

**ESHE MINOR
EXERCISE AND SPORT SCIENCE**

18 Credit Hours Coursework

The minor in Exercise and Sport Science is open to any RU student who completes 18 hours of required coursework.

Required Courses (12-16 hours.)

ESHE Foundations

Area 1: Exercise Science Foundations 4 or 6 hrs

ESHE 391 Exercise Science (4)

OR

ESHE 390 Kinesiology (3)

and ESHE 392 Exercise Physiology (3)

Area 2: Motor Behavior Foundations 4 or 6 hrs

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 Hours

HLTH 320 Health and Safety Foundations (4)

Choose from the following courses to total 18 hours

ESHE 201	Introduction to Athletic Training	_____ (3)
ESHE 305	Principles of Strength and Conditioning	_____ (3)
ESHE 315	Physical Activity and Aging	_____ (3)
ESHE 350	Sport & Exercise Psychology	_____ (3)
ESHE 394	Motor Control	_____ (3)
ESHE 396	Assessment and Prescription of Fitness	_____ (3)
ESHE 400	Practicum in ESHE - Exercise Science	_____ (3)
HLTH 465	Nutrition for Sport and Exercise	_____ (3)