



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	Upper Div.	Min. Grade	Major GPA	Type	Term Taken
<b>Semester One [15-16 Credits]</b>							
	EXSC 15010 Introduction to Exercise Science	2			■		
	MATH 11009 Modeling Algebra or MATH 11010 Algebra for Calculus or Higher-Level MATH course	3-4				KMC	
	US 10097 Destination Kent State: First Year Experience <sup>1</sup>	1					
	Kent Core Requirement	3					
	Kent Core Requirement	3					
	Kent Core Requirement	3					
<b>Semester Two [14 Credits]</b>							
	CHEM 10060 General Chemistry I	4				KBS	
	CHEM 10062 General Chemistry I Laboratory	1				KBS	
	PSYC 11762 General Psychology	3				DD/KSS	
	Kent Core Requirement	3					
	Kent Core Requirement	3					
<b>Semester Three [14 Credits]</b>							
	CHEM 10061 General Chemistry II	4				KBS	
	CHEM 10063 General Chemistry II Laboratory	1				KBS	
	ATTR 25057 Human Anatomy and Physiology I <sup>2</sup> or EXSC 25057 Human Anatomy and Physiology I <sup>2</sup>	3			■	KBS	
	PEP 25033 Lifespan Motor Development	3			■		
	General Elective <sup>3</sup>	3					
<b>Semester Four [15-16 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	
	NUTR 23511 Science of Human Nutrition	3				KAD	
	General Elective <sup>3</sup>	3-4					
<b>Semester Five [15 Credits]</b>							
	ATTR 25036 Principles of Athletic Training	3			■		
	ATTR 35040 Strength and Conditioning	2	■		■		
	ATTR 35054 Biomechanics or EXSC 35054 Biomechanics	3	■		■		
	General Elective <sup>3</sup>	7					
<b>Semester Six [16 Credits]</b>							
	EXSC 45480 Internship Seminar in Exercise Science	1	■		■		
	EXSC 35022 Exercise Leadership	3	■		■		
	EXSC 35075 Exercise Programming	3	■		■		
	EXSC 40612 Exercise Lead for Older Adult	3	■		■		
	EXSC 45070 Electrocardiography for the Exercise Physiologist	3	■		■		
	General Elective <sup>3</sup>	3					
<b>Semester Seven [15 Credits]</b>							
	ATTR 45039 Therapeutic Rehabilitation	3	■		■		
	ATTR 45040 Pathology and Pharmacology for Allied Health Care Providers	3	■		■		
	EXSC 35023 Personal Training Certificate Preparation <sup>4</sup>	2	■		■		
	EXSC 45065 Exercise Testing	3	■		■		
	General Elective <sup>3</sup>	4					
<b>Semester Eight [15 Credits]</b>							
	EXSC 45080 Physiology of Exercise <sup>5</sup>	3	■	C	■	WIC	
	EXSC 45492 Internship in Physical Fitness and Cardiac Rehabilitation	3	■		■	ELR	
	General Elective <sup>3</sup>	9					

**Graduation Requirements Summary**

Minimum Total Hours	Minimum Upper-Division Hours	Minimum Kent Core Hours	Minimum	
			Major GPA	Overall GPA
120	39	36	2.250	2.000

1. US 10097 is not required of transfer students with 25 credits or students age 21+ at time of admission.
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. 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
3. 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.



4. 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.
5. A minimum C (2.000) grade must be earned to fulfill writing-intensive requirement

**Special Major Note:** A minor may 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 120 credit hours required for graduation.

### University Requirements Summary

Type	Categories	Course(s) Satisfying Category	Remaining Requirements
KCM	<b>Kent Core I. Composition</b> Enrollment based on placement test	visit <a href="http://www.kent.edu/catalog/kent-core">www.kent.edu/catalog/kent-core</a>	6
KMC	<b>Kent Core II. Mathematics and Critical Reasoning</b> Enrollment based on placement test	MATH 11009 or MATH 11010	fulfilled
KHU	<b>Kent Core III. Humanities</b> Minimum one course from humanities in Arts and Sciences; may fulfill diversity requirement	visit <a href="http://www.kent.edu/catalog/kent-core">www.kent.edu/catalog/kent-core</a>	3
KFA	<b>Kent Core IV. Fine Arts</b> Minimum one course from the fine arts; may fulfill diversity requirement	visit <a href="http://www.kent.edu/catalog/kent-core">www.kent.edu/catalog/kent-core</a>	3
KFH	<b>Kent Core V. Humanities or Fine Arts</b> One additional course from either the humanities or fine arts category, may fulfill diversity requirement.	visit <a href="http://www.kent.edu/catalog/kent-core">www.kent.edu/catalog/kent-core</a>	3
KSS	<b>Kent Core VI. Social Sciences</b> Must be selected from two curricular areas; may fulfill diversity requirement	GERO 14029, PSYC 11762	fulfilled
KBS	<b>Kent Core VII. Basic Sciences</b> Must include one laboratory	CHEM 10060, CHEM 10062, CHEM 10063	fulfilled
KAD	<b>Kent Core VIII. Additional</b> May fulfill diversity requirement	NUTR 23511 and CHEM 10061	fulfilled
DD	<b>Domestic Diversity Course Requirement</b> Either domestic or global diversity must be from Kent Core	GERO 14029	fulfilled
DG	<b>Global Diversity Course Requirement</b> Either domestic or global diversity must be from Kent Core	visit <a href="http://www.kent.edu/catalog/kent-core">www.kent.edu/catalog/kent-core</a>	one course
ELR	<b>Experiential Learning Requirement</b> Either course or non-course experience approved by the appropriate faculty member	EXSC 45492	fulfilled
WIC	<b>Writing-Intensive Course Requirement</b> Minimum C (2.000) grade	EXSC 45080	fulfilled