



Columbus State Community College  
 Associate of Applied Science (AAS) Degree  
 Major: Sports & Exercises Studies- Exercise Science Track to  
 Otterbein University  
 Bachelor of Arts (BA) Degree, Major: Allied Health  
 Sample Graduation Plan



**Required Courses for the AAS Degree in Sports and Exercise Studies – Exercise Science Track**

COLUMBUS STATE COMMUNITY COLLEGE		<i>Columbus State Community College</i>			Name _____									
HEALTH AND HUMAN SERVICES DIVISION Effective Autumn Semester 2017		Plan of Study			Student # _____									
		Sport & Exercise Studies			Date Entered _____									
		Exercise Science Major			Advisor _____									
<b>FIRST SEMESTER</b>		<b>G/T/B</b>	<b>CR</b>	<b>SECOND SEMESTER</b>		<b>G/T/B</b>	<b>CR</b>	<b>THIRD SEMESTER</b>		<b>G/T/B</b>	<b>CR</b>			
SES XXXX	SES 1112, 1104, 1105, 1106, 1108, 1109 or 1110 (Select ONE)	T	1	SES 1100	Personal Fitness Concepts	T	3	SES 2415	Advanced Strength & Resistance Training Concepts	T	4			
ENGL1100	Composition I	G	3	SES 1101	Introduction to Sport & Exercise Studies	T	3	SES 2440	Exercise Physiology	T	4			
MATH 1148	College Algebra	G	4	SES XXXX	SES 1112, 1104, 1105, 1106, 1108, 1109 or 1110 (Select ONE)	T	1	BIO 1122*	Anatomy & Physiology II OR					
COLS 1100	First Year Experience Seminar	B	1	HNTR 1153	Nutrition for a Healthy Lifestyle	B	3	BIO 2301	Human Physiology	B	4			
BIO 1121*	Anatomy & Physiology I OR			PSY 1100	Introduction to Psychology	B	3							
BIO 2300	Human Anatomy	G	4											
<b>TOTAL</b>			<b>13</b>	<b>TOTAL</b>			<b>13</b>	<b>TOTAL</b>			<b>12</b>			
<b>FOURTH SEMESTER</b>		<b>G/T/B</b>	<b>CR</b>	<b>FIFTH SEMESTER</b>		<b>G/T/B</b>	<b>CR</b>	* Student must take either BIO 1121/2300 series OR BIO 1122/2301 series.						
SES 2426	Athletic Injury Control & First Aid	T	3	SES 2441	Kinesiology	T	4							
SES 2437	Health Promotion OR			SES 2442	Exercise Prescription & Quantitative Analysis	T	3							
SES 2438	Fitness Concepts Across the Lifespan	T	3	SES 2950	SES Practicum/Seminar	T	2							
SES 2535	Sport Law	T	3	HUM XXXX	(Select from list on back)	G	3							
SBS XXXX	(Select From list on back)	G	3											
ENGL 2XXX	2367 or 2567 or 2667 or 2767 Composition	B	3					<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">PROGRAM ADMISSIONS REQUIREMENTS</th> </tr> </thead> <tbody> <tr> <td>High school graduate or GED equivalency. Placement into ENGL 1100 &amp; MATH 1010.</td> </tr> </tbody> </table>				PROGRAM ADMISSIONS REQUIREMENTS		High school graduate or GED equivalency. Placement into ENGL 1100 & MATH 1010.
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High school graduate or GED equivalency. Placement into ENGL 1100 & MATH 1010.														
<b>TOTAL</b>			<b>15</b>	<b>TOTAL</b>			<b>12</b>							
<b>PROGRAM ADMISSIONS REQUIREMENTS</b>		<b>GRADUATION REQUIREMENTS</b>												
High school graduate or GED equivalency. Placement into ENGL 1100 & MATH 1010.		G = General Education B = Basic Education T = Technical Education												
										Total General Ed.	17			
										Total Basic	14			
		Total Non-Technical									31			
										Total Tech. Ed.	34			
								<b>TOTAL CREDITS</b>	<b>65</b>					

**Students should complete the BIO 2300 and 2301 sequence; SOC 1101 for SBS XXXX, and HIST 1181 or 1182 for HUM XXXX, to meet Columbus State and Otterbein University general education & degree requirements.**

## Required Courses for the Bachelor of Arts (BA) Degree, Major: Allied Health at Otterbein University

### Year 1

Autumn Semester		Spring Semester	
TYS Transfer Year Seminar <b>or</b> FYS First Year Seminar (choose one)	2-3	MATH 1240 Elementary Statistics	3
EXSC 3660 Movement Science I	3	EXSC 3670 Movement Science II (WI)	3
PSYC 2000 Lifespan Development	3	EXSC 3000 Research Design <b>or</b> EXSC 3200 Individualized Projects (choose one)	3
CHEM 1100 & 1110 Survey of General Chemistry & Lab (DS)	4	INST 2200, 2400, <b>or</b> 2600 (choose one)*	3
EXSC 2000 Scientific Procedures in Allied Health	3	Elective (DS)	
Total	15-16	Total	15

### Year 2

Autumn Semester		Spring Semester	
ATHT 4100 Professional Development in Allied Health (WI)	3	INST 2200, 2400, <b>or</b> 2600 (choose one)*	3
Elective (EXSC 4902 Internship or other)	3	INST 3000 Interdisciplinary Seminar	3
Elective	3	Elective	3
INST 2200, 2400, <b>or</b> 2600 (choose one)*	3	SYE Senior Year Experience	3
Elective 3		Elective	3
Total	15	Total	15

## Notes about the Bachelor of Arts (BA) Degree, Major: Allied Health at Otterbein University

- To graduate from Otterbein, students are required to complete 50% or more of their degree at Otterbein. Otterbein requires 120 credit hours to complete the bachelor's degree. Students must complete three writing intensive courses (WI) (ENGL 1100 plus two additional courses in the major at Otterbein) and three disciplinary skills courses (DS) (ENGL 2X67 plus two additional courses taken at Otterbein).
- \*INST 2X00 Courses:** Students may complete INST 2200, 2400, and 2600 in any order at Otterbein. Only one 2X00 course can remain to be taken with the INST 3000: Interdisciplinary Seminar.
- Students must earn a C or higher in all prerequisite course work for the Allied Health major at Otterbein. Students are encouraged to meet with an Otterbein advisor regarding their major course work and general education course work meant to satisfy Otterbein's general education or INST requirement.
- Students complete the AAS SES- Exercise Science Track degree and will then complete two years at Otterbein University to complete requirements for the BA degree.
- Students who are seeking entry to Doctor of Occupational Therapy programs will also need to complete an Abnormal Psychology or relevant upper level psychology course. Students preparing for any of these programs are strongly encouraged to speak with their Otterbein advisor on the appropriate course plan.