

## Sports Medicine and Performance Academy

Semester 1	Monday	Tuesday	Wednesday	Thursday	Friday
Period A	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science
Period B	SES 1101 - Intro to Sports and Exercise Studies	SES 1105 - Intro to Strength & Resistance Training	SES 1101 - Intro to Sports and Exercise Studies	SES 1105 - Intro to Strength & Resistance Training	SES 1101 - Intro to Sports and Exercise Studies

Semester 2	Monday	Tuesday	Wednesday	Thursday	Friday
Period A	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science	IB Sports, Exercise and Health Science
Period B	SES 2415 - Advanced Strength & Conditioning Concepts	SES 2415 - Advanced Strength & Conditioning Concepts	SES 2415 - Advanced Strength & Conditioning Concepts	SES 2415 - Advanced Strength & Conditioning Concepts	SES 2415 - Advanced Strength & Conditioning Concepts

Semester 3	Monday	Tuesday	Wednesday	Thursday	Friday
Period A	SES 2441 - Kinesiology	SES 2441 - Kinesiology	SES 2441 - Kinesiology	SES 2441 - Kinesiology	SES 2441 - Kinesiology
Period B	PT Experiential Learning	IB Core	PT Experiential Learning	IB Core	PT Experiential Learning

Semester 4	Monday	Tuesday	Wednesday	Thursday	Friday
Period A	SES 2444 - Advanced Athletic Conditioning	SES 2444 - Advanced Athletic Conditioning	SES 2444 - Advanced Athletic Conditioning	SES 2444 - Advanced Athletic Conditioning	PT Experiential Learning
Period B	PT Experiential Learning	IB Core	PT Experiential Learning	IB Core	PT Experiential Learning

## Columbus State Courses

Code	Course	Credit Hours	Contact Hours
SES 1101	Intro to Sports and Exercise Studies	3	3
SES 1105	Intro to Strength and Resistance Training	1	2
SES 2415	Advanced Strength & Conditioning Concepts	4	5
SES 2441	Kinesiology	4	5
SES 2444	Advanced Athletic Conditioning	3	4
<b>Total</b>		<b>15 College Credit Hours</b>	

## Dublin City Schools Courses

Code	Course	Credits	Contact Hours
586	IB Sports, Exercise and Health Science	1.5	150
501	IB Core	0.5	60
705	PT Experiential Learning	1.0	120
<b>Total</b>		<b>7.33 HS Credits</b>	