

College of Education and Human Development

Health and Exercise Science

RADFORD
UNIVERSITY

Department of Health and Human Performance
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Why Choose Health and Exercise Science?

The Health and Exercise Science program is designed for students who wish to promote, maintain, or improve the health of individuals in the U.S. and globally, and for students intending to pursue careers in the fitness industry, primarily in performance and training and in fitness facilities. Currently, an increased demand is forecasted for health education specialists to help individuals and communities improve their health. Students completing this program are well-positioned for entry-level opportunities in the field. It also prepares students for graduate study in health education, health promotion, and public health. Graduates of this program have found employment as personal trainers, group fitness/wellness instructors, fitness/program directors, and performance/training coaches. Students gain employment in a variety of settings: community non-profits, universities, health departments, worksites, hospitals and health care settings, and governmental agencies. Students are required in their last semester before graduation to complete a practicum in which they will obtain approximately 120 hours of experience in their related field. Students are strongly encouraged to pursue volunteer experiences and special certifications in the field.

Students Complete Two of These Four Options*

- Fitness, Strength & Conditioning: recommended for students planning for a career in the fitness industry
- Health Education and Health Promotion: recommended for students preparing to work in the areas of public health, health education, etc.
- Graduate Study Preparation: recommended for students wishing to pursue a graduate program in a related field
- Leadership: this interdisciplinary option allows students to complete coursework in communication, business and other areas related to their career goals.

*Students must complete either the Fitness, Strength & Conditioning option or the Health Education and Health Promotion option. Students may complete both of these options if they wish.

Transferring to RU in Health & Exercise Science from a VCCS?

- Completion of an Associate of Science is recommended.
- Required course for A.S. in Health Sciences that are required in HES:
 - BIOL 105 (BIO 101)
 - PSYCH 121 (PSY 200)
 - BIOL 310 (BIO 141, BIO 231 or NAS 171)
- Additional courses required for HES:
 - **MATH 137** (MTH 167, 168, 261, 262, 263, or 264)
 - **STAT 200** (MTH 146 or 245)
 - **HLTH 200** (HLT 116 or 160)

Extracurricular Activities

- The Health & Human Performance Majors Club (HHP Club)
- Peer Educators club
- A variety of leadership, community service, and professional development opportunities are available.

ESHE: Health & Exercise Science

SAMPLE 4 Year Plan

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, 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: STAT 200	3
NUTR 214: Introduction to Nutrition	3	Cognate 1, course 2	3
BIOL 310: Structure & Function I	4	Cognate 2, course 1	3
Cognate 1, course 1	3	Cognate 2, course 2	3
	Total 16		Total 15
Junior Year	Cr.	Junior Year	Cr.
ESHE 391: Exercise Science	4	Cognate 1, course 5	3
Cognate 1, course 3	3	Cognate 1, course 6	3
Cognate 1, course 4	3	Cognate 2, course 5	3
Cognate 2, course 3	3	Cognate 2, course 6	3
Cognate 2, course 4	3	Elective	3
	Total 16		Total 15
Senior Year	Cr.	Senior Year	Cr.
Cognate 1, course 7	3	ESHE 470: Health & Exercise Science Practicum	3
Cognate 1, course 8	3	Cognate 2, course 8	3
Cognate 2, course 7	3	Elective	3
Elective	3	Elective	3
Elective	3		
	Total 15		Total 12

All programs in the College of Education and Human Development are routinely under review to meet state, federal and accreditation requirements. Therefore, this program is subject to change for students entering fall 2019.