

Name: _____

Catalog Year: _____

Banner#: _____

Date: _____

Please note: This requirement sheet will become void unless 12 hours of credit at Kent State University have been earned in a two-year period. Preserve this sheet. It is your only assured official statement of degree requirements.

General Course Work (37-38 Exer. Spec. or 41-42 Exer. Phys. hours)

US 10097 DKS: First Year Experience..... 1

Composition

ENG 11011 College Writing I 3

ENG 21011 College Writing II 3

Mathematics & Critical Reasoning

MATH 11009 Modeling Algebra (4) **OR**
11010 Algebra for Calculus (3)..... 3-4

Social Sciences

PSYC 11762 General Psychology 3

GERO 14029 Intro to Gerontology 3

Humanities and Fine Arts (See Reverse)

Select 3 from Humanities & Fine Arts. One must be from Arts & Sciences and one must be a fine arts course.

(A&S) _____ 3

_____ 3

(Fine Arts) _____ 3

Diversity requirements met? Global Domestic

Basic Sciences (6 or 10 hours)

Take appropriate CHEM courses based on Option chosen (see below)

Exercise Physiology: (10 hours) (do not take CHEM 10050)

CHEM 10060 General Chemistry I (check prereqs).... 4

CHEM 10062 General Chemistry I Lab 1

CHEM 10061 General Chemistry II..... 4

CHEM 10063 General Chemistry II Lab..... 1

The above CHEMs are prerequisites for CHEM 20481

OR Exercise Specialist: (6 hours) (do not take CHEM 10060)

CHEM 10050 Fundamentals of Chemistry..... 3

CHEM 10052 Intro to Organic Chemistry..... 2

_____ lab 1

(lab may require additional science course as pre/corequisite)

Additional

NUTR 23511 Science of Human Nutrition 3

Choose One Course from Additional (See Reverse)-not a Basic Sci
_____ 3

Major Course Work (40 Exer. Phys. or 55 Exer. Spec. Hours)

A minimum 2.25 GPA or better is required in all major coursework

Core Requirements (26 hours)

ATTR 25036 Principles of Athletic Training.....3

EXSC 15010 Intro to Exercise Science2

EXSC 25057 Human Anatomy & Physiology I3

EXSC 25058 Human Anatomy & Physiology II (25057).3

EXSC 35068 Statistics for the Exercise Specialist3

EXSC 35054 Biomechanics (prereq. 25057&25058)3

EXSC 45080 Physiology of Exercise (prereq. 25058).....3

NUTR 33512 Nutrition (prereq. CHEM 20481)3

PEP 25033 Lifespan Motor Development3

Fitness Assessment (6 hours)

ATTR 35040 Strength and Conditioning1

EXSC 35022 Exercise Leadership3

EXSC 35023 Personal Training Certification Prep2

Option II: Exercise Specialist (23 hours) (EXSP)

ATTR 45039 Therapeutic Rehab(ATTR25036&EXSC25057)....4

ATTR 45040 Path and Pharm for Allied Health(EXSC25058) .3

EXSC 35075 Exercise Programming(Spring)(25057&25058) ...3

EXSC 40612 Exercise Leadership for the Older Adult.....3

EXSC 45065 Exercise Testing (Fall only)(25057&25058)....3

EXSC 45070 Electrocardiography (EXSC25058).3

EXSC 45480 Internship Seminar (Spring Only)1

e EXSC 45492 Internship Phys Fit/Cardiac Rehab (45480) ...3

Option I: Exercise Physiology (8 hours) (EXPH)

CHEM 20481 Basic Organic Chemistry I (Fall only)4

EXSC 45481 Senior Seminar(Fall Only, take Junior Yr) 1

EXSC 45096 Individual Investigation in Exercise Sci3

NOTE: 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 programs.

Writing Intensive Course requirement is not fulfilled in the major. Visit kent.edu/catalog/wic

WIC Requirement met?

ELR requirement is not fulfilled in the Exercise Physiology concentration. Visit kent.edu/catalog/elr

ELR Requirement met?

Electives: 28-29 hours for Exer. Spec. or 39-40 for Exer. Phys. (watch upper division hours)

See faculty advisor prior to selecting electives (No remedial/development courses and only 4 hours of PEB courses)

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Total Hours Completed _____

I have reviewed the requirement sheet and professional requirements with an advisor and assume responsibility for remaining informed and completing my program.

Hours Needed:

General Coursework _____

Core _____

Fitness Assessment _____

Option _____

Upper Division Hours _____

General Electives _____

Total for Degree _____

Student Signature _____

Professional Advisor's Signature _____

Each semester, meet with your Assigned Faculty Advisor: _____

Please refer to page 2 for program notes.

**THE KENT CORE
Areas and Courses**

I. COMPOSITION 6 hours

ENG 11011 College Writing I **OR** 11002 (pre-req. 11001), (3 ea)
21011 College Writing II (3)
or (HONR 10197/20197 Fresh. Honors Colloquium I/II (4 ea)

II. MATHEMATICS AND CRITICAL REASONING..... 3 hours

CS 10051 (4) Introduction to Computer Science
MATH 11008 (3) Exploration in Modern Math
11009 (4) Modeling Algebra
11010 (3) Algebra for Calculus
11012 (3) Intuitive Calculus
11022 (3) Trigonometry
12001 (5) Algebra & Trigonometry
12002 (5) Analytic Geometry & Calculus I
12011[2] (3ea) Calculus with Precalculus I, II
14001 (4) Basic Math Concepts I
14002 (4) Basic Math Concepts II
PHIL 21002 (3) Introduction to Formal Logic

III. HUMANITIES AND FINE ARTS 9 hours

At least one course must be selected from the "Humanities in Arts and Sciences" section and at least one course must be selected from the "Fine Arts" section.

