



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 Division	Min. Grade	Important Notes
<b>Semester One: [14-15 Credit Hours]</b>				
CHEM 10060 General Chemistry I	4			Fulfills Kent Core Basic Sciences
CHEM 10062 General Chemistry I Laboratory	1			Fulfills Kent Core Basic Sciences
EXSC 15010 Introduction to Exercise Science	2			
MATH 11009 Modeling Algebra <i>or</i> MATH 11010 Algebra for Calculus	3-4			Fulfills Kent Core Mathematics and Critical Reasoning
US 10097 Destination Kent State: FYE	1			Not required of transfer students with 25 credits
Kent Core Requirement	3			See Kent Core Summary on page 2
<b>Semester Two: [16 Credit Hours]</b>				
CHEM 10061 General Chemistry II	4			Fulfills Kent Core Basic Sciences
CHEM 10063 General Chemistry II Laboratory	1			Fulfills Kent Core Basic Sciences
PEB 10035 Lifetime Fitness	2			
PSYC 11762 General Psychology	3			Fulfills Kent Core Social Sciences and domestic diversity course requirement
Kent Core Requirement	6			See Kent Core Summary on page 2
<b>Semester Three: [14 Credit Hours]</b>				
CHEM 20481 Basic Organic Chemistry I	4			Offered in fall only
PEB 12424 Exercise and Weight Control	1			
PEP 25033 Lifespan Motor Development	3			
ATTR 25057 Human Anatomy and Physiology I <i>or</i> EXSC 25057 Human Anatomy and Physiology I	3			
Kent Core Requirement	3			See Kent Core Summary on page 2
<b>Semester Four: [15 Credit Hours]</b>				
GERO 14029 Introduction to Gerontology	3			Fulfills Kent Core Social Sciences
ATTR 25058 Human Anatomy and Physiology II <i>or</i> EXSC 25058 Human Anatomy and Physiology II	3			
PEP 25068 Measurement and Evaluation	3			
Kent Core Requirement	3			See Kent Core Summary on page 2
Guided Elective (lower or upper division)	3			Consult major advisor on course selection
<b>Semester Five: [16 Credit Hours]</b>				
ATTR 25036 Principles of Athletic Training	3			
EXSC 45481 Senior Seminar in Exercise Science	1	■		Offered in fall only
NUTR 23511 Science of Human Nutrition	3			Fulfills Kent Core Additional
PEP 35010 Psychological Dimensions of Motor Behavior	3	■	C	Fulfills writing-intensive course requirement
ATTR 35054 Biomechanics <i>or</i> EXSC 35054 Biomechanics	3	■		
Kent Core Requirement	3			See Kent Core Summary on page 2
<b>Semester Six: [16 Credit Hours]</b>				
CHEM 30284 Introduction to Biological Chemistry	4	■		Offered in spring only
PEP 35022 Exercise Leadership	3	■		
Guided Electives (upper division)	9	■		Consult major advisor on course selection
<b>Semester Seven: [15 Credit Hours]</b>				
NUTR 33512 Nutrition	3	■		
Guided Electives (7 credits must be upper division)	12	■		Consult major advisor on course selection



**Critical requirements are boldface in shaded areas**

Course Subject and Title	Credit Hours	Upper Division	Min. Grade	Important Notes
<b>Semester Eight: [15 Credit Hours]</b>				
EXSC 45096 Individual Investigation in Exercise Science	3	■		
EXSC 45080 Physiology of Exercise	3	■		
Guided 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	Diversity Course Global / Domestic	Writing-Intensive	Minimum Major GPA	Minimum Overall GPA
121	39	36	Kent Core or Guided Electives / PSYC 11762	PEP 35010	2.25	2.0

**Kent Core Summary**

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

**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 (2.00) grade. Visit [www.kent.edu/catalog/wic](http://www.kent.edu/catalog/wic) 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.

