

EXERCISE, SPORT, AND HEALTH EDUCATION
Exercise and Sport Science Concentration
Exercise and Sport Studies Cognates Option (120 Semester Hours)
Program of Studies- Progress Sheet

Student: _____ ID: _____

GENERAL EDUCATION
Required Courses (50 Semester Hours)

<p>Area 1: Communication (6 to 9 hrs)</p> <p>ENGL 101 _____ 3 ENGL 102 _____ 3 _____ _____ 3</p>	<p>Area 4: Humanities (6 to 9 hrs)</p> <p>ENGL _____ 3 PHIL or RELN _____ 3 _____ _____ 3</p>	<p>Area 7: Physical and Natural Sciences (8 hrs)</p> <p>BIOL 105 _____ 4 _____ _____ 4</p>
<p>Area 2: Fine Arts (3 to 6 hrs)</p> <p>_____ _____ 3 _____ _____ 3</p>	<p>Area 5: International and Intercultural Studies (3 to 6 hrs)</p> <p>_____ _____ 3 _____ _____ 3</p>	<p>Area 8: Social and Behavioral Sciences (12 to 15 hrs)</p> <p>HIST _____ 3 PSYC 121 _____ 3 _____ _____ 3* _____ _____ 3* _____ _____ 3 (Opt.)</p>
<p>Area 3: Health and Wellness (3 hrs)</p> <p>HLTH 200 _____ 3</p>	<p>Area 6: Mathematical Sciences (6 hrs)</p> <p>_____ _____ 3 _____ _____ 3</p>	<p>*These 2 courses must come from 2 other disciplines: ANTH, APST, ECON, GEOG, POSC, SOCY</p>

EXERCISE AND SPORT STUDIES COGNATES OPTION
Required Courses (70 Semester Hours)

<p><u>ESHE FOUNDATIONS (7 hrs.)</u></p> <p>HTLH 320 Health and Safety Foundations _____ (3) FS/SU ESHE 395 Motor Behavior _____ (3) FS/SU ESHE 462 Senior Capstone Experience _____ (1) FS</p>	<p>Prerequisites</p> <p>HLTH 200 PSYC 121</p>	<p>Electives (9-11 hrs.)</p> <p><u>ESHE 363 (1)</u> _____ _____ _____</p>
<p><u>Exercise Science Foundations (4 or 6 hrs.)</u></p> <p>ESHE 391 Exercise Science _____ (4) FS/SU OR ESHE 390 Kinesiology AND _____ (3) FS ESHE 392 Exercise Physiology _____ (3) FS</p>	<p>HLTH 200 & BIOL 105 BIOL 322 or BIOL 310 or BIOL 311 BIOL 322 or BIOL 310 or BIOL 311</p>	

Select Cognate Areas (24 hours each). See specific cognate requirements.
Electives in Cognate Areas must be either ESHE or HLTH courses.
Additional electives to total 70 Semester Hours

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

ESS Cognates: Choose two (2) Areas of 24 hours each
****** Coaching and Exercise Science Cognates cannot be combined.**

