

## SUGGESTED THREE-YEAR GRADUATION PLAN



**Exercise Science – Pre-Physical/Occupational Therapy –  
Bachelor of Science**  
[EH-BS-EXSI-PPOT]  
College of Education, Health and Human Services  
School of Health Sciences  
Catalog Year: 2013-2014

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>Post-Secondary Coursework or Credit By Examination Upon Entry as a Freshman: [30 Credit Hours]</b>					
BSCI 10110 Biological Diversity	4			■	Fulfills Kent Core Basic Sciences
CHEM 10060 General Chemistry I	4				Fulfills Kent Core Basic Sciences
CHEM 10062 General Chemistry I Laboratory	1				
MATH 11010 Algebra for Calculus	3				Fulfills Kent Core Mathematics and Critical Reasoning
PSYC 11762 General Psychology	3				Fulfills Kent Core Social Sciences and domestic diversity course requirement
Kent Core Composition	6		C		See Kent Core summary on page 2
Kent Core Humanities and Fine Arts	9				See list of Kent Core courses that can be earned through AP, CLEP, or CBE exams on page 4
<b>Semester One: [16 Credit Hours]</b>					
ATTR 25057 Human Anatomy and Physiology I <b>or</b> EXSC 25057 Human Anatomy and Physiology I	3			■	See note 2 on page 2
ATTR 35040 Strength and Conditioning	2	■		■	
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 15010 Introduction to Exercise Science	2			■	
EXSC 35068 Statistics for the Exercise Scientist	3	■		■	
US 10097 Destination Kent State: First Year Experience	1				Not required of transfer students with 25 credits
<b>Semester Two: [15 Credit Hours]</b>					
ATTR 25058 Human Anatomy and Physiology II <b>or</b> EXSC 25058 Human Anatomy and Physiology II	3			■	See note 2 on page 2
EXSC 35022 Exercise Leadership	3	■		■	
GERO 14029 Introduction to Gerontology	3				Fulfills Kent Core Social Sciences
HED 14020 Medical Terminology	3			■	
MATH 11022 Trigonometry	3				Fulfills Kent Core Additional
<b>Semester Three: [15 Credit Hours]</b>					
ATTR 35054 Biomechanics <b>or</b> EXSC 35054 Biomechanics	3	■		■	
BSCI 10120 Biological Foundations	4			■	Fulfills Kent Core Basic Sciences
CHEM 20481 Basic Organic Chemistry I	4			■	Offered in fall and summer only
EXSC 45481 Senior Seminar in Exercise Science	1	■		■	Offered in fall only
NUTR 23511 Science of Human Nutrition	3				Fulfills Kent Core Additional
<b>Semester Four: [18 Credit Hours]</b>					
EXSC 35023 Personal Training Certification Preparation	2	■		■	See note 1 on page 2
NUTR 33512 Nutrition	3	■		■	
PEP 25033 Lifespan Motor Development	3			■	
PHY 13001 General College Physics I	4			■	Fulfills Kent Core Basic Sciences
PHY 13021 General College Physics Laboratory I	1			■	
General Electives (upper division)	3	■			Consult major advisor on course selection

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

Course Subject and Title	Credit Hours	Upper Div.	Min. Grade	Major GPA	Important Notes
<b>Semester Five: [14 Credit Hours]</b>					
<b>Note: Apply for graduation</b>					
EXSC 45080 Physiology of Exercise	3	■	<b>C</b>	■	Fulfills writing-intensive course required
EXSC 45096 Individual Investigation in Exercise Science	3	■		■	Fulfills experiential learning requirement
PHY 13002 General College Physics II	4			■	Fulfills Kent Core Basic Sciences
PHY 13022 General College Physics Laboratory II	1			■	
General Electives (upper division)	3	■			Consult major advisor on course selection
<b>Semester Six: [15 Credit Hours]</b>					
EXSC 45492 Internship in Physical Fitness and Cardiac Rehabilitation	3	■		■	Fulfills experiential learning requirement
PSYC 40111 Abnormal Psychology	3	■		■	
General Electives (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 or GERO 14029	EXSC 45080	EXSC 45096 and EXSC 45492	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 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 MATH 11022 and NUTR 23511	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 200020 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. Student 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 25057 Human Anatomy and Physiology II

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#### Special Major Notes:

- 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
- Students who do not have a 3.000 or better in this major are encouraged to take the ACSM Health Fitness Specialist and/or CPT exams to enhance employment opportunities following graduation as admission into PT/OT graduate programs is competitive by GPA.
- Exercise Science is one route to Physical Therapy and Occupational Therapy advanced study programs. Athletic Training is another option for pursuing advancement into PT and/or OT graduate programs. Specifically, Athletic Training involves clinical courses and dual-certificate (AT/PT) opportunities for those choosing Pre-Physical Therapy/OT as a course of study. Additionally, Integrated Health Studies provides a viable course of study which can also serve as Pre-PT/OT curricula for interested students. The Health Science concentration includes a strong math and science curriculum which provides a solid foundation for numerous health/medical graduate degrees in particular physical and occupational therapy.

