SELF DEFENSE/MARTIAL ARTS COGNATE

The Cognate in Self Defense/Martial Arts is available for ESHE students in the Exercise and Sport Science Concentration. Students must complete the ESHE foundations requirements and two ESHE cognates to meet concentration requirements.

Students choosing Self Defense/Martial Arts 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 (17 Hrs.)
ESHE 303 Principles of Strength and Conditioning (3)
ESHE 310 Educational Programs in Self Defense (2)
ESHE 361 The Martial Arts (3)
ESHE 362 Principles of Self Defense (3)
ESHE 400 Practicum in ESHE-Martial Arts (3)
ESHE 350 Sport and Exercise Psychology (3)

Electives. Choose from the following to total 24 hours (minimum)
ESHE 201 Introduction to Athletic Training (3)
ESHE 360 Marketing and Promotions in ESHE (3)
ESHE 315 Physical Activity and Aging (3)
ESHE 358 Technology in ESHE (3)
HLTH 465 Nutrition in Exercise and Sport (3)
ESHE 394 Motor Control (3)
ESHE 294 Motor Development (2)
ESHE 301/302/304 Theory and Practice Skills Course (2)
ESHE 130/136/137 Karate/Tae Kwon Do/Jiu Jitsu (1-3)

STUDENT: ____________________________ STUDENT ID: _______