinesiology 251 (Motor Development)	3
†Kinesiology 275 (Anatomical Kinesiology)	3	†Kinesiology 321 (Motor Learning)	<u>3</u>
†Kinesiology Lab (select from list below)	<u>1</u>		16
	17		

THIRD YEAR

†Education 315 or 316 (Class Motiv & Mgmt)	3	†Kinesiology 362 (History of Sport, PE, Fitness)	3
†Education 472 (Reading in Content Areas)	3	†Kinesiology 372 (Biomechanics)	3
†Kinesiology 351 (Elementary PE Methods)	3	†Kinesiology 431 (Measurement & Eval)	3
†Kinesiology 392 (Exercise Physiology)	3	†Kinesiology 436 (Sport/Exer Psychology)	3
†Kinesiology 491 (Adapted PE)	3	†Kinesiology 460 (Secondary PE Methods)	3
†Health Studies 461 (School Health Program)	<u>3</u>	†Health Studies 401 (Health Instruction)	<u>3</u>
	18		18

FOURTH YEAR

History elective	3	†Education 486 (Student Teaching II)	<u>9</u>
*Chemistry 101	3		9
Music, Art, Dance, or Theater elective	3		
†Education 453 (Student Teaching I)	<u>6</u>		
	15		

Total semester hours required: 124

† Major course; grade of C or higher is required.

†† Major course; grade of B or higher is required.

* Grade of "C" or higher is required.

¹ **Kinesiology Labs required for this degree are: 209, 210, 214, 221, 224, 226, 228**

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Students and parents want to know, "What am I going to do with this degree?" Rather than give you a list of jobs/careers that are theoretically possible, we would rather tell you what our alumni did after graduating. From time to time, we poll our alumni. Below is a sample of some of the self-reports of recent graduates.

BS in Health and Physical Education

Employment immediately after graduation, or within first few years of career

Job Title	Employer	Location
Adapted PE Teacher	Livingston Parish Schools	Livingston, LA
Adapted PE Teacher	St. Bernard Parish Schools	Chalmette, LA
Asst Football Coach	University of West Georgia	Carrollton, GA
Director	West St Tammany YMCA	Covington, LA
Director of Wellness	YMCA of Greater New Orleans	New Orleans, LA
Fitness Coach	Crossgates Family Fitness	Slidell, LA
Teacher	Abney Elementary School (St Tammany Parish)	Slidell, LA
Teacher	Ben Franklin High School	New Orleans, LA
Teacher	Central High School	Central, LA
Teacher	Champ Cooper Elementary (Tangipahoa Parish)	Ponchatoula, LA
Teacher	Covington Elementary School (St Tammany Parish)	Covington, LA
Teacher	Duplessis Primary School (Ascension Parish)	Gonzales, LA
Teacher	Eastside Elementary (Livingston Parish)	Denham Springs, LA
Teacher	Franklin-Pierce School District	Tacoma, WA
Teacher	Galvez Primary School (Ascension Parish)	Prairieville, LA
Teacher	Lanier Elementary (East Baton Rouge Parish)	Baton Rouge, LA
Teacher	Louisiana School for the Visually Impaired	Baton Rouge, LA
Teacher	Salmen High School (St Tammany Parish)	Slidell, LA
Teacher	Slidell High School (St Tammany Parish)	Slidell, LA
Teacher	Springfield Elementary (Livingston Parish)	Springfield, LA
Teacher	St. Thomas Aquinas Catholic High School	Hammond, LA
Teacher	Westdale Middle Magnet School (E. Baton Rouge Parish)	Baton Rouge, LA
Teacher	William Pitcher Junior High School (St. Tammany Parish)	Covington, LA
Teacher	Woodlawn Middle School (East Baton Rouge Parish)	Baton Rouge, LA
Teacher	Baton Rouge International School	Baton Rouge, LA
Teacher & Coach	Albany High School (Livingston Parish)	Albany, LA
Teacher & Coach	Albany High School (Livingston Parish)	Albany, LA
Teacher & Coach	Albany High School (Tangipahoa Parish)	Albany, LA
Teacher & Coach	Banquette High School	Banquette, TX
Teacher & Coach	Belle Chasse High School	Belle Chasse, LA
Teacher & Coach	Boyet Jr High School (St Tammany Parish)	Slidell, LA
Teacher & Coach	Broodmoor Elem and High Schools (EBR Parish)	Baton Rouge, LA
Teacher & Coach	Denham Springs High School (Livingston Parish)	Denham Springs, LA
Teacher & Coach	Doyle High School (Livingston Parish)	Livingston, LA
Teacher & Coach	Dutchtown Middle School (Ascension Parish)	Prairieville, LA
Teacher & Coach	Franklinton High School (Washington Parish)	Franklinton, LA
Teacher & Coach	Franklinton High School (Washington Parish)	Franklinton, LA
Teacher & Coach	Glen Oaks High School	Baton Rouge, LA
Teacher & Coach	Hahnville High School (St Charles Parish)	Luling, LA

