

EXERCISE, SPORT, AND HEALTH EDUCATION
ATHLETIC TRAINING (120 Semester Hours)
 Program of Studies – Progress Sheet

STUDENT: _____ ID: _____

GENERAL EDUCATION: Required Courses (50 Semester Hours)

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

ATHLETIC TRAINING

Concentration Requirements (70 Semester Hours)

ESHE FOUNDATIONS: (7 Hours) (Athletic Training Specific):		Prerequisites
HLTH 320 Health and Safety Foundations _____ (3) FS/SU		HLTH 200
ESHE 395 Motor Behavior Foundations _____ (3) FS		PSYC 121
ESHE 462 Senior Capstone Experience _____ (1) FS		

ATHLETIC TRAINING EDUCATION (61-63 Hours)

ESHE 150* Fundamentals of Athletic Training _____ (1) S		
ESHE 201* Introduction to Athletic Injuries _____ (3) FS/SU		HTLH 200, 26 hrs.
ESHE 205* Introduction to Athletic Training Skills _____ (2) S		HLTH 200, GPA 2.5
ESHE 225* Practicum I _____ (1) S		HLTH 200, GPA 2.5
ESHE 250* Practicum II _____ (3) F		ESHE 201, 205, 225
ESHE 323* Assessment of Athletic Injuries I _____ (3) F		BIOL 310, ESHE 205
ESHE 325* Practicum III _____ (3) S		ESHE 250
ESHE 335* Seminar in Athletic Training _____ (2) S		ESHE 250, 323
ESHE 340* General Medical Conditions _____ (3) S		ESHE 250, 323
ESHE 345* General Medical Rotation _____ (1) S		ESHE 250, 323
ESHE 355* Practicum IV _____ (4) F		ESHE 325
ESHE 365* Therapeutic Exercise _____ (4) F		ESHE 323
ESHE 390 Kinesiology _____ (3) FS		BIOL 322 or 310
ESHE 392 Exercise Physiology _____ (3) FS		BIOL 322 or 310
ESHE 420* Therapeutic Modalities _____ (4) F		ESHE 323
ESHE 422* Assessment of Athletic Injuries II _____ (3) S		ESHE 323
ESHE 430* Senior Seminar _____ (3) S		ESHE 355, 86 hrs.
ESHE 461* Org & Admin Health/Fitness Programs _____ (3) S		HLTH 200, ESHE 360 or 460
HLTH 465 Exercise, Performance, and Nutrition _____ (3) S		HLTH 200, BIOL 322 or 310/311
BIOL 310* Human Structure and Function I _____ (4) F		BIOL 105
BIOL 311* Human Structure and Function II _____ (4) S		BIOL 105
OR BIOL 322 Anatomy and Physiology _____ (6) FS/SU		BIOL 105
ESHE 301, 305, 350, or 360 _____ (3) FS		

**** If you take BIOL 322 you must take an ESHE/HLTH elective _____ (2-3 hrs) to total 120 hours.**

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