

## Bachelor of Science in Education - Health, Kinesiology & Leisure Studies (HKLS)

### A Suggested Sequence of Required Courses (2024-2025 Catalog)

#### Freshman Year

Fall	Spring
_____ 0 CHA 10XX <i>Chapel</i>	_____ 0 CHA 10XX <i>Chapel</i>
_____ 3 ENG 1310 <i>Thinking, Writing &amp; Research</i>	_____ 3 Computer Science* (see reverse)
_____ 2-3 Fine Art* (see reverse)	_____ 3 ENG 2301 <i>British Literature</i>
_____ 3 Mathematics* (see reverse)	_____ 3 REL 1350 <i>The Christian Heritage</i>
_____ 1 LF 1134 <i>Fitness Theory and Practice</i>	_____ 3 General Elective*** (see reverse)
_____ 3 REL 1310 <i>The Christian Scriptures</i>	_____ 3 History* (see reverse)
_____ 3 SOC 1305 <i>Introduction to Sociology</i>	_____ 1 PUBH 1145 <i>Health and Human Behavior</i>
<b>Total: 15-16</b>	<b>Total: 13</b>

#### Sophomore Year

Fall	Spring
_____ 3 CSS 1301 <i>Fundamentals of Public Communication</i> or CSS 1302 <i>Speech for Business or a fine art</i>	_____ 3 ENG 2310 <i>American Literature</i> or
_____ 3 ENG 2306 <i>World Literature</i>	_____ 3 PSY 1305 <i>Introduction to Psychology</i>
_____ 2 General Elective*** (see reverse)	_____ 3 General Elective*** (see reverse)
_____ 3 History* (see reverse)	_____ 3 General Elective** (see reverse)
_____ 4 HP 1420 <i>Human Anatomy</i>	_____ 4 Laboratory Science* (see reverse)
_____ 1 LF 11__* (see reverse)	_____ 1 LF 11__* (see reverse)
<b>Total: 16</b>	<b>Total: 17</b>

#### Junior Year

Fall	Spring
_____ 3 HKLS Elective** (see reverse)	_____ 3 HKLS Elective** (see reverse)
_____ 3 PUBH Elective** (see reverse)	_____ 3 PUBH Elective** (see reverse)
_____ 3 PSC 1387 <i>The U.S. Constitution, Interp, Am Pol Exp</i>	_____ 3 General Elective*** (see reverse)
_____ 3 General Elective*** (see reverse)	_____ 3 General Elective*** (see reverse)
_____ 3 General Elective*** (see reverse)	_____ 3 General Elective*** (see reverse)
<b>Total: 15</b>	<b>Total: 15</b>

#### Senior Year

Fall	Spring
_____ 3 HKLS Elective** (see reverse)	_____ 3 HP Elective** (see reverse)
_____ 3 HP Elective** (see reverse)	_____ 3 HP Elective** (see reverse)
_____ 3 PUBH Elective** (see reverse)	_____ 3 RLS Elective** (see reverse)
_____ 3 RLS Elective** (see reverse)	_____ 3 RLS Elective** (see reverse)
_____ 3 General Elective*** (see reverse)	_____ 3 General Elective*** (see reverse)
<b>Total: 15</b>	<b>Total: 15</b>

*All students must graduate with a minimum of 124 hours,  
36 of which must be at the 3000/4000 level.*

**Please see reverse side for important information on general requirements.**

**Updated 5/2024**

## Health, Kinesiology, and Leisure Studies Notes

### \*General Requirements Notes

Computer Science - Choose one course from the following courses - 3 hours			
BUS	1305	Software Applications for Personal Productivity	
CSI	1430	Introduction to Computer Science I with Laboratory	
CSI	3303	Information Technology	

**Fine Art** Choose any courses with the prefix ART, ARTH, THEA, MUEN, or MUS - 5-6 hours or 3 hours of CSS 1301 or 1302

**History** Choose any two history courses - 6 hours

**Laboratory Science** Choose any Biology, Chemistry, Environmental Science, Geology or Physics course (must include lab) - 4 hours

**Lifetime Fitness Activity Courses** Marching Band and Aerospace studies may substitute for these courses - 2 hours

**Mathematics** Choose any mathematics or statistics course - 3 hours

### \*\*Major Notes:

Grade Point average: Minimum of 2.00 ("C") in the major

PUBH Electives (Choose any 3 of the following courses)		
PUBH	2313	Consumer Health
NUTR	2351	Nutrition or
NUTR	3314	Consumer Nutrition
PUBH	3314	Environmental Health (summer only)
PUBH	3317	Mood-Modifying Substances
PUBH	3320	Stress Management/Mental-Emotional Health
PUBH	4321	Human Sexuality
PUBH	4327	Dying and Death Education
SOC	3372	Population Health
SOC	4353	Sociology of Medicine
SWO	2321	Introduction to Social Work
SWO	3351	Human Behavior and the Social Environment I
HP	1154	Fall Sports Officiating & HP 3136 Innov. Games/Adventure Activities
	& HP 3136	and Innovative Games /Adventure Activities
	& PRD-2104	and Professional Development
Additional PUBH courses as approved by program director		

HP Electives (Choose any 3 of the following courses)		
HP	2304	Advanced First Aid
HP	2306	Anatomical Kinesiology
HP	2420	Exercise Physiology
HP	3368	Adapted Physical Education (fall only)
HP	3381	Fundamentals of Human Performance (fall only)
HP	3382	Risk Management in HHPR (spring only)
HP	4352	Exercise and Sport Nutrition
HP	4354	Techniques of Strength Training and Conditioning
HP	4363	Philosophy, Principals, and Administration of Human Performance
HP	4368	Motor Learning and Development (spring only)
HP	4369	Sports Psychology
HP	4372	Sociology of Sport
HP	4393	Facilities and Equipment in HHPR
other HP courses as approved by program director		

**HKLS Electives: 9 hours (3 courses) of any PUBH, HP or RLS course.**

Selected from any professional courses within the HHPR Department.

#### HKLS Restricted Electives 2

HP	1202	First Aid
HP	1233	Red Cross Water Safety
HP	1236	Dance Choreography
RLS	1234	Canoeing Instructor Certification
RLS	1235	Sailing & Canoeing Instructor
HP	3300	Pedagogy of Team Sports
HP	3301	Pedagogy of Individual Sports

### \*\*\*General Electives Notes:

31-32 hours To be taken from any academic unit in the University, excluding HHPR and LFs

RLS Electives (Choose any 3 of the following courses)		
RLS	1396	Introduction to Leisure Services
RLS	2301	Camp Counseling and Administration (fall only)
RLS	2388	Leisure and Lifestyle Well-Being (fall only)
RLS	2389	Leadership & Facilitation in Leisure Services (fall only)
RLS	3301	Theory and Practice of Outdoor Adv. Program (spring only)
RLS	3302	Program Planning in Leisure Services (fall only)
RLS	3382	Risk Management in HHPR (spring only)
RLS	4301	Outdoor Education (fall only)
RLS Electives (Choose any 3 of the following courses)		
RLS	4331	Meanings, Culture, and Philosophy of American Landscapes (spring only)
RLS	4391	Leisure Service Management (fall only)
RLS	4393	Facilities and Equipment in HHPR
RLS	4395	Principles of Church Recreation (spring only)
RLS	4396	Considerations for Diverse Populations in Leisure Programming (spring only)
RLS courses as approved by program director		
SOC	4393	Sociology of Aging