

SUGGESTED THREE-YEAR GRADUATION PLAN



Roadmap: Exercise Science - Exercise Physiology - Bachelor of Science
 EH-BS-EXSI-EXPH
 Education, Health and Human Services
 School of Health Sciences
 College of Catalog Year: 2016-2017

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: [26 Credit Hours] | | | | | | |
| | CHEM 10060 General Chemistry I ¹ | 4 | | | KBS | |
| | CHEM 10062 General Chemistry I Laboratory ¹ | 1 | | | KBS | |
| | MATH 11009 Modeling Algebra (4) ¹ or MATH 11010 Algebra for Calculus (3) ¹ or Higher Level Math ¹ | 3-4 | | | KMC | |
| | PSYC 11762 General Psychology ¹ | 3 | | | DD/KSS | |
| | Kent Core Composition ¹ | 6 | | | | |
| | Kent Core Humanities and Fine Arts ¹ | 9 | | | | |
| Semester One [17 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 | | ■ | | |
| | NUTR 23511 Science of Human Nutrition | 3 | | | KBS | |
| | PEP 25033 Lifespan Motor Development | 3 | | ■ | | |
| | UC 10097 Destination Kent State: First Year Experience ³ | 1 | | | | |
| Semester Two [15 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 | |
| | General Electives ⁴ | 6 | | | | |
| Semester Three [16 Credits] | | | | | | |
| | ATTR 25036 Principles of Athletic Training | 3 | | ■ | | |
| | ATTR 35040 Strength and Conditioning | 2 | | ■ | | |
| | ATTR 35054 Biomechanics or EXSC 35054 Biomechanics | 3 | | ■ | | |
| | CHEM 20481 Basic Organic Chemistry I | 4 | | ■ | | |
| | EXSC 45481 Seminar in Exercise Physiology | 1 | | ■ | | |
| | General Electives ⁴ | 3 | | | | |
| Semester Four [16 Credits] | | | | | | |
| | EXSC 35022 Exercise Leadership | 3 | | ■ | | |
| | General Electives ⁴ | 13 | | | | |
| Semester Five [15 Credits] | | | | | | |
| | EXSC 35023 Personal Training Certificate Preparation ⁵ | 2 | | ■ | | |
| | NUTR 33512 Nutrition | 3 | | ■ | | |
| | General Electives ⁴ | 10 | | | | |
| Semester Six [15 Credits] | | | | | | |
| | EXSC 45096 Individual Investigation in Exercise Science | 3 | | ■ | ELR | |
| | EXSC 45080 Physiology of Exercise | 3 | C ⁶ | ■ | WIC | |
| | General Electives ⁴ | 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 |

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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 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.
3. UC 10097 is not required of transfer students with 25 credits (excluding College Credit Plus) 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.

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; 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