

**EXERCISE, SPORT, AND HEALTH EDUCATION**  
**Sport and Wellness Leadership Concentration**  
**Sport Administration 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

**SPORT ADMINISTRATION OPTION**

**Required Courses (60 Semester Hours) and Electives (10 Semester Hours): Total 70 Semester Hours**

**ESHE FOUNDATIONS (7 Hrs.)**

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

**Prerequisites**

PSYC 121  
 HLTH 200

**SPORT ADMINISTRATION TRACK (31 Hours)**

ESHE 201	Intro Athletic Training	_____ (3)	FS/SU	HLTH 200/26hrs.
ESHE 212	Introduction to Sport Management	_____ (3)	FS	15 hrs.
ESHE 305	Principles of Strength and Conditioning	_____ (3)	FS	HLTH 200
ESHE 350	Sports and Exercise Psychology	_____ (3)	FS/SU	PSYC 121
ESHE 358	Technology in ESHE	_____ (3)	FS	ITEC/56 hrs.
ESHE 360	Marketing and Promotions of ESHE	_____ (3)	F	
ESHE 388	Coaching Management	_____ (3)	FS	56 hrs.
ESHE 391	Exercise Science Foundations	_____ (4)	FS/SU	BIOL 105/HLTH 200
ESHE 415	Sport Administration	_____ (3)	S	ESHE 212/56 hrs.
ENGL 306/307	Technical Writing	_____ (3)	S	56 hrs.

**INTERDISCIPLINARY (15 Hours)**

Select from the following courses:  
 MGNT 322; 323; 357; 421; 425; \_\_\_\_\_ (3)  
 MKTG 340; 341; 342; 344; 350; 360 ACTG 211; 212; \_\_\_\_\_ (3)  
 BLAW 203; FINC 331; 332 \_\_\_\_\_ (3)  
 COMM 226; 230; 250; 336; 337; 414 \_\_\_\_\_ (3)  
 ECON 105/106; 313 MSTD 105; 146; 173; 205; 326; 328 \_\_\_\_\_ (3)

**ELECTIVES (10 Hrs.)**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\*\*Minors are encouraged in: Business Administration, Management, Marketing, Communication, Media Studies (see catalog). **However**, no more than 6 credits toward a minor may be double counted from the major course work.

**PROFESSIONAL FIELDWORK (7-13 Hours)**

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

**APPROVED ELECTIVES (total 120 Hrs.) (NOTE: To graduate with honors, a student must complete 60 sem. Hrs. at RU.)**

SPORT ADMINISTRATION  
FOUR-YEAR PLAN  
120 HOURS

Fall Semester		Spring Semester	
<b>Freshman Year (31 Hours)</b>		Credit	Credit
ENGL 101 (area 1)	3	ENGL 102 (area 1)	3
_____ (area 2)	3	COMM 114 (area 1)	3
PHIL/RELN (area 4)	3	_____ (area 5)	3
PSYC 121 (area 8)	3	ITEC 100/120 (area 6)	3
BIOL 105 (area 7)	4	HIST _____ (area 8)	3
	Total 16		Total 15
<b>Sophomore Year (34 Hours)</b>			
HLTH 200 (area 3)	3	ESHE 201 Intro Athletic Training	3
ENGL _____ (area 4)	3	HLTH 320 Health/Safety Foundation	3
_____ (area 8)	3	ESHE 305 Prin Strength Conditioning	3
_____ (area 7)	4	_____ (area 8)	3
ESHE 212 Intro Sport Management	3	STAT 200 (area 6)	3
	Total 16		Total 18
<b>Junior Year (31 Hours)</b>			
ESHE 350 Sport Exercise Psychology	3	ESHE 388 Coaching Athlete	3
ESHE 391 Exer Science Found	3	ESHE 358 Technology ESHE	3
ESHE 360 Marketing ESHE Program	3	ESHE 395 Motor Behavior	4
IDS ____ (IDS)	3	IDS ____ (IDS)	3
IDS ____ (IDS)	3	ENGL 306/307 Technical/ Writing	3
	Total 15		Total 16
<b>Senior Year (27 Hours)</b>			
_____ Elective	3	IDS ____ (IDS)	3
ESHE 363 Seminar Fieldwork	1	ESHE 463 Fieldwork ESHE	6
IDS ____ (IDS)	3	ESHE 462 Senior Capstone Experience	1
ESHE 415 Sport Administration	3	_____ Elective	1
_____ Elective	3		
_____ Elective	3		
	Total 16		Total 11

IDS-Interdisciplinary Courses as listed on progress sheet