

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

**CORE CURRICULUM – 43-44 Semester Hours (SH)**

**UNIVERSITY CORE**

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

CORE 101	_____	3
CORE 102	_____	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 two courses with their major prefix to fulfill core requirements.

\*See your degree audit for other courses that may satisfy the CORE 201 and/or CORE 202 requirements.

\*\*Grade of B or higher is required

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

**MATHEMATICAL SCIENCES (3SH)**

MATH 137	_____	3**
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(MATH 138 preferred)

**NATURAL SCIENCES (4 SH)**

BIOL 105	_____	4**
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**HUMANITIES (3 SH)**

AT & OT: Recommend PHIL 112  
 \_\_\_\_\_ 3  
 One of the following: CLSS 110 CCST 110  
 ENGL 200 HIST 101, 102 PHIL 111, 112,  
 200 POSC 110 RELN 111, 112, 203, 206

**SOCIAL/BEHAV. SCIENCES (3 SH)**

PSYC 121	_____	3**
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**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

**COLLEGE CORE**

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

**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  
 WGST 200

**B. Supporting Skills & Knowledge (9-10SH)**

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

STAT 200	_____	3**
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**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, 200 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 101:102, 201:202,  
 300 SPAN 101: 102, 103, 201: 202

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

HLTH 200	_____	3**
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**Allied Health Sciences Concentration**

**Required Courses (77 Semester Hours)**

**ALLIED HEALTH SCIENCES CONCENTRATION (51 SH)**

				Term	Pre-requisites
CHEM	111	_____ (4)	General Chemistry	F	
CHEM	112/122	_____ (4)	General Chemistry	S	CHEM 111
BIOL	310	_____ (4)**	Human Structure and Function I	F	BIOL 105
BIOL	311	_____ (4)	Human Structure and Function II	S	BIOL 105
PSYC	230/439	_____ (3)	Lifespan Devel. or Abnormal Psyc.	F/S	PSYC 121; recommend 230 for AT
ESHE	201	_____ (3)	Intro. Athletic Injuries	F/S/SU	pre or coreq BIOL 322 or 310
ESHE	205	_____ (1)	Intro. into Allied Health Sciences	F/S	BIOL 105
ESHE	305	_____ (3)	Princ. & Prac. Strength and Condit.	F/S	BIOL 322 or BIOL 310 & 311
ESHE	315	_____ (3)	Physical Activity and Aging	F/S	BIOL 105
ATTR	323	_____ (3)	Assess. of Athletic Injuries I – Extrem.	F/S	ESHE 201, pre or coreq 390, GPA 3.0
ESHE	390	_____ (3)	Kinesiology	F/S/SU	BIOL 322 or 310 or 311
ESHE	392	_____ (3)	Exercise Physiology	F/S	BIOL 310 & 311 or BIOL 322
ESHE	396	_____ (3)	Assessment and Prescription	F/S	HLTH 200 and ESHE 392
ESHE	465	_____ (4)	Therapeutic Interventions.	F/S	ESHE 390 and ESHE 392, GPA 3.0
ESHE	450	_____ (3)	Research Methods.	F/S	ESHE 390 and ESHE 392, GPA 3.0
HLTH	465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU	BIOL 322 OR 310, HLTH 200

**PROFESSIONAL FIELDWORK (3 SH)**

ESHE	225	_____ (1)	Allied Health Science Practicum I.	F/S/SU/W	GPA of 3.0 and BIO 310
ESHE	250	_____ (1)	Allied Hlth Sci Practicum II.	F/S/SU/W	ESHE 225, BIOL 310 and GPA of 3.0
ESHE	325	_____ (1)	Allied Hlth Sci Practicum III	F/S/SU/W	ESHE 225, ESHE 250 and GPA of 3.0

**COURSES FROM APPROVED MENU (16 SH)** 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), HLTH 475 (3), HLTH 451 (3)
- \_\_\_\_\_ **OT:** PHIL 112 (3), APST 200 (3), SOCY 121 (3), PSYC 230 (3), PSYC 439 (3),  
 HLTH 475 (3), HLTH 451 (3)
- \_\_\_\_\_ **AT:** ATTR 150 (1), ATTR 205 (2), NUTR 214 (3), PHYS 111 (4), HLTH 300, 325, 475 (3), PSYC 218, 317, 343, 439 (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 (7 SH)** electives should be approved by your advisor before you register for them

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

## ESHE: Allied Health Sciences 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
College Core B: Humanities/VPA/FORL	3	College Core B: <b>STAT 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
*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	AT/OT/PT/Pre-Health course – Approved Menu	3-4
University Core B: <b>MATH 137</b>	3	ESHE 315: Physical Activity and Aging	3
ESHE 205: Intro into AHS	1	ESHE 225: Practicum I	1
	<b>Total 17</b>		<b>Total 17-18</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
ESHE 250: Practicum II	1	ESHE 390: Kinesiology	3
ATTR 323: Assess. of Athletic Injuries I	3	ESHE 396: Assess. & Prescription	3
Chemistry 111	4	HLTH 465: Ex. Perform. & Nutrition	3
ESHE 305: Strength & Conditioning	3	Chemistry 112 or 122	4
ESHE 392: Exercise Physiology	3	ESHE 325: Practicum III	1
	<b>Total 14</b>	Recommend: Take GRE in Summer	<b>Total 14</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
ESHE 450 : Research Methods	3	ESHE 451 or OT/PT/Pre-Health course – Approved Menu	3
ESHE 465: Therapeutic Interventions	4	AT/OT/PT/Pre-Health course – Approved Menu	3-4
AT/OT/PT/Pre-Health course – Approved Menu	3-4	AT/OT/PT/Pre-Health course – Approved Menu	3-4
AT/OT/PT/Pre-Health course – Approved Menu	3-4	AT/OT/PT/Pre-Health course – Approved Menu or elective	3
AT/OT/PT/Pre-Health course – Approved Menu or elective	3		
Recommend: Apply for Graduate School	<b>Total 16-18</b>		<b>Total 12-13</b>

Total credit hours required for degree = 120