## Exercise and Sport Science Concentration
### Sports Medicine Option (120 Semester Hours)

### Program of Studies - Progress Sheet

**Student:** ______________________________________________________________________  
**ID:** __________________________________________

### GENERAL EDUCATION- Required Courses (50 Semester Hours)

#### Area 1: Communication (9 hrs)
- ENGL 101 ___________ 3  
- ENGL 102 ___________ 3  
- COMM 114 ___________ 3

#### Area 4: Humanities (6 hrs)
- ENGL ______ 3
- PHIL or RELN ______ 3

#### Area 7: Physical and Natural Sciences (8 hrs)
- CHEM 101 ______ 4  
- CHEM 102/3 ______ 4

#### Area 2: Fine Arts (3 hrs)
- ______ ______ 3

#### Area 5: International and Intercultural Studies (3 hrs)
- ______ ______ 3

#### Area 8: Social and Behavioral Sciences (12 hrs)
- PSYC 121 ______ 3  
- HIST ______ 3
- * ______ ______ 3*
- * ______ ______ 3*

#### Area 3: Health and Wellness (3 hrs)
- HLTH 200 ______ 3

#### Area 6: Mathematical Sciences (6 hrs)
- STAT 200 ______ 3
- ITEC 100/120 ______ 3

### SPORTS MEDICINE OPTION

#### Required Courses (64 Hours)

**ESHE Core (7 Hours)**
- HLTH 320 Health/Safety Found. (3)  
- ESHE 395 Motor Behavior (3)  
- ESHE 462 Senior Capstone Exp. (1)

**Pre-requisites**
- FS/SU
- H200
- PSYC 121
- TBA

**Recommended by:**
- Philo., Trig/Precalc., Ab & HGD Psyc.
- Marymount: 40 hrs., Precalc, HGD Psyc.

**SPORTS MEDICINE (50 Hours)**
- BIOL 105 General Biology (4)  
- PHYS 111 General Physics (4)  
- PHYS 112 General Physics (4)  
- BIOL 310 Human Structure/Func. I (4)  
- BIOL 311 Human Structure/Func. II (4)  
- ENGL 306/307 Prep of Prof. Papers (3)  
- ESHE 201 Intro to Athletic Tng. (3)  
- ESHE 305 Prin. of Strength/Cond. (3)  
- ESHE 315 Phy. Activity &Aging (3)  
- ESHE 350 Sport/Exercise Psyc. (3)  
- ESHE 358 Technology in ESHE (3)  
- ESHE 390 Kinesiology (3)  
- ESHE 392 Exercise Physiology (3)  
- ESHE 396 Assess./Prescript. Fit. (3)  
- HLTH 465 Nutrition Sport & Ex. (3)  
- ENGL 306/307 Prep of Prof. Papers (3)  
- ESHE 201 Intro to Athletic Tng. (3)  
- ESHE 305 Prin. of Strength/Cond. (3)  
- ESHE 315 Phy. Activity &Aging (3)  
- ESHE 350 Sport/Exercise Psyc. (3)  
- ESHE 358 Technology in ESHE (3)  
- ESHE 390 Kinesiology (3)  
- ESHE 392 Exercise Physiology (3)  
- ESHE 396 Assess./Prescript. Fit. (3)  
- HLTH 465 Nutrition Sport & Ex. (3)  

**Electives 6 hrs. to total 120 hours.**

**SU:** 200 hrs. experience, Philo., Trig/Precalc  
- See advisor for suggestions.

**PROFESSIONAL FIELDWORK (7-10 Hours)**
- ESHE 363 Seminar Prof. Fieldwork (1)  
- ESHE 463 Prof. Fieldwork (6-9)  

**NOTE:** To graduate with honors, a student must complete 60 semester hours at RU.)

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