

EXERCISE, SPORT, AND HEALTH EDUCATION
Exercise and Sport Science Concentration
Exercise and Sport Studies Cognates Option (120 Semester Hours)
Program of Studies- Progress Sheet

Student: _____ ID: _____

GENERAL EDUCATION
Required Courses (50 Semester Hours)

Area 1: Communication (6 to 9 hrs)	Area 4: Humanities (6 to 9 hrs)	Area 7: Physical and Natural Sciences (8 hrs)
ENGL 101 _____ 3	ENGL _____ 3	BIOL 105 _____ 4
ENGL 102 _____ 3	PHIL or RELN _____ 3	_____ _____ 4
_____ _____ 3	_____ _____ 3	
Area 2: Fine Arts (3 to 6 hrs)	Area 5: International and Intercultural Studies (3 to 6 hrs)	Area 8: Social and Behavioral Sciences (12 to 15 hrs)
_____ _____ 3	_____ _____ 3	HIST _____ 3
_____ _____ 3	_____ _____ 3	PSYC 121 _____ 3
		_____ _____ 3*
		_____ _____ 3*
Area 3: Health and Wellness (3 hrs)	Area 6: Mathematical Sciences (6 hrs)	*These 2 courses must come from 2 other disciplines: ANTH, APST, ECON, GEOG, POSC, SOCY
HLTH 200 _____ 3	_____ _____ 3	
	_____ _____ 3	

EXERCISE AND SPORT STUDIES COGNATES OPTION
Required Courses (70 Semester Hours)

<u>ESHE FOUNDATIONS (7 hrs.)</u>	Prerequisites	Electives (9-11 hrs.)
HTLH 320 Health and Safety Foundations _____ (3) FS/SU	HLTH 200	<u>ESHE 363</u> _____ (1)_____
ESHE 395 Motor Behavior _____ (3) FS/SU	PSYC 121	_____ _____
ESHE 462 Senior Capstone Experience _____ (1) FS		_____ _____
<u>Exercise Science Foundations (4 or 6 hrs.)</u>		
ESHE 391 Exercise Science _____ (4) FS/SU	HLTH 200 & BIOL 105	
OR		
ESHE 390 Kinesiology AND _____ (3) FS	BIOL 322 or BIOL 310 or BIOL 311	
ESHE 392 Exercise Physiology _____ (3) FS	BIOL 322 or BIOL 310 or BIOL 311	

Select Cognate Areas (24 hours each). See specific cognate requirements.
Electives in Cognate Areas must be either ESHE or HLTH courses.
Additional electives to total 70 Semester Hours

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

ESS Cognates: Choose two (2) Areas of 24 hours each
****** Coaching and Exercise Science Cognates cannot be combined.**

