

**EXERCISE, SPORT, AND HEALTH EDUCATION**  
**Sport and Wellness Leadership Concentration**  
**Commercial/Corporate Fitness Option (120 Semester Hours)**

**Program of Studies - Progress Sheet**

Student: \_\_\_\_\_ ID: \_\_\_\_\_

**GENERAL EDUCATION: Required Courses (50 Semester Hours)**

<b>Area 1: Communication (9 hrs)</b>		<b>Area 4: Humanities (6 hrs)</b>		<b>Area 7: Physical and Natural Sciences (8 hrs)</b>	
ENGL 101	_____ 3	ENGL	_____ 3	BIOL 101/105	_____ 4
ENGL 102	_____ 3	PHIL or RELN	_____ 3	_____	_____ 4
COMM 114	_____ 3				
<b>Area 2: Fine Arts (3 hrs)</b>		<b>Area 5: International and Intercultural Studies (3 hrs)</b>		<b>Area 8: Social and Behavioral Sciences (12 hrs)</b>	
_____	_____ 3	_____	_____ 3	PSYC 121	_____ 3
				HIST	_____ 3
				_____	_____ 3*
				_____	_____ 3*
<b>Area 3: Health and Wellness (3 hrs)</b>		<b>Area 6: Mathematical Sciences (6 hrs)</b>		*These 2 courses must come from 2 other disciplines: ANTH, ANST, ECON, GEOG, POSC, SOCY	
HLTH 200	_____ 3	STAT 200	_____ 3		
		ITEC 100/120	_____ 3		

**COMMERCIAL/CORPORATE FITNESS OPTION**  
**Required Courses (58 Semester Hours)**

**ESHE FOUNDATIONS (11 Hrs.)**

ESHE 391	Exercise Science Foundations	_____ (4) FS/SU
ESHE 395	Motor Behavior Foundations	_____ (3) FS/SU
HLTH 320	Health and Safety Foundations	_____ (4) FS/SU

**Prerequisites**

HLTH 200 & BIOL 105  
 PSYC 121  
 HLTH 200

**COMMERCIAL/CORPORATE FITNESS (40 – 42 Hours)**

ESHE 201	Intro to Athletic Injuries	_____ (3) FS/SU
ESHE 305	Principles of Strength and Conditioning	_____ (3) FS
ESHE 315	Physical Activity and Aging	_____ (3) FS
ESHE 350	Sport and Exercise Psychology	_____ (3) FS/SU
ESHE 396	Assessment & Prescription Physical Fitness	_____ (3) S
ESHE 397	Health/Fitness Program Development	_____ (3) S
ESHE 460	Exercise Leadership in Health/Fitness	_____ (3) F
ESHE 461	Org & Admin of Health/Fitness Programs	_____ (3) S
HLTH 465	Nutrition in Sport and Exercise	_____ (3) FS/SU
ENGL 306 or 307	Technical Writing	_____ (3) FS
BIOL 310 or 322	Anatomy and Physiology	_____ (4-6) FS/SU

**Pre-requisites**

HLTH 200/26hrs  
 HLTH 200  
 BIOL 105/56 hrs.  
 PSYC 121  
 HLTH 200 & ESHE 391  
 ESHE 391 or ESHE 390&392  
 HLTH 200 & ESHE 391  
 HLTH 200 & ESHE 360 or 460  
 HLTH 200 & BIOL 322 or 310&311  
 56 hrs.  
 BIOL 105

**PROFESSIONAL FIELDWORK (7-13 Hours)**

ESHE 363	Seminar in Professional Fieldwork	_____ (1) FS
ESHE 463	Professional Fieldwork in ESHE	_____ (6-12) FS/SU

**Electives to total 120 Hrs. See advisor for recommended courses. (10-12 hrs.)**

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