

NAME _____ ID# _____

CORE CURRICULUM – 43-45 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	3
CORE 103*	_____	3
CORE 201	_____	3
CORE 202	_____	3

B. Core Skills & Knowledge (16SH)

Courses must be from different disciplines:

MATHEMATICAL SCIENCES (3SH)
 MATH 137 _____ 3**

NATURAL SCIENCES (4 SH)
 BIOL 105 _____ 4**

HUMANITIES (3 SH)
 _____ _____ _____ 3
 One of the following: ENGL 201, 202, 203 HIST 101, 102 PHIL 111, 112, 114 RELN 111, 112, 200, 202, 206

SOCIAL/BEHAV. SCIENCES (3 SH)
 PSYC 121 _____ 3**

VISUAL & PERFORMING ARTS (3 SH)
 _____ _____ _____ 3
 One of the following: ART 111, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121, 123 THEA 100, 180

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

**Program requirements met through Core Curriculum

COLLEGE CORE

A. National & International Perspectives (6SH)

Courses must be from different disciplines:

U. S. PERSPECTIVES (3 SH)
 _____ _____ _____ 3
 One of the following: APST 200 ECON 101, 105, 106, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110

GLOBAL PERSPECTIVES (3SH)
 _____ _____ _____ 3
 One of the following: ANTH/SOCY 121 ENGL 201 CVPA 266 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, THEA 180 WMST 101

B. Supporting Skills & Knowledge (9-11SH)

NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)
 STAT 200 _____ 3**

HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)
 _____ _____ _____ 3-4
 One of the following: ENGL 201, 202, 203 HIST 101, 102 PHIL 111, 112, 114 RELN 111, 112, 200, 202, 206 Or ART 111, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 SPAN 101: 102, 201: 202

SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)
 HLTH 200 _____ 3**

ATHLETIC TRAINING

Concentration Requirements (77 Semester Hours)

A minimum of 120 hours is needed to graduate.

ESHE FOUNDATIONS: (18 Hours) (Athletic Training Specific):

ESHE 305*	Principles of Strength and Conditioning	_____ (3) F/S/SU
ESHE 350*	Sport and Exercise Psychology	_____ (3) F/S/SU
ESHE 390*	Kinesiology	_____ (3) FS
ESHE 392*	Exercise Physiology	_____ (3) FS
ESHE 461*	Org & Admin Health/Fitness Programs	_____ (3) S
HLTH 465*	Exercise, Performance, and Nutrition	_____ (3) F/S/SU

Prerequisites

HLTH 200/26 Hrs
PSYC 121
BIOL 322 or 310
BIOL 322 or 310
HLTH 200, ESHE 360 or 460
HLTH 200, BIOL 322 or 310/311

ATHLETIC TRAINING EDUCATION (59 Hours)

ESHE 150*	Fundamentals of Athletic Training	_____ (1) F
ESHE 201*	Introduction to Athletic Injuries	_____ (3) F/S/SU
ESHE 205*	Introduction to Athletic Training Skills	_____ (2) S
ESHE 225*	Practicum I	_____ (1) S
ESHE 250*	Practicum II	_____ (3) F
ESHE 323*	Assessment of Athletic Injuries I	_____ (3) F
ESHE 325*	Practicum III	_____ (3) S
ESHE 333*	Athletic Training Skill Assessment	_____ (1) F/S **
ESHE 335*	Seminar in Athletic Training	_____ (2) S
ESHE 340*	General Medical Conditions	_____ (3) S
ESHE 345*	General Medical Rotation	_____ (1) S
ESHE 355*	Practicum IV	_____ (4) F
ESHE 365*	Therapeutic Exercise	_____ (4) F
ESHE 420*	Therapeutic Modalities	_____ (4) F
ESHE 422*	Assessment of Athletic Injuries II	_____ (3) S
ESHE 430*	Senior Seminar	_____ (3) S
HLTH 320*	Health and Safety Foundations	_____ (3) F/S/SU
BIOL 310*	Human Structure and Function I	_____ (4) F
BIOL 311*	Human Structure and Function II	_____ (4) S
OR BIOL 322*	Anatomy and Physiology	_____ (6) FS/SU
CHEM 101/120	General Chemistry/Chemistry of Life	_____ (4) F/S

HTLH 200, 26 hrs.
HLTH 200, GPA 2.5
HLTH 200, GPA 2.5
ESHE 201, 205, 225
BIOL 310, ESHE 205
ESHE 250
ESHE 150; **course must be completed 4 times.
ESHE 250, 323
ESHE 250, 323
ESHE 250, 323
ESHE 325
ESHE 323
ESHE 323
ESHE 323
ESHE 355, 86 hrs.
HLTH 200
BIOL 105
BIOL 105
BIOL 105

ADDITIONAL ELECTIVE of 2 credit hours if BIOL 322 is taken

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

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

Athletic Training 4 Year Plan 2009-2010

* Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year	Cr.	Freshman Year	Cr.
*University Core A: Core 101	3	*University Core A: Core 102	3
University Core B: Math 137	3	*University Core B: BIOL 105	4
*CHEM 101 or CHEM 120	4	University Core B: Humanities or V-P Arts	3
College Core B: HLTH 200	3	University Core B: Psychology 121	3
College Core A: US Perspectives	3		
	Total 16	(CHEM and BIOL105 must be completed before the fall sophomore year)	Total 13
Sophomore Year	Cr.	Sophomore Year	Cr.
*University Core A: Core 201	3	*University Core A: Core 202	3
*ESHE 150: Fund. of Athletic Training	1	ESHE 201: Intro to Athletic Injuries	3
HLTH 320: HLTH and Safety Foundations	3	*ESHE 205: Intro to Athletic Training Skills	2
*BIOL 310 or BIOL 322: Anatomy/Physiology	4/ 6	*ESHE 225: Practicum I	1
University Core B: Humanities or V-P Arts	3	*BIOL 311 (if 310 taken in fall): Hum/Struc. II	4
		ESHE 350: Sport Psychology	3
		*ESHE 333: AT Skill Assessment	1
	Total 14-16		Total 13-17
Junior Year	Cr.	Junior Year	Cr.
*ESHE 250: Practicum II	3	*ESHE 325: Practicum III	3
*ESHE 323: Assess. of Athletic Injuries I	3	*ESHE 335: Seminar in Athletic Training	2
ESHE 390: Kinesiology	3	*ESHE 340: General Medical Conditions	3
College Core B: STAT 200	3	*ESHE 345: General Medical Rotation	1
ESHE 305: Strength and Conditioning	3	*ESHE 422: Assess. of Athletic Injuries II	3
*ESHE 333: AT Skill Assessment	1	*HLTH 465: Exercise, Perform, & Nutrition	3
		*ESHE 333: AT Skill Assessment	1
	Total 16		Total 16
Senior Year	Cr.	Senior Year	Cr.
*ESHE 355: Practicum IV	4	*ESHE 461: Org & Adm Health/Fitness	3
*ESHE 365: Therapeutic Exercise	4	*ESHE 430: Senior Seminar	3
*ESHE 420: Therapeutic Modalities	4	College Core A: Global Perspectives	3
ESHE 392: Exercise Physiology	3	College Core B : Human, VPA, FORL	3
*ESHE 333: AT Skill Assessment	1	Elective credits (if BIOL 322 taken)	2
	Total 16		Total 15