

# Exercise, Sport and Health Education (ESHE)--Health and Exercise Science (2021-22)

Student Name \_\_\_\_\_ ID \_\_\_\_\_

## REAL Curriculum Requirements

### REAL Foundations

MATH 100 (GE), MATH 121 (GE)  
or MATH 125 (GE) \_\_\_\_\_ (3)  
ENGL 111 (GE) \_\_\_\_\_ (3)

### REAL Cornerstones & General Education

Writing Intensive (WI): WI Course \_\_\_\_\_ (3) WI course \_\_\_\_\_ (3) (Rec. ENGL 306 (L/GE))  
Personal & Professional Development (PPD): HLTH 200 or NUTR 214  
General Education (30 cr.): 26 cr. met by required coursework. Students need at least 4 additional cr. in GE. Students may use **E** minor, **R** minor or elective coursework to fulfill GE requirements.

## Fulfilling R, E, A & L Area Requirements

### Reasoning

Satisfy the **R** area (15+ cr.) by completing:  
REAL Studies Minor in R

### Expression

Satisfy the **E** area (15+ cr.) by completing:  
REAL Studies Minor in E

### Analysis

Satisfied by Major Requirements

### Learning

Satisfied by Major requirements

- STAT 130 (R/GE) or 200 (R/GE) (3)
- BIOL 105 (R/GE) (4)
- BIOL 310 (R/GE) (4)
- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )

- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )

**OR**  
Minor designated as R

**OR**  
Minor designated as E

## Required Courses Outside of the Major (14 cr.)

BIOL 310 (R/GE) \_\_\_\_\_ (4)  
PSYC 121 (A/GE) \_\_\_\_\_ (3)  
STAT 130 (R/GE) or 200 (R/GE) \_\_\_\_\_ (3)  
BIOL 105 (R/GE) \_\_\_\_\_ (4)

## Electives (1-12 cr.)

\_\_\_\_\_ ( )  
\_\_\_\_\_ ( )  
\_\_\_\_\_ ( )  
\_\_\_\_\_ ( )

## HEALTH AND EXERCISE SCIENCE MAJOR REQUIREMENTS (63 cr.)

### Required Courses (15 cr.)

ESHE 315 (A)	_____ (3)	Physical Activity & Aging
ESHE 391	_____ (3)	Exercise Science
HLTH 200 (A/GE/PPD)	_____ (3)	Wellness Lifestyle
NUTR 214 (A/GE/PPD)	_____ (3)	Introduction to Nutrition
ESHE 470 (L)	_____ (3)	HES Practicum

### Term

F/S  
F/S  
F/S/SU  
F/S/SU  
F/S/SU

### Pre-requisites

BIOL 105  
BIOL 310  
Permission of Instructor

Choose two of the following cognates.

At least one of the cognates completed must be either FSC or HEHP.

**Fitness, Strength & Conditioning (FSC) (24 cr.)**

			Term	Prerequisites	
ESHE	214 (L)	_____ (3)	Intro to Fitness, Strength and Cond	F/S	
ESHE	305	_____ (3)	Princ. & Prac. Strength and Condit.	F/S	BIOL 310
ESHE	396 (L)	_____ (3)	Assessment & Prescription in ESHE	F/S	HLTH 200, ESHE 391 or 392
ESHE	397	_____ (3)	Health/Fitness Program Development	F	ESHE 305
ESHE	405 (L)	_____ (3)	Personal Training	S	ESHE 305
ESHE	410	_____ (3)	Adv. Strength & Cond.	F	ESHE 305

Choose from the following to complete the 24 credit hour requirement: ESHE 201, ESHE 262 (E), ESHE 288 (L), ESHE 310 (L), ESHE 350 (A), ESHE 364 (L), ESHE 388 (A), HLTH 465, HLTH 475, ESHE 496

\_\_\_\_\_ (3) \_\_\_\_\_ (3)

**Health Education & Health Promotion (HEHP) (24 cr.)**

			Term	Prerequisites	
HLTH	245 (L)	_____ (3)	Foundations of HEHP	F/S	
HLTH	300	_____ (3)	Epidemiology	F	STAT 200
HLTH	325	_____ (3)	Community Health & Diversity	F	HLTH 300
HLTH	475	_____ (3)	Health Behavior Change	F	HLTH 200
HLTH	480 (L)	_____ (3)	Health Communication & Coaching	F	HLTH 475
HLTH	485 (L)	_____ (3)	Program Planning & Evaluation	S	HLTH 245, HLTH 475

