

SPORT AND EXERCISE STUDIES

| Code | Title | Credit Hours |
|---|---|--------------|
| HLTH-1100 | Personal Health Education | 3 |
| SES-1001 | Introduction to Sport and Exercise Studies | 2 |
| SES-1040 | Teaching Exercise Training Techniques | 3 |
| Select one of the following: | | 4 |
| BIO-1050/105L | Human Biology | |
| BIO-1500 | Principles of Biology I ¹ | |
| Select one of the following: | | 3 |
| ENG-1010 | College Composition I | |
| ENG-101H | Honors College Composition I | |
| MATH-1xxx | 1000-level MATH course or higher ³ | 3 |
| (http://catalog.tri-c.edu/academic-information/degree-certificate-program-requirements/#aas_math) | | |
| SES-1201 | Fitness and Wellness Coaching | 3 |
| SES-2000 | Essentials of Sports Injury Care | 3 |
| SES-2310 | Advanced Training Concepts and Techniques | 3 |
| Select one of the following: | | 3-4 |
| BIO-2331 | Anatomy and Physiology I ² | |
| SES-2010 | Exercise and Movement Anatomy | |
| SES-2100 | Sport and Exercise Physiology | 3 |
| SES-2410 | Exercise Testing and Prescription | 3 |
| Select one of the following: | | 3-4 |
| BIO-2341 | Anatomy and Physiology II ² | |
| SES-xxxx | Fitness and Exercise Studies Elective | |
| Select one of the following: | | 3 |
| COMM-1000 | Fundamentals of Interpersonal Communication | |
| COMM-1010 | Fundamentals of Speech Communication | |
| COMM-101H | Honors Speech Communication | |
| ENG-1020 | College Composition II | |
| ENG-102H | Honors College Composition II | |
| Select one of the following: | | 3 |
| PSY-1010 | General Psychology | |
| PSY-101H | Honors General Psychology | |
| DIET-1200 | Basic Nutrition | 3 |
| SES-2130 | Kinesiology: Fundamentals of Human Movement | 3 |
| SES-2420 | Advanced Exercise Testing and Prescription | 3 |
| SES-2840 | Practicum: Sport and Exercise Studies | 2 |
| SES-xxxx | Fitness and Exercise Studies Elective | 3 |

Select one of the following: 1

EMT-1310 Cardiopulmonary Resuscitation

HLTH-1230 Standard First Aid and Personal Safety

HLTH-1310 Cardiopulmonary Resuscitation

¹ BIO-1100 Introduction to Biological Chemistry or CHEM-1010 Introduction to Inorganic Chemistry and CHEM-1020 Introduction to Organic Chemistry and Biochemistry will be accepted for BIO-1500 Principles of Biology I.

² BIO-2330 and BIO-2340 together will be accepted in place of BIO-2331 Anatomy and Physiology I and BIO-2341 Anatomy and Physiology II.

³ Highly recommend MATH-1410 Elementary Probability and Statistics I or MATH-1530 College Algebra for students planning to transfer to a four-year college/university.

Technical Electives

Select from the following courses to fulfill Sport and Exercise Studies elective:

| Code | Title | Credit Hours |
|----------|--|--------------|
| SES-1100 | Fundamentals of Fitness and Sport Management | 3 |
| SES-2300 | Personal Training Certification Preparation | 3 |
| SES-2320 | Group Fitness Instructor Certification Preparation | 3 |
| SES-2330 | Motor Learning and Development | 3 |
| SES-2340 | Analysis of Motor Skills | 3 |
| SES-2350 | Exercise for Special Populations | 3 |
| SES-2400 | Concepts of Sports Coaching | 3 |

Related Degrees and Certificates

- Fitness Specialist, Certificate of Proficiency (<http://catalog.tri-c.edu/programs/fitness-specialist-certificate-proficiency>)
- Sport and Exercise Studies, Associate of Applied Science (<http://catalog.tri-c.edu/programs/sport-exercise-studies-aas>)