

Columbus State Community College – Ohio University Plan

Bachelor of Science in Sport and Lifestyle Studies Pathway

The Sport and Lifestyle Studies (BSSLS) degree is offered through Ohio University's Department of Recreation, Sport Pedagogy, and Consumer Sciences on the Eastern campus, Lancaster campus, and Zanesville campus. This major provides a broad background in the recreation, sports, health and fitness professions preparing graduates for meaningful employment in the field of sports and recreation. Courses emphasize practical skills in leadership, critical thinking, and creative problem solving within the Liberal Arts tradition, which are also transferrable to a wide range of non-recreation employment opportunities. The flexibility in course selection, along with the requirement for a minor or certificate, allows students to tailor the degree towards their personal needs and interests, thus enhancing their potential to meet community job market demands. Students who follow advising guidelines may be able to complete two minors or a double major. The Bachelor of Science in Sport & Lifestyle Studies may also serve as a degree completion program for transfer students with an associate degree with an emphasis in sport, recreation, or fitness.

Admission Requirements

- No additional requirements beyond University admission requirements for freshman or transfer admission.
- Transfer applicants must have a cumulative grade-point average of 2.0 or higher from all institutions previously attended to be considered for admission. If you have completed fewer than 20 semester hours or 30 quarter hours of university or college coursework, you must also submit your high school transcript for evaluation.
- Official transcripts sent directly to Ohio University from all colleges and universities you have attended.

Application Information

Apply [online](#) (\$50 non-refundable application fee due at application)

Submit all college-level transcripts to:

Undergraduate Admissions
Ohio University
Chubb Hall 120
1 Ohio University Drive
Athens, OH 45701

Ohio University Contact Information

Undergraduate Admissions

740.593.4100

E-mail general questions to

transfer@ohio.edu

For more information on the partnership with Columbus State Community College, visit www.ohio.edu/csc



OHIO
UNIVERSITY

Undergraduate Admissions
Chubb Hall 120
1 Ohio University Drive
Athens OH 45701-2979

T: 740.593.4100
www.ohio.edu

Graduation Pathway: CSCC Associate of Applied Science (AAS) Sports and Exercise Studies-Exercise Science track to Ohio University Bachelor of Science in Sport and Lifestyle Studies

Columbus State AAS Courses

An asterisk (*) designates a course substitution, not a course equivalent.

OHIO courses that may satisfy Ohio University BRICKS General education requirements are inside brackets.

Semester 1 Columbus State	Semester Hours	Ohio University Equivalent Course
SES 1104, 1105, 1106, 1108, 1109, 1110, or 1112 (select 1)	1.0	PAW 1XXL*
ENG 1100 Composition I	3.0	[ENG 1510]
MATH 1148 College Algebra	4.0	[MATH 1200]
COLS 1100 First Year Experience Seminar	1.0	
BIO 1121 Anatomy & Physiology I	4.0	[BIOS 1300]
Total	13.0	

Semester 2 Columbus State	Semester Hours	Ohio University Equivalent Course
SES 1100 Personal Fitness Concepts	3.0	
SES 1101 Introduction to Sport & Exercise Science	3.0	EXPH 1490
SES 1104, 1105, 1106, 1108, 1109, 1110, or 1112 (select 1)	1.0	PAW 1XXL*
HNTR 1153 Nutrition for a Healthy Lifestyle	3.0	NUTR 1000
PSY 1100 Introduction to Psychology	3.0	[PSY 1010]
Total	13.0	

Semester 3 Columbus State	Semester Hours	Ohio University Equivalent Course
SES 2415 Advanced Strength & Resistance Training Concepts	4.0	PAW 1XXL*
SES 2440 Exercise Physiology	4.0	SASM 2XXL
BIO 1122 Anatomy & Physiology II	4.0	[BIOS 1310]
COMM 1105 Oral Communication (meets OHIO BRICKS Bridges Speaking & Listening, Ethics & Reasoning, and Diversity & Practice requirements)	3.0	[COMS 1030]
Total	15.0	

Semester 4 Columbus State	Semester Hours	Ohio University Equivalent Course
SES 2426 Athletic Injury Control & First Aid	3.0	SASM 2XXL
SES 2437 Health Promotion or SES 2438 Fitness Concepts Across the Lifespan	3.0	
SES 2535 Sport Law	3.0	PAW 2XXL
Social or Behavioral Science Elective. Choose one: ANTH 2202, ECON 2200, GEOG 2400, POLS 1100, SOC 1101. (ANTH 2202 recommended to meet OHIO BRICKS Foundations: Intercultural Explorations and Arches: Connected World.)	3.0	
English Composition II. Choose one: COMM2200, ENG 2367, ENG 2567, ENG 2667 or ENG 2767 (OHIO BRICKS Foundations: Advanced Writing)	3.0	[BA 1500] or [ENG 2800]
Total	15.0	

CSCC AAS courses continued on following page.