Teaching Cognate	Pre-Reqs.	Coaching Cognate	Pre-Reqs.	Exercise Science Cognate	Pre-Reqs.
Required Courses (17 hours)		Required Courses (18 hours)		Required Courses (19-21 hours)	
ESHE 210 Intro to Teaching ____ (2) S		ESHE 201 Intro. Ath. Trn. ____ (3) FS/SU	HLTH 200	ESHE 201 Intro. Ath. Trn. ____ (3) FS/SU	HLTH 200
ESHE 301/302/304 T&P ____ (2) FS	ESHE 210	ESHE 305 Strength/Cond. ____ (3) FS	HLTH 200	ESHE 305 Strength/Cond. ____ (3) FS	HLTH 200
ESHE 382 PE Methods ____ (4) FS	ESHE 210	ESHE 350 Sport Psyc. ____ (3) FS	PSYC 121	ESHE 315 Aging and Activity ____ (3) FS	56 hrs. Bio 105
ESHE 385 PE Inclusion ____ (2) FS	ESHE 210	ESHE 388 Coaching ____ (3) FS	56 hrs.	HLTH 465 Sport Nutrition ____ (3) FS/SU	HLTH 200
ESHE 475 PE Assessment ____ (3) F	ESHE 210	HLTH 465 Sport Nutrition ____ (3) FS/SU	HLTH 200	BIOL 310 (F) or 322 (FS/SU) ____ (4/6)	BIOL 105
HLTH 382 HLTH Methods ____ (4) S	ESHE 210	ESHE 463 Internship ____ (3) FS/SU		ESHE 463 Internship ____ (3) FS/SU	
ESHE/HLTH Electives to total 24 hours (7 hours)		ESHE/HLTH Electives to total 24 hours (6 hours)		ESHE/HLTH Electives to total 24 hours (3 to 5 hours)	
E/H: ____ ()		E/H: ____ ()		E/H: ____ ()	
E/H: ____ ()		E/H: ____ ()		E/H: ____ ()	
E/H: ____ ()		E/H: ____ ()		E/H: ____ ()	
Sport Administration Cognate	Pre-Reqs.	Commercial Cognate	Pre-Reqs.	Martial Arts Cognate	Pre-Reqs.
Required Courses (21 hours)		Required Courses (18 hours)		Required Courses (19-21 hours)	
ESHE 212 Intro to Sport Mgmt. ____ (3) FS	15 hrs.	ESHE 358 Technology ____ (3) FS	56 hrs. ITEC	ESHE 262 Intro. Asian MA ____ (3)	
ESHE360 Marketing/Promo ____ (3) F S		ESHE 396 Ass.& Rx. ____ (3) S	*ESHE 391	ESHE 310 Multi Cult.Self Def. ____ (3)	
ESHE415 Sport Admin. ____ (3) S		ESHE 397 Prog. Devel. ____ (3) S	*ESHE 391	ESHE 330 Adv. Karate ____ (1-3)	
Interdisciplinary Courses for 9 hours from:		ESHE 460 Fit. Leadership ____ (3) F	*ESHE 391	ESHE 361 World Martial Arts ____ (3)	
MGMT, MKTG, ACTG, BLAW, COMM		ESHE 461 O&A of Fit. Prog. ____ (3) S	ESHE 360 or 460	ESHE 362 Princ. of Self Def. ____ (3)	
____ (3)		ESHE 463 Internship ____ (3) FS/SU		ESHE 364 or 201 ____ (3)	
____ (3)		ESHE/HLTH Electives to total 24 hours (6 hours)		ESHE ESHE 463 Internship ____ (3) FS/SU	
____ (3)		E/H: ____ ()		ESHE/HLTH Electives to total 24 hours (3-5 hours)	
ESHE 463 Internship ____ (3) FS/SU		E/H: ____ ()		E/H: ____ ()	
		E/H: ____ ()		E/H: ____ ()	
ESHE/HLTH Electives to total 24 hours (3 hours)					
____ (3)					

*ESHE 391 is the pre-requisite for several courses, however if you have taken ESHE 390 and 392 those will count as the pre-req. You can always do more than required, not less.

As a student choosing ESS you must be aware of course offerings and plan your schedules accordingly. There are several courses that are often taught in summer that were not listed as summer because it does not apply every summer. The following courses are: ESHE 305, ESHE 350, and ESHE 388

If you are choosing the Sport Administration Cognate please know we have no control over courses offered in any aspect of Business or Communication, plan ahead in choosing when to take those courses. In addition, you have nearly enough elective hours to complete a minor in business or communication – now is the time to consider that option and plan for it. The idea is to make yourself as marketable as possible.

ESHE 363 is a pre-requisite for ESHE 463.

**EXERCISE AND SPORT SCIENCE
FOUR-YEAR PLAN
120 HOURS**

FALL SEMESTER			SPRING SEMESTER		
Freshman Year (31 Hours)					
ENGL 101 (area 1)	3		ENGL 102 (area 1)	3	
FINE ART (area 2)	3		SOC SCIENCE (area 8)	3	
PHIL/RELN (area 4)	3		INT/INC STUDIES (area 5)	3	
BIOL 105 (area 7)	4		MATH/STAT/ITEC (area 6)	3	
PSYC 121 (area 8)	3		HIST (area 8)	3	
	Total 16			Total 15	
Sophomore Year (32 Hours)					
HLTH 200 (area 3)	3		HLTH 320 Health Safety Foundations	4	
MATH/STAT/ITEC (area 6)	3		Area 1, 2, 5, or 8 to complete	3	
ENGL (area 4)	3		Cognate Area I	3	
BIOL 103 OR 104 (area 7)	4		Cognate Area I	3	
SOC SCIENCE (area 8)	3		Cognate Area I	3	
	Total 16			Total 16	
Junior Year (30 Hours)					
ESHE 390 Kinesiology and ESHE 392 Exercise Physiology	6		ESHE 350 Sport Exercise Psychology	3	
OR ESHE 391 Exercise Science	4		ESHE 395 Motor Behavior	3	
Cognate Area I	3		ESHE 363 Pre- Internship	1	
Cognate Area I	3		Cognate Area I	3	
Cognate Area I	3		Cognate Area II	Cognate Area II	
Cognate Area I	3		3 Elective	Elective	
	Total 16-18			Total 16	
Senior Year (27 Hours)					
Cognate Area II	3		ESHE 462 Senior Capstone	1	
Cognate Area II	3		Cognate Area II	3	
Cognate Area II	3		Cognate Area II	3	
Cognate Area II	3		Cognate Area II	3	
Elective	3		Elective	3	
	Total 15			Total 13	