Teaching Cognate	Pre-Reqs.	Coaching Cognate	Pre- Reqs.	Exercise Science Cognate	Pre-Reqs.
Required Courses (17 hours)		Required Courses (18 hours)		Required Courses (19-21 hours)	
ESHE 210 Intro to Teaching _____ (2) S		ESHE 201 Intro. Ath. Trn. _____ (3) FS/SU	HLTH 200	ESHE 201 Intro. Ath. Trn. _____ (3) FS/SU	HLTH 200
ESHE 301/302/304 T&P _____ (2) FS	ESHE 210	ESHE 305 Strength/Cond. _____ (3) FS	HLTH 200	ESHE 305 Strength/Cond. _____ (3) FS	HLTH 200
ESHE 382 PE Methods _____ (4) FS	ESHE 210	ESHE 350 Sport Psyc. _____ (3) FS	PSYC 121	ESHE 315 Aging and Activity _____ (3) FS	56 hrs. Bio 105
ESHE 385 PE Inclusion _____ (2) FS	ESHE 210	ESHE 388 Coaching _____ (3) FS	56 hrs.	HLTH 465 Sport Nutrition _____ (3) FS/SU	HLTH 200
ESHE 475 PE Assessment _____ (3) F	ESHE 210	HLTH 465 Sport Nutrition _____ (3) FS/SU	HLTH 200	BIOL 310 (F) or 322 (FS/SU) _____ (4/6)	BIOL 105
HLTH 382 HLTH Methods _____ (4) S	ESHE 210	ESHE 463 Internship _____ (3) FS/SU		ESHE 463 Internship _____ (3) FS/SU	
ESHE/HLTH Electives to total 24 hours (7 hours)		ESHE/HLTH Electives to total 24 hours (6 hours)		ESHE/HLTH Electives to total 24 hours (3 to 5 hours)	
E/H: _____ ()		E/H: _____ ()		E/H: _____ ()	
E/H: _____ ()		E/H: _____ ()		E/H: _____ ()	
E/H: _____ ()		E/H: _____ ()		E/H: _____ ()	
Sport Administration Cognate		Commercial Cognate		Martial Arts Cognate	
Pre-Reqs.		Pre-Reqs.		Pre-Reqs.	
Required Courses (21 hours)		Required Courses (18 hours)		Required Courses (19-21 hours)	
ESHE 212 Intro to Sport Mgmt.. _____ (3) FS	15 hrs.	ESHE 358 Technology _____ (3) FS	56 hrs. ITEC	ESHE 262 Intro. Asian MA _____ (3)	
ESHE360 Marketing/Promo _____ (3) F S		ESHE 396 Ass.& Rx. _____ (3) S	*ESHE 391	ESHE 310 Multi Cult.Self Def. _____ (3)	
ESHE415 Sport Admin. _____ (3) S		ESHE 397 Prog. Devel. _____ (3) S	*ESHE 391	ESHE 330 Adv. Karate _____ (1-3)	
Interdisciplinary Courses for 9 hours from:		ESHE 460 Fit. Leadership _____ (3) F	*ESHE 391	ESHE 361 World Martial Arts _____ (3)	
MGMT, MKTG, ACTG, BLAW, COMM		ESHE 461O&A of Fit. Prog. _____ (3) S	ESHE 360 or 460	ESHE 362 Princ. of Self Def. _____ (3)	
_____ (3)		ESHE 463 Internship _____ (3) FS/SU		ESHE 364 or 201 _____ (3)	
_____ (3)		ESHE/HLTH Electives to total 24 hours (6 hours)		ESHE ESHE 463 Internship _____ (3) FS/SU	
_____ (3)		E/H: _____ ()		ESHE/HLTH Electives to total 24 hours (3-5 hours)	
ESHE 463 Internship _____ (3) FS/SU		E/H: _____ ()		E/H: _____ ()	
		E/H: _____ ()		E/H: _____ ()	
ESHE/HLTH Electives to total 24 hours (3 hours)					
_____ (3)					

*ESHE 391 is the pre-requisite for several courses, however if you have taken ESHE 390 and 392 those will count as the pre-req. You can always do more than required, not less.

As a student choosing ESS you must be aware of course offerings and plan your schedules accordingly. There are several courses that are often taught in summer that were not listed as summer because it does not apply every summer. The following courses are: ESHE 305, ESHE 350, and ESHE 388

If you are choosing the Sport Administration Cognate please know we have no control over courses offered in any aspect of Business or Communication, plan ahead in choosing when to take those courses. In addition, you have nearly enough elective hours to complete a minor in business or communication – now is the time to consider that option and plan for it. The idea is to make yourself as marketable as possible.

EXERCISE AND SPORT SCIENCE
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	(area 8)	3
(area 4)	3	(area 5)	3
BIOL 105 (area 7)	4	(area 6)	3
PSYC 121 (area 8)	3	HIST (area 8)	3
	Total 16		Total 15
Sophomore Year (32 Hours)			
HLTH 200 (area 3)	3	HLTH 320 Health Safety Foundations	4
(area 6)	3	Area 1, 2, 5, or 8 to complete	3
ENGL (area 4)	3	Cognate Area I	3
BIOL 102 (area 7)	4	Cognate Area I	3
(area 8)	3	Cognate Area I	3
	Total 16		Total 16
Junior Year (30 Hours)			
ESHE 390 Kinesiology and ESHE 392 Exercise Physiology	6	ESHE 350 Sport Exercise Psychology	3
OR ESHE 391 Exercise Science	4	ESHE 395 Motor Behavior	3
Cognate Area I	3	ESHE 363 Pre- Internship	1
Cognate Area I	3	Cognate Area I	3
Cognate Area I	3	Cognate Area II	3
Cognate Area I		Elective	3
	Total 16-18		Total 16
Senior Year (27 Hours)			
Cognate Area II	3	ESHE 462 Senior Capstone	1
Cognate Area II	3	Cognate Area II	3
Cognate Area II	3	Cognate Area II	3
Cognate Area II	3	Cognate Area II	3
Elective	3	Elective	3
	Total 15		Total 13