

EXERCISE, SPORT, AND HEALTH EDUCATION
Sport and Wellness Leadership Concentration
Sport Administration Option (120 Semester Hours)
Program of Studies – Progress Sheet

Student: _____ ID: _____

GENERAL EDUCATION - Required Courses (50 Semester Hours)

Area 1: Communication (9 hrs)

ENGL 101 _____ 3
 ENGL 102 _____ 3
 COMM 114 _____ 3

Area 4: Humanities (6 hrs)

ENGL _____ 3
 PHIL or RELN _____ 3

Area 7: Physical and Natural Sciences (8 hrs)

BIOL 105 _____ 4
 _____ _____ 4

Area 2: Fine Arts (3 hrs)

_____ _____ 3

Area 5: International and Intercultural Studies (3 hrs)

_____ _____ 3

Area 8: Social and Behavioral Sciences (12 hrs)

PSYC 121 _____ 3
 HIST _____ 3
 _____ _____ 3*
 _____ _____ 3*

Area 3: Health and Wellness (3 hrs)

HLTH 200 _____ 3

Area 6: Mathematical Sciences (6 hrs)

STAT 200 _____ 3
 ITEC 100/120 _____ 3

*These 2 courses must come from 2 other disciplines: ANTH, ANST, ECON, GEOG, POSC, SOCY

SPORT ADMINISTRATION OPTION

Required Courses (60 Semester Hours) and Electives (10 Semester Hours): Total 70 Semester Hours

ESHE FOUNDATIONS (7 Hrs.)

ESHE 395 Motor Behavior Foundations _____ (3) FS/SU
 HLTH 320 Health and Safety Foundations _____ (3) FS/SU
 ESHE 462 Senior Capstone Experience _____ (1) FS

Prerequisites

PSYC 121
 HLTH 200

SPORT ADMINISTRATION TRACK (31 Hours)

ESHE 201	Intro Athletic Training	_____ (3)	FS/SU	HLTH 200/26hrs.
ESHE 212	Introduction to Sport Management	_____ (3)	FS	15 hrs.
ESHE 305	Principles of Strength and Conditioning	_____ (3)	FS	HLTH 200
ESHE 350	Sports and Exercise Psychology	_____ (3)	FS/SU	PSYC 121
ESHE 358	Technology in ESHE	_____ (3)	FS	ITEC/56 hrs.
ESHE 360	Marketing and Promotions of ESHE	_____ (3)	F	
ESHE 388	Coaching Management	_____ (3)	FS	56 hrs.
ESHE 391	Exercise Science Foundations	_____ (4)	FS/SU	BIOL 105/HLTH 200
ESHE 415	Sport Administration	_____ (3)	S	ESHE 212/56 hrs.
ESHE 306/307	Technical Writing	_____ (3)	S	56 hrs.

INTERDISCIPLINARY (15 Hours)

Select from the following courses:
 MGNT 322; 323; 357; 421; 425; _____ (3)
 MKTG 340; 341; 342; 344; 350; 360 ACTG 211; 212; _____ (3)
 BLAW 203; FINC 331; 332 _____ (3)
 COMM 226; 230; 250; 336; 337; 414 _____ (3)
 ECON 105/106; 313 MSTD 105; 146; 173; 205; 326; 328 _____ (3)

ELECTIVES (10 Hrs.)

Minors are encouraged in: Business Administration, Management, Marketing, Communication, Media Studies (see catalog). **However, no more than 6 credits toward a minor may be double counted from the major course work.

PROFESSIONAL FIELDWORK (7-13 Hours)

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

APPROVED ELECTIVES (total 120 Hrs.) (NOTE: To graduate with honors, a student must complete 60 sem. Hrs. at RU.)