

Ohio Dominican University Completion Guide
CSCC Associate of Applied Science – Exercise Science Major - to ODU Bachelor of Science – Exercise Science:
120 Semester Credit Hours
Effective Fall 2016 – Summer 2019

This document is an unofficial, informational guide. Courses in parenthesis are recommendations – other courses may be available.

You may review Ohio Dominican’s **COURSE CATALOG** for transfer policies and degree requirements.
 Please note this document may change via final academic departmental approval.

Columbus State Community College Associate of Applied Science - Exercise Science Major

First Semester

- SES 1100** Personal Fitness Concepts
- CHEM 1111** Elem. Chemistry I
- ENGL 1100** Composition I
- MATH 1148** College Algebra
- COLS 1100** First Year Exp. Seminar

Second Semester

- HOSP 1153** Nutrition
- PSY 1100** Intro to Psychology
- SES 1101** Intro to SES
- BIO 2300** Human Anatomy
- SES XXXX** (1002, 1004, 1005, 1006, 1008, 1009, or 1010)

Summer Semester

- SES 2437** Health Promotion
- SES 2440** Exercise Physiology
- SES 2415** Adv. Strength & Resistance
- BIO 2232** Human Physiology

Third Semester

- SES 2535** Sport Law
- ENGL 2367** Composition II
- SES 2426** Athletic Inj. Cont. & First Aid
- SES 2438** Fitness Concepts: Lifespan
- SBS XXXX** Select One

Fourth Semester

- SES 2441** Kinesiology
- SES 2442** Exer. Presc. & Quan. Analy.
- SES 2950** SES Practicum
- HUM XXXX** (History recommended)

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Fifth Semester

- BIO 341** Human Anatomy
- CHM 110** General Chemistry II
- EXSC 125** Intro to Exercise, Health & Nutrition
- MTH 140** Intro to Statistics
- THL (100 Level)**
- HST or Literature Course** (one course)*

Seventh Semester

- THL (200 Level)**
- LNG 242** Cross Cultural Communication
- SCI 479** Research in the Sciences
- EXSC Elective** (select from list)
- SPM Elective** (select from list)
- PHL (200 Level)**

Select at least three courses from the list:

- BIO 252** Human Nutrition
- EXSC 214** Intro to Pharmacology
- EXSC 240** Intro to Kinesiology
- EXSC 355** Personal Training
- EXSC 210** EKG Analysis
- EXSC 218** Motor Learning
- EXSC 370** Biomechanics
- EXSC 497** Internship in Exercise Science

*(If not completed at CSCC)**

Sixth Semester:

- BIO 342** Human Physiology
- EXSC 354** Exercise Physiology
- EXSC 480** Exercise Testing and Prescription
- CORE 379:** What is Justice?
- PHL (100 Level)**

Eighth Semester

- EXSC Elective** (select from list)
- EXSC Elective** (select from list)
- PSY/PHY/PEH Elective** (select from list)
- PHY/PEH Elective** (select from list)
- PEH Elective** (select from list)
- Art/Music/Theatre** (one course)*

Select at least three courses from the list:

- PSY 224** Human Development: Lifespan
- PHY 119 & 120** College Physics I & II -OR-
- PHY 219 & 220** General Physics I & II
- PEH 100** Activities (maximum 4 semester credits)
- PEH 122** First Aid
- PEH 241** The Prevention and Care of Athletic Injuries

Select one course from the list:

- SPM 110** Sport Management
- SPM 140** Sport Psychology
- SPM 310** Sport Event and Facility Management

Notes: One Art/Music/Theatre course is required; one course in History and one course in Literature is required.