

# AAS IN SPORT & EXERCISE STUDIES TO BS IN EXERCISE SCIENCE, EXERCISE SPECIALIST CONCENTRATION

## SUGGESTED SEQUENCE AT CUYAHOGA COMMUNITY COLLEGE

Semester One	16-17 Credits	KSU Equivalent
BIO 1500 Principles of Biology I #	4	BSCI 10120 (KBS, KLAB)
ENG 1010 College Composition I # or ENG 101H (Honors)	3	ENG 11011 (KCP1)
HLTH 1100 Personal Health Education	3	HED 11570
Select one of the following: PE 1000 Personal Fitness or PE 1010 Personal Strength Development or PE 1020 Weight Training	1-2	PWS 1X000 or PWS 1X000 or PWS 12324
SES 1001 Introduction to Sport and Exercise Studies	2	EXSC 15010
SES 1040 Teaching Exercise Training Techniques	3	PWS 1X000
Semester Two	17-18 Credits	KSU Equivalent
BIO 2331 Anatomy and Physiology I**	4	With BIO 2341, fulfills BSCI 20020 Biological Structure and Function, which may fulfill EXSC 25058 Human Anatomy and Physiology II**
MATH 1XXX 1000 level MATH course or higher Recommend MATH 1530 College Algebra (must be OTM) #	3-4	Recommended: MATH 11010 (KMCR)
PSY 101 General Psychology or PSY 101H (Honors)	3	PSY 11762 (KSS, DIVD)
SES 2000 Essentials of Sports Injury Care	3	ATTR 25036
SES 2310 Advanced Training Concepts/Techniques	3	ATTR 35040
Select one of the following: HLTH 1310 Cardiopulmonary Resuscitation or EMT 1310 Cardiopulmonary Resuscitation or HLTH 1230 Standard First Aid and Safety	1	HED 1X000 or TRAN 1X000 or HED 1X000
Semester Three	16 Credits	KSU Equivalent
ENG 1020 College Composition II # or ENG 102H (Honors)	3	ENG 21011 (KCP2)
BIO 2341 Anatomy & Physiology II**	4	With BIO 2331, fulfills BSCI 20020 Biological Structure and Function, which may fulfill EXSC 25058 Human Anatomy and Physiology II**
SES 2500 Health and Wellness Coach Cert Prep	3	EXSC 2X000
SES 2100 Sport & Exercise Physiology	3	EXSC 45080 (WIC)
SES 2410 Exercise Testing and Prescription	3	EXSC 45065
Semester Four	14 Credits	KSU Equivalent
DIET 1200 Basic Nutrition #	3	NUTR 23511 (KBS)
SES 2130 Kinesiology: Fund of Human Movement	3	EXSC 35054
SES 2420 Advanced Exercise Testing and Prescription	3	EXSC 35075
SES 2840 Practicum: Sport and Exercise Studies	2	EXSC 2X000
SES 2XXX (Technical Elective) *	3	Several fulfill EXSC requirements, consult transfer table

**63-65 TOTAL CREDIT HOURS TO COMPLETE AAS FROM CUYAHOGA COMMUNITY COLLEGE**

## SUGGESTED SEQUENCE AT KENT STATE

Semester Five	16 Credits
CHEM 10060 General Chemistry I (KBS) @	4
CHEM 10062 General Chemistry I Lab (KLAB) @	1
GERO 14029 Introduction to Gerontology (KSS, DIVD) @	3
Kent Core Humanities (KHUM) @	3
Kent Core Fine Arts (KFA) @	3
General Electives (lower or upper division) ***	2
Semester Six	16 Credits
CHEM 10061 General Chemistry II (KBS) @	4
CHEM 10063 General Chemistry II Lab (KLAB) @	1
EXSC 35068 Statistics for the Exercise Scientist @****	3
EXSC 45481 Seminar in Exercise Physiology ****	3
Kent Core Humanities or Fine Arts (KHUM, KFA) @	3
General Electives (lower or upper division)***	2
Semester Seven	15 Credits
ATTR 45039 Therapeutic Rehabilitation****	3
ATTR 45040 Pathology and Pharmacology****	3
EXSC 40612 Exercise Leadership for the Older Adult****	3
EXSC 45070 Electrocardiography for the Exercise Physiologist****	3
EXSC 35022 Exercise Leadership @****	3
Semester Eight	16 Credits
PESP 25033 Lifespan Motor Development @ ****	3
EXSC 45492**** Internship in Physical Fitness/Cardiac Rehabilitation (ELR)	3
EXSC 35023@**** Certification Preparation	3
General Electives (lower or upper division) ***	7

