



Sport and Exercise Studies: Physical Education Major 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 physical education teacher. From private to public schools, physical education instructors are needed to develop and implement curriculum to address the wellness and fitness needs of the students, in compliance with local, state, and federal guidelines. Courses and/or concepts such as exercise science, 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 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 educating 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.

DEGREE REQUIREMENTS (SPORTS AND EXERCISE STUDIES: PHYSICAL EDUCATION MAJOR A.A.S.):**FIRST SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES 1100 Personal Fitness Concepts	AU/SP/SU	3	
ENGL 1100 Composition I	AU/SP/SU	3	
MATH 1148 College Algebra	AU/SP/SU	4	
SBS Elective (select from approved GE-SBS list)	AU/SP/SU	3	
COLS 1100 First Year Experience Seminar	AU/SP/SU	1	
Semester Credits		14	

SECOND SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 1101 Intro Sport & Exercise Studies	AU/SP/SU	3	
SES 1327 Individual Sport & Activity or SES 1328 Team Sport & Activity	AU/SP AU	2	
SES 1104, SES 1105, SES 1106, SES 1108, SES 1109, SES 1110, or SES 1112 (select one)	AU/SP/SU	1	
BIO 1121 Anatomy & Physiology I or BIO 2300 Human Anatomy	AU/SP/SU	4	
COMM 1105 Oral Communication	AU/SP/SU	3	
Semester Credits		13	

THIRD SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2524 Sport Management Foundations	AU/SP	3	
SES 2625 Concepts of Coaching	AU/SP	3	
SES 2680 History Physical Education/Sport	AU/SU	3	
BIO 1122 Anatomy & Physiology II or BIO 2301 Human Physiology	AU/SP/SU	4	
Semester Credits		13	

FOURTH SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2535 Exercise Physiology	AU/SP/SU	4	
SES 2535 Sport Law	AU/SP/SU	3	
SES 2670 Sport Psychology	AU	3	
HUM Elective (select from approved GE-HUM list)	AU/SP/SU	3	
Semester Credits		13	

FIFTH SEMESTER

Course	Term	Credits	Milestones/Progress Check
SES 2950 Kinesiology	AU/SP/SU	4	
SES 2950 SES Practicum/Seminar	AU/SP/SU	2	
ENGL 2367, ENGL 2567, ENGL 2667, or ENGL 2767 Comp II (select one)	AU/SP/SU	3	
HNTR 1153 Nutrition for a Healthy Lifestyle	AU/SP/SU	3	
Semester Credits		12	
Total		65	

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