Semester 5 Columbus State	Semester Hours	Ohio University Equivalent Course
SES 2441 Kinesiology	4.0	
SES 2442 Exercise Prescription & Quantitative Analysis	3.0	
SES 2950 SES Practicum/Seminar	2.0	SASM 2XXL
Arts or Humanities Elective. Choose one from the list of approved GE-Arts/Humanities courses. (Recommended: select a course that will meet either the OHIO BRICKS Pillars Humanities: Arts or Pillars Humanities: Texts and Contexts requirement. Consult with your academic advisor for course selection.)	3.0	
Total	12.0	

Bachelor of Science in Sport and Lifestyle Studies Degree Requirements

To qualify for the Bachelor of Science in Sport and Lifestyle Studies degree, a student must complete all Ohio University graduation requirements: general education, College, major, and residency. Students must earn a minimum of 30 semester hours of Ohio University credit, complete a minimum of 50% of the major course requirements at Ohio University, and complete a minimum of 120 total semester hours for graduation (elective hours may be required) with a 2.0 GPA. Students are responsible for tracking their degree completion on their DARS, and are encouraged to work with an Ohio University academic advisor in their degree planning.

Ohio University Bachelor of Science in Sport and Lifestyle Studies Courses

Complete the following courses:

OHIO Course Name	OHIO Course Number	CSCC Course Number
Introduction to Coaching	COED 2120	
Youth and Sports	COED 2130	
Human Dynamics in Sport	COED 3130	
Meeting and Conference Planning or Convention and Event Planning	COMS 4050 or REC 3620	
Introduction to Health and Lifestyle Choices	HLTH 2020 or HLTH 2020C	
Cultural Perspectives in Physical Activity	PETE 2000	
Introduction to Parks, Recreation & Leisure	REC 2010	
Outdoor Recreation	REC 2150	
Inclusive Recreation	REC 2750	
Convention & Event Planning	REC 3620	
Principles of Aging, Physical Activity and Recreation	REC 4210	
Sport & Physical Activity Skill Development	SLS 2000	
Ethics and Risk Management	SLS 3010	
Professional Development in Sport and Lifestyle Studies	SLS 3900	
Capstone in Sport and Lifestyle Studies	SLS 4500	
Practicum in Coaching	COED 4920	
Business Requirement. Choose one:	MKT 2020, MGT 2000, SAM 1000, SAM 3020, SAM 3050, or BMT 2000.	BMGT 111
Activity Course Requirement. 1000-level REC course. Complete minimum 3 courses.		



Ohio University BSSLS courses continued:

OHIO Course Name	OHIO Course Number	CSCC Course Number
OHIO BRICKS Pillars: Humanities: Arts		
OHIO BRICKS Pillars: Humanities: Texts & Contexts		
OHIO BRICKS Pillars: Social and Behavioral Sciences)		
OHIO BRICKS Arches: Constructed World Course		
OHIO BRICKS Arches: Natural World Course		
Upper Level Elective: 3XXX or 4XXX Elective from COED, COMS, HLTH, REC, PETE, PSY, SAM, or SLS. Complete 6-credits.		
General Elective (optional)		

Minor or Certificate Requirement: The BSSLS degree requires students to complete a minor or certificate program; this requirement is waived for those transferring with an Associate Degree. CSCC Associate Degree transfer students who are interested in completing a minor or certificate should discuss the option and additional coursework with their OHIO advisor.

Course substitutions or waivers: Course substitutions or waivers will occur during a student’s first term of enrollment at Ohio University, upon notification from the program coordinator to the Office of Regional Higher Education. Substitutions or waivers may fulfill a specific course or program requirement.

Ohio University HLTH 2020: Instructor can waive freshman/sophomore only requisite.

OHIO BRICKS General Education Requirements

BRICKS is Ohio University’s general education program, and requirements must be fulfilled by all baccalaureate degree students. BRICKS includes a minimum of 38 credit hours across five categories: Foundations, Pillars, Arches, Bridges, and Capstone. Courses used to satisfy BRICKS requirements may be completed through Columbus State or OHIO Online. The [General Education equivalency guide](#) lists Columbus State courses that have direct course equivalencies at Ohio University which meet OHIO’s BRICKS general education requirements.

BRICKS and the Ohio Transfer 36

Students who complete the minimum requirements of the Ohio Transfer 36 (OT36, formerly the Ohio Transfer Module) at another college or university prior to enrollment in a degree-seeking program at Ohio University will receive transfer credit equivalent to fulfilling Ohio University’s BRICKS general education requirements in Foundations (excluding the Advanced Writing component, which requires completion of TME 002 Second Writing), Pillars, and Arches. If you have not completed the OT36, your courses will be evaluated on a course-by-course basis and will apply toward general education requirements as appropriate.

Columbus State Community College Elective Courses: Students should refer to the [General Education equivalency guide](#) and consult with their advisor when selecting electives to transfer to Ohio University’s BRICKS General Education requirements.

Disclaimer:

The information on this guide is based on the catalog requirements posted in the 2022-2023 Ohio University catalog and related Columbus State Community College equivalents as of the Last Updated date. All information is subject to change without notice. Courses are subject to availability at each institution. It is suggested that students meet with an advisor to discuss course selection based on offered options. **Last Updated:** 10/19/2023

