

# SPORT AND EXERCISE STUDIES, ASSOCIATE OF APPLIED SCIENCE



The Sport and Exercise Studies program is designed to prepare students for entry-level roles in Sport and Exercise Studies profession including: Fitness Specialist, Personal Trainer, Fitness Coordinator, Group Fitness Instructor, Specialty Instructor, and Sport Coach. The core curriculum includes Teaching Exercise Techniques, Advanced Training Concepts, Sport Injury Care, First Aid, CPR/AED, Fitness Management, Exercise Physiology, Kinesiology, Fitness and Wellness Coaching, Exercise Testing, Exercise Prescription and Program Design, technical electives, and practicum field experience. The program prepares students to take a variety of nationally recognized and accredited Personal Trainer, Group Fitness Instructor, and other specialty certifications.

**Program contact:** Learn more

Learn more about how certificate credits apply to the related degree.

## Program Admission Requirements

Application may be submitted to the Health Careers Enrollment Center after meeting the following requirements:

- High School Diploma/GED equivalency/approved CCP student
- ENG-0985 Introduction to College Literacies or appropriate score on English Placement Test.
- Eligibility for MATH-1000 or higher (MATH-1410 Elementary Probability and Statistics I or MATH-1530 College Algebra are highly recommended for students transferring to a four year college/university.)
- GPA required: 2.0 Admissions Requirement, 2.0 overall

## Other Information

- Criminal background check required.
- Students with a BCI record are not guaranteed acceptance into the program, a practicum site, or employment in a health career field.
- Students may need to complete additional requirements depending on their chosen practicum site.
- Students in the Sport & Exercise Studies (SES) program must achieve a grade of "C" or better in all SES courses in order to remain in good academic standing and progress through the program.
- The following courses are recommended for students transferring to a four-year college/university:

Code	Title	Credit Hours
BIO-1500	Principles of Biology I	4
BIO-2331	Anatomy and Physiology I	4
BIO-2341	Anatomy and Physiology II	4
Select one of the following:		3-4
MATH-1410	Elementary Probability and Statistics I	
MATH-1530	College Algebra	

- The following courses are recommended for students not transferring to a four-year college/university:

Code	Title	Credit Hours
BIO-1050	Human Biology	3
BIO-105L	Human Biology Laboratory	1
SES-2010	Exercise and Movement Anatomy	3

## Program Learning Outcomes

This program is designed to prepare students to demonstrate the following learning outcomes:

1. Demonstrate proficiency interpreting exercise pre-participation health screenings and performing industry-standard health and fitness assessments.
2. Effectively demonstrate and safely teach a variety of exercise modalities.
3. Effectively design, implement, supervise, and evaluate exercise prescriptions and programs based on client's assessment results, needs, goals, and interests.
4. Effectively educate, motivate and communicate healthy lifestyle behavior modifications.
5. Perform safe and ethical practices in a variety of health and fitness-related settings within industry standards.
6. Demonstrate an understanding of planning and administering effective fitness, recreational, sport, and wellness activities and programs.
7. Demonstrate knowledge of anatomy, exercise physiology, kinesiology and biomechanics as they relate to human movement, exercise and sport.

## Suggested Semester Sequence

First Semester		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 & BIO-105L	Human Biology and Human Biology Laboratory	
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	
Credit Hours		16-17

**Second Semester**

MATH-1xxx	1000-level MATH course or higher <sup>2</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	
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	

Credit Hours 16-17

**Third Semester**

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	
SES-xxxx	Fitness and Exercise Studies Elective	

Select one of the following: 3

ENG-1020	College Composition II	
ENG-102H	Honors College Composition II	
COMM-1010	Fundamentals of Speech Communication	
COMM-101H	Honors Speech Communication	

Credit Hours 15-16

**Fourth Semester**

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

Credit Hours 14

Total Credit Hours 61-64

<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> 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.

<sup>3</sup> Must achieve a grade of "C" or higher in all SES courses in order to remain in good standing and progress through the program.

**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