**126-128 TOTAL CREDIT HOURS TO COMPLETE BS FROM KSU, INCLUDING TRANSFER COURSEWORK**

# Course will fulfill Kent State University's Kent Core (general education) requirement.

\*Students should not choose SES 2340 as electives as it will result in duplicate credit which cannot be counted toward the BS

\*\*BIO 2331 + BIO 2341 fulfills BSCI 20020 Biological Structure & Function, which fulfills EXSC 25058 Human Anatomy & Physiology II. However, WITH SUBMISSION OF AN EXCEPTION FORM, BIO 2331 + BIO 2341 may fulfill EXSC 25057 and 25058 Human Anatomy & Physiology I and II

\*\*\*Electives should be chosen in consultation with an academic advisor

\*\*\*\*Must obtain a minimum 2.25 GPA in major coursework for graduation

@ Course may be taken at Cuyahoga Community College and transferred to Kent State. However, please be aware of Kent State's residence policy (see Academic Policies section in current Kent State University catalog for more information [www.kent.edu/catalog](http://www.kent.edu/catalog)).

## Graduation Requirements Summary

Minimum Total Hours	Minimum Upper-Division Hours	Minimum Kent Core Hours	Global / Domestic Diversity Course	Writing-Intensive	Experiential Learning	Minimum	
						Major GPA	Overall GPA
121	39	36	Kent Core or Guided Electives / PSYC 11762	EXSC 45080	EXSC 45492	2.250	2.000

## Kent Core Summary

Kent Core Categories	Important Notes	Remaining Credit Hours
Composition (6-8 credit hours) <i>ENG 11002, 11011, 21011; HONR 10197, 10297</i>	Enrollment based on placement test	6-8
Mathematics and Critical Reasoning (3-5 credit hours)	Fulfilled in this major with MATH 11009 or MATH 11010	0
Humanities and Fine Arts (9 credit hours) <i>Minimum one course from humanities in Arts and Sciences and minimum one course from fine arts</i>	May fulfill global diversity requirement	9
Social Sciences (6 credit hours) <i>Must be selected from two curricular areas</i>	Fulfilled in this major with GERO 14029 and PSYC 11762	0
Basic Sciences (6-7 credit hours) <i>Must include one laboratory</i>	Fulfilled in this major with CHEM 10060, CHEM 10062, CHEM 10063	0
Additional (6 credit hours)	Fulfilled in this major with NUTR 23511 and CHEM 10061	0

**Note 1:** It is highly recommended that the Exercise Science major take the American College of Sports Medicine Exercise Physiologist-Certified or the National Strength and Conditioning Association Certified Strength and Conditioning Coach exams upon completion of their degree program.

**Note 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. Students 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 25057 Human Anatomy and Physiology I and ATTR/EXSC 25058 Human Anatomy and Physiology II.

**Kent Core:** Students must complete a minimum 36 credit hours of the Kent Core. Certain courses required in programs and in student's major field may also fulfill the Kent Core. Honors equivalents shall satisfy the Kent Core. None of the courses on the Kent Core list may be taken with a pass/fail grade. Visit the [Kent State University Catalog](#) for course list.

**Diversity Course Requirement:** Students must complete a two-course diversity requirement, consisting of one with a domestic (U.S.) focus and one with a global focus. One course must come from the Kent Core. The second course may be taken as a second Kent Core, within a major or minor, or as a general elective; or, with dean's approval, by completing one semester of study in another country. Visit the [Kent State University Catalog](#) for course list.

**Writing-Intensive Course Requirement:** Students must complete a one-course writing-intensive requirement in their major and earn minimum C (2.00) grade. Visit the [Kent State University Catalog](#) for course list.

**Experiential Learning Requirement:** To provide students with direct engagement in learning experiences that promote academic relevance, meaning and an understanding of real-world issues, students must complete this requirement at Kent State, either as a for-credit course or as a non-credit, non-course experience approved by the appropriate faculty member. Visit the [Kent State University Catalog](#) for course list.

**Upper-Division Requirement:** Students must complete a minimum 39 upper-division (numbered 30000 to 49999) credit hours of coursework. Programs in the College of Arts and Sciences require a minimum of 42 hours of upper-division coursework.

## Contact Information:

### Kent State University

J. Derek Kingsley, PhD FACSM, CSCS, \*D, ACSM-EP  
Exercise Science/Physiology  
330-672-0222  
[jkingsle@kent.edu](mailto:jkingsle@kent.edu)

### Cuyahoga County Community College

Christopher Faciana, M.S.  
Sport and Exercise Studies  
216-987-4822  
[christopher.faciana@tri-c.edu](mailto:christopher.faciana@tri-c.edu)

Last Updated August 2020