

## SUGGESTED SEQUENCE AT TRI-C

### First Year

Fall Semester	Credits	Spring Semester	Credits
ENG 1010/101H College Composition I	3	MATH 1410 Elementary Probability and Statistics <b>OR</b> MATH 1530 College Algebra	3
BIO 1500 Principles of Biology I	4	BIO 2331 Anatomy and Physiology I	4
PE 1000 Personal Fitness <b>OR</b> PE 1010 Personal Strength Development <b>OR</b> PE 1020 Weight Training	1	HLTH 1230 Standard First Aid and Personal Safety <b>OR</b> HLTH 1320 CPR-AED for Healthcare Professionals	1
HLTH 1100 Personal Health Education	3	SES 2000 Essentials of Sports Injury Care	3
SES 1001 Introduction to Sport and Exercise Studies	2	SES 2310 Advanced Training Concepts and Techniques	3
SES 1040 Teaching Exercise Training Techniques	3	PSY 1010/101H General Psychology	3
<b>Semester Total</b>	<b>16</b>	<b>Semester Total</b>	<b>17</b>

### Second Year

Fall Semester	Credits	Spring Semester	Credits
SES 1300 Fitness & Wellness Coaching <b>OR</b> SES 2500 Health and Wellness Coach Certification Prep	3	DIET 1200 Basic Nutrition <b>OR</b> DIET 1050 Sports Nutrition	3
ENG 1020/102H College Composition II	3	SES 2130 Kinesiology: Fundamentals of Human	3
BIO 2341 Anatomy and Physiology II	4	SES 2420 Advanced Exercise Testing and Prescription	3
SES 2100 Sport and Exercise Physiology	3	SES 2320 Group Fitness Instructor Certificate Preparation	3
SES 2410 Exercise Testing and Prescription	3	SES 2840 Practicum: Sport and Exercise Studies	2
<b>Semester Total</b>	<b>16</b>	<b>Semester Total</b>	<b>14</b>
<b>Total minimum credits earned at Tri-C</b>			<b>63</b>
<b>Associate of Applied Science Awarded</b>			

## SUGGESTED SEQUENCE AT CSU

### Third Year

Fall Semester	Credits	Spring Semester	Credits
Arts and Humanities (ALAAME)	3	HED 360 Health Promotion in the Workplace	3
MTH 116 Foundation of Quantitative Literacy	3	HED 475 Nutrition and Physical Activity	3
PED 325 Physiology of Exercise	3	PED 494 Biomechanics	3
HPR 250 Diversity and Sport	3	PED 439 Therapeutic Recreation/Disability	3
DAN 201 Introduction to Dance	3	PED 328 Legal/Admin of PE/Sport	3
PED/PES Physical Skill Course	1	PED/PES Physical Skill Course	1
<b>Semester Total</b>	<b>16</b>	<b>Semester Total</b>	<b>16</b>

### Fourth Year

Fall Semester	Credits	Spring Semester	Credits
PED 466 Sport/Fitness Facility Management	3	HPE 452 Gateway to the Profession	3
PED 472 Physiology of Aging	3	PED 480 Internship	8
HED 450 Theories of Health Behavior	3	PED/PES Physical Skill Course	1
HPE 415 Evaluation in Health and Human Performance	3		
PED 471 Exercise Programs for Special Populations	3		
<b>Semester Total</b>	<b>15</b>	<b>Semester Total</b>	<b>12</b>
<b>Bachelor of Science in Education Degree Awarded</b>			<b>122</b>

**Pre-Requisites:**

College-ready in Math and English

2 years of the same foreign language completed in high school

*students who do not meet these pre-requisites may need to complete additional credits*

CSU classes; some offered only once per year; some offered more than once per year, including summer

Students must complete 30 credit hours of college-level work, have a 2.50 cumulative GPA, earn a C or better in college-level English and Math courses, and earn a C or better in all major courses to meet the admission requirement to take Education courses at CSU

CSU requires a minimum of 120 total credit hours for graduation. At least 30 credits must be completed in-residence at CSU. At least 24 of the in-residence credits must be completed at the upper division (300/400) level. Students deficient in total credits or in-residence must take additional elective credits to meet the minimum requirements.

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This map represents one example of how to complete the AAS and BS degrees. Students should work closely with counselors/advisors at both institutions to discuss options.