

SPORT AND EXERCISE STUDIES

Code	Title	Credit Hours
HLTH-1100	Personal Health Education	3
SES-1001	Introduction to Sport and Exercise Studies ³	2
SES-1040	Teaching Exercise Training Techniques ³	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	
Select one of the following:		1-2
PE-1000	Personal Fitness	
PE-1010	Personal Strength Development	
PE-1020	Weight Training	
Select one of the following: ³		3-4
MATH-1190	Algebraic and Quantitative Reasoning (or higher Approved Ohio Transfer 36 Mathematics course)	
MATH-1410	Elementary Probability and Statistics I (Recommended for Transfer) ³	
MATH-1530	College Algebra (Recommended for Transfer) ³	
SES-2000	Essentials of Sports Injury Care ³	3
SES-2310	Advanced Training Concepts and Techniques ³	3
Select one of the following:		3-4
BIO-2331	Anatomy and Physiology I ²	
SES-2010	Exercise and Movement Anatomy ³	
Select one of the following:		3
PSY-1010	General Psychology	
PSY-101H	Honors General Psychology	
Select one of the following:		1
HLTH-1230	Standard First Aid and Personal Safety	
HLTH-1320	CPR-AED for Healthcare Professionals	
SES-2100	Sport and Exercise Physiology ³	3
SES-2410	Exercise Testing and Prescription ³	3
SES-2500	Health and Wellness Coach Certification Prep ³	3
Select one of the following:		3-4
BIO-2341	Anatomy and Physiology II ²	
SES-xxxx	Fitness and Exercise Studies Elective ³	
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 ³	3
SES-2420	Advanced Exercise Testing and Prescription ³	3
SES-2840	Practicum: Sport and Exercise Studies ³	2
SES-xxxx	Fitness and Exercise Studies Elective ³	3

- 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. Students planning to transfer should see a counselor to determine best math selection for intended program of study at their four year school. MATH-1100 Math Explorations or MATH-1240 Contemporary Mathematics taken prior to Fall 2024 will be accepted to meet the Mathematics requirement.

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-2350	Exercise for Special Populations	3
SES-2360	Fitness and Sport Management	3
SES-2380	Corrective Exercise Training	3

MATH-1140, MATH-1141, MATH-1200, MATH-1270, and MATH-1280 can no longer count towards fulfilling the college-level mathematics requirement. These courses were re-classified as developmental mathematics by the state of Ohio in 2016. Tri-C established a 5-year transitioning window for students who had completed these courses prior to 2016 to apply them towards meeting graduation requirements, which expired in Summer 2021. It is highly recommended to see a counselor to determine the appropriate math required for your current major.

Related Degrees and Certificates

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