

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))
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 (1-18 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)	_____ (3)	Wellness Lifestyle
NUTR 214 (A/GE)	_____ (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

** Transfer Credit and REAL Curriculum Policy*

15-35 approved transfer credits	36-55 approved transfer credits	56 or more approved transfer credits
1 Area Minor waived (with completion of at least 1 GE course (3cr) designated in REAL area of minor being waived)	2 REAL Area Minors waived (with completion of at least 1 GE course (3cr) designated in REAL area of each minor being waived)	3 REAL Area Minors and Foundation courses waived (with completion of at least 1 GE course (3cr) designated in REAL area of each minor being waived)

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
ESHE	396 (L)	_____ (3)	Assessment & Prescription in ESHE	F/S
ESHE	397	_____ (3)	Health/Fitness Program Development	HLTH 200, ESHE 391 or 392
ESHE	405 (L)	_____ (3)	Personal Training	F
ESHE	410	_____ (3)	Adv. Strength & Cond.	S
				F

Choose from the following to complete the 24 credit hour requirement: ESHE 201 , ESHE 288 (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
HLTH	325	_____ (3)	Community Health & Diversity	STAT 200
HLTH	475	_____ (3)	Health Behavior Change	HLTH 300
HLTH	480 (L)	_____ (3)	Health Communication & Coaching	F
HLTH	485 (L)	_____ (3)	Program Planning & Evaluation	F
				HLTH 200
				HLTH 475
				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
ESHE	450 (WI)	_____ (3)	Research Methods	F/S

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

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.

Freshman Year			
Fall Semester	Credits	Spring Semester	Credits
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		
	16		16
Sophomore Year			
Fall Semester	Credits	Spring Semester	Credits
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
	16		15
Junior Year			
Fall Semester	Credits	Spring Semester	Credits
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
	15		15-16
Senior Year			
Fall Semester	Credits	Spring Semester	Credits
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		
	15-16		12-13

Total credit hours required for degree = 120