LOWER DIVISION GENERAL EDUCATION

A. Skills

Written Communication
ENGL 110C (C or better) __3__ (See transfer guide)*
ENGL 211C, 221C, or 231C (C or better) __3__ (See transfer guide)*

Oral Communication
COMM 101R, 103R, or 112R __3__ (See transfer guide)

Mathematics
MATH 102M or 162M __3__ (MTH 158 or 163)*

Language and Culture
____0-6 (See transfer guide)

Information Literacy and Research
IT 150G, CS 120G, CS 121G or STEM 251 __3__ (See transfer guide)

B. Ways of Knowing

Human Creativity __3__ (See transfer guide)
ARTH 121A, ARTS 122A, MUSC 264A, DANC 185A, THEA 241A or COMM/THEA 270A

Interpreting the Past __3__ (See transfer guide)
HIST 100H, 101H, 102H, 103H, 104H or 105H

Literature __3__ (See transfer guide)
ENGL 112L, 114L, or FLET 100L

Philosophy & Ethics __3__ (See transfer guide)
PHIL 110P, 120P, 140P, 230E, 250E, 303E, 344E, 345E, 441E or 442E

The Nature of Science
BIO 115N __4__ (BIO 101)*
BIO 116N __4__ (BIO 102)*

Human Behavior __3__ (PSY 200, 201, 202)*
PSYC 201S required

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

Exercise Science Requirements

BIOL 250 Anatomy and Physiology I __4__ (BIO 141)*
BIOL 251 Anatomy and Physiology II __4__ (BIO 142)*
CHEM 121N/122N Found of Chemistry I __4__ (CHM 111)*
CHEM 123N/124N Found of Chemistry II __4__ (CHM 112)*
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/Biomech. __4__
EXSC 428 Exer Prescript/Chronic Dis __3__
EXSC 431 Wellness Program/Administrat. __3__
PHYS 111N __4__ (PHY 111 or 201)*

CHOOSE ONE OF THE FOLLOWING OPTIONS

Scientific Foundations of Exercise option:

PHYS 112N Intro Gen Physics II __4__ (PHY 112 or 202)*
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 Writing Proficiency requirement (C or better in Written Communication and Writing Intensive Course (W) in major) and completion of the Senior Survey.