HUMANITIES IN ARTS AND SCIENCES – Must Choose ONE

CLAS 21404 g (3) The Greek Achievement
21405 g (3) The Roman Achievement
ENG 21054 (3) Introduction to Shakespeare
22071[2] (3ea) Great Books I, II
22073 (3) Major Modern Writers: British and U. S.
HIST 11050[1] g (3ea) History of Civilization I, II
12070 d (3) History of U.S.: The Formative Period

12071 d (3) History of U.S.: The Modern Period
PAS 23001 g (3) Black Experience —Beginnings to 1865
23002 d (3) Black Experience —1865 to Present
PHIL 11001 g (3) Introduction to Philosophy
21001 g (3) Introduction to Ethics
21020[1] g (3ea) Comp. Religious Thought I, II

HUMANITIES IN COMMUNICATION & INFORMATION

COMM 26000 d (3) Criticism of Public Discourse

FINE ARTS– Must Choose ONE

ARCH 10001 (3) Understanding Architecture
10011[12] (3ea) Survey of Arch. History I, II
ARTH 12001 (3) Art as a World Phenomenon
22006 (3) Art History I: Ancient & Medieval Art
22007 (3) Art History II: Renaissance to Modern
22020 g (3) Art of Africa, Oceania, & the Americas
DAN 27076 g (3) Dance as an Art form
MUS 22111 (3) Understanding of Music
22121 g (3) Music as a World Phenomenon
THEA 11000 g (3) The Art of Theatre

IV. SOCIAL SCIENCES 6 hours

Courses must be selected from **two different** curricular areas.

ANTH 18210 g (3) Intro to Cultural Anthropology
18420 g (3) Intro to Archaeology
CACM 11001 d (3) Intro to Conflict Mgmt
ECON 22060 (3) Principles of Microeconomics
22061 (3) Principles of Macroeconomics
GEOG 10160 (3) Intro. To Geography
17063 g (3) World Geography
17064 d (3) Geography of U.S. and Canada
22061 (3) Human Geography
GERO 14029 d (3) Introduction to Gerontology
JMC 20001 d (3) Media, Power and Culture
JUS 26704 d (3) Issues in Law & Society
POL 10004 g (3) Comparative Politics
10100 d (3) American Politics
10301 d (3) Diversity in American Public Policy
10500 g (3) World Politics
PSYC 11762 d (3) General Psychology
20651 d (3) Child Psychology
21211 d (3) Psychology of Adjustment
22221 d (3) Multicultural Psychology
SOC 12050 d (3) Intro to Sociology
22778 g (3) Social Problems

V. BASIC SCIENCES 6-7 hours

At least one laboratory course must be selected. Beginning "major sequences" courses in biological sciences (BSCI 10110, 10120, 10101, 11020), chemistry (CHEM 10060, 10061, 10062, 10063, 10960, 10961) and physics (PHY 23101, 23102) may be substituted for those courses listed below.

ONE COURSE MUST INCLUDE OR BE TAKEN WITH A ONE-CREDIT HOUR LAB.

ANTH 18630[1] (3)&(1) Human Evolution & Lab (pre or coreq. 18630)
BSCI 10001 (3) Human Biology: Cells and Systems
10002 (3) Life on Planet Earth
10003 (1) Lab Experience in Biology
20020 (5) Biological Structure and Function
CHEM 10030[1] (3)&(1) Chemistry in Our World & Lab (p/coreq. 10030)
10050 (3) Fundamentals of Chemistry
10052[3] (2)&(1) Intro. To Organic Chemistry & Lab(p/c 10052)
10054 (5) Gen. & Elem. Organic Chem
GEOG 21062[3] (3)&(1) Physical Geography & Lab(pre or coreq. 21062)
GEOL 11040[1] (3)&(1) Earth Dynamics & Lab (pre or coreq. 11040)
11042[3] (3)&(1) Earth History & Lab (pre or coreq. 11042)
21062 (3) Environmental Geology
21080 (3) Oceanography
NUTR 23511 (3) Science of Human Nutrition
PHY 11030 (3) Seven Ideas that Shook the Universe
11660 (3) Physical Science
13001[2] (4 ea) General College Physics I, II
13011[21] (2)&(1) College Physics I & Lab
13012[22] (2)&(1) College Physics II & Lab
21040[1] (3)&(1) Physics in Entertainment/Arts & Lab p/c 21040
21430[1] (3)&(1) Frontiers in Astronomy & Lab(pre/coreq 21430)

VI. ADDITIONAL 6 hours

Select from courses listed below or from Categories II-V listed above.

Courses must be selected from **two different** categories.

COMM 15000 (3) Intro. to Human Communication
PHIL 11009 (3) Principles of Thinking

TOTAL 36-37 hours

Important notes:

1. A minimum cumulative 2.00 GPA is required for graduation.
2. A minimum 2.25 GPA or better is required in all major coursework for graduation.
3. Students must complete 39 upper division hours
4. Two diversity courses are required for graduation (Fall 2001 and beyond) - at least one course addressing domestic (d) issues and one course addressing global (g) issues.
5. One writing intensive (w) course is required for graduation
6. A minimum of 121 valid hours is required for graduation from Kent State University.