



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
Semester One: [14 Credit Hours]					
CHEM 10060 General Chemistry I	4				Fulfills Kent Core Basic Sciences
CHEM 10062 General Chemistry I Laboratory	1				
EXSC 15010 Introduction to Exercise Science	2			■	
MATH 11010 Algebra for Calculus	3				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
Semester Two: [17 Credit Hours]					
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				
HED 14020 Medical Terminology	3			■	
MATH 11022 Trigonometry	3				Fulfills Kent Core Additional
Kent Core Requirement	3				See Kent Core Summary on page 2
Kent Core Requirement	3				
Semester Three: [14 Credit Hours]					
ATTR 25057 Human Anatomy and Physiology I or EXSC 25057 Human Anatomy and Physiology I	3			■	See note 2 on page 2
EXSC 35068 Statistics for the Exercise Scientist	3	■		■	
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)	2				Consult major advisor on course selection
Semester Four: [16 Credit Hours]					
ATTR 25058 Human Anatomy and Physiology II or EXSC 25058 Human Anatomy and Physiology II	3			■	See note 2 on page 2
ATTR 35040 Strength and Conditioning	2	■		■	
BSCI 10110 Biological Diversity	4			■	Fulfills Kent Core Basic Sciences
GERO 14029 Introduction to Gerontology	3				Fulfills Kent Core Social Sciences
Kent Core Requirement	3				See Kent Core Summary on page 2
Semester Five: [15 Credit Hours]					
ATTR 35054 Biomechanics or 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
Semester Six: [16 Credit Hours]					
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



Critical requirements are boldface in shaded areas.

Course Subject and Title	Credit Hours	Upper Div.	Min. Grade	Major GPA	Important Notes
Semester Seven: [14 Credit Hours]					
Note: Apply for graduation					
EXSC 45080 Physiology of Exercise	3	■	C	■	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
Semester Eight: [16 Credit Hours]					
EXSC 35022 Exercise Leadership	3	■		■	
EXSC 45492 Internship in Physical Fitness and Cardiac Rehabilitation	3	■		■	Fulfills experiential learning requirement
PSYC 40111 Abnormal Psychology	3	■		■	
General Electives (upper division)	7	■			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
Composition (6-8 credit hours) <i>ENG 11002, 11011, 21011; HONR 10197, 10297</i>	Enrollment based on placement test	6-8
Mathematics and Critical Reasoning (3-5 credit hours)	Fulfilled in this major with MATH 11010	0
Humanities and Fine Arts (9 credit hours) <i>Minimum one course from humanities in Arts and Sciences and minimum one course from fine arts</i>	May fulfill global diversity requirement	9
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
Basic Sciences (6-7 credit hours) <i>Must include one laboratory</i>	Fulfilled in this major with CHEM 10060, CHEM 10062, CHEM 10063	0
Additional (6 credit hours)	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 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 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.



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 (2.000) grade.

Visit 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 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.

