

Fall 2005

EXERCISE, SPORT, AND HEALTH EDUCATION
Health Education and Health Promotion Concentration (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 _____ | _____ 3 | _____ | _____ 4 |
| COMM 114 | _____ 3 | or RELN | | | |
| 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 121 | _____ 3 |
| | | | | SOCY 110 | _____ 3 |
| | | | | _____ | _____ 3* |
| Area 3: Health and Wellness (3 hrs) | | Area 6: Mathematical Sciences (6 hrs) | | This course must be from one of following disciplines: ANTH, APST, ECON, GEOG, POSC | |
| HLTH 200 | _____ 3 | STAT 200 | _____ 3 | | |
| | | _____ | _____ 3 | | |

HEALTH EDUCATION AND HEALTH PROMOTION
Required Courses (70 Semester Hours)

| | | | |
|-----------------------------------|-----------|---------------------------------|--------------------------|
| ESHE FOUNDATIONS (11 Hrs.) | | | Pre-requisites |
| ESHE 391 | _____ (4) | Exercise Science Foundations | FS/SU BIOL105 & HLTH 200 |
| ESHE 395 | _____ (3) | Motor Behavior Foundations | FS PSYC 121 |
| HLTH 320 | _____ (4) | Wellness and Safety Foundations | FS/SU HLTH 200 |

HEALTH EDUCATION AND PROMOTION CONCENTRATION (42 Hrs.)

| | | | | |
|----------|-----------|--|-------|------------------------------|
| BIOL 322 | _____ (6) | Human Anatomy and Physiology | FS | BIOL 105 |
| ESHE 315 | _____ (3) | Physical Activity and Aging | FS | BIOL 105/ 56 HRS. |
| ESHE 360 | _____ (3) | Marketing and Promotion of ESHE | F | |
| HLTH 245 | _____ (3) | Foundations of Health | S | |
| HLTH 300 | _____ (3) | Community Health and Epidemiology | F | HLTH 245 |
| HLTH 325 | _____ (3) | Diversity of Health in the United States | S | HLTH 245 & HLTH 300 |
| HLTH 350 | _____ (3) | Human Diseases | S | HLTH 245 & HLTH 300 |
| HLTH 451 | _____ (3) | Drug Use and Drug Abuse Education | FS/SU | |
| HLTH 453 | _____ (3) | Human Sexuality | S | |
| HLTH 460 | _____ (3) | International Health | F | |
| HLTH 465 | _____ (3) | Exercise, Performance & Nutrition | FS/SU | BIOL 322 OR 311, HLTH 200 |
| HLTH 475 | _____ (3) | Strategies for Health Behavior Change | S | HLTH 245 & HLTH 300 |
| HLTH 485 | _____ (3) | Health Program Planning and Evaluation | F | HLTH 245, 300,475 & ESHE 360 |

PROFESSIONAL FIELDWORK (7 Hrs.)

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

ELECTIVES (10 hours)

The following electives are recommended*:

SOCY 341, SOCY 422, PSYC 317, PSYC 318, PSYC 429, SOWK 421, SOWK 425

*other electives should be approved by your advisor before you register for them.

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