

## ASSOCIATE OF APPLIED SCIENCE (AAS), SPORTS AND FITNESS MANAGEMENT TO BACHELOR OF SCIENCE (BS), 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.*

Course Subject and Title	Credit Hours	Upper Division	Notes on Transfer Coursework to Kent State
<b>Semester One: [16 Credit Hours] Lorain County Community College</b>			
BIOG 121 Anatomy and Physiology I <sup>^</sup>	4		BIOG 121 + BIOG 122 equates to BSCI 11010 (KBS, KLAB) & BSCI 11020 (KBS, KLAB)
ENGL 161 College Composition I	3		ENG 11011 (KCP1)
HLED 151 Personal Health HLED 152 Community Health HLED 156 Health and Wellness	2		HED 1X000 HED 11580 HED 11570
HPED 165 Introduction to Exercise Science	3		EXSC 15010
HPED 173 Biomechanics of Resistance Training	3	■	ATTR 35054
SDEV 101 College 101 <sup>1</sup>	1		TRAN 1X000
<b>Semester Two: [16 Credit Hours] Lorain County Community College</b>			
BIOG 122 Anatomy and Physiology II <sup>2 ^</sup>	4		BIOG 121 + BIOG 122 equates to BSCI 11010 (KBS, KLAB) & BSCI 11020 (KBS, KLAB)
CMMC 151 Oral Communication	3		COMM 15000 (KADL)
ENGL 162 College Composition II <sup>2</sup>	3		ENG 21011 (KCP2)
HPED 261 Exercise Physiology Foundations <sup>3</sup>	3		PESP 2X000
MTHM 168 Statistics <sup>5</sup> or MTHM 158 Quantitative Reasoning	3		MATH 10041 (KMCR) or MATH 10051 (KMCR)
<b>Semester Three: [16 Credit Hours] Lorain County Community College</b>			
HLED 153 First Aid and Safety	2		ATTR 25036
HPED 152 Application of Activities Across A Lifespan	3		PESP 25033
HPED 272 Exercise Physiology II <sup>2</sup>	3		PESP 2X000
HPED 275 Kinesiology <sup>2</sup>	3		EXSC 2X000
PEWL 151 Stress Management	1		PWS 1X000
PEFT/PEWL Elective	1		PWS 1X000
Humanities Elective <sup>4</sup>	3		(KHUM/KFA)
<b>Semester Four: [15 Credit Hours] Lorain County Community College</b>			
BIOG 153 Basic Human Nutrition	3		NUTR 23511 (KBS)
HPED 172 Exercise Management for Special Populations	2		PESP 1X000
HPED 285 Practicum Seminar Sports and Fitness Professional <sup>2</sup>	2		PWS 2X000
PEFT 185 Ropes Course	1		PWS 1X000
PSYH 151 Introduction to Psychology	3		PSYC 11762 (KSS) (DIVD)
SOCY 151G Introduction to Sociology	3		SOC 12050 (KSS) (DIVD) (DIVG)
PEFT/PEWL Elective	1		PWS 1X000
<b>63 Total Credit Hours to Graduate with the AAS Degree from Lorain County Community College</b>			

<sup>1</sup> A student must register for the orientation course when enrolling for more than six credit hours per semester or any course that would result in an accumulation of 13 or more credit hours.

<sup>2</sup> Indicates that this course has a prerequisite.

<sup>3</sup> Indicates that this course has a prerequisite or may be taken concurrently.

<sup>4</sup> Elective selected from the general education/transfer module.

<sup>^</sup> If BIOG 121 Anatomy and Physiology I and BIOG 122 Anatomy and Physiology II 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.

Course Subject and Title	Credit Hours	Upper Division	Notes on Transfer Coursework to Kent State
<b>Semester Five: [12-13 Credit Hours] Kent State University</b>			
MATH 11009 Modeling Algebra (KMCR) or MATH 11010 Algebra for Calculus (KMCR)	3-4		@MTHM 171 equates to MATH 11010
CHEM 10060 General Chemistry I (KBS)	4		@CHMY 171 equates to CHEM 10060 & 10062
CHEM 10062 General Chemistry I Laboratory (KBS) (KLAB)	1		
Kent Core Humanities (KHUM)	3		@
General Elective	1		@ (If needed to reach 120 total credit hours)
<b>Semester Six: [15 Credit Hours] Kent State University</b>			
EXSC 35068 Statistics for The Exercise Scientist	3	■	
GERO 14029 Introduction to Gerontology (DIVD) (KSS)	3		@HMSR 121 equates to GERO 14029
EXSC 45080 Physiology of Exercise (WIC)	3	■	
Kent Core Fine Arts (KFA)	3		@
General Elective	1		@ (If needed to reach 120 total credit hours)
<b>Semester Seven: [15 Credit Hours] Kent State University</b>			
ATTR 35040 Strength and Conditioning or EXSC 45040 Advanced Strength and Conditioning	2	■	@ HPED 222 equates to ATTR 35040
EXSC 35022 Exercise Leadership	3	■	
EXSC 35075 Exercise Programming	3	■	
EXSC 40612 Exercise Leadership for The Older Adult	3	■	
EXSC 45481 Seminar in Exercise Physiology	1	■	
EXSC 45070 Electrocardiography for The Exercise Physiologist	3	■	
<b>Semester Eight: [15 Credit Hours] Kent State University</b>			
ATTR 45040 Pathology and Pharmacology for Allied Health Care Providers or EXSC 41000 Exercise Implementation: An Exercise Intervention Program	3	■	
EXSC 35023 Professional Certificate Preparation	2	■	
EXSC 45065 Exercise Testing	3	■	
EXSC 45492 Internship in Physical Fitness and Cardiac Rehabilitation (ELR)	3	■	
Upper-Division General Electives	4	■	(If needed to reach 39 upper-division credit hours)
<b>120-121 Total Credit Hours to Graduate with the BS, including transfer coursework, from Kent State University</b>			

@ Course may be taken at Lorain County 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.

Requirements to graduate with the BS degree program: To graduate, students must have minimum 120 credits hours, 39 upper-division credits hours of coursework, a minimum 2.25 major GPA and minimum 2.00 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), Exercise Science through Kent State University consult with academic advisors at both Lorain County Community College and Kent State University.

### ***Contact Information:***

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

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***Last Updated November 2020***