

EXERCISE, SPORT, AND HEALTH EDUCATION
Sport and Wellness Leadership Concentration
Sport Administration Option (120 Semester Hours)
Program of Studies – Progress Sheet

Student: _____ ID: _____

GENERAL EDUCATION - Required Courses (50 Semester Hours)

Area 1: Communication (9 hrs)			Area 4: Humanities (6 hrs)			Area 7: Physical and Natural Sciences (8 hrs)		
ENGL 101	_____	3	ENGL	_____	3	BIOL 105	_____	4
ENGL 102	_____	3	PHIL or RELN	_____	3	_____	_____	4
COMM 114	_____	3						
Area 2: Fine Arts (3 hrs)			Area 5: International and Intercultural Studies (3 hrs)			Area 8: Social and Behavioral Sciences (12 hrs)		
_____	_____	3	_____	_____	3	HIST	_____	3
						PSYC	<u>121</u>	3
						_____	_____	3*
						_____	_____	3*
Area 3: Health and Wellness (3 hrs)			Area 6: Mathematical Sciences (6 hrs)			*These 2 courses must come from 2 other disciplines: ANTH, APST, ECON, GEOG, POSC, SOCY		
HLTH 200	_____	3	STAT 200	_____	3			
			ITEC 100/120	_____	3			

SPORT ADMINISTRATION OPTION

Required Courses (60 Semester Hours) and Electives (10 Semester Hours): Total 70 Semester Hours

ESHE FOUNDATIONS (7 Hrs.)				Prerequisites	
ESHE 395	Motor Behavior Foundations	_____ (3)	FS/SU	PSYC 121	
HLTH 320	Health and Safety Foundations	_____ (3)	FS/SU	HLTH 200	
ESHE 462	Senior Capstone Experience	_____ (1)	FS		

SPORT ADMINISTRATION TRACK (31 Hours)

ESHE 201	Intro Athletic Training	_____ (3)	FS/SU	HLTH 200/26hrs.	
ESHE 212	Introduction to Sport Management	_____ (3)	FS	15 hrs.	
ESHE 305	Principles of Strength and Conditioning	_____ (3)	FS	HLTH 200	
ESHE 350	Sports and Exercise Psychology	_____ (3)	FS/SU	PSYC 121	
ESHE 358	Technology in ESHE	_____ (3)	FS	ITEC/56 hrs.	
ESHE 360	Marketing and Promotions of ESHE	_____ (3)	F		
ESHE 388	Coaching Management	_____ (3)	FS	56 hrs.	
ESHE 391	Exercise Science Foundations	_____ (4)	FS/SU	BIOL 105/HLTH 200	
ESHE 415	Sport Administration	_____ (3)	S	ESHE 212/56 hrs.	
ENGL 306/307	Technical Writing	_____ (3)	S	56 hrs.	

INTERDISCIPLINARY (15 Hours)

Select from the following courses:

MGNT 322; 323; 357; 421; 425;	_____ (3)
MKTG 340; 341;342; 344; 350; 360 ACTG 211; 212;	_____ (3)
BLAW 203; FINC 331; 332	_____ (3)
COMM 226; 230; 250; 336; 337; 414	_____ (3)
ECON 105/106; 313 MSTD 105;146;173;205;326;328	_____ (3)

ELECTIVES (10 Hrs.)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Minors are encouraged in: Business Administration, Management, Marketing, Communication, Media Studies (see catalog). **However, no more than 6 credits toward a minor may be double counted from the major course work.

PROFESSIONAL FIELDWORK (7-13 Hours)

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

APPROVED ELECTIVES (total 120 Hrs.) (NOTE: To graduate with honors, a student must complete 60 sem. Hrs. at RU.)

* See General Education requirements; must be 2 classes from 2 different areas and cannot be history or psychology.

**SPORT ADMINISTRATION
FOUR-YEAR PLAN
120 HOURS**

Fall Semester		Spring Semester	
Freshman Year (31 Hours)	Credit		Credit
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	INT/INC STUDIES (area 5)	3
PSYC 121 (area 8)	3	ITEC 100/120 (area 6)	3
BIOL 105 (area 7)	4	HIST (area 8)	3
	Total 16		Total 15
Sophomore Year (36 Hours)			
HLTH 200 (area 3)	3	ESHE 201 Intro Athletic Training	3
ENGL (area 4)	3	HLTH 320 Health/Safety Foundation	4
SOCIAL SCIENCE (area 8)*	3	ESHE 305 Prin Strength Conditioning	3
SCIENCE (area 7)	4	ESHE 350 Sport Exercise Psychology	3
ESHE 212 Intro Sport Management	3	MGMT ____ (IDS)	3
	Total 16		Total 16
Junior Year (31 Hours)			
ESHE 390 Kinesiology	3	ESHE 388 Coaching Athlete	3
ESHE 392 Exercise Physiology	3	ESHE 358 Technology ESHE	3
ESHE 360 Marketing ESHE Program	3	ESHE 395 Motor Behavior	4
MKTG ____ (IDS)	3	COMM ____ (IDS)	3
STAT 200 (area 6)	3	ENGL 306 Technical Writing	3
	Total 15		Total 16
Senior Year (26 Hours)			
ESHE 415 Sport Administration	3	_____ Elective	3
ESHE 363 Seminar Fieldwork	1	ESHE 463 Fieldwork ESHE	7
IDSY ____ (IDS)	3		
SOCIAL SCIENCE (area 8)*	3		
_____ (IDS)	3		
_____ Elective	3		
ESHE 462 Senior Capstone	1		
	Total 17		Total 10