

# Physical Education Non Certification B.S. - 4 Year Degree Plan

2025-2026

Lamar University's **Bachelor of Science in Physical Education and Teacher Education** will empower you to be a dynamic, active individual in your community, one who is focused on the overall health and well-being of those around you. Our program is composed of three sections: health and kinesiology, professional pedagogy and professional activity.

NOTE: Degree plans may change over a four-year period. This may not be the most current list of course requirements for your program. It is always advised that you check Degree Audit in Banner Self-Serv or your advisor for the most up-to-date degree requirements and to track your progress toward a degree.

FIRST YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	ENGL 1301	Composition I	3	_____	ENGL 1302	Composition II	3	_____
	MATH 1314	College Algebra	3	_____	HIST 1302	U.S. History II Since 1877	3	_____
	HIST 1301	U.S. History I 1763-1877	3	_____	BIOL 2402	Anatomy and Physiology II	4	_____
	BIOL 2401	Anatomy and Physiology I	4	_____	Creative Arts		3	_____
	KINT 1301	Introduction to Kinesiology	3	_____	Social and Behavioral Sciences		3	_____
	Hours		16	_____	Hours		16	_____
SECOND YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 2376	Care and Prevention of Sports Injuries	3	_____	POLS 2302	Intro/American Government II	3	_____
	POLS 2301	Intro to American Government I	3	_____	KINT 2377	Lifetime Physical Activity	3	_____
	KINT 2371	Functional Anatomy/Physiology	3	_____	MATH 1342 or PSYC 2317	Elementary Statistical Methods or Introduction to Statistical Methods	3	_____
	Communication		3	_____	KINT 3320	Management Skills	3	_____
	Language, Philosophy and Culture		3	_____	KINT 2374	Psychology of Sport	3	_____
	Hours		15	_____	Hours		15	_____
THIRD YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 2378	Applied Fitness Concepts	3	_____	KINT 3310	Wellness Strategies	3	_____
	KINT 3315	Biomechanics	3	_____	KINT 3371	Principles of Coaching	3	_____
	KINT 3322	Strength and Conditioning	3	_____	KINT 3350	Inclusive and Adaptive Physical Education	3	_____
	KINT 3330 and KINT 3130	Exercise Physiology and Lab	4	_____	KINT 3324	Metabolic Effects of Sport and Exercise	3	_____
	KINT 3370	Motor Development	3	_____				
	Hours		16	_____	Hours		12	_____
FOURTH YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	KINT 3360	Secondary Methods and Activities	3	_____	KINT 4360	Measurement and Evaluation	3	_____
	KINT 3390	Elementary Methods and Activities	3	_____	KINT 4380	Contemporary Issues in Sports	3	_____
	KINT 4310	Curriculum and Programming	3	_____	KINT 4340	Sport Administration	3	_____
	KINT 4312	Senior Seminar	3	_____	KINT 4341	Sport Practicum	3	_____
	KINT 4330	Motor Learning	3	_____	Elective		3	_____
	Hours		15	_____	Hours		15	_____