

EXERCISE, SPORT, AND HEALTH EDUCATION
Exercise and Sport Science Concentration
Sports Medicine 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)

CHEM 101 _____ 4
 CHEM 102/3 _____ 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 disciplines . ANTH, APST, ECON, GEOG, POSC, SOCY

SPORTS MEDICINE OPTION
Required Courses (64 Hours)

ESHE Core (7 Hours)

HLTH 320 Health/Safety Found. _____ (3) FS/SU
 ESHE 395 Motor Behavior _____ (3) FS
 ESHE 462 Senior Capstone Exp. _____ (1) FS

Pre-requisites

H200
 PSYC 121
 TBA

Recommended by:

VCU: 150 hrs. experience, Cell Bio. Philo., Trig/Precalc., Ab & HGD Psych.
Marymount: 40 hrs., Precalc, HGD Psych. Philo., Trig.,
SU: 200 hrs. experience, Philo., Trig/Precalc
Electives 6 hrs. to total 120 hours.
See advisor for suggestions.

SPORTS MEDICINE (50 Hours)

BIOL 105	General Biology	_____ (4) FS/SU	
PHYS 111	General Physics	_____ (4) FS/SU	
PHYS 112	General Physics	_____ (4) FS/SU	PHY111 _____
BIOL 310	Human Structure/Func. I	_____ (4) F	BIO105 _____
BIOL 311	Human Structure/Func. II	_____ (4) S	BIO105 _____
ENGL 306/307	Prep of Prof. Papers	_____ (3) FS	ENG-GED _____
ESHE 201	Intro to Athletic Tng.	_____ (3) FS/SU	BIO105,H200 _____
ESHE 305	Prin. of Strength/Cond.	_____ (3) FS	HLTH200 _____
ESHE 315	Phy. Activity & Aging	_____ (3) FS	BIO105 _____
ESHE 350	Sport/Exercise Psc.	_____ (3) FS	PSYC121 _____
ESHE 358	Technology in ESHE	_____ (3) FS	ITEC/ 56 hrs. _____
ESHE 390	Kinesiology	_____ (3) FS	BIO310 _____
ESHE 392	Exercise Physiology	_____ (3) FS	BIO310 _____
ESHE 396	Assess./Prescript. Fit.	_____ (3) FS	H200.ESHE392 _____
HLTH 465	Nutrition Sport & Ex.	_____ (3) FS/SU	H200, BIO310 _____

PROFESSIONAL FIELDWORK (7-10 Hours)

ESHE 363 Seminar Prof. Fieldwork _____ (1) FS Semester **before** ESHE463
 ESHE 463 Prof. Fieldwork _____ (6-9) FS/SU See Advisor or Dr. Beasley

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

SPORTS MEDICINE
FOUR-YEAR PLAN (Tentative)
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 5)	3
PSYC 121 (area 8)	3	ITEC (area 6)	3
BIOL 105	4	HIST (area 8)	3
	Total		Total
	16		15
Sophomore Year (33 Hours)			
HLTH 200	3	HLTH 320 Health Safety Foundations	4
ENGL (area 4)	3	ESHE 390 Kinesiology	3
(area 8)	3	ESHE 392 Exercise Physiology	3
BIOL 310 Human Structure Funct I	4	(area 8)	3
STAT 200 (area 6)	3	BIOL 311 Human Structure Function II	4
	Total		Total
	16		17
Junior Year (32 Hours)			
CHEM 101 Chemistry (area 7)	4	ESHE 315 Phys Activity & Aging	3
ESHE 350 Sport/Exer Psychology	3	ESHE 305 Prin Strength Conditioning	3
ESHE 395 Motor Behavior	3	CHEM 102 Chemistry (area 7)	4
ENGL 306 Professional Papers	3	ESHE 396 Assess Prescript Phy Fitness	3
ESHE 201 Intro Athletic Training	3	ESHE 358 Technology ESHE	3
	Total		Total
	16		16
Senior Year (25 Hours)			
PHYS 111 General Physics	4	ESHE 463 Fieldwork ESHE	6
ESHE 465 Nutrition Sport Exercise	3	PHYS 112 Physics II	4
Elective	3	ESHE 462 Senior Capstone	1
Elective	3		
ESHE 363 Seminar Fieldwork	1		
	Total		Total
	14		11