

NAME _____ ID# _____

CORE CURRICULUM – 43-44 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**

Sports Medicine

Required Courses (77 Semester Hours)

Sports Medicine CONCENTRATION (57 Hours) *Must have a 3.00 gpa to enroll in course

| | | | |
|--------------|-----------|--|--------|
| CHEM 101 | _____ (4) | General Chemistry | F |
| CHEM 102/103 | _____ (4) | General Chemistry | S |
| BIOL 310 | _____ (4) | Human Structure and Function I | F |
| BIOL 311 | _____ (4) | Human Structure and Function II | S |
| PSYC 230/439 | _____ (3) | Lifespan Devel. or Abnormal Psyc. | F/S |
| ESHE 201 | _____ (3) | Intro. Athletic Injuries | F/S/SU |
| ESHE 305* | _____ (3) | Princ. & Prac. Strength and Condit. | F/S/SU |
| ESHE 315* | _____ (3) | Physical Activity and Aging | F/S |
| ESHE 323* | _____ (3) | Assess. of Athletic Injuries I – Extrem. | F |
| ESHE 350* | _____ (3) | Sport and Exercise Psychology | F/S/SU |
| ESHE 365* | _____ (4) | Therapeutic Exercise | F |
| ESHE 390* | _____ (3) | Kinesiology | F/S |
| ESHE 392* | _____ (3) | Exercise Physiology | F/S |
| ESHE 396* | _____ (3) | Assessment and Prescription | F/S |
| ESHE 420* | _____ (4) | Therapeutic Modalities | F |
| HLTH 465* | _____ (3) | Exercise, Performance & Nutrition | F/S/SU |
| ESHE/HLTH | _____ (3) | ESHE/HTLH Approved Elective | F/S |

Approved Science (8 Hours): Choose 2 science courses from the approved courses below

| | | | |
|----------|-----------|-------------------|------|
| PHYS 111 | _____ (4) | General Physics | F/SU |
| PHYS 112 | _____ (4) | General Physics | S/SU |
| CHEM 301 | _____ (4) | Organic Chemistry | F |
| CHEM 302 | _____ (4) | Organic Chemistry | S |
| BIOL 334 | _____ (4) | Microbiology | S |
| BIOL 471 | _____ (4) | Biochemistry | F |

PROFESSIONAL FIELDWORK (7-13 Hrs.)

| | | | |
|----------|--------------|------------------------------------|--------|
| ESHE 363 | _____ (1) | Seminar for Professional Fieldwork | F/S |
| ESHE 463 | _____ (6-12) | Fieldwork in ESHE | F/S/SU |

NOTE: To Graduate with Honors, a student must complete 60 semester hours at RU.

Pre-requisites

| |
|----------------------------|
| BIOL 105 |
| BIOL 105 |
| PSYC 121 |
| HLTH 200/BIOL 310 |
| BIOL 322 |
| BIOL 105/ 56 HRS. |
| BIOL 310 |
| PSYC 121 |
| ESHE 323 |
| BIOL 310 & 311 or BIOL 322 |
| BIOL 310 & 311 or BIOL 322 |
| EHSE 392 |
| ESHE 323 |
| BIOL 322 OR 311, HLTH 200 |
| MATH 137 or equivalent |
| MATH 137 or equivalent |
| CHEM 102 |
| CHEM 102 |
| BIOL 105 |
| BIOL 105 and CHEM 302 |

ELECTIVES (5 hours)* electives should be approved by your advisor before you register for them

Sports Medicine 4 Year Plan

*Must be taken in designated semester. 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: Humanities or V-P Arts | 3 | University Core B: Math 137 | 3 |
| College Core A: Global Perspectives | 3 | University Core B: Psychology 121 | 3 |
| College Core A: US Perspectives | 3 | University Core B: Humanities/VPA | 3 |
| *Chemistry 101 | 4 | *Chemistry 102 or 103 | 4 |
| | Total 15 | Must take BIOL 105 (University Core B) 4 hrs summer to stay on track for BIOL 310 & 311 | Total 16 |
| Sophomore Year | Cr. | Sophomore Year | Cr. |
| * University Core A: Core 201 | 3 | * University Core A: Core 202 | 3 |
| *BIOL 310: Structure & Function I | 4 | *BIOL 311: Structure & Function II | 4 |
| College Core B: HLTH 200 | 3 | ESHE 201: Intro to Athletic Injuries | 3 |
| College Core B: Humanities/VPA/FORL | 3 | ESHE 315: Physical Activity and Aging | 3 |
| Approved Elective | 3 | Approved Elective | 3 |
| | Total 16 | | Total 16 |
| Junior Year | Cr. | Junior Year | Cr. |
| College Core B: STAT 200 | 3 | ESHE 305: Strength & Conditioning | 3 |
| *ESHE 323: Assess. of Athletic Injuries I | 3 | ESHE 396: Assess. & Prescription | 3 |
| ESHE 350: Sport Psychology | 3 | HLTH 465: Ex. Perform. & Nutrition | 3 |
| ESHE 390: Kinesiology | 3 | PSYC 230 or 439 | 3 |
| ESHE 392: Exercise Physiology | 3 | ESHE/HLTH approved elective | 3 |
| | Total 15 | Recommend: Take GRE in Summer | Total 15 |
| Senior Year | Cr. | Senior Year | Cr. |
| Approved Science | 4 | Approved Science | 4 |
| *ESHE 365: Therapeutic Exercise | 4 | ESHE 463: Fieldwork in ESHE | 6 |
| *ESHE 420: Therapeutic Modalities | 4 | | |
| ESHE 363: Pre-internship | 1 | | |
| | Total 13 | | Total 10 |

***Students in Sports Medicine must maintain a 3.0 GPA. If the GPA drops below 3.0 for two consecutive semesters students will need to consult with their faculty advisor and change their program of study.**