

**EXERCISE, SPORT, AND HEALTH EDUCATION**  
**Sport and Wellness Leadership Concentration**  
**Commercial/Corporate Fitness 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)**

BIOL 105 \_\_\_\_\_ 4  
 \_\_\_\_\_ 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)**

HIST \_\_\_\_\_ 3  
 PSYC 121 \_\_\_\_\_ 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

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

**COMMERCIAL/CORPORATE FITNESS OPTION**

**Required Courses (58 Semester Hours) and Elective Hours to Total 120 Hours**

**ESHE FOUNDATIONS (7 Hrs.)**

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

**Prerequisites**

PSYC 121  
 HLTH 200

**COMMERCIAL/CORPORATE FITNESS (44 – 46 Hours)**

ESHE 201 Intro to Athletic Injuries \_\_\_\_\_ (3) FS/SU  
 ESHE 305 Principles of Strength and Conditioning \_\_\_\_\_ (3) FS  
 ESHE 315 Physical Activity and Aging \_\_\_\_\_ (3) FS  
 ESHE 350 Sport and Exercise Psychology \_\_\_\_\_ (3) FS/SU  
 ESHE 358 Technology in ESHE \_\_\_\_\_ (3) FS  
 ESHE 360 Marketing and Promotion \_\_\_\_\_ (3) FS  
 ESHE 391 Exercise Science Foundations \_\_\_\_\_ (4) FS/SU  
 ESHE 396 Assessment & Prescription Physical Fitness \_\_\_\_\_ (3) FS  
 ESHE 397 Health/Fitness Program Development \_\_\_\_\_ (3) S  
 ESHE 460 Exercise Leadership in Health/Fitness \_\_\_\_\_ (3) F  
 ESHE 461 Org & Admin of Health/Fitness Programs \_\_\_\_\_ (3) S  
 HLTH 465 Nutrition in Sport and Exercise \_\_\_\_\_ (3) FS/SU  
 ENGL 306 or 307 Technical Writing \_\_\_\_\_ (3) FS  
 BIOL 310 or 322 Anatomy and Physiology \_\_\_\_\_ (4-6)  
 (BIOL 310 F only or 322 FS/SU)

**Pre-requisites**

HLTH 200/26hrs  
 HLTH 200  
 BIOL 105/56 hrs.  
 PSYC 121  
 ITEC 100 or 120 or equiv.  
 HLTH 200 & BIOL 105  
 HLTH 200 & ESHE 391  
 ESHE 391 or ESHE 390&392  
 HLTH 200 & ESHE 391  
 HLTH 200 & ESHE 360 or 460  
 HLTH 200 & BIOL 322 or 310&311  
 56 hrs.  
 BIOL 105

**PROFESSIONAL FIELDWORK (7-13 Hours)**

ESHE 363 Seminar in Professional Fieldwork \_\_\_\_\_ (1) FS  
 ESHE 463 Professional Fieldwork in ESHE \_\_\_\_\_ (6-12) FS/SU

**Electives to total 120 Hrs. See advisor for recommended courses. (10-12 hrs.)**

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

**COMMERCIALCORPORATE FITNESS  
FOUR-YEAR PLAN  
120 HOURS**

FALL SEMESTER		SPRING SEMESTER	
<b>Freshman Year (31 Hours)</b>			
ENGL 101 (area 1)	3	ENGL 102 (area 1)	3
FINE ART (area 2)	3	COMM 114 (area 1)	3
PHIL/RELN (area 4)	3	SCIENCE (area 7)	3
BIOL 105 (area 7)	4	ITEC (area 6)	3
PSYC 121 (area 8)	3	HIST (area 8)	3
Total	16	Total	15
<b>Sophomore Year (32 Hours)</b>			
BIOL 310/322	4/6	HLTH 320 Health Safety Foundations	4
HLTH 200 Wellness Lifestyles (area 3)	3	ESHE 201 Intro Athletic Training	3
ENGL (area 4)	3	STAT (area 6)	3
INT/INC STUDIES (area 5)	3	SOC SCIENCE (area 8)	3
SOC SCIENCE (area 8)	3	SOC SCIENCE (area 8)	3
Total	16/18	Total	16
<b>Junior Year (32 Hours)</b>			
ESHE 391 Exercise Science Found	4	ESHE 397 Health Fitness Program Dev	3
ESHE 315 Physical Activity and Aging	3	ESHE 305 Prin Strength Conditioning	3
ESHE 358 Technology ESHE	3	ESHE 350 Sport Exercise Psychology	3
ESHE 360 Marketing Promotion ESHE	3	ESHE 396 Assess Prescript Phy Fitness	3
ESHE 395 Motor Behavior Foundations	4	ESHE 461 Org Admin Health Fitness	3
Total	17	Total	15
<b>Senior Year (25 Hours)</b>			
ENGL 306/7 Technical Writing	3	ESHE 463 Fieldwork ESHE	6
ESHE 460 Exercise Leadership	3	Elective	3
ESHE 465 Nutrition Sport Exercise	3	ESHE 462 Senior Capstone	1
Elective	3		
Elective – ESHE 405 suggested	3		
ESHE 363 Seminar Fieldwork	1		
Total	16	Total (Remember 12 hrs are needed to be full-time)	10