

**SPORT ADMINISTRATION COGNATE**

The Cognate in Sport Administration 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 Sport Administration 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 (21 Hrs)

ESHE 212	Introduction to Sport Management	_____	(3)
ESHE 360	Marketing and Promotions of ESHE programs	_____	(3)
ESHE 388	Coaching the Athlete	_____	(3)
ESHE 400	Practicum in Sport Administration	_____	(3)
ESHE 415	Sport Administration	_____	(3)
<b>Interdisciplinary Coursework</b>		_____	<b>(6)</b>

See List of Courses in Option

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

ESHE 358	Technology in ESHE	_____	(3)
ESHE 201	Intro Athletic Training	_____	(3)
ENGL 306 or 307	Technical Writing	_____	(3)
ESHE 303	Principles of Strength and Conditioning	_____	(3)
ESHE 400	Practicum in Coaching	_____	(3)
ESHE 460	Exercise Leadership in Health and Fitness	_____	(3)
ESHE 461	Organization and Administration of H/F Programs	_____	(3)