Choose from the following to complete the 24 credit hour requirement: HLTH 205, HLTH 250, HLTH 450, HLTH 451, HLTH 453, HLTH 460, HLTH 465

\_\_\_\_\_ (3) \_\_\_\_\_ (3)

**Graduate School Preparation (24 cr.)**

			Term	Prerequisites	
ENGL	306 (L/GE/WI)	_____ (3)	Professional Writing	F/S	ENGL 111 and 112
ESHE	450 (WI)	_____ (3)	Research Methods	F/S	56 hrs

Choose from the following to complete the 24 credit hour requirement: BIOL 311 (R/GE), 334 (R); CHEM 111 (R/GE); COMS 225, 235, 465; 390, 392, 451, 496; GEOG 140; GEOS 250; HLTH 215; MKTG 340, 388; NURS 321; NUTR 300; PHYS 111 (R/GE); PSYC 230, PSYC 301 (R), PSYC 302 (R), PSYC 343, 347, 439; SOCY 482, SPAN 211

\_\_\_\_\_ (3) \_\_\_\_\_ (3) \_\_\_\_\_ (3)

\_\_\_\_\_ (3) \_\_\_\_\_ (3) \_\_\_\_\_ (3)

**Leadership (24 cr.)**

			Term	Prerequisites	
ENGL	306 (L/GE/WI)	_____ (3)	Professional Writing	F/S	ENGL 111 and 112

Choose from the following to complete the 24 credit hour requirement: COMS 130 (E), 173, 225, 226, 240, 250, 333, 335, 430, 457, 460, 465; ESHE 345, 360, 375, 496; MGNT 221, 271, 322, 350, 421; MKTG 340 (A/GE), 341, 344, 360, 388; MSCI 111, 112, 211, 212, 311, 312, 411, 412

\_\_\_\_\_ (3) \_\_\_\_\_ (3) \_\_\_\_\_ (3)

\_\_\_\_\_ (3) \_\_\_\_\_ (3) \_\_\_\_\_ (3)

\_\_\_\_\_ (3)

## ESHE-Health and Exercise Science

Students must complete a REAL Studies minor in **Expression (E)** and **Reasoning (R)** or complete a minor designated as **E** and **R**.

Sample 4-year plan includes a REAL Studies minor in **Expression** and **Reasoning**.

*Students should consult with their academic advisor to develop a schedule reflective of their unique goals.*

<b>Freshman Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
ENGL 111: Principles of College Composition	3	Writing Intensive (WI) Course	3
HLTH 200: Wellness Lifestyle	3	BIOL 105: Biology for Health Sciences	4
MATH 100: Quantitative Reasoning OR MATH 121: Math Content for Teachers I OR MATH 125: Precalculus I	3	PSYC 121: Intro to Psychology	3
REAL Expression Course	3	REAL Expression Course	3
UNIV 100: Introduction to Higher Education (Recommended)	1	Elective	3
Elective	3		
	<b>16</b>		<b>16</b>
<b>Sophomore Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
STAT 130: Understanding Statistics in Society OR STAT 200: Intro to Statistics	3	COGNATE 1 Course	3
BIOL 310: Human Structure & Function I	4	ESHE 391: Exercise Science	3
COGNATE 1 Course	3	NUTR 214: Introduction to Nutrition	3
ESHE 315: Physical Activity and Aging	3	REAL Expression Course	3
REAL Expression Course	3	COGNATE 2 Course	3
	<b>16</b>		<b>15</b>
<b>Junior Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
COGNATE 1 Course	3	COGNATE 1 Course	3
COGNATE 1 Course	3	COGNATE 1 Course	3
COGNATE 1 Course	3	COGNATE 2 Course	3
COGNATE 2 Course	3	COGNATE 2 Course	3
Writing Intensive (WI) Course (Rec. ENGL 306)	3	REAL Reasoning Course	3-4
	<b>15</b>		<b>15-16</b>
<b>Senior Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
COGNATE 1 Course	3	ESHE 470: HES Practicum	3
COGNATE 2 Course	3	COGNATE 2 Course	3-4
COGNATE 2 Course	3-4	REAL Expression Course (300 or 400 level course)	3
COGNATE 2 Course	3	Elective	3
REAL Reasoning Course or Elective	3		
	<b>15-16</b>		<b>12-13</b>

Total credit hours required for degree = 120