

## Associate of Applied Science, Sports and Exercise Studies – Athletic Performance Track to Bachelor of Science, Exercise Science (Exercise Specialist Concentration)

*The Exercise Specialist concentration enables students to prepare for work in the clinical setting,  
ranging from a career in wellness to cardiac rehabilitation*

The B.S. in Exercise Science is fully offered On-Ground at the Kent Campus

Course Subject and Title	Credit Hours	Upper Division	Notes on Transfer Coursework to Kent State
<b>Semester One: [14 Credit Hours] Columbus State Community College</b>			
SES1101 - Intro Sport & Exercise Studies	3		EXSC 15010
SES1104 - Yoga or SES1105 - Intro Strength & Resistance Training or SES1106 - Golf or SES1108 - Women's Self Defense or SES1109 - Bowling or SES1110 - Fitness Kick Boxing or SES1112 - Total Body Conditioning	1		PESP 1X000
ENGL1100 - Composition I	3		ENG 11011 (KCP1)
MATH1148 - College Algebra	4		MATH 11010 (KMCR)
BMGT1102 - Interpersonal Skills	2		BMRT 1X000
COLS1100 - First Year Experience Seminar	1		TRAN 1X000
<b>Semester Two: [13 Credit Hours] Columbus State Community College</b>			
SES2410 - Conditioning & Training Youth Athlete	3		PESP 2X000
SES2625 - Concepts of Coaching	3		PESP 2X000
BIO1121 - Anatomy and Physiology I* or BIO2300 - Human Anatomy**	4		BSCI 21010 (KBS, KLAB) or BIO2300 + BIO2301 equates to ATTR 25057 (KBS, KLAB) & 25058 (KBS, KLAB)
HNTR1153 - Nutrition for a Healthy Lifestyle	3		NUTR 23511 (KBS)
<b>Semester Three: [12 Credit Hours] Columbus State Community College</b>			
SES2415 - Adv Strength & Resistance Training Con	4		PWS 2X000
SES2440 - Exercise Physiology	4		EXSC 2X000
BIO1122 - Anatomy & Physiology II* or BIO2301 - Human Physiology**	4		BSCI 21020 or BIO2300 + BIO2301 equates to ATTR 25057 (KBS, KLAB) & 25058 (KBS, KLAB)
<b>Semester Four: [12 Credit Hours] Columbus State Community College</b>			
SES2443 - Advanced Athletic Assessment	3		PESP 2X000
SES2660 - Ethics in Sports	3		SPAD 2X000
PSY1100 - Introduction to Psychology (SBS GE-Social/Behavioral Sciences Requirement)	3		PSYC 11762 General Psychology (DIVD) (KSS)
ENGL2367 - Composition II or ENGL2467 - Comp II Writing about U.S. Race & Ethnicity or ENGL2567 - Comp II Writing about Gender & Identity or ENGL2667 - Comp II American Working-Class Identity or ENGL2767 - Comp II Writing About Science/Technology	3		ENG 21011 (KCP2)

Semester Five: [12 Credit Hours] Columbus State Community College			
SES2441 - Kinesiology	4		PESP 2X000
SES2444 - Advanced Athletic Conditioning	3	■	ATTR 35040
SES2950 - SES Practicum/Seminar	2		SPAD 2X000
HUM GE-Arts/Humanities Requirement	3		(KHUM/KFA)
63 Total Credit Hours to Graduate with the AAS Degree from Columbus State Community College			

\* If BIO1121 Anatomy and Physiology I [BSCI 21010 (KBS, KLAB)] and BIO1122 Anatomy & Physiology II [BSCI 21020] are both completed with a passing grade, the requirement for Human Anatomy and Physiology I and Human Anatomy and Physiology II in the Bachelor of Science (BS), Exercise Science is satisfied.

