

ESS Cognates: Choose two (2) Areas of 24 hours each
****** Coaching and Exercise Science Cognates cannot be combined.**

Teaching Cognate Pre-Reqs.	Coaching Cognate Pre- Reqs.	Exercise Science Cognate Pre-Reqs.
Required Courses (17 hours)	Required Courses (18 hours)	Required Courses (19-21 hours)
ESHE 210 Intro to Teaching ____ (2) S	ESHE 201 Intro. Ath. Trn. ____ (3) FS/SU HLTH 200	ESHE 201 Intro. Ath. Trn. ____ (3) FS/SU HLTH 200
ESHE 301/302/304 T&P ____ (2) FS ESHE 210	ESHE 305 Strength/Cond. ____ (3) FS HLTH 200	ESHE 305 Strength/Cond. ____ (3) FS HLTH 200
ESHE 382 PE Methods ____ (4) FS ESHE 210	ESHE 350 Sport Psyc. ____ (3) FS PSYC 121	ESHE 315 Aging and Activity ____ (3) FS 56 hrs. Bio 105
ESHE 385 PE Inclusion ____ (2) FS ESHE 210	ESHE 388 Coaching ____ (3) FS 56 hrs.	HLTH 465 Sport Nutrition ____ (3) FS/SU HLTH 200
ESHE 475 PE Assessment ____ (3) F ESHE 210	HLTH 465 Sport Nutrition ____ (3) FS/SU HLTH 200	BIOL 310 (F) or 322 (FS/SU) ____ (4/6) BIOL 105
HLTH 382 HLTH Methods ____ (4) S ESHE 210	ESHE 463 Internship ____ (3) FS/SU	ESHE 463 Internship ____ (3) FS/SU
ESHE/HLTH Electives to total 24 hours	ESHE/HLTH Electives to total 24 hours	ESHE/HLTH Electives to total 24 hours
E/H: _____ ()	E/H: _____ ()	E/H: _____ ()
E/H: _____ ()	E/H: _____ ()	E/H: _____ ()
E/H: _____ ()	E/H: _____ ()	E/H: _____ ()
Sport Administration Cognate Pre-Reqs.	Commercial Cognate Pre-Reqs.	Martial Arts Cognate Pre-Reqs.
Required Courses (21 hours)	Required Courses (18 hours)	Required Courses (19-21 hours)
ESHE 212 Intro to Sport Mgmt.. ____ (3) FS 15 hrs.	ESHE 358 Technology ____ (3) FS 56 hrs. ITEC	ESHE 262 Intro. Asian MA ____ (3)
ESHE360 Marketing/Promo ____ (3) F	ESHE 396 Ass.& Rx. ____ (3) S *ESHE 391	ESHE 310 Multi Cult.Self Def. ____ (3)
ESHE415 Sport Admin. ____ (3) S	ESHE 397 Prog. Devel. ____ (3) S *ESHE 391	ESHE 330 Adv. Karate ____ (1-3)
Interdisciplinary Courses for 9 hours from:	ESHE 460 Fit. Leadership ____ (3) F *ESHE 391	ESHE 361 World Martial Arts ____ (3)
MGMT, MKTG, ACTG, BLAW, COMM	ESHE 461O&A of Fit. Prog. ____ (3) S ESHE 360 or 460	ESHE 362 Princ. of Self Def. ____ (3)
_____ (3)	ESHE 463 Internship ____ (3) FS/SU	ESHE 364 or 201 ____ (3)
_____ (3)	ESHE/HLTH Electives to total 24 hours	ESHE ESHE 463 Internship ____ (3) FS/SU
_____ (3)	E/H: _____ ()	ESHE/HLTH Electives to total 24 hours
ESHE 463 Internship ____ (3) FS/SU	E/H: _____ ()	E/H: _____ ()
	E/H: _____ ()	E/H: _____ ()

*ESHE 391 is the pre-requisite for several courses, however if you have taken ESHE 390 and 392 those will count as the pre-req.

You can always do more than required, not less.

As a student choosing ESS you must be aware of course offerings and plan your schedules accordingly. There are several courses that are often taught in summer that were not listed as summer because it does not apply every summer. The following courses are: ESHE 305, ESHE 350, and ESHE 388

If you are choosing the Sport Administration Cognate please know we have no control over courses offered in any aspect of Business or Communication, plan ahead in choosing when to take those courses. In addition, you have nearly enough elective hours to complete a minor in business or communication – now is the time to consider that option and plan for it. The idea is to make yourself as marketable as possible.