



## Exercise Specialist Certificate

### 2018–2019

#### **DESCRIPTION:**

The Sport and Exercise Studies Exercise Specialist Certificate prepares students to sit for the leading certifications in the health and fitness industry. These certifications include (but are not limited to) the American College of Sports Medicine (ACSM) Certified Personal Trainer certification and the National Strength and Conditioning Association (NSCA) Certified Personal Trainer certification. For more information, see [csc.edu/academics/departments/sport-exercise-studies..](http://csc.edu/academics/departments/sport-exercise-studies..)

#### **ADMISSION REQUIREMENTS:**

This is a non-selective, open-admission program. Applicants must have a high school diploma or GED equivalency and must complete the Columbus State enrollment process.

#### **ONGOING REQUIREMENTS:**

Each semester students must schedule an appointment within the Sport and Exercise Studies program to review their degree completion plan and schedule upcoming semester courses. Students must maintain minimum overall GPA required by the College.

#### **OPPORTUNITIES FOR GRADUATES:**

##### **Career:**

Career opportunities include personal trainer and the exercise specialist. These positions can be found in commercial, community, and recreational settings.

##### **Transfer:**

All courses can be applied to the A.A.S. Exercise Science degree and some to the A.A.S. Athletic Performance degree.

**CERTIFICATE REQUIREMENTS (EXERCISE SPECIALIST CERTIFICATE):****FIRST SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES 1100 Personal Fitness Concepts	AU/SP/SU	3	
SES 2438 Fitness Concepts Across the Lifespan	AU/SP/SU	3	
SES 2440 Exercise Physiology	AU/SP/SU	4	
<b>Semester Credits</b>		<b>10</b>	

**SECOND SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES 1101 Intro Sport & Exercise Studies	AU/SP/SU	3	
SES 2415 Adv Strength & Resistance Training Con	AU/SP/SU	4	
SES 2441 Kinesiology	AU/SP/SU	4	
<b>Semester Credits</b>		<b>11</b>	

**THIRD SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES 2442 Exercise Prescript & Quan. Analysis	AU/SP/SU	3	<ul style="list-style-type: none"> <li>• Upon completion of Mult 1130 or SES 2426, students will be able to test for a CPR/First Aid certification.</li> </ul>
SES 2950 SES Practicum/Seminar	AU/SP/SU	2	
MULT 1130 Responding to Emergencies or SES 2426 Athletic Injury	AU/SP/SU	2	
<b>Semester Credits</b>		<b>7</b>	
<b>Total</b>		<b>28</b>	

AU: Autumn Semester/SP: Spring Semester/SU: Summer Semester  
 Requirements subject to change.