ACADEMIC MAP TO BACHELOR OF SCIENCE IN HEALTH & PHYSICAL EDUCATION K-12

2026-2027

NORTHWESTERN STATE UNIVERSITY OF LOUISIANA

www.nsula.edu

START HERE

YEAR 1

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
ENGL 1010: Composition and Rhetoric I			3	
MATH 1020: College Algebra			3	
Choose 1 History course from: HIST 1010, HIST1020, HIST 2010, HIST 2020			3	
HP 2000: Introduction to Health & Human Performance			3	
FA 1040: Exploring the Arts			3	
UNIV 1000: The University Experience			1	

Semester Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
ENGL 1020: Composition and Rhetoric II			3	
MATH 1060: Finite Mathematics or MATH 1090: Trigonometry			3	
SCI 1010: Basic Concepts of Physical Science or CHEM 1070: Fund of Chemistry for Allied Health Maj			3	
EPSY 2020: Introduction to Child & Adolescent Psych			3	
HED 1090: Personal and Community Health			3	

Semester Credits _____

Total Credits _____

YEAR 2

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
BIOL 3310: Human Anatomy & Physiology I or BIOL 2250: A&P I Nursing/Allied Health			3	
BIOL 3311: Human Anatomy & Physiology I Lab or BIOL 2251: A&P I Nursing/Allied Health Lab			1	
ENGL 2110: Introduction to Literature			3	
EDUC 2020: Foundations of Multicultural Education			3	
COMM 2500: Interpersonal Communication or COMM 1010: Oral Communication			3	
HED 1010: First Aid & CPR			3	

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
BIOL 3320: Human Anatomy & Physiology II or BIOL 2260: A&P II Nursing/Allied Health			3	
BIOL 3321: Human Anatomy & Physiology II Lab or BIOL 2261: A&P II Nursing/Allied Health Lab			1	
HP 4000: Introduction to Adapted Physical Educ			3	
HP 2630: Motor Learning			3	
HED 4000: Health & Exercise Psychology			3	
HED 3100: Nutrition and Optimal Performance			3	

Semester Credits _____

Total Credits _____

YEAR 3

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
HP 3550: Applied Kinesiology			3	
HP 4500: Foundations of HPE Coaching			3	
HED 4880: Methods & Materials of K-12 Health Ed			3	
HP 4960: Methods & Materials of K-12 Physical Ed			3	
EDUC 3140: Instructional Planning			3	

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
HP 3560: Exercise Physiology			3	
HED 4600: Drug and Alcohol Education			3	
HP 4170: Exercise Testing & Prescription			3	
HED 2010: Prevention & Care of Athletic Injuries			3	
RDG 4050: Dyslexia, Literacy, & Science of Reading			3	
EPSY 3000: Classroom Assessment			3	

Semester Credits _____

Total Credits _____

YEAR 4

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
Social Science Elective*			3	
HED 4500: Sexuality Education			3	
EDUC 4921 Residency I**			6	

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
SPED 3460: Intro to Individuals with Disabilities			3	
EDUC 3210 or 3220: Learning Env & Classroom Mgt			3	
EDUC 4922 Residency II**			6	

Semester Credits _____

Total Credits 120

*Select from the following: ANTH 1510; ECON 2000; GEOG 1010; PHIL 1010; PSCI 2010

** Must be taken concurrently

YOU'VE FINISHED!

Requires admission to Teacher Candidacy

MILESTONE

Major Elective

Concentration Elective

Academic Elective

GRADUATION REQUIREMENTS

Major/Concentration Requirements = 80, University Core/Support = 40, 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:

NORTHWESTERN STATE
UNIVERSITY OF LOUISIANA

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!

MILESTONE

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.