

FALL 2005

EXERCISE, SPORT, AND HEALTH EDUCATION  
ATHLETIC TRAINING (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/RELN \_\_\_\_\_ 3

**Area 7: Physical & Natural  
Science (8 hrs)**

BIOL 105 \_\_\_\_\_ 4  
CHEM 101 \_\_\_\_\_ 4

**Area 2: Fine Arts (3 hrs)**

\_\_\_\_\_ 3

**Area 5: International &  
Intercultural Studies (3 hrs)**

\_\_\_\_\_ 3

**Area 8: Social & Behavioral  
Sciences (12 hrs)**

HIST \_\_\_\_\_ 3  
PSYC 121 \_\_\_\_\_ 3  
\_\_\_\_\_ 3\*  
\_\_\_\_\_ 3\*

**Area 3: Health & 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 other disciplines: ANTH,  
APST, ECON, GEOG, POSC,  
SOCY

**ATHLETIC TRAINING**

**Concentration Requirements (70 Semester Hours)**

**ESHE FOUNDATIONS: (13 Hours) (Athletic Training Specific):**

HLTH 320 Health and Safety Foundations \_\_\_\_\_ (4) FS/SU  
ESHE 390 Kinesiology \_\_\_\_\_ (3) FS  
ESHE 392 Exercise Physiology \_\_\_\_\_ (3) FS  
ESHE 395 Motor Behavior Foundations \_\_\_\_\_ (3) FS

**Prerequisites**

HLTH 200  
BIOL 322 or 310  
BIOL 322 or 310  
PSYC 121

**ATHLETIC TRAINING EDUCATION (57 Hours)**

ESHE 150\* Practicum I \_\_\_\_\_ (1) S  
ESHE 201\* Introduction to Athletic Injuries \_\_\_\_\_ (3) FS/SU  
ESHE 205\* Introduction to Athletic Training Skills \_\_\_\_\_ (2) S  
ESHE 225\* Practicum I \_\_\_\_\_ (1) S  
ESHE 250\* Practicum II \_\_\_\_\_ (2) F  
ESHE 323\* Assessment of Athletic Injuries I \_\_\_\_\_ (3) F  
ESHE 325\* Practicum III \_\_\_\_\_ (2) 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 \_\_\_\_\_ (2) 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  
ESHE 461\* Org & Admin Health/Fitness Programs \_\_\_\_\_ (3) S  
HLTH 465 Exercise, Performance, and Nutrition \_\_\_\_\_ (3) S  
NURS 360\* Pharmacology \_\_\_\_\_ (3) F  
BIOL 310\* Human Structure and Function I \_\_\_\_\_ (4) F  
BIOL 311\* Human Structure and Function II \_\_\_\_\_ (4) S  
ESHE 301, 305, 350, or 360 \_\_\_\_\_ (3) FS

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 250, 323  
ESHE 250, 323  
ESHE 250, 323  
ESHE 325  
ESHE 323  
ESHE 323  
ESHE 323  
ESHE 355, 86 hrs.  
HLTH 200, ESHE 360 or 460  
HLTH 200, BIOL 322 or 310/311  
  
BIOL 105  
BIOL 105

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