

EXERCISE, SPORT, AND HEALTH EDUCATION
Exercise and Sport Science Concentration
Exercise and Sport Studies Cognates Option (120 Semester Hours)
Program of Studies- Progress Sheet

Student: _____ ID: _____

GENERAL EDUCATION -- Required Courses (50 Semester Hours)

Area 1: Communication (6 to 9 hrs) Area 4: Humanities (6 to 9 hrs) Area 7: Physical and Natural

ENGL 101 _____ 3
 ENGL 102 _____ 3
 _____ _____ 3

ENGL _____ 3
 PHIL or RELN _____ 3
 _____ _____ 3

Sciences (8 hrs)
 BIOL 101/105 _____ 4
 _____ _____ 4

Area 2: Fine Arts (3 to 6 hrs)

_____ _____ 3
 _____ _____ 3

Area 5: International and Intercultural Studies (3 to 6 hrs)

_____ _____ 3
 _____ _____ 3

Area 8: Social and Behavioral Sciences (12 to 15 hrs)

HIST _____ 3
 PSYC 121 _____ 3
 _____ _____ 3*
 _____ _____ 3*

Area 3: Health and Wellness (3 hrs)

HLTH 200 _____ 3

Area 6: Mathematical Sciences (6 hrs)

_____ _____ 3
 _____ _____ 3

***These 2 courses must come from 2 other disciplines: ANTH, APST, ECON, GEOG, POSC, SOCY**

EXERCISE AND SPORT STUDIES COGNATES OPTION
Required Courses (70 Semester Hours)

ESHE FOUNDATIONS (11 to 13 Hrs.)

ESHE 391 Exercise Science _____ (4)FS/SU

Prerequisites

H200&BIOL 105

Electives (9-11 hrs.)

_____ _____ _____

Area 1: Exercise Science Foundations 4 or 6

OR

ESHE 390 Kinesiology and _____ (3)FS

BIOL 322 **or**

ESHE 392 Exercise Physiology _____ (3)FS

BIOL 310 or 311

_____ _____ _____

Area 2: Motor Behavior Foundations 3

ESHE 395 Motor Behavior _____ (3)FS/SU PSYC 121

_____ _____ _____

Area 3: Health and Safety Foundations 4

ESHE 320 Health and Safety _____ (4)FS/SU HLTH 200

Foundations

Select Cognate Areas (24 hours each). See specific cognate requirements.

Electives to total 70 Semester Hours

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