

**EXERCISE, SPORT, AND HEALTH EDUCATION**  
**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)**

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 disciplines . ANTH, APST, ECON, GEOG, POSC, SOCY

**SPORTS MEDICINE OPTION**  
**Required Courses (64 Hours)**

**ESHE Core (7 Hours)**

HLTH 320 Health/Safety Found. \_\_\_\_\_ (3) FS/SU  
 ESHE 395 Motor Behavior \_\_\_\_\_ (3) FS  
 ESHE 462 Senior Capstone Exp. \_\_\_\_\_ (1) FS

**Pre-requisites**

H200  
 PSYC 121  
 TBA

**Recommended by:**

**VCU:** 150 hrs. experience, Cell Bio. Philo., Trig/Precalc., Ab & HGD Psych.  
**Marymount:** 40 hrs., Precalc, HGD Psych. Philo., Trig.,  
**SU:** 200 hrs. experience, Philo., Trig/Precalc  
**Electives 6 hrs. to total 120 hours.**  
**See advisor for suggestions.**

**SPORTS MEDICINE (50 Hours)**

BIOL 105	General Biology	_____ (4) FS/SU	PHY111	_____
PHYS 111	General Physics	_____ (4) FS/SU	BIO105	_____
PHYS 112	General Physics	_____ (4) FS/SU	BIO105	_____
BIOL 310	Human Structure/Func. I	_____ (4) F	ENG-GED	_____
BIOL 311	Human Structure/Func. II	_____ (4) S	BIO105,H200	_____
ENGL 306/307	Prep of Prof. Papers	_____ (3) FS	HLTH200	_____
ESHE 201	Intro to Athletic Tng.	_____ (3) FS/SU	BIO105	_____
ESHE 305	Prin. of Strength/Cond.	_____ (3) FS	PSYC121	_____
ESHE 315	Phy. Activity & Aging	_____ (3) FS	ITEC/ 56 hrs.	_____
ESHE 350	Sport/Exercise Psc.	_____ (3) FS	BIO310	_____
ESHE 358	Technology in ESHE	_____ (3) FS	BIO310	_____
ESHE 390	Kinesiology	_____ (3) FS	H200.ESHE392	_____
ESHE 392	Exercise Physiology	_____ (3) FS	H200, BIO310	_____
ESHE 396	Assess./Prescript. Fit.	_____ (3) FS		
HLTH 465	Nutrition Sport & Ex.	_____ (3) FS/SU		

**PROFESSIONAL FIELDWORK (7-10 Hours)**

ESHE 363 Seminar Prof. Fieldwork \_\_\_\_\_ (1) FS Semester **before** ESHE463  
 ESHE 463 Prof. Fieldwork \_\_\_\_\_ (6-9) FS/SU See Advisor or Dr. Beasley

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

**SPORTS MEDICINE  
FOUR-YEAR PLAN (Tentative)  
120 HOURS**

<b>FALL SEMESTER</b>			<b>SPRING SEMESTER</b>		
<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	INT/INC STUDIES	(area 5)	3
PSYC 121	(area 8)	3	ITEC	(area 6)	3
BIOL 105	(area 7)	4	HIST	(area 8)	3
		Total			Total
		16			15
<b>Sophomore Year (33 Hours)</b>					
HLTH 200	(area 3)	3	HLTH 320 Health Safety Foundations		4
ENGL	(area 4)	3	ESHE 390 Kinesiology		3
SOCIAL SCIENCE	(area 8)*	3	ESHE 392 Exercise Physiology		3
BIOL 310 Human Structure Funct I		4	SOCIAL SCIENCE	(area 8)*	3
STAT 200	(area 6)	3	BIOL 311 Human Structure Function II		4
		Total			Total
		16			17
<b>Junior Year (32 Hours)</b>					
CHEM 101 Chemistry	(area 7)	4	ESHE 315 Phys Activity & Aging		3
ESHE 350 Sport/Exer Psychology		3	ESHE 305 Prin Strength Conditioning		3
ESHE 395 Motor Behavior		3	CHEM 102 Chemistry	(area 7)	4
ENGL 306 Professional Papers		3	ESHE 396 Assess Prescript Phy Fitness		3
ESHE 201 Intro Athletic Training		3	ESHE 358 Technology ESHE		3
		Total			Total
		16			16
<b>Senior Year (25 Hours)</b>					
PHYS 111 General Physics		4	ESHE 463 Fieldwork ESHE		6
ESHE 465 Nutrition Sport Exercise		3	PHYS 112 Physics II		4
Elective		3	ESHE 462 Senior Capstone		1
Elective		3			
ESHE 363 Seminar Fieldwork		1			
		Total			Total
		14			11

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