

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

2026-2027

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. – Contact UAC at advising@lamar.edu, 409-880-8822, lamar.edu/findadvisor

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<br>or<br>PSYC 2317 | Elementary Statistical Methods<br>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<br>and<br>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    |       |