ESS Cognates: choose *two* (2) with 24 hours each.

### Teaching Cognate
**Required Courses (17 hours)**
- ESHE 210 Intro to Teaching **(2)**
- ESHE 301/302/304 T/P Skills **(2)**
- ESHE 382 PE Methods **(4)**
- ESHE 385 PE Inclusion **(2)**
- ESHE 475 PE Assessment **(3)**
- HLTH 382 Health Methods **(4)**
- ESHE electives to total **24** hours:
  - **( )**
  - **( )**
  - **( )**

### Coaching Cognate
**Required Courses (18 hours)**
- ESHE 201 Intro Athletic Tng. **(3)**
- ESHE 305 Strength/Cond. **(3)**
- ESHE 350 Sport Psyc. **(3)**
- ESHE 388 Coaching **(3)**
- ESHE 400 Practicum TBA **(3)**
- HLTH 465 Sport Nutrition **(3)**
- ESHE electives to total **24** hours:
  - **( )**
  - **( )**
  - **( )**

Coaching and Exercise Science cognates may **not** be combined.

### Exercise Science Cognate
**Required Courses (19-21 hours)**
- ESHE 201 Intro Athletic Tng. **(3)**
- ESHE 305 Strength/Cond. **(3)**
- ESHE 315 Aging and Activity **(3)**
- ESHE 400 Practicum TBA **(3)**
- HLTH 465 Sport Nutrition **(3)**
- BIOL 310/322 Anatomy **(4/6)**
- ESHE electives to total **24** hours:
  - **( )**
  - **( )**
  - **( )**

Exercise Science and Coaching cognates may **not** be combined.

### Sport Administration Cognate
**Required Courses (21 hours)**
- ESHE 212 Intro Sport Mgt. **(3)**
- ESHE 360 ESHE Marketing **(3)**
- ESHE 400 Practicum **(3)**
- ESHE 415 Sport Admin. **(3)**
- Interdisciplinary Courses for 9 hours from MGNT, MKTG, ACTG, BLAW, COMM
  - **( )**
  - **( )**
  - **( )**
- ESHE electives to total **24** hours:
  - **( )**

### Commercial Fitness Cognate
**Required Courses (18 hours)**
- ESHE 358 ESHE Technology **(3)**
- ESHE 396 Fitness Prescription **(3)**
- ESHE 397 Fit. Programming **(3)**
- ESHE 400 Practicum **(3)**
- ESHE 460 Fit. Leadership **(3)**
- ESHE 461 O/A Fit. Programs **(3)**
- ESHE electives to total **24** hours:
  - **( )**
  - **( )**

### Martial Arts Cognate
**Required Courses (14/20)**
- ESHE 310 Self Def. Programs **(2)**
- ESHE 361 The Martial Arts **(3)**
- ESHE 362 Self Def. Principles **(3)**
- ESHE 400 Practicum **(3/6)**
- ESHE electives to total **24**:
  - **( )**
  - **( )**
  - **( )**