



# Columbus State Community College

## PLAN OF STUDY

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

### SPORT & EXERCISE STUDIES

#### Physical & Recreation Instruction

#### Major

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

FIRST QUARTER				SECOND QUARTER				THIRD QUARTER			
		CR	GR			CR	GR			CR	GR
SES 100	Personal Fitness Concepts	T	3	SES 101	Intro to Sport & Exercise Studies	T	3	SES 225	Athlete Intervention	T	3
SES 190	SES Freshman Seminar	T	1	ENGL 102	Essay & Research	G	3	SES 230	Fitness Concepts for Special Populations	T	3
MULT 171	Current Issues/HIV/AIDS	B	1	BIO 261	Human Anatomy	B	5	SES 280	History of Sport	T	3
ENGL 101	Beginning Composition	G	3	PSY 100	Psychology	B	5	BIO 262	Human Physiology	B	5
MATH 135	Elementary Statistics	B	5	SES 102/104/105/106/108/109	SES Physical Education Requirement	T	1	PSY 200	Educational Psychology	B	5
HOSP 153	Nutrition for a Healthy Lifestyle	B	5								
<b>TOTAL</b>		<b>18</b>		<b>TOTAL</b>		<b>17</b>		<b>TOTAL</b>		<b>19</b>	
FOURTH QUARTER				FIFTH QUARTER				SIXTH QUARTER			
		CR	GR			CR	GR			CR	GR
SES 224	Sport Management Foundations	T	5	SES 241	Kinesiology	T	5	SES 226	Care & Prevention of Athletic Injuries	T	3
SES 231	Exercise Physiology	T	3	SES 298	Special Topics in Sport	T	3	SES 294	Sport & Exercise Studies Practicum II	T	3
SES 236	Exercise Physiology Laboratory	T	2	PSY 261	Child Development	B	5	MULT 103	Responding to Emergencies (if needed)	B	2
SES 235	Sport Law	T	3	SES 292	Sport & Exercise Studies Practicum I	T	3	HUM 111	World Civilization I	G	5
SSCI 101	Cultural Diversity	G	5	COMM 105	Speech	G	3	ENGL XXX	250 or 251 or 252	G	5
SES XXX	Technical Elective	T	1								
<b>TOTAL</b>		<b>19</b>		<b>TOTAL</b>		<b>19</b>		<b>TOTAL</b>		<b>16-18</b>	
GRADUATION REQUIREMENTS				TECHNICAL ELECTIVES:							
<b>G = General Education</b> <b>B = Basic Education</b> <b>T = Technical Education</b>  <b>Total General Education 24 hours</b> <b>Total Basic Education 38 hours</b> <b>Total Non-Technical 62 hours</b> <b>Total Technical Education 48 hours</b> <b>TOTAL SES Exercise Science 108-110 hours</b>				SES 102 Total Body Conditioning T 1 SES 104 Beginning Yoga T 1 SES 105 Introduction to Resistance Training T 1 SES 106 Beginning Golf T 1 SES 108 Women's Self Defense T 1 SES 109 Beginning Bowling T 1 SES 113 Aquatics Management T 2 SES 114 Aerobic & Group Fitness T 2 SES 115 Intermediate Resistance Training T 2 SES 116 Golf Management T 2				SES 117 Tae Kwon Do T 2 SES 215 Advanced Resistance Training T 3 SES 217 Advanced Tae Kwon Do T 2 SES 222 Tennis T 2 SES 223 Racquetball T 2 SES 233 Outdoor Community Recreation T 3 SES 234 Sport Marketing T 5 CHEM 100 Introduction to Chemistry T 4 HOSP 223 Sports Nutrition T 3			