

NAME \_\_\_\_\_ ID# \_\_\_\_\_

**CORE CURRICULUM – 43-44 Semester Hours (SH)**

**A. Core Foundations (12SH)**

CORE 101 \_\_\_\_\_ 3

CORE 102 \_\_\_\_\_ 3

\*CORE 201 \_\_\_\_\_ 3

\*CORE 202 \_\_\_\_\_ 3

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only two courses with their major prefix to fulfill core requirements.

\*See your degree audit for other courses that may satisfy the CORE 201 and/or CORE 202 requirements.

**B. Core Skills & Knowledge (16SH)**

**MATHEMATICAL SCIENCES (3SH)**

MATH 137 \_\_\_\_\_ 3

**NATURAL SCIENCES (4 SH)**

BIOL 105 \_\_\_\_\_ 4

**HUMANITIES (3 SH)**

\_\_\_\_\_ 3

One of the following: CLSS 110, ENGL 200 HIST 101, 102 PHIL 111, 112, 200

POSC 110 RELN 111, 112, 203, 206

**SOCIAL/BEHAV. SCIENCES (3 SH)**

PSYC 121 \_\_\_\_\_ 3

**VISUAL & PERFORMING ARTS (3 SH)**

\_\_\_\_\_ 3

One of the following: ART 100, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121, 123 THEA 100, 180

**A. National & International Perspectives (6SH)**

**U. S. PERSPECTIVES (3 SH)**

\_\_\_\_\_ 3

One of the following: APST 200 ECON 101, 205, 206, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110

**GLOBAL PERSPECTIVES (3SH)**

\_\_\_\_\_ 3

One of the following: CVPA 266 ENGL 201, 202 CCST 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, SOCY 121 THEA 180 WGST 200

**B. Supporting Skills & Knowledge (9-10SH)**

**NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)**

STAT 200 \_\_\_\_\_ 3

**HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)**

\_\_\_\_\_ 3-4

One of the following: CLSS 110 ENGL 200 HIST 101, 102 PHIL 111, 112, 200 POSC 110 RELN 111, 112, 203, 206 Or ART 100, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or ARAB 101:102, 201:202 CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 RUSS 101: 102, 201:202, 300 SPAN 101: 102, 103, 201: 202

**SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)**

HLTH 200 \_\_\_\_\_ 3

**Health and Exercise Science  
Required Courses (76-77 Semester Hours)**

**Health & Exercise Science Concentration (14 SH)**

BIOL 310 _____ (4)	Human Structure and Function I
ESHE 391 _____ (4)	Exercise Science
NUTR 214 _____ (3)	Introduction to Nutrition
ESHE 470 _____ (3)	HES Practicum

**Term**

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

**Pre-requisites**

C or higher in BIOL 105
BIOL 310
Permission of Instructor

**Electives (14-15 SH)**

_____ (3)	_____ (3)	_____ (3)
_____ (3)	_____ (3)	

**NOTES:**

A minimum GPA of 2.0 (overall and in-major) are required for graduation.  
To Graduate with Honors, a student must complete 60 semester hours at RU.

Choose two of the following cognates.

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

**Fitness, Strength & Conditioning (FSC) (24 SH)**

				<b>Term</b>	<b>Prerequisites</b>
ESHE	214	_____ (3)	Intro to Fitness, Strength and Cond	F/S	
ESHE	305	_____ (3)	Princ. & Prac. Strength and Condit.	F/S	BIOL 310
ESHE	396	_____ (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	_____ (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, ESHE 310, ESHE 315, ESHE 350, ESHE 364, ESHE 388, HLTH 465, HLTH 475, ESHE 496

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

**Health Education & Health Promotion (HEHP) (24 SH)**

				<b>Term</b>	<b>Prerequisites</b>
HLTH	245	_____ (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	_____ (3)	Health Communication & Coaching	F	HLTH 475
HLTH	485	_____ (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 SH)**

				<b>Term</b>	<b>Prerequisites</b>
ENGL	306	_____ (3)	Professional Writing	F/S	CORE 101 and 102
ESHE	450	_____ (3)	Research Methods	F/S	56 hrs

Choose from the following to complete the 24 credit hour requirement: BIOL 311, CHEM 111, ESHE 390, ESHE 392, ESHE 315, ESHE 496, NUTR 300, ESHE 451, PSYC 301, SOCY 482, GEOG 140, MKTG 388

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

**Leadership (24 SH)**

				<b>Term</b>	<b>Prerequisites</b>
ENGL	306	_____ (3)	Professional Writing	F/S	CORE 101 and 102

Choose from the following to complete the 24 credit hour requirement: COMS 130, COMS 173, COMS 225, COMS 226, COMS 240, COMS 250, COMS 333, COMS 335, COMS 457, COMS 460, COMS 465, ESHE 345, ESHE 360, ESHE 375, ESHE 496, MGNT 221, MGNT 271, MGNT 322, MGNT 350, MGNT 421, MKTG 340, MKTG 341, MKTG 344, MKTG 360, MKTG 388

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