

**EXERCISE, SPORT, AND HEALTH EDUCATION
ATHLETIC TRAINING (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 2: Fine Arts (3 hrs)

_____ _____ 3

**Area 3: Health & Wellness
(3 hrs)**

HLTH 200 _____ 3

Area 4: Humanities (6 hrs)

ENGL _____ _____ 3
PHIL/RELN _____ 3

**Area 5: International &
Intercultural Studies (3 hrs)**

_____ _____ _____ 3

**Area 6: Mathematical Sciences
(6 hrs)**

STAT 200 _____ 3
ITEC 100/120 _____ 3

**Area 7: Physical & Natural
Science (8 hrs)**

BIOL 105 _____ 4
CHEM 101 _____ 4

**Area 8: Social & Behavioral
Sciences (12 hrs)**

HIST _____ _____ 3
PSYC 121 _____ 3
_____ _____ _____ 3^
_____ _____ _____ 3^

^These 2 courses must come from 2 other disciplines: ANTH, APST, ECON, GEOG, POSC, SOCY

ATHLETIC TRAINING

Concentration Requirements (70 Semester Hours)

ESHE FOUNDATIONS: (7 Hours) (Athletic Training Specific):

HLTH 320* Health and Safety Foundations _____ (3) FS/SU
ESHE 395* Motor Behavior Foundations _____ (3) FS
ESHE 462* Senior Capstone Experience _____ (1) FS

Prerequisites

HLTH 200
PSYC 121

ATHLETIC TRAINING EDUCATION (61-63 Hours)

ESHE 150*	Fundamentals of Athletic Training	_____ (1) F	
ESHE 201*	Introduction to Athletic Injuries	_____ (3) FS/SU	HTLH 200, 26 hrs.
ESHE 205*	Introduction to Athletic Training Skills	_____ (2) S	HLTH 200, GPA 2.5
ESHE 225*	Practicum I	_____ (1) S	HLTH 200, GPA 2.5
ESHE 250*	Practicum II	_____ (3) F	ESHE 201, 205, 225
ESHE 323*	Assessment of Athletic Injuries I	_____ (3) F	BIOL 310, ESHE 205
ESHE 325*	Practicum III	_____ (3) S	ESHE 250
ESHE 333*	Athletic Training Skill Assessment	_____ (1) F/S **	ESHE 150
ESHE 335*	Seminar in Athletic Training	_____ (2) S	ESHE 250, 323
ESHE 340*	General Medical Conditions	_____ (3) S	ESHE 250, 323
ESHE 345*	General Medical Rotation	_____ (1) S	ESHE 250, 323
ESHE 355*	Practicum IV	_____ (4) F	ESHE 325
ESHE 365*	Therapeutic Exercise	_____ (4) F	ESHE 323
ESHE 390*	Kinesiology	_____ (3) FS	BIOL 322 or 310
ESHE 392*	Exercise Physiology	_____ (3) FS	BIOL 322 or 310
ESHE 420*	Therapeutic Modalities	_____ (4) F	ESHE 323
ESHE 422*	Assessment of Athletic Injuries II	_____ (3) S	ESHE 323
ESHE 430*	Senior Seminar	_____ (3) S	ESHE 355, 86 hrs.
ESHE 461*	Org & Admin Health/Fitness Programs	_____ (3) S	HLTH 200, ESHE 360 or 460
HLTH 465*	Exercise, Performance, and Nutrition	_____ (3) S	HLTH 200, BIOL 322 or 310/311
BIOL 310*	Human Structure and Function I	_____ (4) F	BIOL 105
BIOL 311*	Human Structure and Function II	_____ (4) S	BIOL 105
OR BIOL 322*	Anatomy and Physiology	_____ (6) FS/SU	BIOL 105
ESHE 301, 305, 350, or 360		_____ (2-3) FS	

* course must be passed with a "C" or better

**course must be repeated 4 times.

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

Radford University
College of Education and Human Development
ESHE/ Athletic Training
2008 – 2009 4 year plan

Freshman Year

<u>Fall Semester</u>		<u>Spring Semester</u>	
ENGL 101	3	ENGL 102	3
ITEC 100	3	BIOL 105	4
PSYC 121	3	CHEM 101	4
HLTH 200	3	Area 5 Int/Inc Studies	3
Area 8 Soc Science	3		
	<i>15 credits</i>		<i>14 credits</i>

Sophomore Year

<u>Fall Semester</u>		<u>Spring Semester</u>	
ESHE 150*	1	ESHE 201*	3
Area 4 ENGL	3	ESHE 205*	2
HLTH 320*	3	ESHE 225*	1
BIOL 310* or Biol 322*	4/ 6	BIOL 311* (if 310 taken in fall)	4
Area 2 Fine Arts	3	Area 8 Soc Science	3
		Area 8 HIST 101, 102	3
		111, or 112	
		ESHE 333*	1
	<i>14- 16 credits</i>		<i>13 - 17 credits</i>

Junior Year

<u>Fall Semester</u>		<u>Spring Semester</u>	
ESHE 250*	3	ESHE 325*	3
ESHE 323*	3	ESHE 335*	2
ESHE 390*	3	ESHE 340*	3
STAT 200	3	ESHE 345*	1
ESHE 305, 350 or 360	3	ESHE 422*	3
ESHE 333*	1	Area 4 PHIL/RELN	3
		ESHE 333*	1
	<i>16 credits</i>		<i>16 credits</i>

Senior Year

<u>Fall Semester</u>		<u>Spring Semester</u>	
ESHE 355*	4	ESHE 461*	3
ESHE 365*	4	ESHE 430*	3
ESHE 420*	4	COMM 114	3
ESHE 392*	3	HLTH 465*	3
ESHE 333*	1	ESHE 395*	3
		ESHE 462*	1
	<i>16 credits</i>		<i>16 credits</i>

B.S. = 122 - 124 credit hours

*Course must be completed with a grade of "C" or better.
 See general education list for acceptable courses.