



ACADEMIC MAP TO BACHELOR OF SCIENCE IN HEALTH AND EXERCISE SCIENCE - KINESIOLOGY (377K)



NORTHWESTERN STATE
UNIVERSITY OF LOUISIANA

2026-2027

nsula.edu/hhp

START HERE

YEAR 1	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	ENGL 1010: Composition and Rhetoric I			3	C
	MATH 1020: College Algebra OR MATH 1035: Contemporary Mathematics			3	C
	PSYC 2050: Developmental Psychology OR PSYC 1010: General Psychology			3	C
	Choose 1 History course from: HIST 1010, HIST1020, HIST 2010, HIST 2020			3	C
	HP 2000: Introduction to Health & Human Performance	🚩		3	C
	UNIV 1000: The University Experience			1	C

Semester Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
ENGL 1020: Composition and Rhetoric II			3	C
MATH 1060: Finite Mathematics OR MATH 1090: Trigonometry			3	C
SCI 1010: Basic Concepts of Physical Science OR CHEM 1070: Fund of Chemistry for Allied Health Majors OR CHEM 1030: General Chemistry OR CHEM 1040: General Chemistry 2			3	
BIO 1010: Biological Principles I	🚩		3	C
BIOL 1011: Biological Principles I Lab	🚩		1	C
HED 1090: Personal and Community Health			3	

Semester Credits _____

Total Credits _____

YEAR 2	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	BIOL 2250: Human Anatomy & Physiology I for Nursing/Allied Health	🚩		3	C
	BIOL 2251: A&P I Nursing/Allied Health Lab for Nursing/Allied Health	🚩		1	C
	ENGL 2110: Introduction to Literature			3	C
	Social Science (Refer to University core requirement)			3	C
	Choose 1: COMM 2500: Interpersonal Communication OR COMM 1010: Oral Communication			3	C
	HED 1010: First Aid & CPR			3	C

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
BIOL 2260: Human Anatomy and Physiology II	🚩		3	C
BIOL 2261: Human Anatomy and Physiology II Lab	🚩		1	C
FA 1040: Exploring the Arts			3	C
HP 2630: Motor Learning and Development	🚩		3	C
HED 2010: Prevention and Care of Athletic Injuries	🚩		3	C
Elective			3	

Semester Credits _____

Total Credits _____

YEAR 3	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	HP 3550: Applied Kinesiology	🚩		3	C
	ENGL 3210 Advanced Composition OR ENGL 3230: Technical Writing			3	C
	HED 3000: Community Health Promotion			3	
	HP 4500: Foundations of Health and PE Coaching*	🚩		3	C
	HP 4230: Research Topics in Health and Exercise Science			2	C

*HP 4500 is only offered during the fall semesters

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
HP 3560: Exercise Physiology	🚩		3	C
HP 4600: Drug and Alcohol Education			3	C
HED 3100: Nutrition and Optimal Performance*			3	C
HP 4660: Scientific Principles of Coaching Strength** and Conditioning	🚩		3	C
Human Performance Activity Course			2	C

*HED 3100 is only offered during the spring semesters

**HP 4660 is only offered during the spring semesters

Semester Credits _____

Total Credits _____

YEAR 4	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	HP 4170: Exercise Testing & Prescription	🚩		3	C
	HP 4180: Pre-Internship Seminar	🚩		1	C
	PSYC 2450: Personal Adjustment and Development OR PSYC 4450: Abnormal Psychology			3	C
	Statistics (Choose 1): PSYC 4400: Statistics for the Behavioral Science OR MATH 2050: Math of Statistics			3	C
	Upper level elective (3000, 4000 – level)			3	C
	Human Performance Activity Course			2	C

- You must have a cumulative 2.5 GPA to be eligible for HP 4200 (Internship) in your final semester.
- You must complete 30 total observation hours for HP 4180. You cannot register for HP 4200 (internship) if you do not pass HP 4180

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
HP 4200: Internship in Health & Exercise Science			6	C
HED 4500: Sexuality Education			3	C
HED 4000: Health and Exercise Psychology			3	C

- You must complete 250 hours for HP 4200
- You must have a minimum of 2.50 adjusted major GPA to qualify for graduation

Semester Credits _____

Total Credits 120

YOU'VE FINISHED!



Required



MILESTONE



Concentration Elective



GRADUATION REQUIREMENTS

Major/Concentration Requirements = 59, University Core/Support: 61, Total Credits = 120

Courses taken outside of a student's degree program are not eligible for Title IV federal financial aid (grants and loans). However, elective courses are eligible for Title IV aid if they are required and included in the student's program of study. Once a student has completed all required elective credits, any additional elective courses taken beyond the program's requirements will not be eligible for Title IV funding.

ACADEMIC MAP TO:



START HERE

YEAR 1	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YEAR 2	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YEAR 3	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YEAR 4	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YOU'VE FINISHED!



- Major Electives
- Academic Electives



GRADUATION REQUIREMENTS

Major Requirements = _____ | University Core/Support = _____ | Total Credits = _____

Courses taken outside of a student's degree program are not eligible for Title IV federal financial aid (grants and loans). However, elective courses are eligible for Title IV aid if they are required and included in the student's program of study. Once a student has completed all required elective credits, any additional elective courses taken beyond the program's requirements will not be eligible for Title IV funding.