



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
Semester One: [15-16 Credit Hours]				
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	9			See Kent Core Summary on page 2
Semester Two: [14 Credit Hours]				
CHEM 10050 Fundamentals of Chemistry	3			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
Semester Three: [15 Credit Hours]				
CHEM 10052 Introduction to Organic Chemistry	2			Fulfills Kent Core Basic Sciences
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
Guided Elective (lower or upper division)	3			Consult major advisor on course selection
Semester Four: [16 Credit Hours]				
CHEM 10053 Inorganic and Organic Laboratory	1			Fulfills Kent Core Basic Sciences
GERO 14029 Introduction to Gerontology	3			Fulfills Kent Core Social Science
NUTR 23511 Science of Human Nutrition	3			Fulfills Kent Core Additional
ATTR 25058 Human Anatomy and Physiology II <i>or</i> EXSC 25058 Human Anatomy and Physiology II	3			
PEP 25068 Measurement and Evaluation	3			
Guided Elective (lower or upper division)	3			Consult major advisor on course selection
Semester Five: [16 Credit Hours]				
ATTR 25036 Principles of Athletic Training	3			
CHEM 20284 Physiological Chemistry	4			Offered during fall semesters only
PEP 35010 Psychological Dimensions of Motor Behavior	3	■	C	Fulfills writing-intensive course requirement
ATTR 35054 Biomechanics <i>or</i> EXSC 35054 Biomechanics	3	■		
Guided Elective (lower or upper division)	3			Consult major advisor on course selection
Semester Six: [16 Credit Hours]				
EXSC 45480 Internship Seminar in Exercise Science	1	■		Offered during spring semesters only
EXSC 35022 Exercise Leadership	3	■		
ESSC 35075 Exercise Programming	3	■		
EXSC 40612 Exercise Leadership for the Older Adult	3	■		
EXSC 45070 Electrocardiography for the Exercise Physiologist	3	■		
Guided Elective (lower or upper division)	3			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
Semester Seven: [16 Credit Hours]				
ATTR 45039 Therapeutic Rehabilitation	4	■		
ATTR 45040 Pathology and Pharmacology	3	■		
NUTR 33512 Nutrition	3	■		
PEP 45065 Exercise Testing	3	■		
Guided Elective (1 credit must be upper division)	3			Consult major advisor on course selection
Semester Eight: [13 Credit Hours]				
EXSC 45080 Physiology of Exercise	3	■		
PEP 45492 Internship in Physical Fitness/Cardiac Rehabilitation	3	■		
Guided Electives (lower or upper division)	7			Consult major advisor on course selection; Number of credits required 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
Additional (6 credit hours) <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
Basic Sciences (6-7 credit hours) <i>Must include one laboratory</i>	Fulfilled in this major with CHEM 10050, CHEM 10052, CHEM 10053	0
Composition (6-8 credit hours) <i>ENG 11002, 11011, 21011; HONR 10197, 10297</i>	Enrollment based on placement test	6-8
Humanities and Fine Arts (9 credit hours) <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
Mathematics and Critical Reasoning (3-5 credit hours)	Fulfilled in this major with MATH 11009 or MATH 11010	0
Social Sciences (6 credit hours) <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 with 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 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 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 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.