

**ESHE MINOR
SELF-DEFENSE/MARTIAL ARTS**

15 Credit Hours Coursework

The minor in Self-Defense/Martial Arts is open to any RU student who completes 15 hours of required coursework.

Required Courses (12 hrs.)

ESHE 310	Educational Programs in Self Defense	_____ (2)
ESHE 361	The Martial Arts	_____ (3)
ESHE 362	Principles of Self Defense	_____ (3)
ESHE 391	Exercise Science Foundations	
	Or	
ESHE 395	Motor Behavior Foundations	_____ (4)
	Or	
HLTH 320	Health and Safety Foundations	

Choose from the following courses total 15 hours

ESHE 130/136/330	Karate/Tae Kwon Do/Adv. Karate (up to 3)	_ / _ / (1-3)
ESHE 201	Introduction to Athletic Training	_____ (3)
ESHE 303	Principles of Strength and Conditioning	_____ (3)
ESHE 350	Sport and Exercise Psychology	_____ (3)
ESHE 360	Marketing and Promotions in ESHE	_____ (3)
ESHE 400	Practicum in ESHE-Martial Arts	_____ (3)
HLTH 320		
Or ESHE 391/395	ESHE Foundations Course	_____ (4)
HLTH 200	Wellness Lifestyles	_____ (3)
HLTH 321	First Aid & Safety (if not taken HLTH 320)	_____ (3)
HLTH 465	Nutrition in Exercise and Sport	_____ (3)