



PROGRAM OF STUDY PATHWAY TEMPLATES 2011–2012
 — EXERCISE SCIENCE *

COLLEGE: **Sinclair Community College**

HIGH SCHOOL(S): **Centerville, Miami Valley CTC,**



**Miamisburg, Warren CCC, Franklin,
 Hamilton, Springfield**

CAREER FIELD: **Health Science**

PATHWAY: **Exercise Science / Sports & Recreation Health Care**

PROGRAM: **Exercise Science**

98 Credit Hours - Associate Degree

HIGH SCHOOL	Freshman	English I (1)	Integrated Algebra & Geometry or Algebra I (1)	Physical Science (1)	Social Studies (1)	Health (.5) P E (.5)	Career Exploration	Elective (1)
	Sophomore	English II (1)	Geometry (1)	Biology (1)	American History (1)	P E (.5) Elective(.5)	■ Technology: Word & Excel (.5) Art (.5)	Elective (1)
	Junior	English III (1)	Algebra II (1)	Chemistry (1)	American Govt (.5) Social Studies Elective (.5)	College Tech Prep Exercise Science Technology (1)	College Tech Prep Exercise Science Technology (1)	Elective (1)
	Senior	English IV (1)	Pre College Math (1)	■ Human Biology - Anatomy (1)	Psychology or Other Elective (1)	College Tech Prep Exercise Science Technology (1)	College Tech Prep Exercise Science Technology (1)	Elective (1)

Take Accuplacer (reading, math, and writing). Visit Sinclair academic advising. Earn high school diploma. Complete pathway as designed.

COLLEGE	1st Quarter	● ENG 111 (3) English Composition I	■ BIO 107 / 108 (5) Human Biology	PED 106 (1) Weight Training	◆ PED 250 (3) Intro to Exercise Science	■ BIS 160 (3) Intro to Word, PowerPoint, & Excel	PED 154 (1) Aerobic Conditioning	
	2nd Quarter	● ENG 112 (3) English Composition II	PED 234 (3) Concepts of Total Fitness	BIO 121 / 127 (5) Human Anatomy & Physiology I	PED 273 (2) Methods of Teaching Group Fitness	MAT 106 (4) Allied Health Math		
	3rd Quarter	PED 236 (3) Personal & Community Health	BIO 122 / 128 (5) Human Anatomy & Physiology II	ALH 107 / 108 (3) Intro to Electrocardiography	PED 272 (2) Methods of Strength Training	● PSY 121 (3) General Psychology I		
	4th Quarter	PHI 206 (4) Intro to Ethics	DIT 111 (3) Nutrition for a Healthy Lifestyle	PED 193 (3) Physical Fitness Evaluation	● COM 211 (3) Effective Public Speaking	◆ PED 200 (2) First Aid & CPR	● PSY 122 (3) General Psychology II	
	5th Quarter	PSY 165 (4) Sport & Exercise Psychology	◆ PED 239 (3) Athletic Injuries	COM 206 (3) Interpersonal Communication	PED 268 (3) Motor Development	PED 251 (3) Principles & Method of Training I		
	6th Quarter	PED 237 (3) Org & Admin of Recreation Fitness	PED 269 (3) Motor Learning	PED 270 (3) Internship Exercise Science	PED 271 (3) Certification Exam Prep	PED 252 (3) Principles & Method of Training II		



Sinclair converts to semesters in 2012-2013.
 Visit www.sinclair.edu/semesters for new course names and credit hours.

Credit-Based Transition Programs, such as dual enrollment, articulated courses 2+2 (+2)

◆ = high school to college ● = community college to 4 year institution ■ = opportunity to test out

Required Courses (credit hours)

Recommended Elective Courses