

## SUGGESTED THREE-YEAR GRADUATION PLAN



**Roadmap: Exercise Science - Exercise Physiology - Bachelor of Science**  
 EH-BS-EXSI-EXPH  
 Education, Health and Human Services  
 School of Health Sciences  
 College of Catalog Year: 2015-2016

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

Critical	Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Attribute	Notes
<b>Post-Secondary Coursework or Credit By Examination Upon Entry as a Freshman: [26 Credit Hours]</b>						
	CHEM 10060 General Chemistry I <sup>1</sup>	4			KBS	
	CHEM 10062 General Chemistry I Laboratory <sup>1</sup>	1			KBS	
	MATH 11009 Modeling Algebra (4) <sup>1</sup> or MATH 11010 Algebra for Calculus (3) <sup>1</sup> or Higher Level Math <sup>1</sup>	3-4			KMC	
	PSYC 11762 General Psychology <sup>1</sup>	3			DD/KSS	
	Kent Core Composition <sup>1</sup>	6	C			
	Kent Core Humanities and Fine Arts <sup>1</sup>	9				
<b>Semester One [17 Credits]</b>						
	ATTR 25057 Human Anatomy and Physiology I <sup>2</sup> or EXSC 25057 Human Anatomy and Physiology I <sup>2</sup>	3		■	KBS	
	CHEM 10061 General Chemistry II	4			KAD	
	CHEM 10063 General Chemistry II Laboratory	1			KBS	
	EXSC 15010 Introduction to Exercise Science	2		■		
	NUTR 23511 Science of Human Nutrition	3			KAD	
	PEP 25033 Lifespan Motor Development	3		■		
	US 10097 Destination Kent State: First Year Experience <sup>3</sup>	1				
<b>Semester Two [15 Credits]</b>						
	ATTR 25058 Human Anatomy and Physiology II <sup>2</sup> or EXSC 25058 Human Anatomy and Physiology II <sup>2</sup>	3		■	KBS	
	EXSC 35068 Statistics for Exercise Scientist	3		■		
	GERO 14029 Introduction to Gerontology	3			DD/KSS	
	General Electives <sup>4</sup>	6				
<b>Semester Three [16 Credits]</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		■		
	EXSC 45481 Seminar in Exercise Physiology	1		■		
	General Electives <sup>4</sup>	3				
<b>Semester Four [16 Credits]</b>						
	EXSC 35022 Exercise Leadership	3		■		
	General Electives <sup>4</sup>	13				
<b>Semester Five [15 Credits]</b>						
	EXSC 35023 Personal Training Certificate Preparation <sup>5</sup>	2		■		
	NUTR 33512 Nutrition	3		■		
	General Electives <sup>4</sup>	10				
<b>Semester Six [15 Credits]</b>						
	EXSC 45096 Individual Investigation in Exercise Science	3		■	ELR	
	EXSC 45080 Physiology of Exercise <sup>6</sup>	3	C	■	WIC	
	General Electives <sup>4</sup>	9				

### Graduation Requirements Summary

Minimum Total Hours	Minimum Upper-Division Hours 30000 – 40000 level course	Minimum Kent Core Hours	Minimum	
			Major GPA	Overall GPA
	39	36	2.250	2.000

- See list of Kent Core courses that can be earned through AP, CLEP or CBE exams on page 3
- 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. 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 25058 Human Anatomy and Physiology II
- US 10097 is not required of transfer students with 25 credits or students age 21+ at time of admission.

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4. Number of credits required depends on meeting minimum 120 credit hours and minimum 39 upper-division credit hours. Students are strongly encouraged to meet with faculty advisor when selecting electives.
5. 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.
6. A minimum C (2.000) grade must be earned to fulfill writing-intensive requirement

**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 120 credit hours required for graduation

**University Requirements:** Bachelor's degree-seeking students must meet Kent Core (general education requirements), diversity, writing-intensive and experiential learning requirements. For more information about these requirements, please read the following sections in the University Catalog: Kent Core – [www.kent.edu/catalog/kent-core](http://www.kent.edu/catalog/kent-core); Diversity Course Requirement – [www.kent.edu/catalog/diversity](http://www.kent.edu/catalog/diversity); Writing-Intensive Course Requirement – [www.kent.edu/catalog/wic](http://www.kent.edu/catalog/wic); Experiential Learning Requirement – [www.kent.edu/catalog/elr](http://www.kent.edu/catalog/elr).

**Attribute Legend:** **DD** Diversity–Domestic; **DG** Diversity–Global; **ELR** Experiential Learning; **KAD** Kent Core Additional; **KBS** Kent Core Basic Sciences; **KCM** Kent Core Composition; **KFA** Kent Core Fine Arts; **KHU** Kent Core Humanities; **KMC** Kent Core Mathematics and Critical Reasoning; **KSS** Kent Core Social Sciences; **WIC** Writing Intensive