

## Lorain County Community College – Ohio University Plan

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### Exercise Physiology Pathway

Exercise Physiology is a program of study that is designed for individuals who have a strong interest in fitness and science. This program prepares students to work in the fields of health and fitness, clinical diagnostics, rehabilitation, and fitness performance settings. It also prepares students for graduate programs in exercise physiology and health related disciplines, such as physical therapy and occupational therapy. In efforts to enhance employment opportunities students who graduate from this program often pursue certifications through the American College of Sports Medicine and the National Strength and Conditioning Association. Most of the certifications offered from these organizations require a minimum of a bachelor's degree in exercise physiology (or a related field).

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### Admission Requirements

- No requirements beyond University admission requirements.
- Transfer applicants must have a cumulative grade-point average of 2.0 or higher from all institutions previously attended to be considered for admission.
- Official transcripts sent directly to Ohio University from all colleges and universities you have attended. If you have completed fewer than 20 semester hours or 30 quarter hours of university or college coursework, you must also submit your high school transcript for evaluation.

### Application Information

Apply online [ohio.edu/admissions/apply](https://ohio.edu/admissions/apply)

Students can complete this program through OHIO Athens campus.

### Submit all college-level transcripts to:

Undergraduate Admissions  
Ohio University  
Chubb Hall 120  
1 Ohio University Drive  
Athens, OH 45701

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### Ohio University Contact Information

#### Undergraduate Admissions

740.593.4100

#### E-mail general questions to

[transfer@ohio.edu](mailto:transfer@ohio.edu)

For more information visit [www.ohio.edu/lccc](http://www.ohio.edu/lccc)



**OHIO**  
UNIVERSITY

Undergraduate Admissions  
Chubb Hall 120  
1 Ohio University Drive  
Athens OH 45701-2979

T: 740.593.4100  
[www.ohio.edu](http://www.ohio.edu)

## Degree Requirements

To qualify for the Bachelors of Science, Exercise Physiology major, a student must have completed all Ohio University graduation requirements: general education, College, major, and residency. Students must earn a minimum of 30 semester hours of Ohio University credit, complete a minimum of 50% of the major course requirements at Ohio University, and complete a minimum of 120 total semester hours for graduation (elective hours may be required).

## Ohio University BRICKS General Education Requirements

BRICKS is Ohio University's general education program, and requirements must be fulfilled by all baccalaureate degree students. BRICKS includes a minimum of 38 credit hours across five categories: Foundations, Pillars, Arches, Bridges, and Capstone. Courses used to satisfy BRICKS requirements may be completed through Lorain County Community College or OHIO Online. The table below lists Lorain County Community College courses that have direct course equivalencies at Ohio University which meet BRICKS requirements. General education courses that may also satisfy program requirements are inside brackets. HIST courses marked with an asterisk (\*) will automatically equate to HIST 1320 and/or HIST 1330, but may instead equate to HIST 1210 and/or HIST 1220. Work with your academic advisor to make adjustments as necessary.

