

SUGGESTED THREE-YEAR GRADUATION PLAN

Roadmap: Exercise Science - Exercise Specialist - Bachelor of Science

EH-BS-EXSI-EXSP

Education, Health and Human Services

School of Health Sciences

Catalog Year: 2014-2015



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
Post-Secondary Coursework or Credit By Examination Upon Entry as a Freshman: [26 Credit Hours]							
	CHEM 10060 General Chemistry I ¹	4				KBS	
	CHEM 10062 General Chemistry I Laboratory ¹	1				KBS	
	MATH 11009 Modeling Algebra ¹ or MATH 11010 Algebra for Calculus ¹ or Higher-Level MATH course ¹	3-4				KMC	
	PSYC 11762 General Psychology ¹	3				DD/KSS	
	Kent Core Composition ¹	6		C			
	Kent Core Humanities and Fine Arts ¹	9					
Semester One [14 Credits]							
	ATTR 25057 Human Anatomy and Physiology I ² or EXSC 25057 Human Anatomy and Physiology I ²	3			■	KBS	
	CHEM 10061 General Chemistry II	4				KBS	
	CHEM 10063 General Chemistry II Laboratory	1				KBS	
	EXSC 15010 Introduction to Exercise Science	2			■		
	PEP 25033 Lifespan Motor Development	3			■		
	US 10097 Destination Kent State: First Year Experience ³	1					
Semester Two [16 Credits]							
	ATTR 25058 Human Anatomy and Physiology II ² or EXSC 25058 Human Anatomy and Physiology II ²	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 ⁴	4					
Semester Three [18 Credits]							
	ATTR 25036 Principles of Athletic Training	3			■		
	ATTR 35040 Strength and Conditioning	2	■		■		
	ATTR 35054 Biomechanics or EXSC 35054 Biomechanics	3	■		■		
	General Elective ⁴	10					
Semester Four [16 Credits]							
	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 ³	3					
Semester Five [15 Credits]							
	ATTR 45039 Therapeutic Rehabilitation	3	■		■		
	ATTR 45040 Pathology and Pharmacology for Allied Health Care Providers	3	■		■		
	EXSC 35023 Personal Training Certificate Preparation ⁵	2	■		■		
	EXSC 45065 Exercise Testing	3	■		■		
	General Elective ⁴	4					
Semester Six [15 Credits]							
	EXSC 45080 Physiology of Exercise ⁶	3	■	C	■	WIC	
	EXSC 45492 Internship in Physical Fitness and Cardiac Rehabilitation	3	■		■	ELR	
	General Elective ⁴	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. See list of Kent Core courses that can be earned through AP, CLEP or CBE exams on page 3
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. US 10097 is not required of transfer students with 25 credits or students age 21+ at time of admission.
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

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

Kent Core Courses That Can Be Earned Through Exams

LEGEND: G – Global Diversity; D – Domestic Diversity; LAB – Laboratory

				Minimum AP score	Minimum CLEP score	Minimum CBE score
COMPOSITION						
ENG	11011	College Writing I (3)		3	50	C
ENG	21011	College Writing II (3)				C
MATHEMATICS AND CRITICAL REASONING						
CS	10051	Introduction to Computer Science (4)		3		
MATH	10041	Introductory Statistics (4)		3		C
MATH	11010	Algebra for Calculus (3)			50	
MATH	11012	Intuitive Calculus (3)				C
MATH	12001	Algebra and Trigonometry (5)			50	C
MATH	12002	Analytic Geometry and Calculus I (5)		3	50	C
MATH	14001	Basic Mathematical Concepts I (4)				C
MATH	14002	Basic Mathematical Concepts II (4)				C
HUMANITIES AND FINE ARTS						
Humanities in Arts and Sciences						
ENG	22073	Major Modern Writers: British and United States (3)		3	50	
G HIST	11050	World History: Ancient and Medieval (3)		3		C
G HIST	11051	World History: Modern (3)		3		C
D HIST	12070	History of the United States: The Formative Period (3)		3	50	C
D HIST	12071	History of the United States: The Modern Period (3)		3	50	C
HIST	1xxxx	European History (3)		3		
Fine Arts						
ARCH	10012	Survey of Architectural History II (3)				C
ARTH	22006	Art History: Ancient and Medieval Art (3)		3		
MUS	22111	The Understanding of Music (3)				C
G MUS	22121	Music as a World Phenomenon (3)				C
SOCIAL SCIENCES						
ECON	22060	Principles of Microeconomics (3)		3	50	C
ECON	22061	Principles of Macroeconomics (3)		3	50	C
GEOG	10160	Introduction to Geography (3)				C
G GEOG	17063	World Geography (3)				C
D GEOG	17064	Geography of the United States and Canada (3)				C
G GEOG	22061	Human Geography (3)		3		
G POL	10004	Comparative Politics (3)		3		
D POL	10100	American Politics (3)		3	50	
D PSYC	11762	General Psychology (3)		3	50	
D PSYC	20651	Child Psychology (3)			50	
D SOC	12050	Introduction to Sociology (3)			50	
BASIC SCIENCES						
BSCI	10001	Human Biology (3)				C
BSCI	10002	Life on Planet Earth (3)				C
BSCI	10110	Biological Diversity (4)		3	50	
BSCI	10120	Biological Foundations (4)		4	50	
LAB BSCI	11010	Anatomy and Physiology I for Allied Health (3)				C
LAB BSCI	11020	Anatomy and Physiology II for Allied Health (3)				C
BSCI	20020	Biological Structure and Function (5)				C
CHEM	10030	Chemistry in Our World (3)				C
CHEM	10050	Fundamentals of Chemistry (3)				C
CHEM	10052	Introduction to Organic Chemistry (2)				C
CHEM	10054	General and Elementary Organic Chemistry (5)				C
CHEM	10060	General Chemistry I (4)		3	50	C
CHEM	10061	General Chemistry II (4)		5	50	C
LAB CHEM	10062	General Chemistry I Laboratory (1)		4		
GEOL	11040	How the Earth Works (3)				C
GEOL	11042	Earth and Life Through Time (3)				C
GEOL	21062	Environmental Earth Science (3)		3		C
GEOL	21080	All about the Oceans (3)				C
PHY	11030	Seven Ideas that Shook the Universe (3)				C
PHY	12201	Technical Physics I (3)				C
PHY	12202	Technical Physics II (3)				C
PHY	13001	General College Physics I (4)		3		C
PHY	13002	General College Physics II (4)		3		C
PHY	13011	College Physics I (2)				C
PHY	13012	College Physics II (2)				C
LAB PHY	13021	General College Physics Laboratory I (1)		3		
LAB PHY	13022	General College Physics Laboratory II (1)		3		
PHY	21040	Physics in Entertainment and the Arts (3)				C
PHY	21430	Frontiers in Astronomy (3)				C
PHY	23101	General University Physics I (5)		3		C
PHY	23102	General University Physics II (5)		3		C

Visit the following websites for more information on the AP (<http://www2.kent.edu/transfercenter/advanced-placement.cfm>); CLEP (www.kent.edu/career/testing/clep.cfm); and CBE (www.kent.edu/registrar/info/cbe.cfm) at Kent State. Visit www.kent.edu/catalog/kent-core for the full Kent Core course list.

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