



# Columbus State Community College

## PLAN OF STUDY

### SPORT & EXERCISE STUDIES

Name \_\_\_\_\_  
 Student # \_\_\_\_\_  
 Date Entered \_\_\_\_\_  
 Advisor \_\_\_\_\_

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

### Exercise Specialist Certificate

FIRST QUARTER (Autumn)				SECOND QUARTER (Winter)				THIRD QUARTER (Spring)			
		CR	GR			CR	GR			CR	GR
SES 100	Personal Fitness Concepts	T	3	SES 101	Intro. to Sports & Fitness Mgmt.	T	3	SES 215	Advanced Resistance Training	T	3
SES 230	Fitness Concepts for Special Populations	T	3	SES 241	Kinesiology	T	5	SES 234	Sport Marketing	T	5
SES 231	Exercise Physiology	T	3	MULT 171	Current Issues: HIV/AIDS	T	1	SES 292	Exercise Studies Practicum I	T	3
SES 236	Exercise Physiology Laboratory	T	2								
<b>TOTAL</b>			<b>11</b>	<b>TOTAL</b>			<b>9</b>	<b>TOTAL</b>			<b>11</b>
FOURTH QUARTER (Summer)				FIFTH QUARTER				SIXTH QUARTER			
		CR	GR			CR	GR			CR	GR
SES 294	Exercise Studies Practicum II	T	3								
SES 239	Quantitative Methods in Exercise Science	T	3								
SES 242	Exercise Prescription	T	3								
<b>TOTAL</b>			<b>9</b>								
<b>PREREQUISITES:</b>				<b>CERTIFICATE REQUIREMENTS</b>				<b>TECHNICAL ELECTIVES:</b>			
BIO 101 or permission MULT 103 Responding to Emergencies or equivalent				<b>TOTAL CERTIFICATE CREDIT HOURS 40 hours</b>							