

Fall 2005

**EXERCISE, SPORT, AND HEALTH EDUCATION**

**Exercise and Sport Science Concentration**

**Sports Medicine Option (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 or RELN \_\_\_\_\_ 3

**Area 7: Physical and Natural Sciences (8 hrs)**

CHEM 101 \_\_\_\_\_ 4  
 CHEM 102/3 \_\_\_\_\_ 4

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

\_\_\_\_\_ 3

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

\_\_\_\_\_ 3

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

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

**Area 3: Health and 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 disciplines . ANTH, APST, ECON, GEOG, POSC, SOCY

**SPORTS MEDICINE OPTION  
 Required Courses (64 Hours)**

**ESHE Core (13 Hours)**

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

**Pre-requisites**

H200  
 BIO310  
 BIO310  
 PSYC 121

**Recommended by:**

**VCU:** 150 hrs. experience, Cell Bio. Philo., Trig./Precalc., Ab and HGD Psyc.  
**SU:** 200 hrs. experience, Philo., Trig./Precalc.  
**Marymount:** 40 hrs., Precalc, HGD Psyc.

**SPORTS MEDICINE (44 Hours)**

BIOL 105 General Biology \_\_\_\_\_ (4) FS  
 PHYS 111 General Physics \_\_\_\_\_ (4) FS  
 PHYS 112 General Physics \_\_\_\_\_ (4) FS  
 BIOL 310 Human Structure/Func. I \_\_\_\_\_ (4) F  
 BIOL 311 Human Structure/Func. II \_\_\_\_\_ (4) S

PHY111  
 BIO105  
 BIO105

**Electives 6 hrs. to total 120 hours.  
 See advisor for suggestions.**

ENGL 306/307 Prep of Prof. Papers \_\_\_\_\_ (3) FS  
 ESHE 201 Intro to Athletic Tng. \_\_\_\_\_ (3) FS  
 ESHE 305 Prin. of Strength/Cond. \_\_\_\_\_ (3) FS  
 ESHE 315 Phy. Activity & Aging \_\_\_\_\_ (3) FS  
 ESHE 350 Sport/Exercise Psyc. \_\_\_\_\_ (3) FS  
 ESHE 358 Technology in ESHE \_\_\_\_\_ (3) FS  
 ESHE 396 Assess./Prescript. Fit. \_\_\_\_\_ (3) S  
 HLTH 465 Nutrition Sport & Ex. \_\_\_\_\_ (3) FS

ENG-GED  
 BIO105,H200  
 HLTH200  
 BIO105  
 PSYC121  
 ITEC/ 56 hrs.  
 H200.ESHE392  
 H200, BIO310

**PROFESSIONAL FIELDWORK (7-10 Hours)**

ESHE 363 Seminar Prof. Fieldwork \_\_\_\_\_ (1) FS Semester **before** ESHE463  
 ESHE 463 Prof. Fieldwork \_\_\_\_\_ (6-9) FS/SU See Advisor or Dr. Beasley

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