

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: 2015-2016

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	Min. Grade	Major GPA	Attribute	Notes
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
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	30000 – 40000 level course		Major GPA	Overall GPA
	39	36	2.250	2.000

1. Enrollment based on placement test
2. Credit for course may be earned through AP or CLEP; See list of Kent Core courses that can be earned through AP, CLEP or CBE exams on page 3
3. Course repeated for a total of 16 credit hours; Piano Performance students are required to perform a half junior and a full senior recital. Applied music registration at the 46000 level is required during a degree recital semester. The senior recital may be used to satisfy the Experiential Learning Requirement (ELR).
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 25058 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 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: Bachelor's degree-seeking students must meet Kent Core (general education requirements), diversity, writing-intensive and experiential learning requirements. For more information about these requirements, please read the following sections in the University Catalog: Kent Core – www.kent.edu/catalog/kent-core; Diversity Course Requirement – www.kent.edu/catalog/diversity; Writing-Intensive Course Requirement – www.kent.edu/catalog/wic; Experiential Learning Requirement – www.kent.edu/catalog/elr.

Attribute Legend: **DD** Diversity–Domestic; **DG** Diversity–Global; **ELR** Experiential Learning; **KAD** Kent Core Additional; **KBS** Kent Core Basic Sciences; **KCM** Kent Core Composition; **KFA** Kent Core Fine Arts; **KHU** Kent Core Humanities; **KMC** Kent Core Mathematics and Critical Reasoning; **KSS** Kent Core Social Sciences; **WIC** Writing Intensive