

EXERCISE, SPORT, AND HEALTH EDUCATION
Sport and Wellness Leadership Concentration
Commercial/Corporate Fitness 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)

HIST _____ 3
 PSYC 121 _____ 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

COMMERCIAL/CORPORATE FITNESS OPTION
Required Courses (58 Semester Hours) and Elective Hours to Total 120 Hours

ESHE FOUNDATIONS (7 Hrs.)

ESHE 395 Motor Behavior Foundations _____ (3) FS/SU
 HLTH 320 Health and Safety Foundations _____ (3) FS/SU
 ESHE 463 Senior Capstone Experience _____ (1) FS

Prerequisites

PSYC 121
 HLTH 200

COMMERCIAL/CORPORATE FITNESS (44 – 46 Hours)

ESHE 201 Intro to Athletic Injuries _____ (3) FS/SU
 ESHE 305 Principles of Strength and Conditioning _____ (3) FS
 ESHE 315 Physical Activity and Aging _____ (3) FS
 ESHE 350 Sport and Exercise Psychology _____ (3) FS/SU
 ESHE 358 Technology in ESHE _____ (3) FS
 ESHE 360 Marketing and Promotion _____ (3) FS
 ESHE 391 Exercise Science Foundations _____ (4) FS/SU
 ESHE 396 Assessment & Prescription Physical Fitness _____ (3) FS
 ESHE 397 Health/Fitness Program Development _____ (3) S
 ESHE 460 Exercise Leadership in Health/Fitness _____ (3) F
 ESHE 461 Org & Admin of Health/Fitness Programs _____ (3) S
 HLTH 465 Nutrition in Sport and Exercise _____ (3) FS/SU
 ENGL 306 or 307 Technical Writing _____ (3) FS
 BIOL 310 or 322 Anatomy and Physiology _____ (4-6)
 (BIOL 310 F only or 322 FS/SU)

Pre-requisites

HLTH 200/26hrs
 HLTH 200
 BIOL 105/56 hrs.
 PSYC 121
 ITEC 100 or 120 or equiv.
 HLTH 200 & BIOL 105
 HLTH 200 & ESHE 391
 ESHE 391 or ESHE 390&392
 HLTH 200 & ESHE 391
 HLTH 200 & ESHE 360 or 460
 HLTH 200 & BIOL 322 or 310&311
 56 hrs.
 BIOL 105

PROFESSIONAL FIELDWORK (7-13 Hours)

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

Electives to total 120 Hrs. See advisor for recommended courses. (10-12 hrs.)

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

COMMERCIALCORPORATE FITNESS
FOUR-YEAR PLAN
120 HOURS

FALL SEMESTER		SPRING SEMESTER	
Freshman Year (31 Hours)			
ENGL 101 (area 1)	3	ENGL 102 (area 1)	3
(area 2)	3	COMM 114 (area 1)	3
(area 4)	3	(area 7)	3
BIOL 105 (area 7)	4	ITEC (area 6)	3
PSYC 121 (area 8)	3	HIST (area 8)	3
Total	16	Total	15
Sophomore Year (32 Hours)			
BIOL 310/322	4/6	HLTH 320 Health Safety Foundations	4
HLTH 200 Wellness Lifestyles	3	ESHE 201 Intro Athletic Training	3
ENGL (area 4)	3	STAT (area 6)	3
(area 5)	3	(area 8)	3
(area 8)	3	(area 8)	3
Total	16/18	Total	16
Junior Year (32 Hours)			
ESHE 391 Exercise Science Found	4	ESHE 397 Health Fitness Program Dev	3
ESHE 315 Physical Activity and Aging	3	ESHE 305 Prin Strength Conditioning	3
ESHE 358 Technology ESHE	3	ESHE 350 Sport Exercise Psychology	3
ESHE 360 Marketing Promotion ESHE	3	ESHE 396 Assess Prescript Phy Fitness	3
ESHE 395 Motor Behavior Foundations	4	ESHE 461 Org Admin Health Fitness	3
Total	17	Total	15
Senior Year (25 Hours)			
ENGL 306/7 Technical Writing	3	ESHE 463 Fieldwork ESHE	6
ESHE 460 Exercise Leadership	3	Elective	3
ESHE 465 Nutrition Sport Exercise	3	ESHE 462 Senior Capstone	1
Elective	3		
Elective – E 405 suggested	3		
ESHE 363 Seminar Fieldwork	1		
Total	16	Total (Remember 12 hrs are needed to be full-time)	10