Teacher & Coach	Holden High School (Livingston Parish)	Holden, LA
Teacher & Coach	Holy Ghost Catholic School	Hammond, LA
Teacher & Coach	Jewel Sumner High School (Tangipahoa Parish)	Kentwood, LA
Teacher & Coach	Live Oak High School (Livingston Parish)	Watson, LA
Teacher & Coach	Mandeville High School (St Tammany Parish)	Mandeville, LA
Teacher & Coach	Mandeville Middle School (St Tammany Parish)	Mandeville, LA
Teacher & Coach	Mt Hermon High School (Washington Parish)	Mt. Hermon, LA
Teacher & Coach	Pine High School (Washington Parish)	Pine, LA
Teacher & Coach	SLU Lab School	Hammond, LA
Teacher & Coach	Southside Junior High School (Livingston Parish)	Denham Springs, LA
Teacher & Coach	Springfield High School (Livingston Parish)	Springfield, LA
Teacher & Coach	St Joseph Academy	Baton Rouge, LA

Pursued further education

Degree	University	Location
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MAT, Physical Education	University of West Alabama	Livingston, AL
MEd, Educational Leadership	Southeastern Louisiana University	Hammond, LA
MEd, Educational Leadership	Southeastern Louisiana University	Hammond, LA
MEd, Educational Leadership	Southeastern Louisiana University	Hammond, LA
MEd, Educational Leadership	Southeastern Louisiana University	Hammond, LA
MEd, Educational Leadership	Southeastern Louisiana University	Hammond, LA

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Kinesiology
Concentration in Exercise Science
2019-2020 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
†Kinesiology 120 (Foundations of Kinesiology)	3	*Chemistry 121 (General Chemistry 1).....	3
*General Biology 151	3	*Chemistry Lab 123 (General Chem 1 Lab)	1
*Biology Lab 152.....	1	*English 102 (Critical Reading and Writing).....	3
*English 101 (Freshman Composition).....	3	*Mathematics 162 (Trigonometry).....	3
*Mathematics 151 or 161 (College Algebra)	3	*General Biology 153	3
Southeastern 101 ¹ (Freshman Success)	<u>2</u>	*Biology Lab 154.....	1
	15	†Kinesiology Lab	1
			15

SECOND YEAR

*English 230, 231, or 232 (Literature)	3	Communication 211 (Public Speaking).....	3
*Chemistry 122 (General Chemistry 2).....	3	*Psychology 101	3
*Chemistry Lab 124 (General Chem Lab 2)	1	*General Biology 200 (Cell Biology)	3
*Zoology 250 (Anatomy & Physiology 1)	3	*Zoology 251 (Anatomy & Physiology 2)	3
*Zoology Lab 252 (Anatomy & Physiology Lab 1)..	1	*Zoology Lab 253 (Anatomy & Physiology Lab 2)..	1
*Mathematics 241 (Statistics)	3	†Kinesiology 275 (Anatomical Kinesiology).....	<u>3</u>
†Kinesiology Lab	<u>1</u>		16
	15		

THIRD YEAR

Music, Visual Arts, Dance, Theater Elective	3	*Physics 192 (General Physics 2)	3
*Physics 191 (General Physics 1)	3	*Physics Lab 194 (General Physics Lab 2)	1
*Physics Lab 193 (General Physics Lab 1).....	1	History Elective.....	3
†Health Studies 133 (Healthy Lifestyles).....	3	*Family & Consumer Sciences 342 (Nutrition)	3
†Kinesiology 321 (Motor Learning)	3	†Kinesiology 424 (Fitness Testing & Prescription) ..	3
†Kinesiology 392 (Exercise Physiology)	<u>3</u>	†Kinesiology 426 (Strength & Cond Programs)	<u>3</u>
	16		16

