EXERCISE and SPORT SCIENCE COGNATE

The Cognate in Exercise and Sport Science 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 Exercise and Sport Science 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 hours minimum)

Required Courses (20 or 22 hrs.)
ESHE 201 Introduction to Athletic Training (3)
ESHE 315 Physical Activity and Aging (3)
ESHE 365 or 420 Therapeutic Exercise/Modalities (4)
ESHE 394 Motor Control (3)
HLTH 465 Nutrition for Sport and Exercise (3)
BIOL 310 or 322 Anatomy and Physiology (4-6)

Electives. Choose from the following to total 24 hours (minimum):
ESHE 305 Principles of Strength and Conditioning (3)
ESHE 350 Sport & Exercise Psychology (3)
ESHE 358 Technology in ESHE (3)
ESHE 400 Practicum in ESHE - Exercise Science (3)
HLTH 451 Drug Use and Abuse (3)
PSYC ___ Any 300 or higher course (3)