

EXERCISE, SPORT, AND HEALTH EDUCATION
Sport and Wellness Leadership Concentration
Commercial/Corporate Fitness Option (120 Semester Hours)

Program of Studies - Progress Sheet

Student: _____ ID: _____

GENERAL EDUCATION Required Courses (50 Semester Hours)

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

COMMERCIAL/CORPORATE FITNESS OPTION
Required Courses (58 Semester Hours) and Elective Hours to Total 120 Hours

ESHE FOUNDATIONS (7 Hrs.)

ESHE 395	Motor Behavior Foundations	_____ (3) FS/SU
HLTH 320	Health and Safety Foundations	_____ (3) FS/SU
ESHE 463	Senior Capstone Experience	_____ (1) FS

Prerequisites

PSYC 121
HLTH 200

COMMERCIAL/CORPORATE FITNESS (44 – 46 Hours)

ESHE 201	Intro to Athletic Injuries	_____ (3) FS/SU
ESHE 305	Principles of Strength and Conditioning	_____ (3) FS
ESHE 315	Physical Activity and Aging	_____ (3) FS
ESHE 350	Sport and Exercise Psychology	_____ (3) FS/SU
ESHE 358	Technology in ESHE	_____ (3) FS
ESHE 360	Marketing and Promotion	_____ (3) F
ESHE 391	Exercise Science Foundations	_____ (4) FS/SU
ESHE 396	Assessment & Prescription Physical Fitness	_____ (3) S
ESHE 397	Health/Fitness Program Development	_____ (3) S
ESHE 460	Exercise Leadership in Health/Fitness	_____ (3) F
ESHE 461	Org & Admin of Health/Fitness Programs	_____ (3) S
HLTH 465	Nutrition in Sport and Exercise	_____ (3) FS/SU
ENGL 306 or 307	Technical Writing	_____ (3) FS
BIOL 310 or 322	Anatomy and Physiology	_____ (4-6)
(BIOL 310 F only or 322 FS/SU)		

Pre-requisites

HLTH 200/26hrs
HLTH 200
BIOL 105/56 hrs.
PSYC 121
ITEC 100 or 120 or equiv.
HLTH 200 & BIOL 105
HLTH 200 & ESHE 391
ESHE 391 or ESHE 390&392
HLTH 200 & ESHE 391
HLTH 200 & ESHE 360 or 460
HLTH 200 & BIOL 322 or 310&311
56 hrs.
BIOL 105

PROFESSIONAL FIELDWORK (7-13 Hours)

ESHE 363	Seminar in Professional Fieldwork	_____ (1) FS
ESHE 463	Professional Fieldwork in ESHE	_____ (6-12) FS/SU

Electives to total 120 Hrs. See advisor for recommended courses. (10-12 hrs.)

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