

CORPORATE & COMMERCIAL FITNESS COGNATE

The Cognate in Corporate and Commercial Fitness is available for ESHE students in the Exercise and Sport Science Concentration. Students must complete the ESHE foundations requirements and two (2) ESHE cognates to meet concentration requirements.

Students choosing Corporate and Commercial Fitness as one of their cognates must complete a minimum of 24 hours of coursework in the cognate.

Students should exercise careful thought as to the ESHE cognates that provide the most appropriate academic training to meet their needs. They should consult with an ESHE advisor early in the program of study.

ESHE FOUNDATIONS (12 to 16 Hrs.)

Area 1: Exercise Science Foundations 4 or 6

ESHE 391 Exercise Science (4)

OR

ESHE 390 Kinesiology (3) and
ESHE 392 Exercise Physiology (3)

Area 2: Motor Behavior Foundations 4 or 6

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

ESHE 320 Health and Safety Foundations (4)

COGNATE COURSEWORK (24 hrs. minimum)

Required Courses (19-21 hours)

ESHE 305	Principles of Strength and Conditioning	_____ (3)
BIOL 310 or 322	Anatomy and Physiology	_____ (4-6)
ESHE 396	Assessment and Prescription of Physical Fitness	_____ (3)
ESHE 397	Health/Fitness Program Development	_____ (3)
ESHE 460	Exercise Leadership in Health/Fitness	_____ (3)
ESHE 461	Organization/Administration of Health/Fitness Programs	_____ (3)

Electives. Choose from the following to total 24 hours (minimum):

ESHE 201	Introduction to Athletic Training	_____ (3)
ESHE 310	Educational Programs in Self Defense	_____ (3)
ESHE 315	Physical Activity and Aging	_____ (3)
ESHE 350	Sport and Exercise Psychology	_____ (3)
ESHE 358	Technology in ESHE	_____ (3)
ESHE 360	Marketing and Promotion in ESHE	_____ (3)
ESHE 394	Motor Control	_____ (3)
ESHE 400	Practicum in ESHE - C/C Fitness	_____ (3)
ENGL 306 or 307	Business Writing	_____ (3)
HLTH 451	Drug Use and Abuse	_____ (3)
HLTH 458	Nutrition and Disease Prevention	_____ (3)
HLTH 465	Nutrition in Sport and Exercise	_____ (3)

STUDENT: _____ STUDENT ID: _____