



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

2018–2019

DESCRIPTION:

The Sport and Exercise Studies Athletic Performance A.A.S. degree program prepares students to work in athletic or tactical strength and conditioning within public facilities, commercial facilities, and athletic facilities. Students will receive the education and training to perform athletic assessment, program design and implementation, and training for a wide variety of athletes and individuals training for greater sport or job performance. Exercise science, strength and resistance training, risk management, human nutrition, anatomy, physiology, advanced athletic assessment, advanced athletic prescription sport business/marketing, and health and physical education courses blended with the college's General Education course work will develop the skills necessary to land an assistant athletic strength and conditioning position or successfully transfer to a four-year program to further education in athletic performance. 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.

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 a variety of assistant athletic performance specialist positions in commercial and community facilities as well as athletic strength and conditioning specialist positions in public facilities or academic settings. Clients could range from elite athletes to tactical professionals such as military and police force.

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 (EXERCISE SCIENCE MAJOR ATHLETIC PERFORMANCE A.A.S.):**FIRST SEMESTER**

| Course | Term | Credits | Milestones/Progress Check |
|---|----------|-----------|--|
| SES 1101 Intro Sport & Exercise Studies AU/SP/SU 3 | AU/SP/SU | 3 | • Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses. |
| SES 1104 Yoga (activities courses SES 1102, 1104, 1105, 1106, 1108, | AU/SP/SU | 1 | |
| ENGL 1100 Composition I | AU/SP/SU | 3 | |
| MATH 1148 College Algebra | AU/SP/SU | 4 | |
| BMGT 1102 Interpersonal Skills | AU/SP/SU | 2 | |
| COLS 1100 First Year Experience Seminar | AU/SP/SU | 1 | |
| Semester Credits | | 14 | |

SECOND SEMESTER

| Course | Term | Credits | Milestones/Progress Check |
|---|----------|-----------|---------------------------|
| SES 2410 Conditioning & Training Youth Athlete | AU/SP/SU | 3 | |
| SES 2625 Concepts of Coaching | AU/SP/SU | 3 | |
| BIO 1121 Anatomy & Physiology I or BIO 2300 Human Anatomy | AU/SP/SU | 4 | |
| HNTR 1153 Nutrition for a Healthy Lifestyle | AU/SP/SU | 3 | |
| Semester Credits | | 13 | |

THIRD SEMESTER

| Course | Term | Credits | Milestones/Progress Check |
|---|----------|-----------|--|
| SES 2415 Advanced Strength and Resistance Training Con | AU/SP/SU | 4 | • Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses. |
| 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 2443 Advanced Athletic Assessment | AU/SP | 3 | • Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses. |
| SES 2660 Ethics in Sports | AU/SP/SU | 3 | |
| SBS Elective (select from approved GE-SBS list) | AU/SP/SU | 3 | |
| ENGL 2367, ENGL 2567, ENGL 2667, or ENGL 2767 (select one) | AU/SP/SU | 3 | |
| Semester Credits | | 12 | |

FIFTH SEMESTER

| Course | Term | Credits | Milestones/Progress Check |
|---|----------|-----------|---------------------------|
| SES 2441 Kinesiology | AU/SP/SU | 4 | |
| SES 2444 Advanced Athletic Conditioning | AU/SP | 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 | | 63 | |

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