		EXERCISE, SPORT, AND HEALTH EDUCATION Sport and Wellness Leadership Concentration				
Program of §	C Studies - Progress	'ommercial/Corporate Fitr Sheet	ness Option	(120 Semester	Hours)	
Student:					ID:	
GENERAL EDI	UCATION Required Co	ourses (50 Semester Hours)				
Area 1	: Communication (9 l	nrs) Area 4: Hu	manities (6 l	hrs) Area	a 7: Physical and Natural	
				Sciences (8 h	-	
ENGL 101	3	ENGL PHIL or RELN	3	BIOL 105	4	
ENGL 102	3	PHIL or RELN	3		4	
COMM 114	3					
Area 2: Fine Arts (3 hrs)					8: Social and vioral Sciences (12 hrs)	
	3		3	PSYC 121	3	
			-	HIST	3	
					3*	
				. <u></u>	3*	
Area 3: Health		Area 6: Mathematic	al		rses must come from	
Wellness (3 hrs)	,	Sciences (6 hrs)	2		lines: ANTH, ANST,	
HLTH 200	3	STAT 200 ITEC 100/120	3	ECON, GEO	G, POSC, SOCY	
		COMMERCIAL/CORI		TNESS OPTIO	N	
	Required	Courses (58 Semester Hou				
ESHE FOUND	ATIONS (7 Hrs.)			Prer	equisites	
ESHE 395	Motor Behavior Four	dations (3)	FS/SU		C 121	
HLTH 320			FS/SU		H 200	
ESHE 463	Senior Capstone Exp		FS			
COMMEDCIA	Ι /CODDODATE ΕΙΤ	NESS (44 – 46 Hours)		Dro	requisites	
ESHE 201	Intro to Athletic Injur		(3) FS/		H 200/26hrs	
ESHE 305			(3) FS (3) FS			
	Principles of Strength					
	Principles of Strength Physical Activity and	6		HLT	H 200	
ESHE 315	Physical Activity and	Aging	(3) FS	HLT BIOI	H 200 L 105/56 hrs.	
ESHE 315 ESHE 350	Physical Activity and Sport and Exercise Ps	Aging	(3) FS (3) FS/	HLT BIOI /SU PSY	H 200 L 105/56 hrs. C 121	
ESHE 315 ESHE 350 ESHE 358	Physical Activity and	Aging	(3) FS (3) FS/ (3) FS	HLT BIOI /SU PSY	H 200 L 105/56 hrs.	
ESHE 315 ESHE 350 ESHE 358 ESHE 360	Physical Activity and Sport and Exercise Pa Technology in ESHE	Aging sychology ption	(3) FS (3) FS/ (3) FS/ (3) FS	HLT BIOI /SU PSYC ITEC	H 200 L 105/56 hrs. C 121	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391	Physical Activity and Sport and Exercise Particular Technology in ESHE Marketing and Promo Exercise Science Fou	Aging sychology ption ndations	(3) FS (3) FS (3) FS (3) FS (3) F	/SU PSYC /SU PSYC /TEC	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv.	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396	Physical Activity and Sport and Exercise Particular Technology in ESHE Marketing and Promo Exercise Science Fou	Aging sychology otion ndations iption Physical Fitness	(3) FS (3) FS/ (3) FS (3) FS (3) F (4) FS/	HLT BIOI SU PSYO ITEC SU HLT HLT	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460	Physical Activity and Sport and Exercise Par Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership in	Aging	(3) FS (3) FS/ (3) FS (3) FS (4) FS/ (3) S (3) S (3) S (3) F	HLT BIOI SU PSYO ITEC SU HLT HLT ESH HLT	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 391	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460	Physical Activity and Sport and Exercise Par Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership in Org & Admin of Hea	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) F (3) S	HLT BIOI /SU PSYC ITEC /SU HLT HLT ESH HLT HLT	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460 ESHE 461 HLTH 465	Physical Activity and Sport and Exercise Per Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) S (3) S (3) S (3) S (3) S (3) S	/SU PSYC /SU PSYC /SU HLT HLT ESH HLT YSU HLT	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 391 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460 ESHE 461 HLTH 465 ENGL 306 or 30	Physical Activity and Sport and Exercise Ps Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and 07Technical Writing	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) S (3) S (3) FS/ (3) FS/	/SU PSYO /SU PSYO /SU HLT HLT ESHI HLT /SU HLT 56 hr	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 391 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311 Ts.	