FOURTH YEAR

†Health Studies 131 (First Aid & CPR)	2	†Kinesiology 410 (Internship).....	6
*English 322 (Professional/Technical Writing)	3	*Science Elective (select from list below)	3
*Psychology 204 or 422 (Dev or Abnormal Psych)..	3	Elective.....	<u>1</u>
†Kinesiology 372 (Biomechanics)	3		10
†Kinesiology 434 (Clin Aspects of Fit Testing).....	3		
†Kinesiology 436 (Sport/Exercise Psychology).....	<u>3</u>		
	17		

Total semester hours required: 120

¹ Southeastern 101 is not required of transfer or readmitted Southeastern students with 30 hours or more. Students not required to take Southeastern 101 must complete an additional 2 hrs of electives.

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

* Grade of "C" or higher is required.

Science Elective must be chosen from Chemistry 261 (Survey of Organic Chem.), Chemistry 265 (Organic Chem 1) , General Biology 312 (Genetics), Microbiology 223 (Medical Micro Bio), Zoology 302 (Comparative Anatomy), 332 (Animal Histology), 392 (Animal Physiology) or 499 (Neurobiology).

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Kinesiology
Concentration in Fitness & Human Performance
2019-2020 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition)	3	*English 102 (Critical Reading & Writing).....	3
*General Biology 151	3	*Zoology 250 (Anatomy & Physiology I)	3
*Biology Lab 152	1	*Zoology Lab 252 (Anatomy & Physiol I Lab)	1
*Mathematics 151 or 161 (College Algebra).....	3	*Mathematics 162 or 241 (Trig or Statistics)	3
†Kinesiology 120 (Foundations of Kinesiology).....	3	†Health Studies 133 (Healthy Lifestyles)	3
Southeastern 101 ¹	<u>2</u>	*Psychology 101 (General Psychology).....	<u>3</u>
	15		16

SECOND YEAR

*English 230, 231, or 232 (Literature)	3	*Social/Behavioral Elective ²	3
History Elective	3	*Chemistry 101 or 121	3
*Zoology 251 (Anatomy & Physiology II).....	3	*Chemistry Lab 103 or 123	1
*Zoology Lab 253 (Anatomy & Physiol II Lab)	1	Communication 211 (Public Speaking).....	3
†Health Studies 162 (Drugs & Society)	3	†Kinesiology Lab Elective	1
†Kinesiology 275 (Anatomical Kinesiology)	<u>3</u>	†Kinesiology Lab Elective	1
	16	†Kinesiology 362 (History of Sport, Fitness, PE)	<u>3</u>
			15

THIRD YEAR

*English 322 (Prof/Technical Writing)	3	*Fam & Consumer Sci 345, 411, 421,424, or 432	3
*Fam & Consumer Sciences 342 (Nutrition).....	3	†Kinesiology 372 (Biomechanics).....	3
†Health Studies 362 (Worksite Health Promotion) ...	3	†Kinesiology 424 (Fit Testing & Prescription)	3
†Kinesiology 392 (Exercise Physiology)	3	†Kinesiology 426 (Strength & Cond Programs).....	3
†Kinesiology 321 (Motor Learning).....	3	Music, Visual Arts, Dance, or Theater Elective	<u>3</u>
†Kinesiology Lab Elective	<u>1</u>		15
	16		

FOURTH YEAR

*Management or Marketing Elective	3	†Kinesiology 410 (Internship).....	6
*Psychology 204 or 422 (Dev or Abnormal Psych) ..	3	Elective	<u>4</u>
†Health Studies 131 (First Aid & CPR)	2		10
†Health Studies 454 (Health Behavior Change)	3		
†Kinesiology 434 (Clin Aspects of Fit Testing)	3		
†Kinesiology 436 (Sport/Exer Psychology)	<u>3</u>		
	17		

Total semester hours required: 120

- 1 Southeastern 101 is not required of transfer or readmitted Southeastern students with 30 hours or more. Students who are not required to take Southeastern 101 must take an additional 2 hrs of electives.
- 2 Social/Behavioral Elective selected from Anthropology, Criminal Justice, Economics, Geography, Political Science, Psychology, Sociology

† Major course; grade of C or higher is required.

* Grade of "C" or higher is required.

