BACHELOR OF SCIENCE—Exercise Science Emphasis
OLD DOMINION UNIVERSITY
2011-2012 Catalog

NAME: _____
UIN: _____
PHONE: _____

Entrance Writing Sample Placement Test: _____

LOWER DIVISION GENERAL EDUCATION

A. Skills

Written Communication
ENGL 110C _____3_____
ENGL 211C, 221C, or 231C _____3_____

Oral Communication
COMM 101R, 103R, or 112R _____3_____

Mathematics
MATH 102M or 162M _____3_____

Language and Culture _____0-6_____

Information Literacy and Research _____3_____
IT 150G, CS 120G, CS 121G, STEM 251

B. Ways of Knowing

Human Creativity _____3_____
ARTH 121A, ARTS 122A, MUSC 264A, DANC 185A, THEA 241A, COMM/THEA 270A

Interpreting the Past _____3_____
HIST 100H, 101H, 102H, 103H, 104H, or 105H

Literature _____3_____
ENGL 112L, 114L, or FLET 100L

Philosophy & Ethics _____3_____
PHIL 110P, 120P, 140P, 230E, 250E, 303E, 344E, 345E, 441E, or 442E

The Nature of Science
BIO 115N _____4_____
BIO 116N _____4_____

Human Behavior _____3_____
PSYC 201S required

Impact of Technology
(Satisfied with EXSC 417W in major)

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 Into to General Physics I _____4_____

CHOOSE ONE OF THE FOLLOWING OPTIONS

OPTION A: 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)
_____ _____3 _____
_____ _____3 _____
_____ _____3 _____
_____ _____1 _____

OPTION B: 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. Approved Disciplinary Minor (a minimum of 12 hours determined by the department), or second degree or second major
Option B. Interdisciplinary Minor (specifically12 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)

Requirements for graduation include a minimum cumulative grade point average of 2.00 overall and in the major, 120 credit hours, passage of the Exit Examination of Writing Proficiency, and completion of Senior Assessment.