

Kentucky State University  
 School of Education and Human Development  
 B.A. Physical Education (non-teaching)  
 Curriculum Ladder - TOTAL DEGREE REQUIREMENTS: 120 Credit Hours

NAME

ID#

ADVISOR

ADVISOR PHONE #

<b>KSU 101</b>	<b>BRED Training (new students or students with less than 30 transfer hours)</b>	<b>1</b>		
<b>KSU 102</b>	<b>BRED Building (students must have completed less than 30 credit hours)</b>	<b>1</b>		

**I. GENERAL STUDIES (43 credit hours)**  
 (ENG 101, ENG 102 & MAT 111 with a Grade of “C” or Higher)

<b>Language and Reasoning</b>		<b>Credit Hours</b>	<b>Grade</b>	<b>Semester</b>
ENG 101	English Composition I	4		
ENG 102	English Composition II	3		
SPE 103	Interpersonal Communication	3		
MAT 111	College Algebra	3		
	Foreign Language I	3		
	Foreign Language II	3		
	<b>Total</b>	<b>19</b>		
<b>Fine Arts and Letters (Select One)</b>				
ART 130	Introduction to Art <b>OR</b>			
THE 130	Introduction to Theatre <b>OR</b>			
ENG 211	Introduction to Literature			
	<b>Total</b>	<b>3</b>		
<b>Social and Behavioral Science (Select Two Courses)</b>				
POS 101	American Government <b>OR</b>			
FIN 101	Financial Literacy <b>OR</b>			
HIS 103	Western Civilization <b>OR</b>			
ECO 200	Survey of Economics <b>OR</b>			
PSY 200	General Psychology <b>OR</b>			
SOC 203	Principles of Sociology			
	<b>Total</b>	<b>6</b>		
<b>Natural Sciences (Select One Course)</b>				
BIO 101	Life Science <b>OR</b>			
CHE 109	Chemistry in Context			
	<b>Total</b>	<b>3</b>		
<b>Select ONE COURSE from Below</b>				
BIO 101	Life Science <b>OR</b>			
BIO 103	Environmental Biology <b>OR</b>			
BIO 112	Exploration of Modern Topics in Biology <b>OR</b>			
CHE 109	Chemistry in Context <b>OR</b>			
PHS 201	Physical Science I <b>OR</b>			
PHS 202	Physical Science II <b>OR</b>			
PHS 211	Earth and Environmental Science <b>OR</b>			
PHS 221	Introduction to Weather Studies <b>OR</b>			
PHS 231	Introduction to Astronomy <b>OR</b>			
PHY 130	Physics and Society <b>OR</b>			
PHY 211	General Physics			
	<b>Total</b>	<b>3</b>		
<b>Integrative Studies</b>				
IGS 200	Foundations of Cultures	3		
IGS 201	Convergence of Cultures	3		

<b>Select ONE COURSE from Below</b>			
IGS 300	Search for New Forms of Culture <b>OR</b>		
IGS 301	Studies in African Cultures <b>OR</b>		
IGS 302	Studies in Asian Cultures <b>OR</b>		
IGS 303	Studies in Latin American Cultures <b>OR</b>		
IGS 304	The African-American Experience <b>OR</b>		
IGS 305	The Latino Experience <b>OR</b>		
COS 303	Human Perspective on Computing <b>OR</b>		
ENG 313	Non-Western Literature <b>OR</b>		
ENG/AAS 409	Literature of African-Americans <b>OR</b>		
MAT 304	Perspectives on Mathematics <b>OR</b>		
MGT 470/ MKT 470	International Bus. Management/ International Bus. Marketing <b>OR</b>		
MUS/AAS 323	African-American Music <b>OR</b>		
MUS/AAS 325	Jazz History and Literature <b>OR</b>		
MUS 333	Music of Africa and Asia		
<b>Total</b>		<b>9</b>	

## II. CORE REQUIREMENTS

HED 107	First Aid and Safety	1	
HED 221	Personal Health/Lifetime Fitness	2	
HED 222	Personal Health/Lifetime Fitness II	2	
PHE 209/240/351	Beginning Swimming/Intermediate Swimming/Lifeguard Training	1	
PHE 218	Body Conditioning	1	
PHE 225	Team Sports I	1	
PHE 226	Team Sports II	1	
PHE 227	Individual Sports I	1	
PHE 228	Individual Sports II	1	
PHE 301	Human Anatomy for PE and Sport	3	
PHE 302	Human Physiology for PE and Sport	4	
PHE 320	Adaptive Physical Education	3	
PHE 323	Principles of Physical Education	3	
PHE 324	Sports Injury: Prevention/Care	3	
PHE 330	Physiology of Exercise	4	
PHE 331	Kinesiology/Biomechanics	4	
PHE 332	Motor Development/Motor Learning	3	
PHE 333	Psychological and Sociological Aspects of Sports	3	
PHE 334	Principles of Strength and Conditioning	3	
PHE 380	Coaching Competitive Athletics	2	
PHE 401	Tests and Measurements for Health & Physical Edu.	3	
PHE 402	Research Methods for Exercise Science	3	
PHE 421	Org. & Administration of Health/Physical Edu	3	
PHE 440	Internship in Exercise Science	3	
FNU 104	Basic Nutrition	3	
BIO 220	Medical Terminology	2	
<b>Total</b>		<b>63</b>	

## III. ELECTIVES (14 credit hours) to be chosen from the following and/or Advisor recommendations: PHE 355; PHE 389; PHE 423; PHE 426; HED 300; HED 305; HED 321; REC 101

<b>GRAND TOTAL OF CREDIT HOURS</b>		<b>14</b>	

**Advising Record:**

Date	Student Signature	Advisor Signature
Date	Student Signature	Advisor Signature
Date	Student Signature	Advisor Signature
Date	Student Signature	Advisor Signature
Date	Student Signature	Advisor Signature
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