Students and parents want to know, "What am I going to do with this degree?" Rather than give you a list of jobs/careers that are theoretically possible, we would rather tell you what our alumni did after graduating. From time to time, we poll our alumni. Below is a sample of some of the self-reports of recent graduates.

BS in Kinesiology

Exercise Science Concentration

Employment immediately after graduation, or within first few years of career

Job Title	Employer	Location
Behavioral Health Educator	Our Lady of the Lake Hospital	Baton Rouge, LA
Clinical Research Coordinator	Pennington Biomedical Research Center	Baton Rouge, LA
Customer Service Coordinator	Functionally Intergrated Therapy & Training	Baton Rouge, LA
Director, Medical Wellness Program	Spectrum Fitness & Medical Wellness	Denham Springs, LA
Entrepreneur, Fitness Center Owner	Fitness Connection	Metairie, LA
Exercise Physiologist	Slidell Memorial Cardiopulmonary Rehab	Slidell, LA
Occupational Therapy Tech	Abilities Pediatric Therapy	Baton Rouge, LA
Personal Trainer	Snap Fitness	Hammond, LA
Physical Therapy Tech	Rehab Access Physical Therapy	Belle Chasse, LA
Physical Therapy Tech	Our Lady of the Lake Hospital	Baton Rouge, LA
Physical Therapy Tech	O2 Physical Therapy	Hammond, LA
Physical Therapy Tech	Magnolia Physical Therapy	New Orleans, LA
Research Associate	Pennington Biomedical Research Center	Baton Rouge, LA
Sales Representative	Mondelez International	Destrehan, LA

Pursued further education

Degree	University	Location
BS, Nursing	University of South Alabama	Mobile, AL
DC, Chiropractic	Life University	Marietta, GA
DC, Chiropractic	Palmer College of Chiropractic	Daytona, LA
DPT, Physical Therapy	Belmont University	Nashville, TN
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	LSU Health Sciences Center	Shreveport, LA
DPT, Physical Therapy	LSU Health Sciences Center	Shreveport, LA
DPT, Physical Therapy	LSU Health Sciences Center	Shreveport, LA
DPT, Physical Therapy	Marshall University	Huntington, WV
DPT, Physical Therapy	University of St Augustine	St Augustine, FL
DPT, Physical Therapy	University of South Alabama	Mobile, AL
DPT, Physical Therapy	University of South Florida	Tampa, FL
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health & Kinesiology	Southeastern Louisiana University	Hammond, LA
MBA, Business Administration	University of Phoenix	Phoenix, AZ
MD, Medicine	LSU Health Sciences Center	New Orleans, LA
MS, Kinesiology	Louisiana State University	Baton Rouge, LA
MS, Prosthetics & Orthotics	Northwestern University	Chicago, IL

Fitness & Human Performance Concentration

Employment immediately after graduation, or within first few years of career

Job Title	Employer	Location
Assistant Manager	Pelican Athletic Club	Mandeville, LA
Assistant Strength & Conditioning Coach	Elite Athletics, LLC	Baton Rouge, LA
EKG Technician	Largo Medical Hospital	Largo, FL
Entrepreneur, Fitness Center Owner	Dakmak Performance Fitness LLC	Baton Rouge, LA
Entrepreneur, Fitness Center Owner	OptiFormance Advanced Fitness & Wellness	Covington, LA
Exercise Specialist	Chevron Northpark Fitness Center	Covington, LA
Exercise Specialist	Our Lady of the Lake Regional Medical Center	Baton Rouge, LA
Facility Manager	Playmakers Indoor Sports	Covington, LA
Fitness Specialist	Spectrum Fitness & Medical Wellness	Denham Springs, LA
Head Strength Coach	X-Cel Sports Performance	Covington, LA
Health and Fitness Instructor	East Jefferson Hospital Corporate Wellness	Metairie, LA
Health and Fitness Instructor	East Jefferson Hospital Wellness Center	New Orleans, LA
Health Fitness Specialist	MediFit at Well at Dell	Austin, TX
Imaging Assistant	Our Lady of the Lake Regional Medical Center	Baton Rouge, LA
Nutrition Consultant	Pure Life Wellness	Mandeville, LA
Occupational Therapy Tech	Baton Rouge Rehab Hospital	Baton Rouge, LA
Personal Trainer	East Jefferson Hospital Corporate Wellness	Metairie, LA
Personal Trainer	Functional Integrated Training & Therapy	Baton Rouge, LA
Personal Trainer	Lift Training Studios	Mandeville, LA
Personal Trainer	Mackie Shilstone's Fitness Principle	Metairie, LA
Personal Trainer	Max Fitness	Baton Rouge, LA
Personal Trainer	North Cypress Fitness Center	Hammond, LA
Personal Trainer	Pelican Athletic Club	Mandeville, LA
Personal Trainer	West St Tammany YMCA	Covington, LA
Physical Therapy Tech	Wellness Works Advanced Physical Therapy	Baton Rouge, LA
Physical Therapy Tech	Baton Rouge Orthopaedic Clinie	Zachary, LA
Physical Therapy Tech	Our Lady of the Lake Regional Medical Center	Baton Rouge, LA
Rehab Tech	North Oaks	Hammond, LA
Rehab Tech	Oschner Medical Center	Harahan, LA
Sports Performance Coach	Parisi Speed School	Slidell, LA
Teacher & Coach	Independence High School (Tangipahoa Parish)	Independence, LA
Trainer	Foxy's Fitness Center	Baton Rouge, LA
Trainer	Functional Integrated Training & Therapy	Baton Rouge, LA
Trainer	Parisi Speed School	Slidell, LA
Trainer	Perfectly Fit Performance Sports	Hammond, LA
Trainer	SB Wellness	Baton Rouge, LA
Trainer	Women's Hospital Wellness	Baton Rouge, LA

