

**EXERCISE, SPORT, AND HEALTH EDUCATION**  
**Health Education and Health Promotion Concentration (120 Semester Hours)**

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 \_\_\_\_\_ 3  
 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  
 SOCY 110 \_\_\_\_\_ 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

**The additional course must come from one other discipline: ANTH, APST, ECON, GEOG, POSC**

**HEALTH EDUCATION AND HEALTH PROMOTION**

**Required Courses (70 Semester Hours)**

**ESHE FOUNDATIONS (7 Hrs.)**

ESHE 395 _____ (3)	Motor Behavior Foundations	FS
HLTH 320 _____ (3)	Wellness and Safety Foundations	FS/SU
ESHE 462 _____ (1)	Senior Capstone Experience	FS

**Pre-requisites**

PSYC 121  
 HLTH 200

**HEALTH EDUCATION AND PROMOTION CONCENTRATION (46 Hrs.)**

BIOL 322 _____ (6)	Human Anatomy and Physiology	FS	BIOL 105
ESHE 315 _____ (3)	Physical Activity and Aging	FS	BIOL 105/ 56 HRS.
ESHE 360 _____ (3)	Marketing and Promotion of ESHE	F	
ESHE 391 _____ (4)	Exercise Science Foundations	FS/SU	BIOL105 & HLTH 200
HLTH 245 _____ (3)	Foundations of Health	F	
HLTH 300 _____ (3)	Community Health and Epidemiology	S	HLTH 245 & STAT 200
HLTH 325 _____ (3)	Diversity of Health in the United States	F	HLTH 245 & HLTH 300
HLTH 350 _____ (3)	Human Diseases	S	HLTH 245 & HLTH 300
HLTH 451 _____ (3)	Drug Use and Drug Abuse Education	FS/SU	
HLTH 453 _____ (3)	Human Sexuality	S	
HLTH 460 _____ (3)	International Health	F	
HLTH 465 _____ (3)	Exercise, Performance & Nutrition	FS/SU	BIOL 322 OR 311, HLTH 200
HLTH 475 _____ (3)	Strategies for Health Behavior Change	F	HLTH 245 & HLTH 300
HLTH 485 _____ (3)	Health Program Planning and Evaluation	S	HLTH 245, 300,475 & ESHE 360

**PROFESSIONAL FIELDWORK (7 Hrs.)**

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

**ELECTIVES (10 hours)**

**The following electives are recommended\*:**

SOCY 341, SOCY 422, PSYC 317, PSYC 318, PSYC 429, SOWK 421, SOWK 425

\*other electives should be approved by your advisor before you register for them.  
 (NOTE: To graduate with honors, a student must complete 60 semester hours at RU.)

HEALTH EDUCATION AND HEALTH PROMOTION (HEHP)  
FOUR-YEAR PLAN  
120 HOURS

FALL SEMESTER		SPRING SEMESTER	
<b>Freshman Year (32 Hours)</b>			
ENGL 101 (area 1)	3	ENGL 102 (area 1)	3
_____ (area 2)	3	COMM 114 (area 1)	3
PHIL or RELN_____ (area 4)	3	_____ (area 7)	4
BIOL 105 (area 7)	4	STAT 200 (area 6)	3
PSYC 121 (area 8)	3	HIST _____ (area 8)	3
Total	16	Total	16
<b>Sophomore Year (31 hours)</b>			
BIOL 322	6	HLTH 245 Foundations of Health	3
HLTH 200 Wellness Lifestyles	3	HLTH 320 Wellness and Safety Foundations	4
ENGL _____ (area 4)	3	_____ (area 6)	3
SOCY 110 (area 8)	3	_____ (area 5)	3
_____ (area 8)	3	_____ (area 8)	3
Total	15	Total	16
<b>Junior Year (31 Hours)</b>			
ESHE 315 Physical Activity and Aging	3	ESHE 395 Foundations of Motor Behavior	3
ESHE 360 Marketing Promotion ESHE	3	HLTH 325 Diversity of Health in the United States	3
ESHE 391 Exercise Science Foundations	4	HLTH 350 Human Diseases	3
HLTH 300 Community Health and Epidemiology	3	HLTH 453 Human Sexuality	3
HLTH 465 Nutrition	3	HLTH 475 Health Behavior Change	3
Total	16	Total	15
<b>Senior Year ( 26 Hours)</b>			
HLTH 451 Drug Use and Abuse	3	ESHE 463 Fieldwork in ESHE	6-12
HLTH 460 International Health	3	ESHE 462 Senior Capstone	1
HLTH 485 Health Program Planning and Evaluation	3	_____ Elective	3
_____ Elective	3	_____ Elective	3
ESHE 363 Seminar Fieldwork	1		
_____ Elective	1		
Total	14	Total	13