

NAME \_\_\_\_\_ ID# \_\_\_\_\_

**CORE CURRICULUM – 43-45 Semester Hours (SH)**

**UNIVERSITY CORE**

**A. Core Foundations (12SH) B. Core Skills & Knowledge (16SH)**

CORE 101	_____	3	Courses must be from different disciplines:
CORE 102	_____	3	<b>MATHEMATICAL SCIENCES (3SH)</b>
CORE 103*	_____	3	MATH 137 _____ 3**
CORE 201	_____	3	<b>NATURAL SCIENCES (4 SH)</b>
CORE 202	_____	3	BIOL 105 _____ 4**

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

\* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

\*\*Program requirements completed through Core Curriculum

**HUMANITIES (3 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ 3  
 One of the following: ENGL 200 HIST 101, 102 PHIL 111, 112, 114 RELN 111, 112, 203, 206

**SOCIAL/BEHAV. SCIENCES (3 SH)**  
 PSYC 121 \_\_\_\_\_ 3\*\*  
**VISUAL & PERFORMING ARTS (3 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ 3  
 One of the following: ART 111, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121. 123 THEA 100, 180

**COLLEGE CORE**

**A. National & International Perspectives (6SH) B. Supporting Skills & Knowledge (9-11SH)**

Courses must be from different disciplines:  
**U. S. PERSPECTIVES (3 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ 3  
 One of the following: APST 200 ECON 101, 105, 106, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110

**GLOBAL PERSPECTIVES (3SH)**  
 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ 3  
 One of the following: ENGL 201 CVPA 266 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, SOCY 121 THEA 180 WMST 101

**NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)**  
 STAT 200 \_\_\_\_\_ 3\*\*

**HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)**  
 \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ 3-4  
 One of the following: ENGL 200 HIST 101, 102 PHIL 111, 112, 114 RELN 111, 112, 203, 206 Or ART 111, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 SPAN 101: 102, 201: 202

**SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)**  
 HLTH 200 \_\_\_\_\_ 3\*\*

**Fitness, Strength and Conditioning Required Courses (77-79 Semester Hours)**

**Fitness, Strength and Conditioning Option (48 Hrs)**

				Term
BIOL	322	_____ (6)	Human Anatomy and Physiology	F/S/SU
ESHE	201	_____ (3)	Intro. Athletic Injuries	F/S/SU
ESHE	305	_____ (3)	Princ. & Prac. Strength and Condit.	F/S/SU
ESHE	315	_____ (3)	Physical Activity and Aging	F/S
ESHE	350	_____ (3)	Sport and Exercise Psychology	F/S/SU
ESHE	358	_____ (3)	Technology in ESHE	F/S
ESHE	360	_____ (3)	Marketing and Promotion ESHE	F/S
ESHE	395	_____ (3)	Motor Behavior	F/S/SU
ESHE	396	_____ (3)	Assessment & Prescription Phy. Fit.	F/S
ESHE	397	_____ (3)	Health/Fitness Program Development	S
ESHE	405	_____ (3)	Personal Training Review	S
ESHE	460	_____ (3)	Exercise Leadership in Health/Fitness	F
ESHE	461	_____ (3)	Org. & Adm. Of Health/Fitness Prog.	S
HLTH	320	_____ (3)	Health and Safety Foundations	F/S/SU
HLTH	465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU

**Exercise Science Core (4-6 Hrs)**

<b>AND</b>	ESHE	390	_____ (3)	Kinesiology	F/S
	ESHE	392	_____ (3)	Exercise Physiology	F/S
<b>OR</b>	ESHE	391	_____ (4)	Exercise Science Foundations	F/S/SU

**PROFESSIONAL FIELDWORK (7 Hrs)**

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

NOTE: To Graduate with Honors, a student must complete 60 semester hours at RU.