OHIO BRICKS Requirement	LCCC Course Numbers
<b>FOUNDATIONS</b>	Take one course from each listed category
Written Communication	ENGL 161
Advanced Writing	BADM 211; ENGL 162, ENGL 163, ENGL 164
Quantitative Reasoning	MTHM 158, MTHM 163, MTHM 168, MTHM 171, MTHM 174, MTHM 176, [MTHM 178], MTHM 182; PHLI 171; PSYH 271
Intercultural Explorations	CMMC 177G; ENGL 268G; HSTR 152G*, PLSC 151G; SOCY 161G; THTR 185G
<b>PILLARS</b>	Take one course from each listed category (minimum 3 credits each)
Humanities: Texts and Contexts	ENGL 250, ENGL 251, ENGL 252, ENGL 261G, ENGL 262G, ENGL 268G; HSTR 151G*; HUMS 271G; PHLI 151G, PHLI 161, PHLI 271G
Humanities: Arts	ARTS 243G; DANC 251; HUMS 151G, HUMS 274; MUSC 193, MUSC 261G; THTR 185
Natural Sciences	BIOG 145, BIOG 151, BIOG 152, [BIOG 161], [BIOG 162], BIOG 165, BIOG 221, BIOG 251, BIOG 252, BIOG 275; [CHMY 161], [CHMY 162], [CHMY 171]; [PHYC 150], PHYC 251; PSSC 156, PSSC 161G
Social or Behavioral Sciences	ECNM 151, ECNM 152; ENGL 271; GPHY 151G; HSTR 152G*, HSTR 161, HSTR 162; PLSC 156, PLSC 157G; [PSYH 151]; SOCY 151G; URBS 210; WMST 210
<b>ARCHES</b>	Take one course from each listed category (minimum 3 credits each)
Constructed World	ARTS 244G, ARTS 245G; MTHM 164, [MTHM 181]; PHLI 281G; RELG 181G, RELG 182G, RELG 270G, RELG 281; THTR 151G
Natural World	ASTY 151, ASTY 152, BIOG 164, BIOG 222; [CHMY 172]; [PHYC 152], PHYC 252; PSSC 153, PSSC 160G
Connected World	ARCH 155G; CRMJ 110; ECED 111, ECED 253; HSTR 260G; PLSC 151G; PSYH 251, [PSYH 253], [PSYH 254], [PSYH 257], PSYH 261, PSYH 263; SOCY 155G, [SOCY 161G], SOCY 255G, SOCY 256; URBS 155G
<b>BRIDGES</b>	Take one course from each listed category (minimum 1 credit each)
Speaking and Listening	CMMC 151
Ethics and Reasoning	CMMC 151
Diversity and Practice	ARTS 244G, ARTS 245G; CMMC 151; [PSYH 256]; RELG 270G; SOCY 276
Learning and Doing	SOWK 251G; TCMN 265; THTR 285, THTR 286
<b>CAPSTONE</b>	Minimum 2 credits (no current equivalencies)
Capstone	EDCT 275



**BRICKS and Prior Degree Completion**

Students who complete an Associate of Arts (AA), Associate of Science (AS), or bachelor’s degree from an accredited institution\* prior to enrollment in a degree-seeking program at Ohio University will receive transfer credit equivalent to fulfilling Ohio University’s BRICKS general education requirements in Foundations (excluding the Advanced Writing component, which requires completion of an equivalent course), Pillars, and Arches. Students who have not completed an approved degree will have their courses evaluated individually to determine appropriate general education requirement fulfillment. \*Institutions must be accredited by regional accrediting commissions recognized by the Council on Higher Education Accreditation (CHEA) to qualify.

**Exercise Physiology Major Courses**

**Core Requirements**

Complete the following courses with a grade of C (2.0) or better.

General education requirement courses that may also satisfy program requirements are inside brackets.

OHIO Course Name	OHIO Course Number	LCCC Course Number
Introduction to Exercise Science	EXPH 1490	HPED 261 or HPED 165
Muscular Fitness	EXPH 1600	
Applied Kinesiology	EXPH 2200	
Community First Aid and CPR/AED for the Professional Rescuer	EXPH 2280	
Exercise Testing & Prescription	EXPH 2290	
Exercise Testing & Prescription Lab	EXPH 2295	
Physical Fitness	EXPH 2590	
Biomechanics	EXPH 3200	
Biomechanics Lab	EXPH 3205	
Fitness Facility Standards and Guidelines	EXPH 3300	
Physiology of Exercise	EXPH 4140	
Physiology of Exercise Lab	EXPH 4145	
Resistance Training: Theory & Application	EXPH 4160	
Cardiovascular Assessment in Exercise Physiology	EXPH 4490	
Exercise Testing & Prescription for Special Populations	[EXPH 4495]	
Complete one of these course options: Advanced Topics in Exercise Performance or Pediatric Exercise Physiology or Special Topics in Exercise Physiology	EXPH 4610 or EXPH 4620 or EXPH 4900	
Internship	[EXPH 4910]	



## Extracurricular Requirements

Complete the following courses with a grade of C (2.0) or better.

