

**ESS Cognates: choose two (2) with 24 hours each.**

**Teaching Cognate**

Required Courses (17 hours)

- ESHE 210 Intro to Teaching \_\_\_\_\_(2)
- ESHE 301/302/304 T/P Skills \_\_\_\_\_(2)
- ESHE 382 PE Methods \_\_\_\_\_(4)
- ESHE 385 PE Inclusion \_\_\_\_\_(2)
- ESHE 475 PE Assessment \_\_\_\_\_(3)
- HLTH 382 Health Methods \_\_\_\_\_(4)
- ESHE electives to total **24** hours:  
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**Coaching Cognate**

Required Courses (18 hours)

- ESHE 201 Intro Athletic Tng. \_\_\_\_\_(3)
- ESHE 305 Strength/Cond. \_\_\_\_\_(3)
- ESHE 350 Sport Psyc. \_\_\_\_\_(3)
- ESHE 388 Coaching \_\_\_\_\_(3)
- ESHE 400 Practicum TBA \_\_\_\_\_(3)
- HLTH 465 Sport Nutrition \_\_\_\_\_(3)
- ESHE electives to total **24** hours:  
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Coaching and Exercise Science cognates may **not** be combined.

**Exercise Science Cognate**

Required Courses (19-21 hours)

- ESHE 201 Intro Athletic Tng. \_\_\_\_\_(3)
- ESHE 305 Strength/Cond. \_\_\_\_\_(3)
- ESHE 315 Aging and Activity \_\_\_\_\_(3)
- ESHE 400 Practicum TBA \_\_\_\_\_(3)
- HLTH 465 Sport Nutrition \_\_\_\_\_(3)
- BIOL 310/322 Anatomy \_\_\_\_\_(4/6)
- ESHE electives to total **24** hours:  
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**Sport Administration Cognate**

Required Courses (21 hours)

- ESHE 212 Intro Sport Mgt. \_\_\_\_\_(3)
- ESHE 360 ESHE Marketing \_\_\_\_\_(3)
- ESHE 400 Practicum \_\_\_\_\_(3)
- ESHE 415 Sport Admin. \_\_\_\_\_(3)
- Interdisciplinary Courses for **9** hours from  
MGNT, MKTG, ACTG, BLAW, COMM  
\_\_\_\_ \_ \_\_\_\_\_( )  
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- ESHE electives to total **24** hours:  
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Exercise Science and Coaching cognates may **not** be combined.

**Commercial Fitness Cognate**

Required Courses (18 hours)

- ESHE 358 ESHE Technology \_\_\_\_\_(3)
- ESHE 396 Fitness Prescription \_\_\_\_\_(3)
- ESHE 397 Fit. Programming \_\_\_\_\_(3)
- ESHE 400 Practicum \_\_\_\_\_(3)
- ESHE 460 Fit. Leadership \_\_\_\_\_(3)
- ESHE 461 O/A Fit. Programs \_\_\_\_\_(3)
- ESHE electives to total **24** hours:  
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**Martial Arts Cognate**

Required Courses (14/20)

- ESHE 310 Self Def. Programs \_\_\_\_\_(2)
- ESHE 330 Adv. Karate \_\_\_\_\_(3/6)
- ESHE 361 The Martial Arts \_\_\_\_\_(3)
- ESHE 362 Self Def. Principles \_\_\_\_\_(3)
- ESHE 400 Practicum \_\_\_\_\_(3/6)
- ESHE electives to total **24**:  
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