Exercise, Sport and Health Education (ESHE)--Health and Exercise Science (2023-24)

Student Name _____**ID** _____

REAL Curriculum Requirements

REAL Foundations

MATH 100 (GE), MATH 121 (GE)
or MATH 125 (GE)   _____(3)
ENGL 111 (GE)   _____ (3)

REAL Cornerstones & General Education

Writing Intensive (WI): WI Course ____ ____ ____ (3) WI course ____ ____ ____ (3) (Rec. ENGL 306 (L/GE))
General Education (30 cr.): 26 cr. met by required coursework. Students need at least 4
additional cr. in GE. Students may use **E** minor, **R** minor or elective coursework to fulfill GE
requirements.

Fulfilling R, E, A & L Area Requirements*

Reasoning	**E**xpression	**A**nalysis	**L**earning
Satisfy the **R** area (15+ cr.) by completing: REAL Studies Minor in **R**	Satisfy the **E** area (15+ cr.) by completing: REAL Studies Minor in **E**	Satisfied by Major Requirements	Satisfied by Major requirements

- STAT 130 (R/GE) or 200 (R/GE) (3)
- BIOL 105 (R/GE) (4)
- BIOL 310 (R/GE) (4)
- _____ _____ _____ (__)
- _____ _____ _____ (__)

OR
Minor designated as R
OR
Transfer of 15 or more cr

- _____ _____ _____ (__)
- _____ _____ _____ (__)
- _____ _____ _____ (__)
- _____ _____ _____ (__)
- _____ _____ _____ (__)

OR
Minor designated as E
OR
Transfer of 15 or more cr and completion
of 3cr GE/E course

Required Courses Outside of the Major (14 cr.)

BIOL 310 (R/GE)   _____(4)
PSYC 121 (A/GE)   _____(3)
STAT 130 (R/GE) or 200 (R/GE) _____(3)
BIOL 105 (R/GE)   _____(4)

Electives (1-18 cr.)

_____ _____ _____ (__)
_____ _____ _____ (__)
_____ _____ _____ (__)
_____ _____ _____ (__)

HEALTH AND EXERCISE SCIENCE MAJOR REQUIREMENTS (63 cr.)

Required Courses (15 cr.)

				Term	**Pre-requisites**
ESHE	315 (A)	_____ (3)	Physical Activity & Aging	F/S	BIOL 105
ESHE	391	_____ (3)	Exercise Science	F/S	BIOL 310
HLTH	200 (A/GE)	_____ (3)	Wellness Lifestyle	F/S/SU	
NUTR	214 (A/GE)	_____ (3)	Introduction to Nutrition	F/S/SU	
ESHE	470 (L)	_____ (3)	HES Practicum	F/S/SU	Permission of Instructor

* Transfer Credit and REAL Curriculum Policy

15-35 approved transfer credits	36-55 approved transfer credits	56 or more approved transfer credits
1 Area Minor waived (with completion of at least 1 GE course (3cr) designated in REAL area of minor being waived)	2 REAL Area Minors waived (with completion of at least 1 GE course (3cr) designated in REAL area of each minor being waived)	3 REAL Area Minors and Foundation courses waived (with completion of at least 1 GE course (3cr) designated in REAL area of each minor being waived)

Choose <u>two</u> of the following cognates.
At least <u>one</u> of the cognates completed <u>must be either FSC or HEHP</u>.

Fitness, Strength & Conditioning (FSC) (24 cr.)

Course				Title	Term	Prerequisites
ESHE	214 (L)	_____	(3)	Intro to Fitness, Strength and Cond	F/S	
ESHE	305	_____	(3)	Princ. & Prac. Strength and Condit.	F/S	BIOL 310
ESHE	396 (L)	_____	(3)	Assessment & Prescription in ESHE	F/S	HLTH 200, ESHE 391 or 392
ESHE	397	_____	(3)	Health/Fitness Program Development	F	ESHE 305
ESHE	405 (L)	_____	(3)	Personal Training	S	ESHE 305
ESHE	410	_____	(3)	Adv. Strength & Cond.	F	ESHE 305

Choose from the following to complete the 24 credit hour requirement: ESHE 201 , ESHE 288 (L), ESHE 350 (A), ESHE 364 (L), ESHE 388 (A), HLTH 465, HLTH 475, ESHE 496

_____ (3)   _____ _____ _____ (3)

Health Education & Health Promotion (HEHP) (24 cr.)

