

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
Semester One [14 Credits]							
	CHEM 10060 General Chemistry I	4				KBS	
	CHEM 10062 General Chemistry I Laboratory	1				KBS	
	EXSC 15010 Introduction to Exercise Science	2			■		
	MATH 11010 Algebra for Calculus	3				KMC	
	US 10097 Destination Kent State: First Year Experience ¹	1					
	Kent Core Requirement	3					
Semester Two [17 Credits]							
	CHEM 10061 General Chemistry II	4				KBS	
	CHEM 10063 General Chemistry II Laboratory	1				KBS	
	HED 14020 Medical Terminology	3			■		
	MATH 11022 Trigonometry	3				KMC	
	Kent Core Requirement	3					
	Kent Core Requirement	3					
Semester Three [14 Credits]							
	ATTR 25057 Human Anatomy and Physiology I ² or EXSC 25057 Human Anatomy and Physiology I ²	3			■	KBS	
	EXSC 35068 Statistics for Exercise Scientist	3	■		■		
	PSYC 11762 General Psychology	3				DD/KSS	
	Kent Core Requirement	3					
	General Elective ³	2					
Semester Four [15 Credits]							
	ATTR 25058 Human Anatomy and Physiology II ² or EXSC 25058 Human Anatomy and Physiology II ²	3			■	KBS	
	ATTR 35040 Strength and Conditioning	2	■		■		
	BSCI 10110 Biological Diversity	4			■	KBS	
	GERO 14029 Introduction to Gerontology	3				DD/KSS	
	Kent Core Requirement	3					
Semester Five [15 Credits]							
	ATTR 35054 Biomechanics or EXSC 35054 Biomechanics	3	■		■		
	BSCI 10120 Biological Foundations	4			■	KBS	
	CHEM 20481 Basic Organic Chemistry I	4			■		
	EXSC 45481 Seminar in Exercise Physiology	1	■		■		
	NUTR 23511 Science of Human Nutrition	3				KAD	
Semester Six [16 Credits]							
	EXSC 35023 Personal Training Certificate Preparation ⁴	2	■		■		
	NUTR 33512 Nutrition	3	■		■		
	PEP 25033 Lifespan Motor Development	3			■		
	PHY 13001 General College Physics I	4			■	KBS	
	PHY 13021 General College Physics Laboratory I	1			■	KBS	
	General Elective ³	3					
Semester Seven [14 Credits]							
Note: Apply for graduation							
	EXSC 45080 Physiology of Exercise ⁵	3	■	C	■	WIC	
	EXSC 45096 Individual Investigation in Exercise Science	3	■		■	ELR	
	PHY 13002 General College Physics II	4			■	KBS	
	PHY 13022 General College Physics Laboratory II	1			■	KBS	
	General Elective ³	3					
Semester Eight [15 Credits]							
	EXSC 35022 Exercise Leadership	3	■		■		
	EXSC 45492 Internship in Physical Fitness and Cardiac Rehabilitation	3	■		■	ELR	
	PSYC 40111 Abnormal Psychology	3	■		■		
	General Elective ³	6					

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 25058 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 the writing-intensive requirement.

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 120 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.

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 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	MATH 11022 and NUTR 23511	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 45096, EXSC 45492	fulfilled
WIC	Writing-Intensive Course Requirement Minimum C (2.000) grade	EXSC 45080	fulfilled