



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



Required Courses for the AAS Degree in Sports and Exercise Studies – Wellness & Health Promotion Track

 HEALTH AND HUMAN SERVICES DIVISION Effective Autumn Semester 2020	<h2 style="margin: 0;">Columbus State Community College</h2> <h3 style="margin: 0;">Plan of Study</h3> <h3 style="margin: 0;">Sport & Exercise Studies</h3> <h2 style="margin: 0;">Wellness & Health Promotion Major</h2>	Name _____ Student # _____ Date Entered _____ Advisor _____																																																																																								
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">FIRST SEMESTER</th> <th style="text-align: center;">G/T/B</th> <th style="text-align: center;">CR</th> <th></th> </tr> </thead> <tbody> <tr> <td>SES 1100 Personal Fitness Concepts</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>SES XXXX SES 1112, 1104, 1105, 1106, 1108, 1109 or 1110 (Select one)</td> <td style="text-align: center;">T</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>ENGL1100 Composition I</td> <td style="text-align: center;">G</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>MATH 1104 Mathematical Concepts for Business</td> <td style="text-align: center;">G</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>COLS 1100 First Year Experience Seminar</td> <td style="text-align: center;">B</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>MULT 1170 Current Issues: HIV</td> <td style="text-align: center;">B</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td style="text-align: center;">TOTAL</td> <td></td> <td style="text-align: center;">12</td> <td></td> </tr> </tbody> </table>	FIRST SEMESTER	G/T/B	CR		SES 1100 Personal Fitness Concepts	T	3		SES XXXX SES 1112, 1104, 1105, 1106, 1108, 1109 or 1110 (Select one)	T	1		ENGL1100 Composition I	G	3		MATH 1104 Mathematical Concepts for Business	G	3		COLS 1100 First Year Experience Seminar	B	1		MULT 1170 Current Issues: HIV	B	1		TOTAL		12		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">SECOND SEMESTER</th> <th style="text-align: center;">G/T/B</th> <th style="text-align: center;">CR</th> <th></th> </tr> </thead> <tbody> <tr> <td>SES 1101 Introduction to Sport & Exercise Studies</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>BIO 1121* Anatomy & Physiology I OR</td> <td></td> <td></td> <td></td> </tr> <tr> <td>BIO 2300 Human Anatomy</td> <td style="text-align: center;">G</td> <td style="text-align: center;">4</td> <td></td> </tr> <tr> <td>HNTR 1153 Nutrition for a Healthy Lifestyle</td> <td style="text-align: center;">B</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>BMGT 2216 Business Ethics</td> <td style="text-align: center;">B</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td style="text-align: center;">TOTAL</td> <td></td> <td style="text-align: center;">13</td> <td></td> </tr> </tbody> </table>	SECOND SEMESTER	G/T/B	CR		SES 1101 Introduction to Sport & Exercise Studies	T	3		BIO 1121* Anatomy & Physiology I OR				BIO 2300 Human Anatomy	G	4		HNTR 1153 Nutrition for a Healthy Lifestyle	B	3		BMGT 2216 Business Ethics	B	3		TOTAL		13		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">THIRD SEMESTER</th> <th style="text-align: center;">G/T/B</th> <th style="text-align: center;">CR</th> <th></th> </tr> </thead> <tbody> <tr> <td>SES 2437 Health Promotion</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>SES 2440 Exercise Physiology</td> <td style="text-align: center;">T</td> <td style="text-align: center;">4</td> <td></td> </tr> <tr> <td>SES 2740 Dimensions of Wellness</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>BIO 1122* Anatomy & Physiology II OR</td> <td></td> <td></td> <td></td> </tr> <tr> <td>BIO 2301 Human Physiology</td> <td style="text-align: center;">B</td> <td style="text-align: center;">4</td> <td></td> </tr> <tr> <td style="text-align: center;">TOTAL</td> <td></td> <td style="text-align: center;">14</td> <td></td> </tr> </tbody> </table>	THIRD SEMESTER	G/T/B	CR		SES 2437 Health Promotion	T	3		SES 2440 Exercise Physiology	T	4		SES 2740 Dimensions of Wellness	T	3		BIO 1122* Anatomy & Physiology II OR				BIO 2301 Human Physiology	B	4		TOTAL		14	
FIRST SEMESTER	G/T/B	CR																																																																																								
SES 1100 Personal Fitness Concepts	T	3																																																																																								
SES XXXX SES 1112, 1104, 1105, 1106, 1108, 1109 or 1110 (Select one)	T	1																																																																																								
ENGL1100 Composition I	G	3																																																																																								
MATH 1104 Mathematical Concepts for Business	G	3																																																																																								
COLS 1100 First Year Experience Seminar	B	1																																																																																								
MULT 1170 Current Issues: HIV	B	1																																																																																								
TOTAL		12																																																																																								
SECOND SEMESTER	G/T/B	CR																																																																																								
SES 1101 Introduction to Sport & Exercise Studies	T	3																																																																																								
BIO 1121* Anatomy & Physiology I OR																																																																																										
BIO 2300 Human Anatomy	G	4																																																																																								
HNTR 1153 Nutrition for a Healthy Lifestyle	B	3																																																																																								
BMGT 2216 Business Ethics	B	3																																																																																								
TOTAL		13																																																																																								
THIRD SEMESTER	G/T/B	CR																																																																																								
SES 2437 Health Promotion	T	3																																																																																								
SES 2440 Exercise Physiology	T	4																																																																																								
SES 2740 Dimensions of Wellness	T	3																																																																																								
BIO 1122* Anatomy & Physiology II OR																																																																																										
BIO 2301 Human Physiology	B	4																																																																																								
TOTAL		14																																																																																								
