



This roadmap is a recommended semester-by-semester plan of study for this major. However, courses and milestones designated as critical (in boldface and shaded areas) must be completed in the semester listed to ensure a timely graduation.

Course Subject and Title	Credit Hours	Upper Div.	Min. Grade	Major GPA	Important Notes
<b>Semester One: [15-16 Credit Hours]</b>					
EXSC 15010 Introduction to Exercise Science	2			■	
MATH 11009 Modeling Algebra or MATH 11010 Algebra for Calculus or Higher Level Math	3-4				Fulfills Kent Core Mathematics and Critical Reasoning
US 10097 Destination Kent State: First Year Experience	1				Not required of transfer students with 25 credits
Kent Core Requirement	3				See Kent Core Summary on page 2
Kent Core Requirement	3				
Kent Core Requirement	3				
<b>Semester Two: [14 Credit Hours]</b>					
CHEM 10060 General Chemistry I	4				Fulfills Kent Core Basic Sciences
CHEM 10062 General Chemistry I Laboratory	1				
PSYC 11762 General Psychology	3				Fulfills Kent Core Social Sciences and domestic diversity course requirement
Kent Core Requirement	3				See Kent Core Summary on page 2
General Elective (lower or upper division)	3				Consult major advisor on course selection
<b>Semester Three: [15 Credit Hours]</b>					
CHEM 10061 General Chemistry II	4				CHEM 10061 fulfills Kent Core Additional; CHEM 10063 fulfills Kent Core Basic Sciences
CHEM 10063 General Chemistry II Laboratory	1				
EXSC 45481 Senior Seminar in Exercise Science	1	■		■	Offered in fall only
NUTR 23511 Science of Human Nutrition	3				Fulfills Kent Core Additional
PEP 25033 Lifespan Motor Development	3			■	
ATTR 25057 Human Anatomy and Physiology I or EXSC 25057 Human Anatomy and Physiology I	3			■	See note 2 on page 2
<b>Semester Four: [16 Credit Hours]</b>					
ATTR 25058 Human Anatomy and Physiology II or EXSC 25058 Human Anatomy and Physiology II	3			■	See note 2 on page 2
EXSC 35068 Statistics for the Exercise Scientist	3	■		■	
GERO 14029 Introduction to Gerontology	3				Fulfills Kent Core Social Sciences
Kent Core Requirement	3				See Kent Core Summary on page 2
General Elective (lower or upper division)	4				Consult major advisor on course selection
<b>Semester Five: [15 Credit Hours]</b>					
ATTR 25036 Principles of Athletic Training	3			■	
ATTR 35040 Strength and Conditioning	2	■		■	
ATTR 35054 Biomechanics or EXSC 35054 Biomechanics	3	■		■	
CHEM 20481 Basic Organic Chemistry I	4				Offered in fall only
General Elective (lower or upper division)	3				Consult major advisor on course selection
<b>Semester Six: [16 Credit Hours]</b>					
EXSC 35022 Exercise Leadership	3	■		■	
General Electives (upper division)	13	■			Consult major advisor on course selection
<b>Semester Seven: [15 Credit Hours]</b>					
EXSC 35023 Personal Training Certification Preparation	2	■		■	See note 1 on page 2
NUTR 33512 Nutrition	3	■		■	
General Electives (3 credits must be upper division)	10	■			Consult major advisor on course selection



**Critical requirements are boldface in shaded areas.**

Course Subject and Title	Credit Hours	Upper Div.	Min. Grade	Major GPA	Important Notes
<b>Semester Eight: [15 Credit Hours]</b>					
EXSC 45096 Individual Investigation in Exercise Science	3	■		■	Fulfills experiential learning requirement
EXSC 45080 Physiology of Exercise	3	■	<b>C</b>	■	Fulfills writing-intensive course required
General Electives (lower or upper division)	9				Consult major advisor on course selection; number of credits depends on meeting minimum 121 credit hours and minimum 39 upper-division credit hours

