

EXERCISE and SPORT SCIENCE COGNATE

The Cognate in Exercise and Sport Science 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 Exercise and Sport Science 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 hours minimum)

Required Courses (20 or 22 hrs.)

ESHE 201	Introduction to Athletic Training	_____ (3)
ESHE 315	Physical Activity and Aging	_____ (3)
ESHE 365 or 420	Therapeutic Exercise/Modalities	_____ (4)
ESHE 394	Motor Control	_____ (3)
HLTH 465	Nutrition for Sport and Exercise	_____ (3)
BIOL 310 or 322	Anatomy and Physiology	_____ (4-6)

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

ESHE 305	Principles of Strength and Conditioning	_____ (3)
ESHE 350	Sport & Exercise Psychology	_____ (3)
ESHE 358	Technology in ESHE	_____ (3)
ESHE 400	Practicum in ESHE - Exercise Science	_____ (3)
HLTH 451	Drug Use and Abuse	_____ (3)
PSYC ____	Any 300 or higher course	_____ (3)

Student: _____ ID: _____