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">FOURTH SEMESTER</th> <th style="text-align: center;">G/T/B</th> <th style="text-align: center;">CR</th> <th></th> </tr> </thead> <tbody> <tr> <td>SES 2438 Fitness Concepts Across the Lifespan</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>SES 2535 Sport Law</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>SES 2750 Chronological & Physiological Wellness in Humans</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>ANTH 2202 Introduction to Cultural Anthropology</td> <td style="text-align: center;">G</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td style="text-align: center;">TOTAL</td> <td></td> <td style="text-align: center;">12</td> <td></td> </tr> </tbody> </table>	FOURTH SEMESTER	G/T/B	CR		SES 2438 Fitness Concepts Across the Lifespan	T	3		SES 2535 Sport Law	T	3		SES 2750 Chronological & Physiological Wellness in Humans	T	3		ANTH 2202 Introduction to Cultural Anthropology	G	3		TOTAL		12		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">FIFTH SEMESTER</th> <th style="text-align: center;">G/T/B</th> <th style="text-align: center;">CR</th> <th></th> </tr> </thead> <tbody> <tr> <td>SES 2760 Clinical & Corporate Wellness</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>SES 2770 Society and Wellness</td> <td style="text-align: center;">T</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>SES 2950 SES Practicum/Seminar</td> <td style="text-align: center;">T</td> <td style="text-align: center;">2</td> <td></td> </tr> <tr> <td>HUM XXXX Humanities (Select from list on back) 2367 or 2567 or 2667 or 2767</td> <td style="text-align: center;">G</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td>ENGL 2XX7 Composition II</td> <td style="text-align: center;">B</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td style="text-align: center;">TOTAL</td> <td></td> <td style="text-align: center;">14</td> <td></td> </tr> </tbody> </table>	FIFTH SEMESTER	G/T/B	CR		SES 2760 Clinical & Corporate Wellness	T	3		SES 2770 Society and Wellness	T	3		SES 2950 SES Practicum/Seminar	T	2		HUM XXXX Humanities (Select from list on back) 2367 or 2567 or 2667 or 2767	G	3		ENGL 2XX7 Composition II	B	3		TOTAL		14		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">PHYSICAL EDUCATION ELECTIVES</th> <th style="text-align: center;">CR</th> <th></th> </tr> </thead> <tbody> <tr> <td>SES 1104 Yoga</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>SES 1105 Introduction to Strength & Resistance</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>SES 1106 Golf</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>SES 1108 Women's Self Defense</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>SES 1109 Bowling</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>SES 1110 Fitness Kickboxing</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>SES 1112 Total Body Conditioning</td> <td style="text-align: center;">1</td> <td></td> </tr> </tbody> </table>	PHYSICAL EDUCATION ELECTIVES	CR		SES 1104 Yoga	1		SES 1105 Introduction to Strength & Resistance	1		SES 1106 Golf	1		SES 1108 Women's Self Defense	1		SES 1109 Bowling	1		SES 1110 Fitness Kickboxing	1		SES 1112 Total Body Conditioning	1													
FOURTH SEMESTER	G/T/B	CR																																																																																								
SES 2438 Fitness Concepts Across the Lifespan	T	3																																																																																								
SES 2535 Sport Law	T	3																																																																																								
SES 2750 Chronological & Physiological Wellness in Humans	T	3																																																																																								
ANTH 2202 Introduction to Cultural Anthropology	G	3																																																																																								
TOTAL		12																																																																																								
FIFTH SEMESTER	G/T/B	CR																																																																																								
SES 2760 Clinical & Corporate Wellness	T	3																																																																																								
SES 2770 Society and Wellness	T	3																																																																																								
SES 2950 SES Practicum/Seminar	T	2																																																																																								
HUM XXXX Humanities (Select from list on back) 2367 or 2567 or 2667 or 2767	G	3																																																																																								
ENGL 2XX7 Composition II	B	3																																																																																								
TOTAL		14																																																																																								
PHYSICAL EDUCATION ELECTIVES	CR																																																																																									
SES 1104 Yoga	1																																																																																									
SES 1105 Introduction to Strength & Resistance	1																																																																																									
SES 1106 Golf	1																																																																																									
SES 1108 Women's Self Defense	1																																																																																									
SES 1109 Bowling	1																																																																																									
SES 1110 Fitness Kickboxing	1																																																																																									
SES 1112 Total Body Conditioning	1																																																																																									
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">PROGRAM ADMISSIONS REQUIREMENTS</th> </tr> </thead> <tbody> <tr> <td>High school graduate or GED equivalency. Placement into ENGL 1100 & MATH 1010.</td> </tr> </tbody> </table>	PROGRAM ADMISSIONS REQUIREMENTS	High school graduate or GED equivalency. Placement into ENGL 1100 & MATH 1010.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: left;">GRADUATION REQUIREMENTS</th> </tr> </thead> <tbody> <tr> <td colspan="2">G = General Education</td> </tr> <tr> <td colspan="2">B = Basic Education</td> </tr> <tr> <td colspan="2">T = Technical Education</td> </tr> <tr> <td style="text-align: right;">Total General Ed.</td> <td style="text-align: right;">16</td> </tr> <tr> <td style="text-align: right;">Total Basic</td> <td style="text-align: right;">15</td> </tr> <tr> <td style="text-align: right;">Total Non-Technical</td> <td style="text-align: right;">31</td> </tr> <tr> <td style="text-align: right;">Total Tech. Ed.</td> <td style="text-align: right;">34</td> </tr> <tr> <td style="text-align: right;">TOTAL CREDITS</td> <td style="text-align: right;">65</td> </tr> </tbody> </table>	GRADUATION REQUIREMENTS		G = General Education		B = Basic Education		T = Technical Education		Total General Ed.	16	Total Basic	15	Total Non-Technical	31	Total Tech. Ed.	34	TOTAL CREDITS	65	<p>* Student must take either BIO 1121/2300 series OR BIO 1122/2301 series.</p>																																																																				
PROGRAM ADMISSIONS REQUIREMENTS																																																																																										
High school graduate or GED equivalency. Placement into ENGL 1100 & MATH 1010.																																																																																										
GRADUATION REQUIREMENTS																																																																																										
G = General Education																																																																																										
B = Basic Education																																																																																										
T = Technical Education																																																																																										
Total General Ed.	16																																																																																									
Total Basic	15																																																																																									
Total Non-Technical	31																																																																																									
Total Tech. Ed.	34																																																																																									
TOTAL CREDITS	65																																																																																									

