

# Bachelor of Arts Degree in Integrative Exercise Science

To earn a bachelor's degree at Hiram College, students must complete 120 semester hours of credits: a combination of required major coursework, general graduation coursework and electives. Students entering the degree completion program through the Cuyahoga Community College (TriC) Eastern Campus partnership will be able to transfer in a maximum of 75 semester hours of previous college coursework and then complete the remaining 45 hours of coursework through Hiram.

Students interested in the Bachelor of Arts degree in Integrative Exercise Science must complete the following courses at Tri-C (or the equivalent at another institution as approved by Hiram College):

## Required Major Coursework

BIOL 13100: Human Anatomy & Physiology w/lab	(4)
BIOL 13300: Human Anatomy & Physiology II w/lab	(4)
IES 10100: Foundations of Exercise Science	(3)
IES 32000: Kinesiology & Applied Biomechanics	(4)
IES 31200: Physiology of Muscular Activity & Exercise	(4)
IES 34600: Essentials of Strength Training & Conditioning	(4)
BIMD XXXXX: Elective	(4)
BIMD XXXXX: Elective	(4)
IES 40000: Exercise Testing & Prescription	(4)
IES 48000: Senior Seminar/Capstone	(4)
IES 48100 or 49800: Independent Research or Internship	(1-3)

## Area of Concentration (2 Electives)

IES 2XXXX: IES 20000 Level Elective	(3)
IES 31100: Nutrition & Fitness or	(3)
IES 40100: Special Populations	(4)

## GENERAL GRADUATION REQUIREMENTS

### Hiram Connect

Student Development 18000: Connecting To and Through Hiram College 120 Clock Hours Connect Experience	(1)
FDLA 20101: Foundations of the Liberal Arts	(4)

### Writing Requirement

TR) ENG 1010
TR) ENG 1020

### Interdisciplinary Requirement

INTD	(3)
INTD-Team Taught	(4)

*\*Contact your program counselor for information regarding general education transfer equivalencies*

## FOR MORE INFORMATION CONTACT:

**Samantha Voss**  
330.569.6033 | [vossm@hiram.edu](mailto:vossm@hiram.edu)

## TRI-C Equivalent

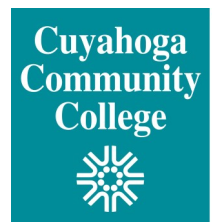
BIO 2331
BIO 2341
SES 1001
SES 2130

SES 1100,2300,2320, 2340,2350, or 2400
---



# Exercise Science Integrative

BACHELOR OF ARTS DEGREE IN



### Dual-Admission:

Students who qualify may choose the dual-admission option. To qualify for dual-admission, students must complete a minimum of 25 semester hours of credit at Tri-C and have earned a minimum GPA of 2.5. Dual admission students are permitted to enroll in one Hiram course per semester, which may be used toward a Hiram degree. In addition, just like all Hiram students, dual-admission students will enjoy all of the student services provided

### Dual-Enrollment:

Students may choose to take Hiram courses while they are completing associates degree coursework through Tri-C. Students interested in dual- enrollment must contact the Hiram College representative to determine eligibility.

Students do not have to complete all of the above required transfer coursework in order to be eligible for dual-enrollment at Hiram College.

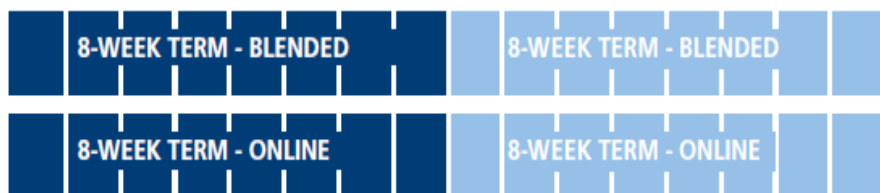
### Program Details:

Hiram College’s program is an evening and weekend program. Classes meet Thursday evenings (6-10 p.m.) Friday evenings (6-10 p.m.), Saturday mornings (8 a.m.-noon) and Saturday afternoons (2-6 p.m.).

Because of Hiram’s unique class schedule, students can complete this program in just four semesters by taking only two classes per 8-week term.

### SEMESTERS SCHEDULE

At Hiram, the typical 16-week semester is composed of the following:



During each 8-week term, students take a blended course at Tri-C. Classes meet every other weekend, giving the busy adult learner two weeks between class meetings to complete online assignments and balance work, family and schoolwork.

In addition, students have the option to take an online class in each of the two 8-week terms. This allows a student to carry a full 12- to 16-credit hour course load while focusing on just two classes at any one time.



### Delivery Modes:

Hiram College offers a variety of course delivery modes, including online or blended courses. Online courses are completed entirely online, while blended courses meet face-to-face every other weekend, with online assignments completed during off weeks.

### Personalized Advising/ Counseling:

Hiram College offers exceptional student support. Students will work with the same advisor from enrollment to graduation. A Hiram representative will hold regular office hours at Tri-C East three days per week but will be available at any time via phone or email. Contact your advisor for access to all of Hiram College’s services.

### FOR MORE INFORMATION CONTACT:

**Samantha Voss**  
330.569.6033 | [vossm@hiram.edu](mailto:vossm@hiram.edu)

