



Sport and Exercise Studies: Wellness and Health Promotions A.A.S.

2018–2019

DESCRIPTION:

The Wellness and Health Promotion A.A.S. degree is designed for the health/fitness professional, personal trainer, educator, military professional, coach, and others who want to learn about wellness training program design and management for the general population. Research and current issues in the wellness industry will be a focus of this major. Students that study the Wellness and Health Promotion major learn to design a wellness training program for the general population as well as monitor wellness positions in self-owned personal training businesses, health and fitness clubs, sports medicine clinics, wellness centers, hospitals, professional sports teams, universities, high schools, military settings, and much more. Additionally, students learn to design practical approaches for meeting the challenges of the new healthcare, fitness, and wellness marketplace. For further information please visit csc.edu/academics/departments/sport-exercise-studies/ or email sesinfo@csc.edu to schedule an appointment within the Sport & Exercise Studies program.

ADMISSION REQUIREMENTS:

This major does not have a selective admission process. Applicants must have a high school diploma or GED equivalency, and completion of Columbus State enrollment process.

ONGOING REQUIREMENTS:

Each semester students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses.

OPPORTUNITIES FOR GRADUATES:

Career:

Career Graduates are qualified for the following types of positions: wellness program administrator; wellness program coordinator, wellness manager, wellness coordinator, corporate wellness director, health promotion director, public health specialist, wellness coach, fitness manager, physical education teacher assistant, or physical activity coaching assistant. These careers may found in the public and private settings such as education, hospitals, fitness facilities, health clubs, rehabilitation centers, nursing homes, and public health facilities; entrepreneurial opportunities are also available for graduates.

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 (SPORT AND EXERCISE STUDIES: WELLNESS AND HEALTH PROMOTION A.A.S.):

FIRST 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 Physical Activity Course	AU/SP/SU	1	
MULT 1170 Current Issues: HIV	AU/SP/SU	1	
ENGL 1100 Composition I	AU/SP/SU	3	
MATH 1104 Math Concepts for Business	AU/SP/SU	3	
First Year Experience Seminar COLS 1100	AU/SP/SU	1	
Semester Credits		12	

SECOND SEMESTER

Course	Term	Credits	Milestones/Progress Check
BIO 1121 Anatomy & Physiology I or BIO 2300 Human Anatomy	AU/SP/SU	4	<ul style="list-style-type: none"> Students should plan on attending a SES Open Door Session to plan next semester courses.
HNTR 1153 Nutrition for a Healthy Lifestyle	AU/SP/SU	3	
SES 1101 Introduction to Sport & Exercise Studies	AU/SP/SU	3	
BMGT 2216 Business Ethics	AU/SP/SU	3	
Semester Credits		13	

SUMMER SEMESTER

Course	Term	Credits	Milestones/Progress Check
BIO 1122 Anatomy & Physiology II or BIO 2232 Human Physiology	AU/SP/SU	4	<ul style="list-style-type: none"> Students should plan on attending a SES open Door Session to plan next semester courses.
SES 2740 Dimensions of Wellness	AU/SP/SU	3	
SES 2440 Exercise Physiology	AU/SP/SU	4	
SES 2437 Health Promotion	AU/SP/SU	3	
Semester Credits		14	

THIRD SEMESTER

Course	Term	Credits	Milestones/Progress Check
ANTH 2202 Peoples & Culture	AU/SP/SU	3	<ul style="list-style-type: none"> Students need to meet with the SES Clinical Coordinator to sign up for the SES 2950 Internship/Practicum course required for graduation.
SES 2535 Sport Law	AU/SP/SU	3	
SES 2750 Chronological & Physiologic Wellness in Humans	AU/SP/SU	3	
SES 2438 Fitness Concepts Across the Lifespan	AU/SP/SU	3	
Semester Credits		12	

FOURTH SEMESTER

Course	Term	Credits	Milestones/Progress Check	
ENGL Elective (select from list)	AU/SP/SU	3	<ul style="list-style-type: none"> Students need to meet with the SES Clinical Coordinator to sign up for the SES 2950 Internship/Practicum course required for graduation. 	
SES 2770 Society and Wellness	AU/SP/SU	3		
HUM Elective (select from list)	AU/SP/SU	3		
SES 2760	AU/SP/SU	3		
SES 2950	AU/SP/SU	2		
Practicum I		AU/SP/SU		
Total		65		

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