



Sport and Exercise Studies: Exercise Science Major Associate of Applied Science (A.A.S.)

2018–2019

DESCRIPTION:

The Sport and Exercise Studies program prepares students to work in sport, recreation, health and/or fitness centers. From private clubs to public facilities, personal trainers, exercise specialists, and strength and conditioning specialists are needed to develop, train, staff, and implement programming to address the wellness and fitness needs of the general public or specific clients/populations, in compliance with local, state, and federal guidelines. Exercise science, strength and resistance training, risk management, human nutrition, anatomy, physiology, kinesiology, and exercise prescription will enable students to effectively enter health and fitness careers or successfully transfer to four-year schools and beyond. For more information, see 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 complete the Columbus State enrollment process. Students can begin the Exercise Science degree track during any semester.

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 training, fitness leadership, exercise specialist, conditioning specialist, and fitness coaching. These positions can be found in commercial, community, recreation, and academic settings.

Transfer:

Students may use this degree to transfer to many four-year institutions. Both formal and informal transfers are available for institutions in Ohio and nationally. Contact the Sport & Exercise Studies Program for detailed information and the most current list of transfer options.

DEGREE REQUIREMENTS (SPORTS AND EXERCISE STUDIES: EXERCISE SCIENCE MAJOR A.A.S.):

FIRST SEMESTER

Course	Term	Credits	Milestones/Progress Check
Select one: SES 1104 Yoga, SES 1105 Intro Strength & Resistance Training, SES 1106 Golf, SES 1108 Women's Self Defense, SES 1109 Bowling, SES 1110 Fitness Kick Boxing or SES 1112 Total Body Conditioning	AU/SP/SU	1	<ul style="list-style-type: none"> Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses.
ENGL 1100 Composition I	AU/SP/SU	3	
MATH 1148 College Algebra	AU/SP/SU	4	
COLS 1100 First Year Experience Seminar	AU/SP/SU	1	
BIO 1121 Anatomy & Physiology I or BIO 2300 Human Anatomy	AU/SP/SU	4	
Semester Credits		13	

SECOND SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 1100 Personal Fitness Concepts	AU/SP/SU	3	<ul style="list-style-type: none"> Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses.
SES 1101 Intro Sport & Exercise Studies	AU/SP/SU	3	
Select one: SES 1104, SES 1105, SES 1106, SES 1108, SES 1109, SES	AU/SP/SU	1	
HNTR 1153 Nutrition for a Healthy Lifestyle	AU/SP/SU	3	
PSY 1100 Introduction to Psychology	AU/SP/SU	3	
Semester Credits		13	

THIRD SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2415 Adv Strength & Resistance Training Con	AU/SP/SU	4	
SES 2440 Exercise Physiology	AU/SP/SU	4	
BIO 1122 Anatomy & Physiology II or BIO 2301 Human Physiology	AU/SP/SU	4	
Semester Credits		12	

FOURTH SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2426 Athletic Injury Control & First Aid	AU/SP/SU	3	<ul style="list-style-type: none"> First Aid and CPR Certification Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses.
SES 2437 Health Promotion or SES 2438 Fitness Concepts Across the	AU, SP, SU	3	
SES 2535 Sport Law	AU/SP/SU	3	
SBS Elective (Select from approved GE-SBS list)	AU/SP/SU	3	
ENGL 2367 Composition II	AU/SP/SU	3	
Semester Credits		15	

FIFTH SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2441 Kinesiology	AU/SP/SU	4	<ul style="list-style-type: none"> Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses. Students will receive exercise specialist certificate upon completion of technical course requirements.
SES 2442 Exercise Prescript & quantitative Analysis	AU/SP/SU	3	
SES 2950 SES Practicum/Seminar	AU/SP/SU	2	
HUM Elective (select from approved GE-HUM list)	AU/SP/SU	3	
Semester Credits		12	
Total		65	

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