

**Career Technical Credit Transfer (CT)<sup>2</sup>  
Exercise Science Career Technical Assurance Guide (CTAG)  
January 22, 2015**

The following programs/courses, indicated by a Career-Technical Articulation Number (CTAN), are eligible for transfer among Ohio's Public Secondary (CT)<sup>2</sup> approved programs/courses and state institutions of higher education. The SCTAI alignment document with ODE competencies and post-secondary learning outcomes can be found on our website, [https://www.ohiohighered.org/sites/ohiohighered.org/files/uploads/transfer/CT2/ExSci\\_SCTAI\\_Alignment\\_2015.pdf](https://www.ohiohighered.org/sites/ohiohighered.org/files/uploads/transfer/CT2/ExSci_SCTAI_Alignment_2015.pdf).

<b>CTES001 Introduction to Exercise Science</b>	Credits: 3 Semester Hours
<p><b>Advising Notes:</b> In order to access post-secondary college credit for this CTAN, the student must:</p> <ul style="list-style-type: none"> <li>• Matriculate to an institution of higher education with an approved or comparable program NO LATER than 3 years after completing the approved secondary program</li> <li>• Successfully complete ODE course Exercise and Athletic Training (072000) with a "C" or better and earn a qualifying score of 56 or higher on the end-of-course exam</li> </ul>	<p><b>CERTIFICATE OF AFFIRMATION FORM</b> can be used for course submission through CEMS. <a href="https://www.ohiohighered.org/transfer/ct2/affirmation">https://www.ohiohighered.org/transfer/ct2/affirmation</a></p>
<b>CTES002 Fitness and Health Foundations</b>	Credits: 3 Semester Hours
<p><b>Advising Notes:</b> In order to access post-secondary college credit for this CTAN, the student must:</p> <ul style="list-style-type: none"> <li>• Matriculate to an institution of higher education with an approved or comparable program NO LATER than 3 years after completing the approved secondary program</li> <li>• Successfully complete ODE course Fitness Evaluation and Assessment (072020) with a "C" or better and earn a qualifying score of 61 or higher on the end-of-course exam</li> </ul>	<p><b>CERTIFICATE OF AFFIRMATION FORM</b> can be used for course submission through CEMS. <a href="https://www.ohiohighered.org/transfer/ct2/affirmation">https://www.ohiohighered.org/transfer/ct2/affirmation</a></p>

Each CTAN identifies the learning outcomes that are equivalent or common in introductory technical courses. In order for students to be able to receive credit under these agreements, the career-technical programs and the state institutions of higher education must document that their course/program content matches the learning outcomes in the CTANs. In accordance with Ohio Revised Code 3333.162, industry standards and certifications provide documentation of student learning.

### Requirements and Credit Conditions:

1. The receiving institution must have a comparable program, major, or courses approved through submission to the Ohio Board of Regents (CT)<sup>2</sup> approval process for the CTANs listed in this document.
2. Credits apply to courses in the specified technical area at Ohio's public institutions of higher education, provided that the institution offers courses in the specific technical area. In the absence of an equivalent course, and when the institution offers the technical program, the receiving institution will guarantee to grant and apply an equivalent credit value of the Career-Technical Articulation Number (CTAN) toward the technical requirements of the specific degree/certificate program.
3. The applicant must provide proof to the receiving institution that she/he completed a course or program that has been approved through the (CT)<sup>2</sup> approval process and that she/he holds the appropriate credential or has passed the end-of-course assessment(s).
4. A career-technical student seeking credit under the terms of this CTAG must enroll and submit their verification form to the college within three years of completing a career-technical course. Students may earn credit within the currency of the industry certificate or license.
5. A career-technical student who meets all eligibility criteria will receive the credit hour value for the comparable course(s) as offered at the receiving state institution of higher education.
6. The admission requirements of individual institutions and/or programs are unaffected by the implementation of (CT)<sup>2</sup> outcomes.
7. The transfer of credit through this CTAG will not exempt a student from the residency requirements at the receiving institution

### CTES001 – Introduction to Exercise Science

**General Course Description:** This course is the introduction to exercise science and the sub-disciplines. It is designed to help students define professional goals and explore the many careers in exercise science. Students will begin to gain the competencies essential and the commitment required to be in the field of exercise science.

**Credits:** 3 Semester Hours

#### Learning Outcomes:

Outcomes marked with an asterisk are essential and must be taught.

1. Identify and define the basic concepts of physical activity, fitness and wellness.\*
2. Identify potential career opportunities, educational requirements, and certifications in exercise science and the sub-disciplines.\*
3. Identify professional organizations, journals and best practices that support the profession.\*
4. Investigate the skills and knowledge essential for a practitioner in the field of exercise science.\*
5. Utilize effective communication skills to present scholarly physical activity, fitness and wellness topics.\*

## **CTES002 – Fitness and Health Foundations**

**General Course Description:** This course is an introduction to the foundations of fitness, health and related topics including energy balance, lifestyle choices and exercise testing and prescription. Individual fitness assessment, evaluation and programming will be emphasized. Attention will be given to the research that supports the professional guidelines for fitness and health.

**Credits:** 3 Semester Hours

### **Learning Outcomes:**

Outcomes marked with an asterisk are essential and must be taught.

1. Identify and define the components of physical fitness.\*
2. Evaluate and assess cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, body composition and learn to determine appropriate recommendations.\*
3. Design and implement an exercise prescription for cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility for personal use by utilizing basic exercise physiology and basic anatomy.\*
4. Analyze the relationship between nutrition, good health and well-being.\*
5. Describe lifestyle factors that may impact weight management and healthy behaviors.\*

## Exercise Science Panel Participants

Spring 2014

Billie Sanders	Sinclair Community College	SCTAI Lead Expert
Carmen Swain	The Ohio State University	SCTAI Panel Expert
Ellen Glickman	Kent State University	SCTAI Panel Expert
Don Laubenthal	Columbus State Community College	SCTAI Panel Expert
Karen Wonders	Wright State University	SCTAI Panel Expert
Daniel Carl	University of Cincinnati	SCTAI Panel Expert
Daniel Carl	University of Cincinnati	Item Writer
Melissa Williams	Sinclair Community College – Upper Valley	Item Writer
Carol Cole	Sinclair Community College	Item Writer
Cyndi Brill	Ohio Department of Education	
Tyler Richards	Ohio Department of Education	
Jim Austin	Center on Education and Training for Employment at OSU	
Bob Casto	Ohio Board of Regents	SCTAI Special Coach
Jamilah Tucker	Ohio Board of Regents	Director of Career-Technical Initiatives
Anne Skuce	Ohio Board of Regents	Senior Associate Director, SCTAI
Misty McKee	Ohio Board of Regents	Assistant Director, SCTAI
Jessi Spencer	Ohio Board of Regents	Administrative Coordinator of SCTAI