

# College of Education and Human Development

## Department of Health and Human Performance



### Exercise, Sport and Health Education Minor

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<http://www.radford.edu/content/cehd/home/departments/hhp/minors.html>



The Department features programs in Athletic Training, Fitness, Strength and Conditioning, Health Education and Health Promotion, Nutrition and Dietetics, Physical and Health Education Teaching, Sport Administration, and Sports Medicine. The Health and Human Performance faculty are a team of dedicated teachers. We don't see teaching as a part of our job, teaching is our passion. All students complete a variety of hands on experiences that help them prepare for real world job opportunities and provide the knowledge to support a lifetime of healthy behaviors. The faculty are engaged in diverse research tracks that support their work in the classroom and provide students with knowledge and skills that are current in their professional fields. They are also highly committed to personal and professional service to the department, college, university and their professional communities.

We are also pleased to be able to offer a minor in Exercise, Sport and Health Education in four areas: Coaching Education, Exercise Science, Asian Martial Arts, and Sport Administration. A student with a major Exercise, Sport and Health Education **cannot** complete a minor in this area. Students who plan to pursue the minor should consult with an HHP advisor for assistance in choosing the appropriate area to meet the student's needs.

Our team of professionals is deeply committed to improving the lives of others. Perhaps our programs are best described by our vision statement:

***Building Physically Active and Healthy Lifestyles...One Person at a Time.***

#### **ESHE Undergraduate Minor (15 to 18 semester hours)**

**COACHING EDUCATION** is open to any RU student (non-major) / 18 semester hours

NOTE: Students seeking a minor in coaching are encouraged to complete BIOL 322 or BIOL 310 and BIOL 311 prior to taking ESHE 201 and ESHE 305.

Required Courses (15 hours)

ESHE 201 Intro to Athletic Injuries	_____	(3 SH)
ESHE 212 Intro to Sport Management	_____	(3 SH)
ESHE 305 Strength and Conditioning	_____	(3 SH)
ESHE 388 Coaching the Athlete	_____	(3 SH)
HLTH 321 First Aid & Safety	_____	(3 SH)

Electives: Choose 1 of the following 2 courses to total 3 elective hours.

ESHE 350 Sport & Exercise Psychology	_____	(3 SH)
HLTH 465 Ex, Performance & Nutrition	_____	(3 SH)



**Exercise Science** is open to any RU student (non-major) / 18 semester hours

•NOTE: Students pursuing this area will be required to complete BIOL 322 or BIOL 310 and BIOL 311 because anatomy is a pre-requisite for ESHE 390 and 392 and is strongly suggested before taking ESHE 201 or ESHE 305.



Required Courses (15 hours)

- ESHE 201 Introduction to Athletic Injuries \_\_\_\_ (3 SH)
- ESHE 305 Strength and Conditioning \_\_\_\_ (3 SH)
- ESHE 390 Kinesiology \_\_\_\_ (3 SH)
- ESHE 392 Exercise Physiology \_\_\_\_ (3 SH)

Electives: Choose 2 of the following 3 courses to total 6 elective hours.

- ESHE 315 Phys Activity and Aging \_\_\_\_ (3 SH)
- ESHE 396 Ex Assessment & Prescript \_\_\_\_ (3 SH)
- HLTH 465 Ex, Performance and Nutr \_\_\_\_ (3 SH)

**Asian Martial Arts** is open to any RU student (non-major) / 16 semester hours NOTE: Not all courses are offered every semester.

Required Courses (9 SH)

- ESHE 262: Intro to Asian Martial Arts \_\_\_\_ (3 SH)
- ESHE 310: Multicultural Martial Arts \_\_\_\_ (3 SH)
- ESHE 361: World Martial Arts \_\_\_\_ (3 SH)

Choose 7 SH from the following:

- ESHE 130; Karate; ESHE136; Taekwondo;
- ESHE 330; Advanced Karate/Select One \_\_\_\_ (1 SH)
- ESHE 201 Intro to Athletic Injuries \_\_\_\_ (3 SH)
- ESHE 362: Principles of Self Defense \_\_\_\_ (3 SH)
- ESHE 364: Junior Fieldwork in ESHE \_\_\_\_ (3 SH)
- HLTH 320: First Aid and Safety \_\_\_\_ (3 SH)

Study Abroad in Japan/China/Korea with course of study to be assigned by advisor (3 – 6 SH)



**Sport Administration** is open to any RU student (non-major) / 18 semester hours NOTE: Strongly suggest to students interested in this minor to take either BIOL 310 and 311 or 322. Courses requiring knowledge in anatomy and physiology are ESHE 201, 305, and 391.

Required Courses (12 SH)

- ESHE 212 Intro to Sport Management \_\_\_\_ (3 SH)
- ESHE 360 Marketing & Promot of ESHE \_\_\_\_ (3 SH)
- ESHE 388 Coaching the Athlete \_\_\_\_ (3 SH)
- ESHE 415 Sport Administration \_\_\_\_ (3 SH)

Electives: Choose Two (6 – 7 SH)

- ESHE 201: Intro to Athletic Injuries \_\_\_\_ (3 SH)
- ESHE 305: Prin of Strength & Condition \_\_\_\_ (3 SH)
- ESHE 350: Sport & Exercise Psyc \_\_\_\_ (3 SH)
- ESHE 358: Technology in ESHE \_\_\_\_ (3 SH)
- ESHE 391: Exercise Science \_\_\_\_ (4 SH)
- Approved Interdisciplinary Course \_\_\_\_ (3 SH)



See advisor for suggested Interdisciplinary courses. Marketing, Management, Economics, Media Studies, Communications, Accounting, Finance, Business Law