Pursued further education

Degree	University	Location
AAS, EMT-Paramedic	Delgado Community College	New Orleans, LA
AAS, Physical Therapy Assistant	Our Lady of the Lake College	Baton Rouge, LA
BS, Nursing	LSU Health Sciences Center	New Orleans, LA
DPT, Physical Therapy	University of Alabama-Birmingham	Birmingham, AL
DPT, Physical Therapy	University of St Augustine	St Augustine, FL
MA, Health and Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Healthcare Administration	University of North Texas	Denton, TX
MOT, Occupational Therapy	LSU Health Sciences Center	Shreveport, LA
MS, Kinesiology	Louisiana State University	Baton Rouge, LA
MS, Kinesiology	University of Georgia	Athens, GA

Southeastern Louisiana University
Department of Kinesiology and Health Studies

BS in Sport Management
2019-2020 Catalog

FIRST YEAR

FIRST SEMESTER	S.H.	SECOND SEMESTER	S.H.
*English 101 (Freshman Composition).....	3	*English 102 (Critical Reading & Writing).....	3
*General Biology 151	3	*Mathematics 241 (Statistics).....	3
*Biology Lab 152.....	1	*Chemistry 101 (General Chemistry).....	3
*Mathematics 105 (Finite) or 151/161 (Algebra).....	3	*Chemistry Lab 103	1
††Kinesiology 232 (Intro to Sport Mgmt).....	3	†Health Studies 133 (Healthy Lifestyles)	3
Southeastern 101 ¹ (Freshman Success)	<u>2</u>	*Psychology 101 (General Psychology).....	<u>3</u>
	15		16

SECOND YEAR

*English 230, 231, or 232 (Literature)	3	*Communication 211 (Public Speaking).....	3
*Zoology 250 (Anatomy & Physiology I).....	3	*Economics 201 or 202 (Micro/Macro Economics)....	3
*Zoology Lab 252 (Anatomy & Physiology Lab).....	1	Music, Art, Dance, or Theater Elective	3
*Accounting 200 (Intro to Financial Accounting).....	3	†Health Studies 162 (Drugs & Society).....	3
History Elective.....	3	†Kinesiology 362 (History of Sport, PE, Fitness)	3
*Management 210 (Computer Appl for Business)....	<u>3</u>	†Kinesiology Lab Elective.....	<u>1</u>
	16		16

THIRD YEAR

*English 322 (Intro to Prof/Technical Writing)	3	†Kinesiology 332 (Sport Info & Media).....	3
*Finance 381 (Business Finance).....	3	†Kinesiology 334 (Sociocultural Aspects of Sport)....	3
*Marketing 303 (Principles of Marketing).....	3	†Kinesiology 380 (Legal/Ethical Issues).....	3
*Management 351 (Mgmt of Organizations)	3	†Kinesiology 406 (Sport Promo & Fundraising).....	3
†Kinesiology 366 (Facility & Event Mgmt).....	<u>3</u>	†Kinesiology Lab Elective	1
	15	Electives.....	<u>3</u>
			16