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#### 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.



## Kent Core Courses That Can Be Earned Through Exams

**LEGEND:** G – Global Diversity; D – Domestic Diversity; LAB – Laboratory

				Minimum AP score	Minimum CLEP score	Minimum CBE score
<b>COMPOSITION</b>						
ENG	11011	College Writing I (3)		3	50	C
ENG	21011	College Writing II (3)				C
<b>MATHEMATICS AND CRITICAL REASONING</b>						
CS	10051	Introduction to Computer Science (4)		3		
MATH	11010	Algebra for Calculus (3)			50	
MATH	11012	Intuitive Calculus (3)				C
MATH	12001	Algebra and Trigonometry (5)			50	C
MATH	12002	Analytic Geometry and Calculus I (5)		3	50	C
MATH	14001	Basic Mathematical Concepts I (4)				C
MATH	14002	Basic Mathematical Concepts II (4)				C
<b>HUMANITIES AND FINE ARTS</b>						
<b>Humanities in Arts and Sciences</b>						
ENG	22073	Major Modern Writers: British and United States (3)		3	50	
G HIST	11050	World History: Ancient and Medieval (3)		3		C
G HIST	11051	World History: Modern (3)		3		C
D HIST	12070	History of the United States: The Formative Period (3)		3	50	C
D HIST	12071	History of the United States: The Modern Period (3)		3	50	C
HIST	1xxxx	European History (3)		3		
<b>Fine Arts</b>						
ARCH	10012	Survey of Architectural History II (3)				C
ARTH	22006	Art History I: Ancient and Medieval Art (3)		3		
MUS	22111	The Understanding of Music (3)				C
G MUS	22121	Music as a World Phenomenon (3)				C
<b>SOCIAL SCIENCES</b>						
ECON	22060	Principles of Microeconomics (3)		3	50	C
ECON	22061	Principles of Macroeconomics (3)		3	50	C
GEOG	10160	Introduction to Geography (3)				C
G GEOG	17063	World Geography (3)				C
D GEOG	17064	Geography of the United States and Canada (3)				C
G GEOG	22061	Human Geography (3)		3		
G POL	10004	Comparative Politics (3)		3		
D POL	10100	American Politics (3)		3	50	
D PSYC	11762	General Psychology (3)		3	50	
D PSYC	20651	Child Psychology (3)			50	
D SOC	12050	Introduction to Sociology (3)			50	
<b>BASIC SCIENCES</b>						
BSCI	10001	Human Biology (3)				C
BSCI	10002	Life on Planet Earth (3)				C
BSCI	10110	Biological Diversity (4)		3	50	
BSCI	10120	Biological Foundations (4)		4	50	
LAB BSCI	11010	Anatomy and Physiology I for Allied Health (3)				C
LAB BSCI	11020	Anatomy and Physiology II for Allied Health (3)				C
BSCI	20020	Biological Structure and Function (5)				C
CHEM	10030	Chemistry in Our World (3)				C
CHEM	10050	Fundamentals of Chemistry (3)				C
CHEM	10052	Introduction to Organic Chemistry (2)				C
CHEM	10054	General and Elementary Organic Chemistry (5)				C
CHEM	10060	General Chemistry I (4)		3	50	C
CHEM	10061	General Chemistry II (4)		5	50	C
LAB CHEM	10062	General Chemistry I Laboratory (1)		4		
GEOL	11040	Earth Dynamics (3)				C
GEOL	11042	Earth History (3)				C
GEOL	21062	Environmental Geology (3)		3		C
GEOL	21080	Oceanography (3)				C
PHY	11030	Seven Ideas that Shook the Universe (3)				C
PHY	12201	Technical Physics I (3)				C
PHY	12202	Technical Physics II (3)				C
PHY	13001	General College Physics I (4)		3		C
PHY	13002	General College Physics II (4)		3		C
PHY	13011	College Physics I (2)				C
PHY	13012	College Physics II (2)				C
LAB PHY	13021	General College Physics Laboratory I (1)		3		
LAB PHY	13022	General College Physics Laboratory II (1)		3		
PHY	21040	Physics in Entertainment and the Arts (3)				C
PHY	21430	Frontiers in Astronomy (3)				C
PHY	23101	General University Physics I (5)		3		C
PHY	23102	General University Physics II (5)		3		C

Visit the following websites for more information on the AP ([www.kent.edu/honors/academicsandresearch/advanced-placement.cfm](http://www.kent.edu/honors/academicsandresearch/advanced-placement.cfm)); CLEP ([www.kent.edu/career/testing/clep.cfm](http://www.kent.edu/career/testing/clep.cfm)); and CBE ([www.kent.edu/registrar/info/cbe.cfm](http://www.kent.edu/registrar/info/cbe.cfm)) at Kent State. Visit [www.kent.edu/catalog/kent-core](http://www.kent.edu/catalog/kent-core) for the full Kent Core course list.

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