

NAME _____ ID# _____

CORE CURRICULUM – 43-45 Semester Hours (SH)

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	3
HNRS 103*	_____	3
CORE 201	_____	3
CORE 202	_____	3

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

* HNRS 103 – will replace CORE 101 & 102 for those students in the RU honors program

**Program requirements completed through Core Curriculum

B. Core Skills & Knowledge (16SH)

Courses must be from different disciplines:

MATHEMATICAL SCIENCES (3SH)
MATH 137 _____ 3**

NATURAL SCIENCES (4 SH)
BIOL 105 _____ 4**

HUMANITIES (3 SH)
_____ _____ 3
One of the following: CLSS 110, ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206

SOCIAL/BEHAV. SCIENCES (3 SH)
PSYC 121 _____ 3**

VISUAL & PERFORMING ARTS (3 SH)
_____ _____ 3
One of the following: ART 100, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121, 123 THEA 100, 180

A. National & International Perspectives (6SH)

Courses must be from different disciplines:

U. S. PERSPECTIVES (3 SH)
_____ _____ _____ 3
One of the following: APST 200 ECON 101, 105, 106, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110

GLOBAL PERSPECTIVES (3SH)
_____ _____ _____ 3
One of the following: CVPA 266 ENGL 201, 202 FORL 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, SOCY 121 THEA 180 WMST 101

B. Supporting Skills & Knowledge (9-11SH)

NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)
STAT 200 _____ 3**

HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)
_____ _____ _____ 3-4
One of the following: CLSS 110 CCST 110 ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206 Or ART 100, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or ARAB 100, 200, 210, 300 CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 RUSS 100, 200, 210, 300 SPAN 101: 102, 201: 202

SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)
HLTH 200 _____ 3**

Fitness, Strength and Conditioning Required Courses (77-79 Semester Hours)

Fitness, Strength and Conditioning Option (49-51 Hrs)

				Term
BIOL 310	_____ (4)	Human Structure and Function I	F	
BIOL 311	_____ (4)	Human Structure and Function II	S	
ESHE 201	_____ (3)	Intro. Athletic Injuries	F/S/SU	
ESHE 214	_____ (3)	Intro to Fitness, Strength and Cond	F/S	
ESHE 305	_____ (3)	Princ. & Prac. Strength and Condit.	F/S/SU	
ESHE 315	_____ (3)	Physical Activity and Aging	F/S	
ESHE 350	_____ (3)	Sport and Exercise Psychology	F/S/SU	
ESHE 364	_____ (1-3)	Pre-Professional Fieldwork	F/S	
ESHE 390	_____ (3)	Kinesiology	F/S/SU	
ESHE 392	_____ (3)	Exercise Physiology	F/S	
ESHE 396	_____ (3)	Assessment & Prescription in ESHE	F/S	
ESHE 397	_____ (3)	Health/Fitness Program Development	S	
ESHE 405	_____ (3)	Personal Training	S	
ESHE 461	_____ (3)	Org. & Adm. Of Health/Fitness Prog.	S	
HLTH 320	_____ (3)	Health and Safety Foundations	F/S/SU	
HLTH 465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU	

NOTE: To Graduate with Honors, a student must complete 60 semester hours at RU. **Pre-requisites**

BIOL 105
BIOL 105
BIOL 310 or BIOL 322
HLTH 200
BIOL 322 or BIOL 310&311, GPA 2.5
BIOL 105, 56 HRS, GPA 2.5
PSYC 121, GPA 2.5
56 HRS, GPA 2.5
BIOL 310 & 311, GPA 2.5
BIOL 310 & 311, GPA 2.5
HLTH 200, ESHE 391 or 392, GPA 2.5
ESHE 391 or ESHE 390&392, GPA 2.5
ESHE 391 or ESHE 390&392, GPA 2.5
HLTH 200, ESHE 360 or 460, GPA 2.5
HLTH 200, GPA 2.5
BIOL 322 OR 311, HLTH 200, GPA 2.5

PROFESSIONAL FIELDWORK (7 Hrs)

ESHE 363	_____ (1)	Seminar for Professional Fieldwork	F/S	GPA 2.5
ESHE 463	_____ (6)	Fieldwork in ESHE	F/S/SU	To enroll and to graduate, gpa must be 2.5 overall and 2.5 in major (all ESHE and HLTH courses)

OPTIONS (9 Hrs) – Choose one options

Commercial (9 hrs)

ESHE 360	_____ 3
MKTG 340	_____ 3
MKTG 341	_____ 3
MKTG 360	_____ 3

Martial Arts Instr. (9hrs)

ESHE 262	_____ 3
ESHE 310	_____ 3
ESHE 361	_____ 3
ESHE 362	_____ 3

Health & Nutr. (9hrs)

NUTR 214	_____ 3
HLTH 250	_____ 3
HLTH 451	_____ 3
HLTH 475	_____ 3
HLTH 480	_____ 3

Children's Fitness Prog. (10hrs)

ESHE 210	_____ 2
ESHE 294	_____ 2
ESHE 301	_____ 2
ESHE 302	_____ 2
ESHE 306	_____ 2

ELECTIVES (9-12 hours)* electives should be approved by your advisor before you register for them.

Fitness Strength and Conditioning SAMPLE 4 Year Plan

*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year	Cr.	Freshman Year	Cr.
*University Core A: Core 101	3	*University Core A: Core 102	3
University Core B: Math 137	3	University Core B: BIOL 105	4
University Core B: Humanities or V-P Arts	3	University Core B: Psychology 121	3
College Core A: Global Perspectives	3	University Core B: Humanities or V-P Arts	3
College Core A: US Perspectives	3	College Core B: HLTH 200	3
	Total 15		Total 16
Sophomore Year	Cr.	Sophomore Year	Cr.
*University Core A: Core 201	3	*University Core A: Core 202	3
College Core B: Humanities/VPA/FORL	3	College Core B: STAT 200	3
ESHE 214: Intro to FSC	3	ESHE 201: Intro to Athletic Injuries	3
*BIOL 310: Structure & Function I	4	*BIOL 311: Structure & Function II	4
ESHE /HLTH Elective	3	ESHE 305: P & P Strength and Conditioning	3
	Total 16		Total 16
Junior Year	Cr.	Junior Year	Cr.
ESHE 350: Sport Psychology	3	**ESHE /HLTH Elective	3
ESHE 390: Kinesiology	3	**ESHE /HLTH Elective	3
*ESHE 364: Pre Professional Fieldwork	1-3	ESHE 396: Assessment and RX of Fitness	3
ESHE 392: Exercise Physiology	3	*ESHE 397: Health/Fitness Prog. Develop.	3
HTLH 320: Health & Safety Foundations	3	ESHE 315: Physical Activity & Aging	3
	Total 13-15		Total 15
Senior Year	Cr.	Senior Year	Cr.
Elective**	3	ESHE 405: Personal Training	3
HLTH 465: Ex., Perform, & Nutrition	3	Elective	3
ESHE 461: O&A of Health/Fitness Prog.	3	ESHE 463: Fieldwork in ESHE	6
Elective	3		
Elective	3		
ESHE 363: Seminar for Fieldwork	1		
	Total 13		Total 12

**Plan ESHE Option Electives carefully to be sure they are offered when needed.