

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

2025-2026

Lamar University's **Bachelor of Science in Physical Education Teacher Education** with a **teacher certification** prepares you for a rewarding and challenging career as an educator and will have the opportunity to change lives for the better through a solid foundation of all that you've learned. This program 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.

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			ENGL 1302	Composition II		
	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			POLS 2302	Intro/American Government II		
	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 3370	Motor Development	3	
		Hours	15			Hours	15	

  

THIRD YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	EDUC 2310	Intro to Teacher Education			EDUC 3300	Human Devel and Learning		
	KINT 3330 and KINT 3130	Exercise Physiology and Lab	4		KINT 3310	Wellness Strategies	3	
	KINT 3360	Secondary Methods and Activities	3		KINT 3315	Biomechanics	3	
	KINT 2378	Applied Fitness Concepts	3		KINT 4310	Curriculum and Programming	3	
	KINT 3390	Elementary Methods and Activities	3		KINT 3350	Inclusive and Adaptive Physical Education	3	
		Hours	16			Hours	15	

  

FOURTH YEAR	Fall		Hours	Grade	Spring		Hours	Grade
	EDUC 3380	Secondary Curric/Methodology			KINT 4360	Measurement and Evaluation		
	EDUC 4340	Manag Early Chldh Clssrm Envir	3		READ 3326	Content Area Reading	3	
	KINT 4312	Senior Seminar	3		EDUC 4620	Clinical Teaching	6	
	KINT 4330	Motor Learning	3		Elective		3	
		Hours	12			Hours	15	