

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\*\*  
 (MATH 138 preferred)

**NATURAL SCIENCES (4 SH)**  
 BIOL 105 \_\_\_\_\_ 4\*\*

**HUMANITIES (3 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ 3  
 One of the following: ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 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: CVPA 266 ENGL 201 FORL 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, SOCY 121 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 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 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 RUSS 100, 200, 210, 300 SPAN 101: 102, 201: 202

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

**Sports Medicine Option  
Required Courses (77 Semester Hours)**

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

**Sports Medicine OPTION (57 Hours)**

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 Psys.	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
ATTR 323	_____	(3)	Assess. of Athletic Injuries I – Extrem.	F
ESHE 350	_____	(3)	Sport and Exercise Psychology	F/S/SU
ATTR 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
ATTR 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

**Pre-requisites**

BIOL 105  
 BIOL 105  
 PSYC 121  
 BIOL 310  
 HLTH 200, GPA 2.5  
 BIOL 105, 56 HRS., GPA 2.5  
 ESHE 201  
 PSYC 121, GPA 2.5  
 ATTR 323  
 BIOL 310 & 311 or BIOL 322, GPA 2.5  
 BIOL 310 & 311 or BIOL 322, GPA 2.5  
 HLTH 200 and ESHE 392, GPA 2.5  
 ATTR 323  
 BIOL 322 OR 311, HLTH 200, GPA 2.5

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

GPA 2.5  
 F/S/SU To enroll & graduate requires 2.5 gpa overall/2.5 in-major gpa (All ESHE, HLTH and BIOL 310 & 311)

## Sports Medicine 4 Year Plan

\*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
<b>Freshman Year</b>	<b>Cr.</b>	<b>Freshman Year</b>	<b>Cr.</b>
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: Humanities or V-P Arts	3	University Core B: <b>Math 137</b>	3
College Core A: Global Perspectives	3	University Core B: <b>Psychology 121</b>	3
College Core A: US Perspectives	3	University Core B: Humanities/VPA	3
*Chemistry 101	4	*Chemistry 102 or 103	4
	<b>Total 15</b>	Must take <b>BIOL 105</b> (University Core B) 4 hrs summer to stay on track for BIOL 310 & 311	<b>Total 16</b>
<b>Sophomore Year</b>	<b>Cr.</b>	<b>Sophomore Year</b>	<b>Cr.</b>
* 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: <b>HLTH 200</b>	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
	<b>Total 16</b>		<b>Total 16</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
College Core B: <b>STAT 200</b>	3	ESHE 305: Strength & Conditioning	3
*ATTR 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
	<b>Total 15</b>	Recommend: Take GRE in Summer	<b>Total 15</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
Approved Science	4	Approved Science	4
*ATTR 365: Therapeutic Exercise	4	ESHE 463: Fieldwork in ESHE	6
*ATTR 420: Therapeutic Modalities	4		
ESHE 363: Pre-internship	1		
Recommend: Apply for Graduate School	<b>Total 13</b>		<b>Total 10</b>