

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

CORE CURRICULUM – 43-45 Semester Hours (SH)

**UNIVERSITY CORE**

**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

**B. Core Skills & Knowledge (16SH)**

Courses must be from different disciplines:  
**MATHEMATICAL SCIENCES (3SH)**  
 MATH 137 \_\_\_\_\_ 3\*\*  
 (MATH 138 preferred)  
**NATURAL SCIENCES (4 SH)**  
 BIOL 105 \_\_\_\_\_ 4\*\*  
**HUMANITIES (3 SH)**  
 OT: Recommend PHIL 112 \_\_\_\_\_ 3  
 One of the following: CLSS 110 CCST 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

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

**COLLEGE CORE**

**A. National & International Perspectives (6SH)**

Courses must be from different disciplines:  
**U. S. PERSPECTIVES (3 SH)**  
 OT: Recommend APST 200 \_\_\_\_\_ 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)**  
 OT: Recommend SOCY 121 \_\_\_\_\_ 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 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 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\*\*

Courses cannot be used to satisfy more than one requirement in the degree program.

**Sports Medicine Option**

Required Courses (77 Semester Hours)

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

**Sports Medicine OPTION (49 Hours)**

CHEM 101	_____ (4)	General Chemistry	F
CHEM 102/103	_____ (4)	General Chemistry	S
BIOL 310	_____ (4)	Human Structure and Function I	F
BIOL 311	_____ (4)	Human Structure and Function II	S
PSYC 230/439	_____ (3)	Lifespan Devel. or Abnormal Psyc.	F/S
ESHE 201	_____ (3)	Intro. Athletic Injuries	F/S/SU
ESHE 305	_____ (3)	Princ. & Prac. Strength and Condit.	F/S/SU
ESHE 315	_____ (3)	Physical Activity and Aging	F/S
ATTR 323	_____ (3)	Assess. of Athletic Injuries I – Extrem.	F/S
ESHE 350	_____ (3)	Sport and Exercise Psychology	F/S/SU
ESHE 390	_____ (3)	Kinesiology	F/S/SU
ESHE 392	_____ (3)	Exercise Physiology	F/S
ESHE 396	_____ (3)	Assessment and Prescription	F/S
HLTH 465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU
HLTH 320	_____ (3)	Health and Safety Foundations	F/S/SU

**Pre-requisites**

CHEM 101  
 BIOL 105  
 BIOL 105  
 PSYC 121  
 BIOL 310  
 BIOL 322 or BIOL 310 & 311, GPA 2.5  
 BIOL 105, 56 HRS., GPA 2.5  
 ESHE 201  
 PSYC 121, GPA 2.5  
 BIOL 310 & 311 or BIOL 322, GPA 2.5  
 BIOL 310 & 311 or BIOL 322, GPA 2.5  
 HLTH 200 and ESHE 392, GPA 2.5  
 BIOL 322 OR 311, HLTH 200, GPA 2.5  
 HLTH 200, GPA 2.5

**PROFESSIONAL FIELDWORK (7-13 Hrs.)**

ESHE 363	_____ (1)	Seminar for Professional Fieldwork	F/S	GPA 2.5
ESHE 463	_____ (6-12)	Fieldwork in ESHE	F/S/SU	To enroll & graduate requires 2.5 gpa overall/2.5 in-major gpa (All ESHE, HLTH and BIOL 310 & 311)

**COURSES FROM APPROVED MENU (16 HRS.)** Must take 16 Hrs. from the approved menu of courses. Any courses from the approved lists can be used to satisfy this requirement but strongly suggested students choose coursework based on prerequisites for their graduate or professional program.

- \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ **PT:** PHYS 111 (4), PHYS 112 (4), BIOL 104 (4), ATTR 365 (4), ATTR 420 (4), HLTH 475 (3)
- \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ **OT:** PHIL 112 (3), PHIL 113 (3), APST 200 (3), SOCY 121 (3), PSYC 230 (3), PSYC 439 (3), ATTR 365 (4), ATTR 420 (4), HLTH 475 (3)
- \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ **OTHER PRE-HEALTH DISCIPLINES:** CHEM 301 (4), CHEM 302 (4), BIOL 334 (4), BIOL 471 (4), HLTH 300 (3), HLTH 451 (3), HLTH 453 (3), HLTH 460 (3), HLTH 475 (3)

**ELECTIVES (5 hours)\*** electives should be approved by your advisor before you register for them

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## Sports Medicine 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
College Core B: <b>HLTH 200</b>	3	University Core B: VPA	3
University Core B: <b>Psychology 121</b>	3	University Core B: <b>BIOL 105</b>	4
College Core A: US Perspectives	3	University Core B: Humanities	3
*Chemistry 101	4	*Chemistry 102 or 103	4
	<b>Total 16</b>		<b>Total 17</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
*BIOL 310: Structure & Function I	4	*BIOL 311: Structure & Function II	4
PSYC 230 or 439	3	ESHE 201: Intro to Athletic Injuries	3
College Core B: Global Perspectives	3	College Core B: <b>STAT 200</b>	3
University Core B: <b>MATH 137</b>	3	Approved Elective	3
	<b>Total 16</b>		<b>Total 16</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
%OT/PT/Pre-Health course – Approved Menu	3/4	ESHE 305: Strength & Conditioning	3
ATTR 323: Assess. of Athletic Injuries I	3	ESHE 396: Assess. & Prescription	3
College Core B: Humanities/VPA/FORL	3	ESHE 315: Physical Activity and Aging	3
ESHE 390: Kinesiology	3	ESHE 350: Sport Psychology	3
ESHE 392: Exercise Physiology	3	%OT/PT/Pre-Health course – Approved Menu	3/4
	<b>Total 15/16</b>	Recommend: Take GRE in Summer	<b>Total 15/16</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
HLTH 320: Health & Safety Foundations	3	%OT/PT/Pre-Health course – Approved Menu	3/4
HLTH 465: Ex. Perform. & Nutrition	3	%OT/PT/Pre-Health course – Approved Menu	3/4
%OT/PT/Pre-Health course – Approved Menu	3/4	ESHE 463: Fieldwork in ESHE	6
%OT/PT/Pre-Health course – Approved Menu	3/4	Approved Elective	2/3
ESHE 363: Pre-internship	1		
Recommend: Apply for Graduate School	<b>Total 13/15</b>		<b>Total 14/17</b>

% OT/PT/Pre-Health courses from Approved Menu may need to be moved to different semesters depending on which courses the student plans to complete and course availability.