OHIO Course Name	OHIO Course Number	LCCC Course Number
Biological Sciences I: Molecular & Cells and Lab	[BIOS 1700] and [BIOS 1705]	[BIOG 161]
Biological Sciences II: Ecology, Evolution, Animal Body Systems and Lab	[BIOS 1710] and BIOS 1715	[BIOG 162]
Human Anatomy and Human Anatomy Lab	BIOS 3010 and BIOS 3015	
Human Physiology and Human Physiology Lab	BIOS 3450 and BIOS 3455	
Intro to Nutrition	NUTR 1000	BIOG 153 or BIOG 268
Intro to Physics	[PHYS 2001]	[PHYC 150]
Intro to Physics	[PHYS 2002]	[PHYC 152]
General Psychology	[PSY 1010]	[PSYH 151]
Mathematics Requirement. Complete one course.	[MATH 1350] or [MATH 2301]	[MTHM 178] or [MTHM 181]
Cultural Anthropology	[ANTH 1010]	[SOCY 161G]
Statistics for the Behavioral Sciences	[PSY 2110] or [MATH 2500]	

## Chemistry Sequence Requirement

Complete one of the following chemistry options (2-course sequence) with a grade of C (2.0) or better.

OHIO Course Name	OHIO Course Number	LCCC Course Number
Principles of Chemistry	[CHEM 1210] and [CHEM 1220]	[CHMY 161] and [CHMY 162]
Fundamentals of Chemistry	[CHEM 1510] and [CHEM 1520]	[CHMY 171] and [CHMY 172]

## Related Requirements

Complete one of the following options.

### Exercise Physiology Concentration

OHIO Course Name	OHIO Course Number	LCCC Course Number
Practicum Requirement. Practicum in Exercise Physiology	[EXPH 2921]	

### Pre-Physical Therapy Concentration

OHIO Course Name	OHIO Course Number	LCCC Course Number
Medical Terminology	HLTH 2300	ALHN 110
Abnormal Psychology	[PSY 2710]	[PSYH 257]
Child and Adolescent Psychology or Psychology of Adulthood and Aging	[PSY 2410] or [PSY 3420]	[PSYH 253] or [PSYH 254] or [PSYH 256]
Practicum Requirement. Practicum in Exercise Physiology	[EXPH 2921]	



### Pre-Athletic Training Concentration

OHIO Course Name	OHIO Course Number	LCCC Course Number
HLTH 2300: Medical Terminology	HLTH 2300	ALHN 110
Introduction to Sports Medicine	AT 1001	
Clinical Skills in Sports Medicine	AT 3001	
Practicum Requirement. Introduction to Athletic Training Clinical Experiences	[AT 2920]	

### College of Health Sciences and Professions Requirement

Complete one course with a grade of C (2.0) or better.

OHIO Course Name	OHIO Course Number	LCCC Course Number
Interprofessional Education in Health Care Requirement. (Complete two courses.)	HDFS 4070, IHS 1200, IHS 2112, [IHS 2220], IHS 2420, IHS 2820, IHS 2930, IHS 3250, [IHS 3934], [IHS 3934C], [IHS 4430], IHS 4510, [IHS 4514], IHS 4518	

### End Bachelor's Degree Requirement

### Preparation for Ohio University Master of Science in Athletic Training

To continue to the Ohio University Master of Science in Athletic Training, the following prerequisite courses are required.

These prerequisites may be satisfied with a combination of courses transferred from the community college and courses taken at Ohio University while completing the Bachelor of Science in Exercise Physiology.

OHIO Course Name	OHIO Course Number	LCCC Course Number
Biology	BIOS 1710 and 1715	[BIOG 162]
Human Anatomy with lab	BIOS 3010 and BIOS 3015	
Human/Animal Physiology course with lab	BIOS 3450 and BIOS 3455	
Physics with lab	PHYS 2001 or PHYS 2051	[PHYC 150]
Chemistry course with lab	CHEM 1210 or CHEM 1510	[CHMY 161] or [CHMY 171]
Nutrition	NUTR 1000	BIOG 153 or BIOG 268
Psychology-one course	Recommend PSY 1010	[PSYH 151]
Exercise Physiology-one course	BIOS 4140 or EXPH 4145	

### Disclaimer:

The information on this guide is based on the catalog requirements posted in the 2025-2026 Ohio University catalog and related Lorain County Community College equivalents as of the Last Updated date. All information is subject to change without notice. Students must complete a minimum of 120 total semester hours, are responsible for tracking their degree completion on their DARS, and are encouraged to work with an Ohio University academic advisor in their degree planning. Courses are subject to availability at each institution. It is suggested that students meet with an advisor to discuss course selection based on offered options.

Last Updated: 6/30/2025

