



**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**

**FIRST SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES1100 - Personal Fitness Concepts	AU SP SU	3.0	
SES1104 - Yoga or	AU SP SU	1.0	
SES1105 - Intro Strength & Resistance Training or	AU SP SU	1.0	
SES1106 - Golf or	AU SP SU	1.0	
SES1108 - Women's Self Defense or	AU SP SU	1.0	
SES1109 - Bowling or	AU SP SU	1.0	
SES1110 - Fitness Kick Boxing or	AU SP SU	1.0	
SES1112 - Total Body Conditioning	AU SP SU	1.0	
ENGL1100 - Composition I	AU SP SU	3.0	
MATH1104 - Mathematical Concepts for Business	AU SP SU	3.0	
COLS1100 - First Year Experience Seminar	AU SP SU	1.0	
MULT1170 - Current Issues:HIV Infection	AU SP SU	1.0	
Milestone/Progress Check: • Students must schedule an appointment within the Sport & Exercise Studies program to review their degree completion plan and schedule upcoming semester courses.		0.0	
<b>Semester Credits</b>		<b>12</b>	

**SECOND SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES1101 - Intro Sport & Exercise Studies	AU SP SU	3.0	• Students should plan on attending a SES Open Door Session to plan next semester courses.
BIO1121 - Anatomy and Physiology I * or	AU SP SU	4.0	
BIO2300 - Human Anatomy *	AU SP SU	4.0	
HNTR1153 - Nutrition for a Healthy Lifestyle	AU SP SU	3.0	
BMGT2216 - Business Ethics	AU SP SU	3.0	
<b>Semester Credits</b>		<b>13</b>	

**THIRD SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES2437 - Health Promotion	AU SP SU	3.0	• Students should plan on attending a SES open Door Session to plan next semester courses.
SES2440 - Exercise Physiology	AU SP SU	4.0	
SES2740 - Dimension of Wellness	AU SP SU	3.0	
BIO1122 - Anatomy & Physiology II * or	AU SP SU	4.0	
BIO2301 - Human Physiology *	AU SP SU	4.0	
<b>Semester Credits</b>		<b>14</b>	

**FOURTH SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES2436 - Fitness Concepts Across the Lifespan	AU SP SU	3.0	• Students need to meet with the SES Clinical Coordinator to sign up for the SES 2950 Internship/Practicum course required for graduation.
SES2535 - Sport Law	AU SP SU	3.0	
SES2750 - Chronological & Physiological Wellness	AU SP SU	3.0	
ANTH2202 - Peoples & Culture	AU SP SU	3.0	
<b>Semester Credits</b>		<b>12</b>	

**FIFTH SEMESTER**

Course	Term	Credits	Milestones/Progress Check
SES2760 - Clinic/Corporate Wellness	AU SP SU	3.0	• Students need to meet with the SES Clinical Coordinator to sign up for the
SES2770 - Society and Wellness	AU SP SU	3.0	
SES2950 - SES Practicum/Seminar	AU SP SU	2.0	
HUM-XXXX (select from approved GE-HUM list)		3.0	
ENGL2367 - Composition II or	AU SP SU	3.0	
ENGL2567 - Comp II Writing about Gender & Identity or	SP	3.0	
ENGL2667 - Comp II American Working-Class Identity or	AU	3.0	
ENGL2767 - Comp II Writing About Science/Technology	AU SP SU	3.0	
<b>Semester Credits</b>		<b>14</b>	
<b>TOTAL ACCUMULATED CREDITS</b>		<b>65</b>	

SES 2950 Internship/Practicum course required for graduation.

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

### **Year 1**

<b>Autumn Semester</b>		<b>Spring Semester</b>	
TYS Transfer Year Seminar <b>or</b> FYS First Year Seminar	2-3	PHE 2400 Public Health Epidemiology	3
INST 2400, 2600, <b>or</b> 2800 (choose one)*	3	SOCL 3030 Poverty, Wealth & Inequality	3
PHE 1300 Prof Dev I: Fndts of Public Health Ed.	3	EXSC 3000 Research Design	3
PHE 3500 Health Ed Program Planning & Eval. (WI)	3	INST 2400, 2600, <b>or</b> 2800 (choose one)*	3
PSYC 1060 Statistics for the Behavioral Sciences	4	PSYC 2610 Social Psychology	3
Total	15-16	Total	15

### **Year 2**

<b>Autumn Semester</b>		<b>Spring Semester</b>	
PHE 4000 Public Health Education Methods	3	PHE 4300 Prof Dev II: Transition to the Profession	2
COMM 2700 Intro to Health Communication	3	PHE 4901 Internship in Health Education (WI)	6
SYE Senior Year Experience	3	MSAH 5500 U.S. Healthcare Policy	3
INST 2400, 2600, <b>or</b> 2800 (choose one)*	3	INST 3000 Interdisciplinary Seminar	3
Elective	3		
Total	15	Total	14

## **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 and ENGL 2XX7 plus one additional course at Otterbein) and three disciplinary skills courses (DS).
- \*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 PHE 1700 waived at Otterbein.