

**EXERCISE, SPORT, AND HEALTH EDUCATION  
Athletic Training Concentration (120 Semester Hours)**

**GENERAL EDUCATION (43 hours)**

<b>Univ. core A (12 cr.)</b>	<b>Univ. Core B (16 cr.)</b>	<b>College Core A (6 cr.)</b>	<b>College Core B (9 cr.)</b>
Core 101 ____ (3)	Math 137 ____ (3)	Global ____ (3)	Stat 200 ____ (3)
Core 102 ____ (3)	BIOL 105 ____ (4)	Perspec. US Perspec. ____ (3)	Humanities ____ (3)
Core 201 ____ (3)	Humanities ____ (3)		Fine Arts, or
Core 202 ____ (3)	Fine Arts ____ (3)		Foreign language
	PSYC 121 ____ (3)		HLTH 200 ____ (3)

**ATHLETIC TRAINING**

**Concentration Requirements (70 Semester Hours)**

**ESHE FOUNDATIONS: (7 Hours) (Athletic Training Specific):**

ESHE 305*	Principles of Strength and Conditioning	_____ (3) F/S/SU	<b>Prerequisites</b> HLTH 200/26 Hrs
ESHE 350	Sport and Exercise Psychology	_____ (3) F/Sp/SU	PSYC 121
ESHE 390	Kinesiology	_____ (3) FS	BIOL 322 or 310
ESHE 392	Exercise Physiology	_____ (3) FS	BIOL 322 or 310
ESHE 461*	Org & Admin Health/Fitness Programs	_____ (3) S	HLTH 200, ESHE 360 or 460
HLTH 465*	Exercise, Performance, and Nutrition	_____ (3) S	HLTH 200, BIOL 322 or 310/311
HLTH 320*	Health and Safety Foundations	_____ (3) F/S/SU	HLTH 200

**ATHLETIC TRAINING EDUCATION (57-58 Hours)**

ESHE 150*	Fundamentals of Athletic Training	_____ (1) S	
ESHE 201*	Introduction to Athletic Injuries	_____ (3) F/S/SU	Co/Pre – requ Biol 310 or 322
ESHE 205*	Introduction to Athletic Training Skills	_____ (2) S	HLTH 200, GPA 2.5
ESHE 225*	Practicum I	_____ (1) S	HLTH 200, GPA 2.5
ESHE 250*	Practicum II	_____ (3) F	ESHE 201, 205, 225
ESHE 323*	Assessment of Athletic Injuries I	_____ (3) F	BIOL 310, ESHE 205
ESHE 325*	Practicum III	_____ (3) S	ESHE 250
ESHE 333*	Athletic Training Skill Assessment	_____ (1) F/S **	ESHE 150
ESHE 335*	Seminar in Athletic Training	_____ (2) S	ESHE 250, 323
ESHE 340*	General Medical Conditions	_____ (3) S	ESHE 250, 323
ESHE 345*	General Medical Rotation	_____ (1) S	ESHE 250, 323
ESHE 355*	Practicum IV	_____ (4) F	ESHE 325
ESHE 365*	Therapeutic Exercise	_____ (4) F	ESHE 323
ESHE 420*	Therapeutic Modalities	_____ (4) F	ESHE 323
ESHE 422*	Assessment of Athletic Injuries II	_____ (3) S	ESHE 323
ESHE 430*	Senior Seminar	_____ (3) S	ESHE 355, 86 hrs.
BIOL 310*	Human Structure and Function I	_____ (4) F	BIOL 105
BIOL 311*	Human Structure and Function II	_____ (4) S	BIOL 105
<b>OR</b> BIOL 322*	Anatomy and Physiology	_____ (6) FS/SU	BIOL 105

\* course must be passed with a “C” or better

\*\*course must be repeated 4 times.

(NOTE: To graduate with honors, a student must complete 60 semester hours at RU.)