

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
<b>Semester One [15-16 Credits]</b>						
	EXSC 15010 Introduction to Exercise Science	2		■		
	MATH 11009 Modeling Algebra <i>or</i> MATH 11010 Algebra for Calculus <i>or</i> Higher Level Math	3-4			KMC KMC	
	UC 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				
	General Electives <sup>2</sup>	3				
<b>Semester Three [15 Credits]</b>						
	CHEM 10061 General Chemistry II	4			KBS	
	CHEM 10063 General Chemistry II Laboratory	1			KBS	
	EXSC 45481 Seminar in Exercise Physiology	1		■		
	NUTR 23511 Science of Human Nutrition	3			KBS	
	PEP 25033 Lifespan Motor Development	3		■		
	ATTR 25057 Human Anatomy and Physiology I <sup>3</sup> <i>or</i> EXSC 25057 Human Anatomy and Physiology I <sup>3</sup>	3		■	KBS	
<b>Semester Four [16 Credits]</b>						
	ATTR 25058 Human Anatomy and Physiology II <sup>3</sup> <i>or</i> EXSC 25058 Human Anatomy and Physiology II <sup>3</sup>	3		■	KBS	
	EXSC 35068 Statistics for Exercise Scientist	3		■		
	GERO 14029 Introduction to Gerontology	3			DD/KSS	
	Kent Core Requirement	3				
	General Electives <sup>2</sup>	4				
<b>Semester Five [15 Credits]</b>						
	ATTR 25036 Principles of Athletic Training	3		■		
	ATTR 35040 Strength and Conditioning	2		■		
	ATTR 35054 Biomechanics <i>or</i> EXSC 35054 Biomechanics	3		■		
	CHEM 20481 Basic Organic Chemistry I	4		■		
	General Electives <sup>2</sup>	3				
<b>Semester Six [16 Credits]</b>						
	EXSC 35022 Exercise Leadership	3		■		
	General Electives <sup>2</sup>	13				
<b>Semester Seven [14 Credits]</b>						
	EXSC 35023 Professional Certificate Preparation <sup>4</sup>	2		■		
	NUTR 33512 Nutrition	3		■		
	General Electives <sup>2</sup>	9				
<b>Semester Eight [15 Credits]</b>						
	EXSC 45096 Individual Investigation in Exercise Science	3		■	ELR	
	EXSC 45080 Physiology of Exercise	3	C <sup>5</sup>	■	WIC	
	General Electives <sup>2</sup>	9				

### Graduation Requirements Summary

Minimum Total Hours	Minimum Upper-Division Hours 30000 – 40000 level course	Minimum Kent Core Hours	Minimum	
			Major GPA	Overall GPA
120	39	36	2.250	2.000

1. UC 10097 is not required of transfer students with 25 credits (excluding College Credit Plus) or students age 21+ at time of admission

2. 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.
3. Students who have successfully completed BSCI 11010/11020 Foundational Anatomy and Physiology I/II may use those courses in place of ATTR/EXSC 25057/25058 Human Anatomy and Physiology I/II.
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.

**Program 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 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:** 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](http://www.kent.edu/catalog/kent-core); Diversity Course Requirement – [www.kent.edu/catalog/diversity](http://www.kent.edu/catalog/diversity); Writing-Intensive Course Requirement – [www.kent.edu/catalog/wic](http://www.kent.edu/catalog/wic); Experiential Learning Requirement – [www.kent.edu/catalog/elr](http://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