

NAME _____ ID# _____

CORE CURRICULUM – 43-45 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101 _____ 3
 CORE 102 _____ 3
 CORE 103* _____ 3
 CORE 201 _____ 3
 CORE 202 _____ 3

B. Core Skills & Knowledge (16SH)

Courses must be from different disciplines:
MATHEMATICAL SCIENCES (3SH)
 MATH 137 _____ 3**
NATURAL SCIENCES (4 SH)
 BIOL 105 _____ 4**
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

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 met through Core Curriculum

COLLEGE CORE

A. National & International Perspectives (6SH)

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

B. Supporting Skills & Knowledge (9-11SH)

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**

Sports Medicine

Required Courses (77 Semester Hours)

Sports Medicine CONCENTRATION (57 Hours) *Must have a 3.00 gpa to enroll in course

CHEM 101 _____ (4)	General Chemistry	F
CHEM 102/103 _____ (4)	General Chemistry	S
BIOL 310 _____ (4)	Human Structure and Function I	F
BIOL 311 _____ (4)	Human Structure and Function II	S
PSYC 230/439 _____ (3)	Lifespan Devel. or Abnormal Psyc.	F/S
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
ATTR 323* _____ (3)	Assess. of Athletic Injuries I – Extrem.	F
ESHE 350* _____ (3)	Sport and Exercise Psychology	F/S/SU
ATTR 365* _____ (4)	Therapeutic Exercise	F
ESHE 390* _____ (3)	Kinesiology	F/S
ESHE 392* _____ (3)	Exercise Physiology	F/S
ESHE 396* _____ (3)	Assessment and Prescription	F/S
ATTR 420* _____ (4)	Therapeutic Modalities	F
HLTH 465* _____ (3)	Exercise, Performance & Nutrition	F/S/SU
ESHE/HLTH _____ (3)	ESHE/HTLH Approved Elective	F/S

Approved Science (8 Hours): Choose 2 science courses from the approved courses below

PHYS 111 _____ (4)	General Physics	F/SU
PHYS 112 _____ (4)	General Physics	S/SU
CHEM 301 _____ (4)	Organic Chemistry	F
CHEM 302 _____ (4)	Organic Chemistry	S
BIOL 334 _____ (4)	Microbiology	S
BIOL 471 _____ (4)	Biochemistry	F

PROFESSIONAL FIELDWORK (7-13 Hrs.)

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

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

Pre-requisites

BIOL 105
 BIOL 105
 PSYC 121
 HLTH 200/BIOL 310
 HLTH 200/26 Hrs
 BIOL 105/ 56 HRS.
 BIOL 310
 PSYC 121
 ESHE 323
 BIOL 310 & 311 or BIOL 322
 BIOL 310 & 311 or BIOL 322
 ESHE 392
 ESHE 323
 BIOL 322 OR 311, HLTH 200
 MATH 137 or equivalent
 MATH 137 or equivalent
 CHEM 102
 CHEM 102
 BIOL 105
 BIOL 105 and CHEM 302

ELECTIVES (5 hours)* electives should be approved by your advisor before you register for them

Sports Medicine 4 Year Plan

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

Fall Semester		Spring Semester	
Freshman Year	Cr.	Freshman Year	Cr.
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: Humanities or V-P Arts	3	University Core B: Math 137	3
College Core A: Global Perspectives	3	University Core B: Psychology 121	3
College Core A: US Perspectives	3	University Core B: Humanities/VPA	3
*Chemistry 101	4	*Chemistry 102 or 103	4
	Total 15	Must take BIOL 105 (University Core B) 4 hrs summer to stay on track for BIOL 310 & 311	Total 16
Sophomore Year	Cr.	Sophomore Year	Cr.
* University Core A: Core 201	3	* University Core A: Core 202	3
*BIOL 310: Structure & Function I	4	*BIOL 311: Structure & Function II	4
College Core B: HLTH 200	3	ESHE 201: Intro to Athletic Injuries	3
College Core B: Humanities/VPA/FORL	3	ESHE 315: Physical Activity and Aging	3
Approved Elective	3	Approved Elective	3
	Total 16		Total 16
Junior Year	Cr.	Junior Year	Cr.
College Core B: STAT 200	3	ESHE 305: Strength & Conditioning	3
*ATTR 323: Assess. of Athletic Injuries I	3	ESHE 396: Assess. & Prescription	3
ESHE 350: Sport Psychology	3	HLTH 465: Ex. Perform. & Nutrition	3
ESHE 390: Kinesiology	3	PSYC 230 or 439	3
ESHE 392: Exercise Physiology	3	ESHE/HLTH approved elective	3
	Total 15	Recommend: Take GRE in Summer	Total 15
Senior Year	Cr.	Senior Year	Cr.
Approved Science	4	Approved Science	4
*ATTR 365: Therapeutic Exercise	4	ESHE 463: Fieldwork in ESHE	6
*ATTR 420: Therapeutic Modalities	4		
ESHE 363: Pre-internship	1		
Recommend: Apply for Graduate School	Total 13		Total 10