

Fall 2006

**EXERCISE, SPORT, AND HEALTH EDUCATION**  
**Health Education and Health Promotion Concentration (120 Semester Hours)**

STUDENT: \_\_\_\_\_ ID: \_\_\_\_\_

GENERAL EDUCATION Required Courses (50 Semester Hours)

<b>Area 1: Communication (9 hrs)</b>			<b>Area 4: Humanities (6 hrs)</b>			<b>Area 7: Physical and Natural Sciences (8 hrs)</b>		
ENGL 101	_____	3	ENGL _____	_____	3	BIOL 105	_____	4
ENGL 102	_____	3	PHIL _____	_____	3	_____	_____	4
COMM 114	_____	3	or RELN					
<b>Area 2: Fine Arts (3 hrs)</b>			<b>Area 5: International and Intercultural Studies (3 hrs)</b>			<b>Area 8: Social and Behavioral Sciences (12 hrs)</b>		
_____	_____	3	_____	_____	3	HIST _____	_____	3
						PSYC 121	_____	3
						SOCY 110	_____	3
						_____	_____	3
<b>Area 3: Health and Wellness (3 hrs)</b>			<b>Area 6: Mathematical Sciences (6 hrs)</b>			<b>The additional course must come from one other discipline: ANTH, APST, ECON, GEOG, POSC</b>		
HLTH 200	_____	3	STAT 200	_____	3			
			ITEC 100/120	_____	3			

**HEALTH EDUCATION AND HEALTH PROMOTION**  
**Required Courses (70 Semester Hours)**

<b>ESHE FOUNDATIONS (7 Hrs.)</b>				<b>Pre-requisites</b>
ESHE 395	_____ (3)	Motor Behavior Foundations	FS	PSYC 121
HLTH 320	_____ (3)	Wellness and Safety Foundations	FS/SU	HLTH 200
ESHE 462	_____ (3)	Senior Capstone Experience	FS	

**HEALTH EDUCATION AND PROMOTION CONCENTRATION (46 Hrs.)**

BIOL 322	_____ (6)	Human Anatomy and Physiology	FS	BIOL 105
ESHE 315	_____ (3)	Physical Activity and Aging	FS	BIOL 105/ 56 HRS.
ESHE 360	_____ (3)	Marketing and Promotion of ESHE	F	
ESHE 391	_____ (4)	Exercise Science Foundations	FS/SU	BIOL105 & HLTH 200
HLTH 245	_____ (3)	Foundations of Health	F	
HLTH 300	_____ (3)	Community Health and Epidemiology	S	HLTH 245 & STAT 200
HLTH 325	_____ (3)	Diversity of Health in the United States	F	HLTH 245 & HLTH 300
HLTH 350	_____ (3)	Human Diseases	S	HLTH 245 & HLTH 300
HLTH 451	_____ (3)	Drug Use and Drug Abuse Education	FS/SU	
HLTH 453	_____ (3)	Human Sexuality	S	
HLTH 460	_____ (3)	International Health	F	
HLTH 465	_____ (3)	Exercise, Performance & Nutrition	FS/SU	BIOL 322 OR 311, HLTH 200
HLTH 475	_____ (3)	Strategies for Health Behavior Change	F	HLTH 245 & HLTH 300
HLTH 485	_____ (3)	Health Program Planning and Evaluation	S	HLTH 245, 300,475 & ESHE 360

**PROFESSIONAL FIELDWORK (7 Hrs.)**

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

**ELECTIVES (10 hours)**

**The following electives are recommended\*:**

SOCY 341, SOCY 422, PSYC 317, PSYC 318, PSYC 429, SOWK 421, SOWK 425

\*other electives should be approved by your advisor before you register for them.  
 (NOTE: To graduate with honors, a student must complete 60 semester hours at RU.)