

SPORT AND EXERCISE STUDIES, ASSOCIATE OF APPLIED SCIENCE



The Sport and Exercise Studies program is designed to prepare students for career opportunities as a Fitness Specialist, Personal Trainer, Fitness Coordinator, Group Fitness Instructor, Strength Coach or Health and Wellness Coach. The core curriculum includes Teaching Exercise Techniques, Advanced Training Concepts, Sport Injury Care, Exercise Physiology, Kinesiology, Health and Wellness Coaching, Exercise Testing, Exercise Prescription and Program Design, and practicum field experience. The program prepares students to take national accredited certification exams for personal trainers, strength coaches, group fitness instructors, and health and wellness coaches. Graduates of the program may transfer to a four-year institution to continue their studies in exercise science or other fitness-related fields.

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-0995 Applied College Literacies or appropriate score on English Placement Test.
- Eligibility for MATH-1190 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

- Students may need to complete a criminal background check depending on their chosen practicum site.
- 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:

- Demonstrate proficiency interpreting exercise pre-participation health screenings and performing industry-standard health and fitness assessments.
- Effectively demonstrate and safely teach a variety of exercise modalities.
- Effectively design, implement, supervise, and evaluate exercise prescriptions and programs based on client's assessment results, needs, goals, and interests.
- Effectively educate, motivate and communicate healthy lifestyle behavior modifications.
- Perform safe and ethical practices in a variety of health and fitness-related settings within industry standards.
- Demonstrate an understanding of planning and administering effective fitness, recreational, sport, and wellness activities and programs.
- 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 ³	2
SES-1040	Teaching Exercise Training Techniques ³	3
Select one of the following:		4
BIO-1050 & BIO-105L	Human Biology and Human Biology Laboratory	
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	
Credit Hours		16-17
Second Semester		
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
MATH-1190	Algebraic and Quantitative Reasoning (or higher Ohio Transfer 36 Mathematics course)	
MATH-1410	Elementary Probability and Statistics I (Recommended for Transfer) ²	
MATH-1530	College Algebra (Recommended for Transfer) ²	
Select one of the following:		3-4
BIO-2331	Anatomy and Physiology I	
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	
Credit Hours		16-18
Third Semester		
SES-2100	Sport and Exercise Physiology ³	3
SES-2410	Exercise Testing and Prescription ³	3
Select one of the following:		3
SES-1300	Fitness and Wellness Coaching ³	
SES-2500	Health and Wellness Coach Certification Prep ^{3,4}	
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		
Select one of the following:		3
DIET-1050	Sports Nutrition	
DIET-1200	Basic Nutrition ⁵	
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
Credit Hours		14
Total Credit Hours		61-65

- 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 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.
- ³ Must achieve a grade of "C" or higher in all SES courses in order to remain in good standing and progress through the program.
- ⁴ Highly recommend SES 2500 for students looking to gain eligibility for the National Board Certified Health & Wellness Coach (NBC-HWC) credential.
- ⁵ Highly recommend DIET-1200 for students planning to transfer to a 4-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-2350	Exercise for Special Populations	3
SES-2360	Fitness and Sport Management	3
SES-2380	Corrective Exercise Training	3
SES-2390	Strength Coach Certification Prep	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.