

SUGGESTED THREE-YEAR GRADUATION PLAN

Roadmap: Exercise Science - Pre-Physical/Occupational Therapy - Bachelor of Science



EH-BS-EXSI-PPOT
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: [30 Credit Hours] | | | | | | | |
| | BSCI 10110 Biological Diversity ¹ | 4 | | | ■ | KBS | |
| | CHEM 10060 General Chemistry I ¹ | 4 | | | | KBS | |
| | CHEM 10062 General Chemistry I Laboratory ¹ | 1 | | | | KBS | |
| | MATH 11010 Algebra for Calculus ¹ | 3 | | | | 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 [16 Credits] | | | | | | | |
| | ATTR 25057 Human Anatomy and Physiology I ² or EXSC 25057 Human Anatomy and Physiology I ² | 3 | | | ■ | KBS | |
| | ATTR 35040 Strength and Conditioning | 2 | ■ | | ■ | | |
| | CHEM 10061 General Chemistry II | 4 | | | | KBS | |
| | CHEM 10063 General Chemistry II Laboratory | 1 | | | | KBS | |
| | EXSC 15010 Introduction to Exercise Science | 2 | | | ■ | | |
| | EXSC 35068 Statistics for Exercise Scientist | 3 | ■ | | ■ | | |
| | US 10097 Destination Kent State: First Year Experience ³ | 1 | | | | | |
| Semester Two [14 Credits] | | | | | | | |
| | ATTR 25058 Human Anatomy and Physiology II ² or EXSC 25058 Human Anatomy and Physiology II ² | 3 | | | ■ | KBS | |
| | GERO 14029 Introduction to Gerontology | 3 | | | | DD/KSS | |
| | HED 14020 Medical Terminology | 3 | | | ■ | | |
| | MATH 11022 Trigonometry | 3 | | | | KMC | |
| | General Elective ⁴ | 2 | | | | | |
| Semester Three [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 Four [16 Credits] | | | | | | | |
| | EXSC 35023 Personal Training Certificate Preparation ⁵ | 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 ⁴ | 3 | | | | | |
| Semester Five [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 ⁴ | 3 | | | | | |
| Semester Six [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 ⁴ | 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 |

- See list of Kent Core courses that can be earned through AP, CLEP or CBE exams on page 3
- 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
- US 10097 is not required of transfer students with 25 credits or students age 21+ at time of admission.
- 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.

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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 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 |

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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