

NAME \_\_\_\_\_ ID# \_\_\_\_\_

**CORE CURRICULUM – 43-45 Semester Hours (SH)**

**A. Core Foundations (12SH)**

CORE 101	_____	3
CORE 102	_____	3
HNRS 103*	_____	3
CORE 201, POSC 201 or MKTG 201	_____	3
CORE 202 or POSC 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.

\* Honors course – 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, 205, 206, 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 CCST 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 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 101:102, 201:202 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, 103, 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 (63-65 Hrs)**

				Term	Pre-requisites
BIOL	310	_____ (4)	Human Structure and Function I	F	BIOL 105
BIOL	311	_____ (4)	Human Structure and Function II	S	BIOL 105
ESHE	201	_____ (3)	Intro. Athletic Injuries	F/S/SU	BIOL 310 or BIOL 322
ESHE	214	_____ (3)	Intro to Fitness, Strength and Cond	F/S	HLTH 200
ESHE	262	_____ (3)	Intro to Asian Martial Arts	F	
ESHE	305	_____ (3)	Princ. & Prac. Strength and Condit.	F/S/SU	BIOL 310 & 311, GPA 2.5
ESHE	315	_____ (3)	Physical Activity and Aging	F/S	BIOL 105, 56 HRS, GPA 2.5
ESHE	341	_____ (3)	Legal Issues in Sport Management	S	56 HRS, GPA 2.5
ESHE	345	_____ (3)	Sports Ethics	SU/W	56 HRS, GPA 2.5
ESHE	350	_____ (3)	Sport and Exercise Psychology	F/S/SU	PSYC 121, GPA 2.5
ESHE	364	_____ (1-3)	Pre-Professional Fieldwork	F/S	56 HRS, GPA 2.5
ESHE	388	_____ (3)	Coaching the Athlete	F/S	GPA 2.5
ESHE	390	_____ (3)	Kinesiology	F/S/SU	BIOL 310 & 311, GPA 2.5
ESHE	392	_____ (3)	Exercise Physiology	F/S	BIOL 310 & 311, GPA 2.5
ESHE	396	_____ (3)	Assessment & Prescription in ESHE	F/S	HLTH 200, ESHE 391 or 392, GPA 2.5
ESHE	397	_____ (3)	Health/Fitness Program Development	F/S	ESHE 391 or ESHE 390 & 392, GPA 2.5
ESHE	405	_____ (3)	Personal Training	F/S	ESHE 391 or ESHE 390 & 392, GPA 2.5
ESHE	410	_____ (3)	Advanced Strength and Conditioning	S	ESHE 305, GPA 2.5
ESHE	461	_____ (3)	Org. & Adm. Of Health/Fitness Prog.	F/S	HLTH 200, ESHE 360 or 460, GPA 2.5
HLTH	320	_____ (3)	Health and Safety Foundations	F/S/SU	HLTH 200, GPA 2.5
HLTH	465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU	HLTH 200, BIOL 311, 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)

**ELECTIVES (6 hours)\*** electives should be approved by your advisor before you register for them

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## Fitness Strength and Conditioning: Performance SAMPLE 4 Year Plan

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

Fall Semester		Spring Semester	
<b>Freshman Year</b>	<b>Cr.</b>	<b>Freshman Year</b>	<b>Cr.</b>
*University Core A: Core 101	3	*University Core A: Core 102	3
University Core B: <b>Math 137</b>	3	University Core B: <b>BIOL 105</b>	4
University Core B: Humanities or V-P Arts	3	University Core B: <b>Psychology 121</b>	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: <b>HLTH 200</b>	3
	<b>Total 15</b>		<b>Total 16</b>
<b>Sophomore Year</b>	<b>Cr.</b>	<b>Sophomore Year</b>	<b>Cr.</b>
*University Core A: Core 201, POSC 201 or MKTG 201	3	*University Core A: Core 202 or POSC 202	3
College Core B: Humanities/VPA/FORL	3	College Core B: <b>STAT 200</b>	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 262: Intro to Asian Martial Arts	3	ESHE 305: P & P Strength and Conditioning	3
	<b>Total 16</b>		<b>Total 16</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
ESHE 350: Sport Psychology	3	*ESHE 364: Pre Professional Fieldwork	1-3
ESHE 390: Kinesiology	3	ESHE 341 Legal Issues in Sport Management	3
*ESHE 397: Health/Fitness Prog. Develop.	3	ESHE 396: Assessment and RX of Fitness	3
ESHE 392: Exercise Physiology	3	ESHE 410: Advanced Strength and Condit	3
HTLH 320: Health & Safety Foundations	3	ESHE 315: Physical Activity & Aging	3
	<b>Total 15</b>		<b>Total 13-15</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
ESHE 388: Coaching the Athlete	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		
ESHE 363: Seminar for Fieldwork	1		
	<b>Total 13</b>		<b>Total 12</b>