\*\* If BIO2300 Human Anatomy and BIO2301 Human Physiology are both completed with a passing grade, the two courses combined will ATTR 25057 (KBS, KLAB) & 25058 (KBS, KLAB).

Course Subject and Title	Credit Hours	Upper Division	Notes on Transfer Coursework to Kent State
<b>Semester Five: [14 Credit Hours] Kent State University</b>			
CHEM 10060 General Chemistry I (KBS)	4		@ CHEM 1171 equates to CHEM 10060 & 10062
CHEM 10062 General Chemistry I Laboratory (KBS) (KLAB)	1		
EXSC 35068 Statistics for The Exercise Scientist	3	■	
GERO 14029 Introduction to Gerontology (DIVD) (KSS)	3		
Kent Core Humanities (KHUM)	3		@
<b>Semester Six: [15 Credit Hours] Kent State University</b>			
EXSC 45481 Seminar in Exercise Physiology	1	■	
CHEM 10061 General Chemistry II (KBS)	4		@ CHEM 1172 equates to CHEM 10061 & 10063
CHEM 10063 General Chemistry II Laboratory (KBS) (KLAB)	1		
NURS 20950 Human Growth and Development for Health Professionals or PESP 25033 Lifespan Motor Development	3		@ PSY 2340 equates to NURS 20950
EXSC 45080 Physiology of Exercise (WIC)	3	■	
SEPP 20026 Psychological Foundations of Sport and Exercise	3		
<b>Summer Semester [6 Credit Hours] Kent State University</b>			
Upper-Division General Electives	3	■	(If needed to reach 39 upper-division credit hours)
Kent Core Fine Arts (KFA)	3		@
<b>Semester Seven: [15 Credit Hours] Kent State University</b>			
ATTR 25036 Responding to Emergencies	3		
ATTR 35054 Biomechanics or EXSC 35054 Biomechanics	3	■	
EXSC 45022 Exercise Leadership or EXSC 45023 Professional Certificate Preparation	2	■	
EXSC 35075 Exercise Programming	3	■	
EXSC 40612 Exercise Leadership for The Older Adult	3	■	
<b>Semester Eight: [15 Credit Hours] Kent State University</b>			
PH 30015 United States Health Care System or SPAD 35025 Facility Management	3	■	
ATTR 45040 Pathology and Pharmacology for Allied Health Care Providers or EXSC 41000 Exercise Implementation: An Exercise Intervention Program	3	■	
EXSC 45065 Exercise Testing	3	■	
EXSC 45070 Electrocardiography for The Exercise Physiologist	3	■	
EXSC 45492 Internship in Physical Fitness and Cardiac Rehabilitation (ELR)	3	■	
<b>128 Total Credit Hours to Graduate with the BS, including transfer coursework, from Kent State University</b>			

@ Course may be taken at Columbus State Community College and transferred to Kent State. However, please be aware of [Kent State's residence policy](#), which can be found in the Kent State University Catalog. Once an associate degree is earned, additional courses taken at CSCC may not be eligible for financial aid. Please see Financial Aid for details.

Students must successfully [complete one domestic diversity course \(DIVD\)](#) and [one global diversity course \(DIVG\)](#). Please consult with a Kent State Academic Advisor.

## **Graduation Requirements**

Requirements to graduate with the BS degree program: To graduate, students must have minimum 120 credit hours, 39 upper-division credit hours of coursework, a minimum 2.250 major GPA and minimum 2.000 cumulative GPA. They must also fulfill an approved experiential learning experience, a two-course diversity requirement (domestic and global), complete a writing intensive course with a minimum C (2.000) grade. More specific graduation requirement information can be found in the Academic Policies section of the Kent State University Catalog ([www.kent.edu/catalog](http://www.kent.edu/catalog)).

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It is recommended that students intending to pursue the Bachelor of Science (BS) in Exercise Science through Kent State University consult with academic advisors at both Columbus State Community College and Kent State University.

## **Contact Information**

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### ***Kent State University***

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