

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 OR MATH 1530 College Algebra	3-4
BIO 1500 Principles of Biology I	4	BIO 2331 Anatomy and Physiology I	4
PE 1000 Personal Fitness OR PE 1010 Personal Strength Development OR PE 1020 Weight Training	1-2	HLTH 1230 Standard First Aid and Personal Safety OR 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
Semester Total	16-17	Semester Total	17-18

Second Year

Fall Semester	Credits	Spring Semester	Credits
SES 1300 Fitness & Wellness Coaching	3	DIET 1200 Basic Nutrition OR DIET 1050 Sports Nutrition	3
ENG 1020/102H College Composition II	3	SES 2130 Kinesiology: Fund. of Human Movement	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
Semester Total	16	Semester Total	14
Total minimum credits earned at Tri-C			63-65
Associate of Applied Science Awarded			

SUGGESTED SEQUENCE AT CSU

Third Year

Fall Semester	Credits	Spring Semester	Credits
EXS 324 Physical Fitness	2	HED 360 Health Promotion in the Workplace	3
MTH 116 Foundation of Quantitative Literacy	3	EXS 475 Nutrition and Physical Activity	3
EXS 325/326 Physiology of Exercise and lab	4	EXS 494 Biomechanics	3
HPR 250 Diversity and Sport	3	EXS 328 Legal/Admin of PE/Sport	3
PES Physical Skill Course	1	Arts and Humanities	3
Semester Total	13	Semester Total	15

Fourth Year

Fall Semester	Credits	Spring Semester	Credits
EXS 439 Therapeutic Recreation/Disability	3	EXS 452 Gateway to the Profession	3
EXS 472 Physiology of Aging	3	EXS 480 Internship	8
Arts and Humanities (ALAAME)	3	PES Physical Skill Course	1
EXS 415 Evaluation in Health and Human Performance	3	Elective	0-2
EXS 471 Exercise Programs for Special Populations	3		
Semester Total	15	Semester Total	12-14
Bachelor of Science in Education Degree Awarded			120

Tri-C substitutions for CSU requirements

SES 2310 substitutes EXS 495
SES 1001 substitutes EXS 205
SES 2130 substitutes EXS 322
SES 2320 substitutes EXS 315
SES 2410 substitutes EXS 470

***CSU will be changing General Education (Core Curriculum) requirements beginning Fall 2025. An updated pathway plan will be available as soon as possible.**
Students who do not complete the [OT 36](#) may be required to take additional classes to meet CSU's General Education/Core Curriculum requirements.

Pre-Requisites: College-ready in Math and English

2 years of the same foreign language complete 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

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.

This information is provided solely for the convenience of the reader, and Cleveland State University expressly disclaims any liability which may otherwise be incurred. This publication is neither a contract nor an offer to make a contract. While every effort has been made to ensure the accuracy of the information, CSU reserves the right to make changes at any time with respect to course offerings, degree requirements, services provided, or any other subject addressed herein. 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.

Once an associate degree is earned, additional courses taken at Tri-C may not be eligible for financial aid. Please see Financial Aid for details.

New college students may be required during their first semester to participate in GEN 1070, First Year Success Seminar, a one credit hour course. See a Tri-C Counselor for details.