

SELF DEFENSE/MARTIAL ARTS COGNATE

The Cognate in Self Defense/Martial Arts is available for ESHE students in the Exercise and Sport Science Concentration. Students must complete the ESHE foundations requirements and two ESHE cognates to meet concentration requirements.

Students choosing Self Defense/Martial Arts 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 (17 Hrs.)

ESHE 303	Principles of Strength and Conditioning	_____ (3)
ESHE 310	Educational Programs in Self Defense	_____ (2)
ESHE 361	The Martial Arts	_____ (3)
ESHE 362	Principles of Self Defense	_____ (3)
ESHE 400	Practicum in ESHE-Martial Arts	_____ (3)
ESHE 350	Sport and Exercise Psychology	_____ (3)

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

ESHE 201	Introduction to Athletic Training	_____ (3)
ESHE 360	Marketing and Promotions in ESHE	_____ (3)
ESHE 315	Physical Activity and Aging	_____ (3)
ESHE 358	Technology in ESHE	_____ (3)
HLTH 465	Nutrition in Exercise and Sport	_____ (3)
ESHE 394	Motor Control	_____ (3)
ESHE 294	Motor Development	_____ (2)
ESHE 301/302/304	Theory and Practice Skills Course	_____ (2)
ESHE 130/136/137	Karate/Tae Kwon Do/Jiu Jitsu	_____ (1-3)