**Pre-requisites**

BIOL 105/26 Hrs  
 HLTH 200/BIOL 322  
 BIOL 322  
 BIOL 105/ 56 HRS.  
 PSYC 121  
 56 Hrs  
 PSYC 121  
 ESHE 391 or ESHE 390 &392  
 ESHE 391 or ESHE 390 &392  
 ESHE 305, ESHE 391 or 390&392  
 ESHE 391 or ESHE 390&392  
 ESHE 391 or ESHE 390&392  
 HLTH 200  
 BIOL 322 OR 311, HLTH 200  
 BIOL 310 & 311 or BIOL 322  
 BIOL 310 & 311 or BIOL 322  
 BIOL 322/HLTH 200

**OPTIONS (18 Hrs)** – Choose two options – All students must take ESHE 390 and ESHE 392 or ESHE 391 except for the Performance Training and these students must take ESHE 390 and 392. A prerequisite for ESHE 390/392 and 391 is BIOL 322.

<b>Commercial (9 hrs)</b>	<b>Martial Arts Instr. (9hrs)</b>	<b>Health &amp; Nutr. (9hrs)</b>	<b>Perform. Training (6hrs)</b>	<b>Children's Fitness Prog. (10hrs)</b>
COMS 173 _____ 3	ESHE 262 _____ 3	NUTR 214 _____ 3	ESHE 388 _____ 3	ESHE 210 _____ 2
MKTG 340 _____ 3	ESHE 310 _____ 3	HLTH 250 _____ 3	ESHE 496 _____ 3	ESHE 294 _____ 2
MKTG 341 _____ 3	ESHE 361 _____ 3	HLTH 475 _____ 3		ESHE 301 _____ 2
MKTG 360 _____ 3	ESHE 362 _____ 3	NUTR 316 _____ 3		ESHE 302 _____ 2
				ESHE 306 _____ 2

## Fitness Strength and Conditioning 4 Year Plan

\*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
<b>Freshman Year</b>	<b>Cr.</b>	<b>Freshman Year</b>	<b>Cr.</b>
*University Core A: Core 101	3	*University Core A: Core 102	3
University Core B: <b>Math 137</b>	3	University Core B: <b>BIOL 105</b>	4
University Core B: Humanities or V-P Arts	3	University Core B: <b>Psychology 121</b>	3
College Core A: Global Perspectives	3	University Core B: Humanities or V-P Arts	3
College Core A: US Perspectives	3		
	<b>Total 15</b>		<b>Total 13</b>
<b>Sophomore Year</b>	<b>Cr.</b>	<b>Sophomore Year</b>	<b>Cr.</b>
*University Core A: Core 201	3	*University Core A: Core 202	3
College Core B: <b>HLTH 200</b>	3	College Core B: <b>STAT 200</b>	3
College Core B: Humanities/VPA/FORL	3	ESHE 390&392 or 391: Exer Science Core	4 or 6
BIOL 322: Human Anatomy and Physiology	6	ESHE 350: Sport Psychology	3
ESHE/HLTH Option Elective**	3		
	<b>Total 18</b>		<b>Total 13 /15</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
ESHE 201: Intro Athletic Injuries	3	ESHE 395: Motor Behavior	3
ESHE 315: Physical Activity & Aging	3	ESHE 305: P & P Strength and Conditioning	3
ESHE 358: Technology in ESHE	3	ESHE 396: Assessment and RX of Fitness	3
ESHE 360: Marketing and Promotion ESHE	3	*ESHE 397: Health/Fitness Prog. Develop.	3
ESHE/HLTH Option Elective**	3	HTLH 320: Health & Safety Foundations	3
		ESHE/HLTH Option Elective**	3
	<b>Total 18</b>		<b>Total 18</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
*ESHE 460: Exercise Leadership in H/Fitness	3	*ESHE 405: Personal Training Review	3
HLTH 465: Ex., Perform, & Nutrition	3	*ESHE 461: O&A of Health/Fitness Prog.	3
ESHE/HLTH Option Elective**	3	ESHE 463: Fieldwork in ESHE	6
ESHE/HLTH Option Elective**	3		
ESHE/HLTH Option Elective**	3		
ESHE 363: Seminar for Fieldwork	1		
	<b>Total 16</b>		<b>Total 12</b>

\*\*Plan ESHE Option Electives carefully to be sure they are offered when needed.