**Graduation Requirements Summary**

Minimum Total Hours	Minimum Upper-Division Hours	Minimum Kent Core Hours	Global / Domestic Diversity Course	Writing-Intensive	Experiential Learning	Minimum Major GPA	Minimum Overall GPA
121	39	36	Kent Core or General Electives / PSYC 11762	EXSC 45080	EXSC 45096	2.250	2.000

**Kent Core Summary**

Kent Core Categories	Important Notes	Remaining Credit Hours
<b>Composition (6-8 credit hours)</b> <i>ENG 11002, 11011, 21011; HONR 10197, 10297</i>	Enrollment based on placement test	6-8
<b>Mathematics and Critical Reasoning (3-5 credit hours)</b>	Fulfilled in this major with MATH 11009 or MATH 11010	0
<b>Humanities and Fine Arts (9 credit hours)</b> <i>Minimum one course from humanities in Arts and Sciences and minimum one course from fine arts</i>	May fulfill global diversity requirement	9
<b>Social Sciences (6 credit hours)</b> <i>Must be selected from two curricular areas</i>	Fulfilled in this major with GERO 14029 and PSYC 11762	0
<b>Basic Sciences (6-7 credit hours)</b> <i>Must include one laboratory</i>	Fulfilled in this major with CHEM 10060, CHEM 10062, CHEM 10063	0
<b>Additional (6 credit hours)</b>	Fulfilled in this major with NUTR 23511 and CHEM 10061	0

**Note 1:** It is highly recommended that the Exercise Science major take the American College of Sports Medicine Health Fitness Specialist and/or Certified Personal Trainer exams upon completion of their degree program.

**Note 2:** Students who have successfully completed BSCI 20020 Biological Structure and Function may use that course in place of ATTR/EXSC 25058 Human Anatomy and Physiology II. They are still required to take ATTR/EXSC 25057 Human Anatomy and Physiology I. Students who have successfully completed BSCI 11010 Anatomy and Physiology in Allied Health I and BSCI 11020 Anatomy and Physiology in Allied Health II may use those courses in place of ATTR/EXSC 25057 Human Anatomy and Physiology I and ATTR/EXSC 25058 Human Anatomy and Physiology II.

**Special Major Note:** A minor may be selected to meet the students' personal interests as well as to enhance their professional preparation. Students interested in research careers in exercise physiology should consult their advisor about enhancing their sciences preparation. If a minor is included, total coursework may exceed the minimum 121 credit hours required for graduation

**Kent Core**

Students must complete a minimum 36 credit hours of the Kent Core. Certain courses required in programs and in student's major field may also fulfill the Kent Core. Honors equivalents shall satisfy the Kent Core. None of the courses on the Kent Core list may be taken with a pass/fail grade. Visit [www.kent.edu/catalog/kent-core](http://www.kent.edu/catalog/kent-core) for course list.

**Diversity Course Requirement**

Students must complete a two-course diversity requirement, consisting of one with a domestic (U.S.) focus and one with a global focus. One course must come from the Kent Core. The second course may be taken as a second Kent Core, within a major or minor, or as a general elective; or, with dean's approval, by completing one semester of study in another country. Visit [www.kent.edu/catalog/diversity](http://www.kent.edu/catalog/diversity) for course list.

**Writing-Intensive Course Requirement**

Students must complete a one-course writing-intensive requirement in their major and earn minimum C (2.000) grade. Visit [www.kent.edu/catalog/wic](http://www.kent.edu/catalog/wic) for course list.

**Experiential Learning Requirement**

To provide students with direct engagement in learning experiences that promote academic relevance, meaning and an understanding of real-world issues, students must complete this requirement at Kent State, either as a for-credit course or as a non-credit, non-course experience approved by the appropriate faculty member. Visit [www.kent.edu/catalog/elr](http://www.kent.edu/catalog/elr) for course list.

**Upper-Division Requirement**

Students must complete a minimum 39 upper-division (numbered 30000 to 49999) credit hours of coursework. Programs in the College of Arts and Sciences require a minimum of 42 hours of upper-division coursework.

