

**EXERCISE, SPORT, AND HEALTH EDUCATION  
ATHLETIC TRAINING (120 Semester Hours)  
Program of Studies – Progress Sheet**

STUDENT: \_\_\_\_\_ ID: \_\_\_\_\_

**GENERAL EDUCATION: Required Courses (50 Semester Hours)**

<p><b>Area 1: Communication (9 hrs)</b></p> <p>ENGL 101 _____ 3          ENGL 102 _____ 3          COMM 114 _____ 3</p> <p><b>Area 2: Fine Arts (3 hrs)</b></p> <p>_____ _____ 3</p> <p><b>Area 3: Health &amp; Wellness (3 hrs)</b></p> <p>HLTH 200 _____ 3</p>	<p><b>Area 4: Humanities (6 hrs)</b></p> <p>ENGL _____ _____ 3          PHIL/RELN _____ 3</p> <p><b>Area 5: International &amp; Intercultural Studies (3 hrs)</b></p> <p>_____ _____ _____ 3</p> <p><b>Area 6: Mathematical Sciences (6 hrs)</b></p> <p>STAT 200 _____ 3          ITEC 100/120 _____ 3</p>	<p><b>Area 7: Physical &amp; Natural Science (8 hrs)</b></p> <p>BIOL 105 _____ 4          CHEM 101 _____ 4</p> <p><b>Area 8: Social &amp; Behavioral Sciences (12 hrs)</b></p> <p>HIST _____ _____ 3          PSYC 121 _____ 3          _____ _____ _____ 3*          _____ _____ _____ 3*</p> <p>*These 2 courses must come from 2 other disciplines: ANTH, APST, ECON, GEOG, POSC, SOCY</p>
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**ATHLETIC TRAINING**

**Concentration Requirements (70 Semester Hours)**

<b>ESHE FOUNDATIONS: (7 Hours) (Athletic Training Specific):</b>	<b>Prerequisites</b>
HLTH 320* Health and Safety Foundations _____ (3) FS/SU	HLTH 200
ESHE 395* Motor Behavior Foundations _____ (3) FS	PSYC 121
ESHE 462* Senior Capstone Experience _____ (1) FS	

**ATHLETIC TRAINING EDUCATION (61-63 Hours)**

ESHE 150* Fundamentals of Athletic Training _____ (1) S	HTLH 200, 26 hrs.
ESHE 201* Introduction to Athletic Injuries _____ (3) FS/SU	HLTH 200, GPA 2.5
ESHE 205* Introduction to Athletic Training Skills _____ (2) S	HLTH 200, GPA 2.5
ESHE 225* Practicum I _____ (1) S	ESHE 201, 205, 225
ESHE 250* Practicum II _____ (3) F	BIOL 310, ESHE 205
ESHE 323* Assessment of Athletic Injuries I _____ (3) F	ESHE 250
ESHE 325* Practicum III _____ (3) S	ESHE 150
ESHE 333* Athletic Training Skill Assessment _____ (1) F/S **	ESHE 250, 323
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 325
ESHE 355* Practicum IV _____ (4) F	ESHE 323
ESHE 365* Therapeutic Exercise _____ (4) F	BIOL 322 or 310
ESHE 390 Kinesiology _____ (3) FS	BIOL 322 or 310
ESHE 392 Exercise Physiology _____ (3) FS	ESHE 323
ESHE 420* Therapeutic Modalities _____ (4) F	ESHE 323
ESHE 422* Assessment of Athletic Injuries II _____ (3) S	ESHE 355, 86 hrs.
ESHE 430* Senior Seminar _____ (3) S	HLTH 200, ESHE 360 or 460
ESHE 461* Org & Admin Health/Fitness Programs _____ (3) S	HLTH 200, BIOL 322 or 310/311
HLTH 465 Exercise, Performance, and Nutrition _____ (3) S	BIOL 105
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	
ESHE 301, 305, 350, or 360* _____ (2-3) FS	

\* 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.)