

Exercise and Sport Science Concentration

Sports Medicine 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	CHEM 101 _____ 4
ENGL 102 _____ 3	PHIL or RELN _____ 3	CHEM 102/3 _____ 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 <u>must</u> come from 2 disciplines . ANTH, APST, ECON, GEOG, POSC, SOCY
HLTH 200 _____ 3	STAT 200 _____ 3	
	ITEC 100/120 _____ 3	

SPORTS MEDICINE OPTION
Required Courses (64 Hours)

ESHE Core (7 Hours)		Pre-requisites	Recommended by:
HLTH 320 Health/Safety Found. _____ (3) FS/SU		H200	VCU: 150 hrs. experience, Cell Bio.
ESHE 395 Motor Behavior _____ (3) FS		PSYC 121	Philo., Trig/Precalc., Ab & HGD Psyc.
ESHE 462 Senior Capstone Exp. _____ (1) FS		TBA	Marymount: 40 hrs., Precalc, HGD Psyc.
	Philo., Trig.,		
SPORTS MEDICINE (50 Hours)			SU: 200 hrs. experience, Philo., Trig/Precalc
BIOL 105 General Biology _____ (4) FS/SU			Electives 6 hrs. to total 120 hours.
PHYS 111 General Physics _____ (4) FS/SU			See advisor for suggestions.
PHYS 112 General Physics _____ (4) FS/SU		PHY111 _____	
BIOL 310 Human Structure/Func. I _____ (4) F		BIO105 _____	
BIOL 311 Human Structure/Func. II _____ (4) S		BIO105 _____	
ENGL 306/307 Prep of Prof. Papers _____ (3) FS		ENG-GED	
ESHE 201 Intro to Athletic Tng. _____ (3) FS/SU		BIO105,H200	
ESHE 305 Prin. of Strength/Cond. _____ (3) FS		HLTH200	
ESHE 315 Phy. Activity & Aging _____ (3) FS		BIO105	
ESHE 350 Sport/Exercise Psyc. _____ (3) FS		PSYC121	
ESHE 358 Technology in ESHE _____ (3) FS		ITEC/ 56 hrs.	
ESHE 390 Kinesiology _____ (3) FS		BIO310	
ESHE 392 Exercise Physiology _____ (3) FS		BIO310	
ESHE 396 Assess./Prescript. Fit. _____ (3) S		H200.ESHE392	
HLTH 465 Nutrition Sport & Ex. _____ (3) FS/SU		H200, BIO310	
PROFESSIONAL FIELDWORK (7-10 Hours)			
ESHE 363 Seminar Prof. Fieldwork _____ (1) FS		Semester before ESHE463	
ESHE 463 Prof. Fieldwork _____ (6-9) FS/SU		See Advisor or Dr. Beasley	

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