Course				Title	Term	Prerequisites
HLTH	245 (L)	_____	(3)	Foundations of HEHP	F/S	
HLTH	300	_____	(3)	Epidemiology	F	STAT 200
HLTH	325	_____	(3)	Community Health & Diversity	F	HLTH 300
HLTH	475	_____	(3)	Health Behavior Change	F	HLTH 200
HLTH	480 (L)	_____	(3)	Health Communication & Coaching	F	HLTH 475
HLTH	485 (L)	_____	(3)	Program Planning & Evaluation	S	HLTH 245, HLTH 475

Choose from the following to complete the 24 credit hour requirement: HLTH 205, HLTH 250, HLTH 450, HLTH 451, HLTH 453, HLTH 460, HLTH 465

_____ (3)   _____ _____ _____ (3)

Graduate School Preparation (24 cr.)

Course				Title	Term	Prerequisites
ENGL	306 (L/GE/WI)	_____	(3)	Professional Writing	F/S	ENGL 111
ESHE	450 (WI)	_____	(3)	Research Methods	F/S	56 hrs

Choose from the following to complete the 24 credit hour requirement: BIOL 311 (R/GE), BIOL 334 (R); CHEM 111 (R/GE); COMS 225, COMS 250, COMS 465, ESHE 390, ESHE 392, ESHE 451, ESHE 465, ESHE 496; GEOG 140; GEOS 250; HLTH 215; MKTG 340, MKTG 388; NURS 321; NUTR 300; PHYS 111 (R/GE); PSYC 230, PSYC 301 (R), PSYC 302 (R), PSYC 343, PSYC 347, PSYC 439; SOCY 482; SPAN 211

_____ _____ _____ (3)   _____ _____ _____ (3)   _____ _____ _____ (3)
_____ _____ _____ (3)   _____ _____ _____ (3)   _____ _____ _____ (3)

Leadership (24 cr.)

Course				Title	Term	Prerequisites
ENGL	306 (L/GE/WI)	_____	(3)	Professional Writing	F/S	ENGL 111

Choose from the following to complete the 24 credit hour requirement: COMS 130 (E), 173, 225, 226, 240, 250, 333, 335, 430, 457, 460, 465; ESHE 345, 360, 375, 496; MGNT 221, 271, 322, 350, 421; MKTG 340 (A/GE), 341, 344, 360, 388; MSCI 111, 112, 211, 212, 311, 312, 411, 412

_____ _____ _____ (3)   _____ _____ _____ (3)   _____ _____ _____ (3)
_____ _____ _____ (3)   _____ _____ _____ (3)   _____ _____ _____ (3)
_____ _____ _____ (3)

ESHE-Health and Exercise Science

Students must complete a REAL Studies minor in **Expression (E)** and **Reasoning (R)** or complete a minor designated as **E** and **R**.
Sample 4-year plan includes a REAL Studies minor in **Expression** and **Reasoning**.
Students should consult with their academic advisor to develop a schedule reflective of their unique goals.

Freshman Year			
Fall Semester	**Credits**	**Spring Semester**	**Credits**
ENGL 111: Principles of College Composition	3	Writing Intensive (WI) Course	3
HLTH 200: Wellness Lifestyle	3	BIOL 105: Biology for Health Sciences	4
MATH 100: Quantitative Reasoning OR MATH 121: Math Content for Teachers I OR MATH 125: Precalculus I	3	PSYC 121: Intro to Psychology	3
REAL **E**xpression Course	3	REAL **E**xpression Course	3
UNIV 100: Introduction to Higher Education (Recommended)	1	Elective	3
Elective	3		
	16		**16**

Sophomore Year			
Fall Semester	**Credits**	**Spring Semester**	**Credits**
STAT 130: Understanding Statistics in Society OR STAT 200: Intro to Statistics	3	COGNATE 1 Course	3
BIOL 310: Human Structure & Function I	4	ESHE 391: Exercise Science	3
COGNATE 1 Course	3	NUTR 214: Introduction to Nutrition	3
ESHE 315: Physical Activity and Aging	3	REAL **E**xpression Course	3
REAL **E**xpression Course	3	COGNATE 2 Course	3
	16		**15**

Junior Year			
Fall Semester	**Credits**	**Spring Semester**	**Credits**
COGNATE 1 Course	3	COGNATE 1 Course	3
COGNATE 1 Course	3	COGNATE 1 Course	3
COGNATE 1 Course	3	COGNATE 2 Course	3
COGNATE 2 Course	3	COGNATE 2 Course	3
Writing Intensive (WI) Course (Rec. ENGL 306)	3	REAL **R**easoning Course	3-4
	15		**15-16**

Senior Year			
Fall Semester	**Credits**	**Spring Semester**	**Credits**
COGNATE 1 Course	3	ESHE 470: HES Practicum	3
COGNATE 2 Course	3	COGNATE 2 Course	3-4
COGNATE 2 Course	3-4	REAL **E**xpression Course (300 or 400 level course)	3
COGNATE 2 Course	3	Elective	3
REAL **R**easoning Course or Elective	3		
	15-16		**12-13**

Total credit hours required for degree = 120