



Sport and Exercise Studies: Physical Education Major Coaching Track Associate of Applied Science (A.A.S)

2018-2019

DESCRIPTION:

The Sport and Exercise Studies program prepares students to work in K-12 institutional settings as a sport coach. From private to public schools, youth sport leagues and recreation centers, coaches/instructors are needed to develop and implement programs to address the playing of individual and team sport participants. Courses and/or concepts such as coaching concepts, strength and resistance training, risk management, human nutrition, anatomy and physiology and sport psychology, 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 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 coaching youth, school, and adult sport teams and individuals. These positions can be found in commercial, community, recreational, 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. and once admitted to the four-year program, will be focused on upper-level major courses.

DEGREE REQUIREMENTS (PHYSICAL EDUCATION MAJOR COACHING TRACK A.A.S.):

FIRST SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 1100 Personal Fitness Concepts	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.
ENGL 1100 Composition I	AU/SP/SU	3	
MATH 1104 Mathematical Concepts for Business	AU/SP/SU	3	
SBS Elective (select from approved GE-SBS list)	AU/SP/SU	3	
COLS 1100 First Year Experience Seminar	AU/SP/SU	1	
Semester Credits		13	

SECOND SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 1101 Intro Sport & Exercise Studies	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 1327 Individual Sport & Activity or SES 1328 Team Sport & Activity	AU SP	2	
SES 2625 Concepts of Coaching	AU/SP/SU	3	
BIO 1121 Anatomy & Physiology I or BIO 2300 Human Anatomy	AU/SP/SU	4	
Semester Credits		12	

THIRD SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2534 Sport Marketing	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 2950 SES Practicum/Seminar	AU/SP/SU	2	
BIO 1122 Anatomy & Physiology II or BIO 2301 Human Physiology	AU/SP/SU	4	
BMGT 1102 Interpersonal Skills	AU/SP/SU	2	
Semester Credits		11	

FOURTH SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2410 Conditioning & Training Youth Athlete	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 2626 Coaching the Young Athlete	AU	3	
SES 2670 Sport Psychology	AU	3	
HUM Elective (select from approved GE-HUM list)	AU/SP/SU	3	
Semester Credits		12	

FIFTH SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2426 Athletic Injury Control & First Aid	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 2535 Sport Law	AU/SP/SU	3	
SES 2660 Ethics in Sports	SP/SU	3	
ENGL 2367, ENGL 2567, ENGL 2667, or ENGL 2767 (select one)	AU/SP/SU	3	
HNTR 1153 Nutrition for a Healthy Lifestyle	AU/SP/SU	3	
Semester Credits		15	
Total		63	

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