

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.)