FOURTH YEAR

†Kinesiology 333 (Governance in Sport).....	3	†Kinesiology 490 (Practicum in Sport Mgmt).....	9
†Kinesiology 451 (Sport Administration).....	3	Electives.....	<u>3</u>
†Kinesiology 436 (Sport/Exercise Psychology).....	3		12
†Health Studies 131 (First Aid & CPR)	2		
Electives	<u>3</u>		
	14		

Total semester hours required: 120

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†† Major course; grade of B or higher is required

† Major course; grade of C or higher is required.

* Grade of "C" or higher is required.

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BS in Sport Management

Employment immediately after graduation, or within first few years of career

Job Title	Employer	Location
Accounts Manager/Sales Rep	Medical Equipment Repair	Covington, LA
Assistant Football Coach	Concordia College	Selma, AL
Assistant Football Coach	Delta State University	Cleveland, MS
Assistant to the Director	SLU Lion Athletic Association	Hammond, LA
Corporate Account Manager	AT&T Corporate Office	Atlanta, GA
Director of Special Projects	Special Olympics Louisiana	Hammond, LA
Director of Volunteers	Special Olympics Louisiana	Hammond, LA
Division Leader	Primerica	Baton Rouge, LA
Entrepreneur / Fitness Center Owner	Equip Sports Performance	New Orleans, LA
Event Manager and Sales Executive	Allstar Outfitters	Knoxville, TN
Admin Asst / Coord of Special Projects	Louisiana High School Athletic Association	Baton Rouge, LA
Fitness Instructor	Exxon Mobil YMCA	Baton Rouge, LA
Gameday Coordinator	Southeastern Louisiana University Athletics	Hammond, LA
General Manager	Cross Gates Family Fitness	Slidell, LA
Intern (Coordinator of Volunteers)	Greater New Orleans Sports Foundation	New Orleans, LA
Management Trainee	Enterprise Rent-A-Car	New Orleans, LA
Manager Trainee	Hertz Car Rental	Baton Rouge, LA
Marketing Coordinator	The Wendy's Company	Shreveport, LA
Operations Supervisor	SMG-CenturyLink Center	Bossier City, LA
Partner/General Manager	The Boston Restaurant	Amite, LA
Premium Ticket Sales Associate	Atlanta Falcons	Atlanta, GA
Purchasing Agent	Jackson Supply Company	Houston, TX
Purchasing Agent	Pro Pull LLC	Baton Rouge, LA
Sales Associate	Berryland Campers	Ponchatoula, LA
Sports & Competition Director	Special Olympics Louisiana	Hammond, LA
Sports Videographer/Production Asst	WAFB TV	Baton Rouge, LA
Teacher and Coach	Albany High School (Livingston Parish)	Albany, LA
Teacher and Coach	Brother Martin High School	New Orleans, LA
Teacher and Coach	Independence Elementary School	Independence, LA
Teacher and Coach	St Charles Parish Schools	Destrehan, LA
Team Leader	Academy Sports	Baton Rouge, LA
Ticket Sales Associate	Erie Otters (Minor League Hockey)	Erie, PA
Ticket Sales Consultant	Tulane University	New Orleans, LA
Youth Coordinator	Hammond Recreation Department	Hammond, LA

Pursued further education

Degree	University	Location
JD, Law	Loyola University	New Orleans, LA
MA, Coaching & Athletic Administ	Concordia University	Irvine, CA
MA, Health and Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health and Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health and Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health and Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Health and Kinesiology	Southeastern Louisiana University	Hammond, LA
MA, Sports Management	University of Tennessee	Knoxville, TN
MBA, Business Administration	Gannon University	Erie, PA
MBA, Business Administration	Samford University	Birmingham, AL
MBA, Business Administration	Southeastern Louisiana University	Hammond, LA
MBA, Business Administration	Southeastern Louisiana University	Hammond, LA
MBA, Business Administration	Southeastern Louisiana University	Hammond, LA
MBA, Business Administration	Southeastern Louisiana University	Hammond, LA
MBA, Business Administration	Southeastern Louisiana University	Hammond, LA
MS Sport Studies/Coaching	US Sports Academy	Daphne, AL
MS, Kinesiology	Louisiana State University	Baton Rouge, LA