



COLLEGE: Sinclair College

CAREER FIELD: Health Science

PATHWAY: Exercise Science and Sports Medicine

PROGRAM: Exercise Science

62 Credit Hours - Associate of Applied Science

EXSC.S.AAS

HIGH SCHOOL	Freshman	English I (1)	Algebra & Geometry or Algebra I (1)	Physical Science (1)	Social Studies (1)	Health (.5) Physical Education (.5)	Career Field Exploration	Fine Arts/Foreign Language/Business Elective (1)
	Sophomore	English II (1)	Geometry or Algebra II (1)	Biology or Life Science (1)	US History (1)	Technology Elective (1)	Career Pathway Foundation	Fine Arts/Foreign Language/Business Elective (1)
	Junior	English III (1)	Algebra II / Adv Algebra II & Trigonometry (1)	Chemistry (1)	US Govt (.5) Economics and Financial Literacy Social Studies Elective (.5)	Career Tech Health Science (1)	Career Tech Health Science (1)	Career Tech Health Science (1)
	Senior	English IV (1)	College Math or Calculus (1)	Advanced study in Life or Physical Science OR Earth/Space Science (1)	Psychology, Sociology or Social Studies Elective (1)	Career Tech Health Science (1)	Career Tech Health Science (1)	Career Tech Health Science (1)

Take ACT, SAT, or required Sinclair placement test. Visit Sinclair academic advising. Earn high school diploma. Complete pathway as designed.

COLLEGE	1st Semester	• ENG 1101 English Composition I (3)	• BIO 1121 Human Anatomy & Physiology I (3)	■ ENS 1116 Introduction to Exercise Science & Health Promotion (3)	■ ENS 1118 Lifetime Physical Fitness & Wellness (3)	ALH 1101 Introduction to Healthcare Delivery (2)	• COM 2211 Effective Public Speaking (3)	
	2nd Semester	ENS 1214 Personal & Community Health Behavior (3)	• ■ HIM 1101 Medical Terminology (2)	MAT 1130 Allied Health Math (3)	• BIO 1222 Human Anatomy & Physiology II (3)	DIT 1111 Nutrition for Health & Fitness (3)	• PSY 1100 General Psychology (3)	
	3rd Semester	ENS 1212 Fundraising and Sport Budgeting (3)	ENS 2316 Motor Development & Motor Learning (3)	ALH 1132 American Heart Association Heartsaver First Aid (1)	ENS 2318 Fitness Assessment & Exercise Prescription (3)	ALH 1110 Principles of Electrocardiography (3)		
	4th Semester	ENS 2417 Methods of Teaching (3)	ENS 2317 Methods of Teaching Lab (1)	ENS 2416 Certification Preparatory Course (3)	ENS 2418 Exercise Prescription for Special Populations (3)	ENS 2471 Exercise, Nutrition & Sports Science Practicum (2)	ENS 2419 Health Promotion, Fitness & Sport Programming (3)	

• = Courses guaranteed to transfer to Ohio's public institutions of higher education

■ Indicates eligible college course opportunities via Proficiency credit or Articulated Award credit.

■ Indicates Career-Technical Assurance Guides (CTAG)-approved transfer credit. The high school or career center is responsible for sending the proper documentation, along with the Verification of Course/Program Completion form to the college in order for credits to be posted on a student's transcript.

Required Courses (credit hours)

Recommended Elective Courses

revised 12/5/17

Please note: This template does not provide department approved course sequences for students to follow. That is, the courses may be presented out of order. It is best for students to consult with an academic advisor in order to plan a semester by semester course schedule in order to meet the requirements for their certificates and degree programs.