# Columbus State Community College

## PLAN OF STUDY

**Name** _____
**Student #** _____
**Date Entered** _____
**Advisor** _____

## SPORT & EXERCISE STUDIES

**CAREER AND TECHNICAL PROGRAMS**
**Effective Autumn Quarter 2009**

### Exercise Science Major

| FIRST QUARTER | | | CR | GR |
|---|---|---|---|---|
| SES 100 | Personal Fitness Concepts | T | 3 | |
| SES 190 | SES Freshman Seminar | T | 1 | |
| MULT 171 | Current Issues/HIV/AIDS | B | 1 | |
| HOSP 153 | Nutrition for a Healthy Lifestyle | B | 5 | |
| ENGL 101 | Beginning Composition | G | 3 | |
| MATH 148 | College Algebra | B | 5 | |
| **TOTAL** | | | **18** | |

| SECOND QUARTER | | | CR | GR |
|---|---|---|---|---|
| ENGL 102 | Essay & Research | G | 3 | |
| CHEM 100 | Introduction to Chemistry | B | 4 | |
| SES 101 | Intro to Sport & Exercise Studies | T | 3 | |
| BIO 261 | Human Anatomy | B | 5 | |
| HOSP 223 | Sport Nutrition | B | 3 | |
| **TOTAL** | | | **18** | |

| THIRD QUARTER | | | CR | GR |
|---|---|---|---|---|
| SES 226 | Care & Prevention of Athletic Injuries | T | 3 | |
| SES 102/104/105/106/108/109 | SES Physical Education Requirement | T | 1 | |
| SES 115 | Intermediate Resistance Training | T | 2 | |
| SES 237 | Corporate Health | T | 3 | |
| BIO 262 | Human Physiology | B | 5 | |
| COMM 105 | Speech | G | 3 | |
| **TOTAL** | | | **17** | |

| FOURTH QUARTER | | | CR | GR |
|---|---|---|---|---|
| SES 231 | Exercise Physiology | T | 3 | |
| SES 236 | Exercise Physiology Laboratory | T | 2 | |
| SES 238 | Aging, Fitness & Exercise | T | 3 | |
| SSCI 101 | Cultural Diversity | G | 5 | |
| PSY 100 | Psychology | B | 5 | |
| **TOTAL** | | | **18** | |

| FIFTH QUARTER | | | CR | GR |
|---|---|---|---|---|
| SES 215 | Advanced Resistance Training | T | 3 | |
| SES 235 | Sport Law | T | 3 | |
| SES 292 | Exercise Studies Practicum I | T | 3 | |
| SES 239 | Quantitative Methods in Exercise Science | T | 3 | |
| HUM 111 | World Civilization I | G | 5 | |
| **TOTAL** | | | **17** | |

| SIXTH QUARTER | | | CR | GR |
|---|---|---|---|---|
| SES 241 | Kinesiology | T | 5 | |
| SES 294 | Exercise Studies Practicum II | T | 3 | |
| SES 242 | Exercise Prescription | T | 3 | |
| ENGL XXX | 250 or 251 or 252 | G | 5 | |
| MULT 103 | Responding to Emergencies (if needed) | B | 2 | |
| **TOTAL** | | | **16/18** | |

**NOTE:**

**GRADUATION REQUIREMENTS**

**G = General Education**
**B = Basic Education**
**T = Technical Education**

| | |
|---|---|
| **Total General Education** | **24 hours** |
| **Total Basic Education** | **35 hours** |
| **Total Non-Technical** | **59 hours** |
| **Total Technical Education** | **47 hours** |
| **TOTAL SES Exercise Science** | **104-106 hours** |

**TECHNICAL ELECTIVES:**