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

Year 1

Autumn Semester		Spring Semester	
TYS Transfer Year Seminar or FYS First Year Seminar	2-3	PUBH 2400 Public Health Epidemiology	3
INST 2400, 2600, or 2800 (choose one)*	3	SOC 3030 Poverty, Wealth & Inequality	3
PUBH 3500 Health Education Program Planning & Evaluation (WI)	3	EXSC 3000 Research Design	3
PSYC 1060 Statistics for the Behavioral Sciences	4	INST 2400, 2600, or 2800 (choose one)*	3
Elective	3	PSYC 2610 Social Psychology	3
Total	15-16	Total	15

Year 2

Autumn Semester		Spring Semester	
PUBH 4000 Public Health Education Methods	3	PUBH 4901 Internship in Health Education (WI)	6
COMM 2700 Intro to Health Communication	3	MSAH 5500 U.S. Healthcare Policy	3
SYE Senior Year Experience	3	INST 3000 Interdisciplinary Seminar	3
INST 2400, 2600, or 2800 (choose one)*	3	Elective	3
Elective	3		
Total	15	Total	15

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

- At Otterbein, at least 36 credit hours of coursework must be taken in Otterbein classes. Of these hours: at least 9 credit hours must be taken in each of a student's majors at the 3000 level or above, at least 5 credit hours (any level) must be taken in each minor, and at least one INST 2XXX thread course, INST 3XXX, and an SYE course must be taken at Otterbein. Otterbein requires 120 credit hours to complete the bachelor's degree with an overall GPA of 2.0 or higher. 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 anatomy sequence courses completed at CSCC). Students must complete either BIO 1121 AND 1122 **or** BIO 2300 AND 2301. Students cannot mix sequence courses.
- ***INST 2X00 Courses:** Students may complete INST 2400, 2600, and 2800 in any order at Otterbein. Only one 2X00 course can remain to be taken with the INST 3000: Interdisciplinary Seminar. ANTH 2202 (INST 2000) and BMGT 2216 (INST 2200) meet INST requirements at Otterbein.
- Students must earn a C or higher in all prerequisite course work for the Public Health Education 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- Wellness & Health Promotion Track degree and will then complete two years at Otterbein University to complete requirements for the BA degree. By completing the AAS SES-Wellness & Health Promotion Track students will have PUBH 1700 waived at Otterbein.