



ACADEMIC MAP TO BACHELOR OF SCIENCE IN HEALTH & EXERCISE SCIENCE CONCENTRATION: PRE-OCCUPATIONAL THERAPY (3770)



NORTHWESTERN STATE
UNIVERSITY OF LOUISIANA

2026-2027

www.nsula.edu/Kinesiology

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YEAR 1	SEMESTER 1		Milestones	Grade	Credits	Minimum Grade
	ENGL 1010: Composition and Rhetoric I				3	C
	MATH 1020: College Algebra				3	C
	CHEM 1070: Fundamentals of Chemistry for Nursing and Allied Health Majors		🚩		3	C
	Choose 1: HIST 1010 (Early World Civilization) HIST 1020 (Modern World Civilization) HIST 2010 (United States History) HIST 2020 (United States History)				3	C
	HP 2000: Introduction to Health and Exercise Science				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 1090: Trigonometry				3	C
PSYC 1010: Introduction to Psychology		★	🚩	3	C
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: Anatomy & Physiology I for Nursing/Allied Health		★	🚩	3	C
	BIOL 2251: Anatomy & Physiology I for Nursing/Allied Health Lab		★	🚩	1	C
	ENGL 2110: Introduction to Literature				3	C
	Sociology 1010: Principles of Sociology		★	🚩	3	
	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 & Development		+	🚩	3	C
HED 2010: Prevention and Care of Athletic Injuries				3	C
PSYC 2050: Developmental Psychology		★		3	



It is recommended to begin working on Occupational Therapy observation hours during the summer following semester 4

Semester Credits _____

Total Credits _____

YEAR 3	SEMESTER 1		Milestones	Grade	Credits	Minimum Grade
	HP 3550: Applied Kinesiology		★	🚩	3	C
	ENGL 3230: Technical Writing		★		3	C
	HED 3000: Community Health Promotion				3	
	BIOL 1060: Medical Terminology		+	🚩	3	C
	PHYS 2030: General Physics 1		+	🚩	3	C
	PHYS 2031: General Physics 1 Lab		+	🚩	1	C

Semester Credits _____

Total Credits _____

SEMESTER 2		Milestones	Grade	Credits	Minimum Grade
HP 3560: Exercise Physiology			🚩	3	C
HED 4600: Drug and Alcohol Education				3	C
HED 3100: Nutrition and Optimal Performance**				3	C
PSYC 4450: Abnormal Psychology		★	🚩	3	C
HP 4660: Scientific Principles of Coaching Strength and Conditioning*			🚩	3	C
Human Performance Activity Course				2	C



*HP 4660 is only offered during the spring semesters

**HED 3100 is only offered during the spring semesters

Apply to take GRE after semester 6. Begin OTCAS application during summer after semester 6

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
	HP 4500: Foundations of Health and PE Coaching*			🚩	3	C
	Statistics (Choose 1): PSYC 4400: Statistics for the Behavioral Science OR MATH 2050: Math of Statistics		★		3	C
	PSYC 3010: Physiological Psychology		★	🚩	3	C
	HP activity course				2	C

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 **124**

*HP 4500 is only offered during the fall semesters.

• 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.

• Apply for graduation by the end of semester 7.

Semester Credits _____

Total Credits _____



★ Required (by Occupational Therapy School)

⊕ Recommended (by Occupational Therapy School)

🚩 MILESTONE



Major Elective



Concentration Elective

YOU'VE FINISHED!



GRADUATION REQUIREMENTS

Major/Concentration Requirements = 71, University Core/Support: 53, Total Credits = 124

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.