

# SPORT AND EXERCISE STUDIES

Code	Title	Credit Hours
HLTH-1100	Personal Health Education	3
SES-1001	Introduction to Sport and Exercise Studies <sup>3</sup>	2
SES-1040	Teaching Exercise Training Techniques <sup>3</sup>	3
Select one of the following:		4
BIO-1050/105L	Human Biology	
BIO-1500	Principles of Biology I <sup>1</sup>	
Select one of the following:		3
ENG-1010	College Composition I	
ENG-101H	Honors College Composition I	
Select one of the following:		1-2
PE-1000	Personal Fitness	
PE-1010	Personal Strength Development	
PE-1020	Weight Training	
MATH-1xxx	1000-level MATH course or higher <sup>3</sup>	3
SES-2000	Essentials of Sports Injury Care <sup>3</sup>	3
SES-2310	Advanced Training Concepts and Techniques <sup>3</sup>	3
Select one of the following:		3-4
BIO-2331	Anatomy and Physiology I <sup>2</sup>	
SES-2010	Exercise and Movement Anatomy <sup>3</sup>	
Select one of the following:		3
PSY-1010	General Psychology	
PSY-101H	Honors General Psychology	
Select one of the following:		1
HLTH-1310	Cardiopulmonary Resuscitation	
EMT-1310	Cardiopulmonary Resuscitation	
HLTH-1230	Standard First Aid and Personal Safety	
SES-2100	Sport and Exercise Physiology <sup>3</sup>	3
SES-2410	Exercise Testing and Prescription <sup>3</sup>	3
SES-2500	Health and Wellness Coach Certification Prep <sup>3</sup>	3
Select one of the following:		3-4
BIO-2341	Anatomy and Physiology II <sup>2</sup>	
SES-xxxx	Fitness and Exercise Studies Elective <sup>3</sup>	
Select one of the following:		3
COMM-1010	Fundamentals of Speech Communication	
COMM-101H	Honors Speech Communication	
ENG-1020	College Composition II	
ENG-102H	Honors College Composition II	
DIET-1200	Basic Nutrition	3
SES-2130	Kinesiology: Fundamentals of Human Movement <sup>3</sup>	3
SES-2420	Advanced Exercise Testing and Prescription <sup>3</sup>	3

SES-2840	Practicum: Sport and Exercise Studies <sup>3</sup>	2
SES-xxxx	Fitness and Exercise Studies Elective <sup>3</sup>	3

<sup>1</sup> 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.

<sup>2</sup> 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.

<sup>3</sup> 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-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-2360	Fitness and Sport Management	3
SES-2370	Sport Performance and Strength Conditioning	3
SES-2380	Corrective Exercise Training	3
SES-2400	Concepts of Sports Coaching	3

## Related Degrees and Certificates

- Fitness Specialist, Certificate of Proficiency
- Sport and Exercise Studies, Associate of Applied Science