

Exercise, Sport and Health Education: Health & Exercise Science (ESHE: HEES)

NAME _____

ID# _____

Core Coursework Requirements (30-36 cr.)

Foundational Writing

ENGL 111 _____ 3

Foundational Math

_____ 3

One of the following: MATH 100, 110, 119, 121, 122, 125, 126, 132, 138, 168, 171

Courses that satisfy the requirement, but are not offered Fall 2020 forward: MATH 114, 116, 137

Scientific & Quantitative Reasoning

STAT 130 or 200 _____ 3 BIOL 105 _____ 4

Humanistic or Artistic Expression

_____ 3-4 _____ 3-4

Two of the following: ART 100, 215, 216; CLSS 110; CCST 110; CVPA 266; DNCE 111; ENGL 200, 201, 202, 203; HIST 101, 102; MUSC 100, 121, 123; PEAC 200; PHIL 111, 112, 200; POSC 110; RELN 111, 112, 203, 206; THEA 100, 180; ARAB 300; FREN 300, 320; GRMN 300; LATN 350; RUSS 300; WGST 200

Cultural or Behavioral Analysis

PSYC 121 _____ 3 _____ 3

PSYC 121 and one of the following: ANSC 101, 106; APST 200; CCST 103; ECON 101, 105, 106; GEOG 101, 102, 103, 140, 201, 202, 203, 280; HIST 111, 112; INST 101; ITEC 112; PEAC 200; POSC 120; RELN 112, 205; SOCY 110, 121; WGST 200

Writing Intensive

_____ 3 _____ 3

Two of the following: ANSC 201, 203, 410, 430; ART 202; CORE 201, 202; ENGL 112, 210, 300, 306, 309, 470; HHUM 210; MKTG 201; PHRE 202; POSC 201, 202; THEA 281 (add additional courses as approved)

**Courses taken for Core Coursework credit may not be cross credited (used to satisfy requirements in two Core Coursework categories), but course may be cross credited to majors, minors, and certificates.*

Health and Exercise Science (64 Semester Hours)

Required Courses (16 SH)

BIOL	310	_____ (4)	Human Structure and Function I
ESHE	391	_____ (3)	Exercise Science
HLTH	200	_____ (3)	Wellness Lifestyle
NUTR	214	_____ (3)	Introduction to Nutrition
ESHE	470	_____ (3)	HES Practicum

Term

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

Pre-requisites

C or higher in BIOL 105
BIOL 310

Permission of Instructor

Electives (25+ credit hours)

_____ () _____ () _____ () _____ ()
 _____ () _____ () _____ () _____ ()
 _____ () _____ () _____ () _____ ()

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)

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

Choose from the following to complete the 24 credit hour requirement: ESHE 201, ESHE 262, ESHE 288, 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)

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

Choose from the following to complete the 24 credit hour requirement: ESHE 315, HLTH 205, HLTH 250, HLTH 450, HLTH 451, HLTH 453, HLTH 460, HLTH 465

_____ (3) _____ (3)

Graduate School Preparation (24 SH)

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

Choose from the following to complete the 24 credit hour requirement: BIOL 311, 334; CHEM 111; COMS 225, 235, 465; ESHE 315, 390, 392, 451, 496; GEOG 140; GEOS 250; MKTG 340, 388; NURS 321; NUTR 300; PHYS 111; PSYC 230, PSYC 301, PSYC 302, PSYC 343, 347, 439; SOCY 482, SPAN 211

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

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

Leadership (24 SH)

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

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

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

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

_____ (3)