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460 ESHE 461 ILTH 465 ENGL 306 or 30 BIOL 310 or 322	Physical Activity and Sport and Exercise Ps Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and 07Technical Writing 2 Anatomy and Physiol	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) S (3) S (3) S (3) S (3) S (3) S	/SU PSYO /SU PSYO /SU HLT HLT ESHI HLT /SU HLT 56 hr	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 391 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460 ESHE 461 HLTH 465 ENGL 306 or 30 BIOL 310 or 322 BIOL 310 F on	Physical Activity and Sport and Exercise Parechnology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership in Org & Admin of Hea Nutrition in Sport and O7Technical Writing 2 Anatomy and Physiol ly or 322 FS/SU)	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) S (3) S (3) FS/ (3) FS/	HLT BIOI SU PSY ITEC SU HLT HLT ESH HLT SU HLT 56 hr BIO Elect	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 390 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311 rs. L 105 tives to total 120 Hrs. See advisor	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460 ESHE 461 HLTH 465 ENGL 306 or 30 BIOL 310 or 322 (BIOL 310 F on	Physical Activity and Sport and Exercise Ps Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and 07Technical Writing 2 Anatomy and Physiol	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) S (3) S (3) FS/ (3) FS/	HLT BIOI SU PSY ITEC SU HLT HLT ESH HLT SU HLT 56 hr BIO Elect	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 390 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311 rs. L 105	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460 ESHE 461 HLTH 465 ENGL 306 or 30 BIOL 310 or 322 (BIOL 310 F onl	Physical Activity and Sport and Exercise Pare- Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and O7Technical Writing 2 Anatomy and Physiol ly or 322 FS/SU)	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) S (3) S (3) FS/ (3) FS/	HLT BIOI SU PSY ITEC SU HLT HLT ESH HLT SU HLT 56 hr BIO Elect	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 390 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311 rs. L 105 tives to total 120 Hrs. See advisor	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 397 ESHE 460 ESHE 461 HLTH 465 ENGL 306 or 30 BIOL 310 or 322 (BIOL 310 F on	Physical Activity and Sport and Exercise Pare- Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and OTTechnical Writing 2 Anatomy and Physiol ly or 322 FS/SU) AL FIELDWORK (7-	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) F (3) F (3) FS/ (3) FS/ (4-6)	HLT BIOI SU PSYO ITEC SU HLT HLT SU HLT SU HLT 56 hr BIO Elect for r	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 390 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311 rs. L 105 tives to total 120 Hrs. See advisor	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 460 ESHE 460 ESHE 461 HLTH 465 ENGL 306 or 30 BIOL 310 or 322 (BIOL 310 F on) PROFESSION ESHE 363 ESHE 363	Physical Activity and Sport and Exercise Ps Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and 07Technical Writing 2 Anatomy and Physiol ly or 322 FS/SU) AL FIELDWORK (7- Seminar in Profession Professional Fieldwor	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) F (3) FS (3) FS (4-6) (1) FS (6-12)	HLT BIOI SU PSYO ITEC SU HLT HLT ESHI HLT SU HLT 56 hr BIO Elect for r	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 390 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311 rs. L 105 tives to total 120 Hrs. See advisor ecommended courses. (10-12 hrs.)	
ESHE 315 ESHE 350 ESHE 358 ESHE 360 ESHE 391 ESHE 396 ESHE 460 ESHE 461 HLTH 465 ENGL 306 or 30 BIOL 310 or 322 (BIOL 310 F on) PROFESSION ESHE 363 ESHE 363	Physical Activity and Sport and Exercise Ps Technology in ESHE Marketing and Promo Exercise Science Fou Assessment & Prescr Health/Fitness Progra Exercise Leadership i Org & Admin of Hea Nutrition in Sport and 07Technical Writing 2 Anatomy and Physiol ly or 322 FS/SU) AL FIELDWORK (7- Seminar in Profession Professional Fieldwor	Aging	(3) FS (3) FS/ (3) FS (3) F (4) FS/ (3) S (3) S (3) S (3) F (3) FS (3) FS (4-6) (1) FS (6-12)	HLT BIOI SU PSYO ITEC SU HLT HLT ESHI HLT SU HLT 56 hr BIO Elect for r	H 200 L 105/56 hrs. C 121 C 100 or 120 or equiv. H 200 & BIOL 105 H 200 & ESHE 391 E 391 or ESHE 390&392 H 200 & ESHE 390 H 200 & ESHE 360 or 460 H 200 & BIOL 322 or 310&311 rs. L 105 tives to total 120 Hrs. See advisor ecommended courses. (10-12 hrs.)	