Exercise Science Requirements

- BIOL 250 Anatomy and Physiology I (4)
- BIOL 251 Anatomy and Physiology II (4)
- CHEM 121N/122N Found of Chemistry I (4)
- CHEM 123N/124N Found of Chemistry II (4)
- EXSC 225 Intro to Exercise Science (3)
- EXSC 250 Strength & Condition Leadership (3)
- EXSC 322 Anatomical Kinesiology (4)
- EXSC 340 Prevention/Care Injuries (3)
- EXSC 408 Nutrition Fitness and Sport (3)
- EXSC 415 Exercise Test/Nml/Spc Pop (4)
- EXSC 417W Adv Kinesiology/Biomechan. (4)
- EXSC 428 Exer Prescript/Chronic Dis (3)
- EXSC 431 Wellness Program/Administrat. (3)
- PHYS 111N (4)

Choose one of the following options:

Scientific Foundations of Exercise option:
- PHYS 112N Intro Gen Physics II (4)
- EXSC 420 Research Methods Exer. Science (3)
- EXSC 426 Exercise Physiology I (3)
- EXSC 427 Exercise Physiology II (3)

Electives (10):

- ____________
- ____________
- ____________
- ____________

Preventive/Rehabilitation option:
- EXSC 368 Internship (12)
- EXSC 409 Physiology of Exercise (3)
- Electives (8)

All EXSC courses will be used to calculate the major grade point average which must be 2.0 to graduate.

Upper Division General Education

Option A. Disciplinary Minor (a minimum of 12 hours determined by the department or Second Major or Second Degree)
Option B. Interdisciplinary Minor (specifically 12 hours, 3 of which may be in the major)
Option C. International Business and Regional Courses or an approved Certification Program such as teaching licensure
Option D. Two Upper-Division Courses from outside the College of Education and not required by the major (6 hours)

Additional free elective hours may be needed to make 120 credits total. A minimum 2.00 grade point average is required in the major, minor and overall to meet graduation requirements. Other requirements include completion of a minimum of both 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University, passage of the Exit Writing Examination and completion of the Senior Survey.