CORPORATE & COMMERCIAL FITNESS COGNATE

The Cognate in Corporate and Commercial Fitness is available for ESHE students in the Exercise and Sport Science Concentration. Students must complete the ESHE foundations requirements and two (2) ESHE cognates to meet concentration requirements.

Students choosing Corporate and Commercial Fitness as one of their cognates must complete a minimum of 24 hours of coursework in the cognate.

Students should exercise careful thought as to the ESHE cognates that provide the most appropriate academic training to meet their needs. They should consult with an ESHE advisor early in the program of study.

ESHE FOUNDATIONS (12 to 16 Hrs.)

Area 1: Exercise Science Foundations  4 or 6
  ESHE 391 Exercise Science (4)
  OR
  ESHE 390 Kinesiology (3) and
  ESHE 392 Exercise Physiology (3)

Area 2: Motor Behavior Foundations  4 or 6
  ESHE 395 Motor Behavior (4)
  OR
  ESHE 350 Sport & Exercise Psychology (3)
  and ESHE 394 Motor Control (3)

Area 3: Health and Safety Foundations  4
  ESHE 320 Health and Safety Foundations (4)

COGNATE COURSEWORK (24 hrs. minimum)

Required Courses (19-21 hours)
- ESHE 305 Principles of Strength and Conditioning (3)
- BIOL 310 or 322 Anatomy and Physiology (4-6)
- ESHE 396 Assessment and Prescription of Physical Fitness (3)
- ESHE 397 Health/Fitness Program Development (3)
- ESHE 460 Exercise Leadership in Health/Fitness (3)
- ESHE 461 Organization/Administration of Health/Fitness Programs (3)

Electives. Choose from the following to total 24 hours (minimum):
- ESHE 201 Introduction to Athletic Training (3)
- ESHE 310 Educational Programs in Self Defense (3)
- ESHE 315 Physical Activity and Aging (3)
- ESHE 350 Sport and Exercise Psychology (3)
- ESHE 358 Technology in ESHE (3)
- ESHE 360 Marketing and Promotion in ESHE (3)
- ESHE 394 Motor Control (3)
- ESHE 400 Practicum in ESHE - C/C Fitness (3)
- ENGL 306 or 307 Business Writing (3)
- HLTH 451 Drug Use and Abuse (3)
- HLTH 458 Nutrition and Disease Prevention (3)
- HLTH 465 Nutrition in Sport and Exercise (3)

STUDENT: ___________________________  STUDENT ID: ________