

## 2023-2024 Old Dominion University Catalog

### Bachelor of Science: Exercise Science - Preventive/Rehabilitative w/ VCCS Equivalencies

*Sample four year curriculum with a suggested ordering of courses based on placement into BIOL 121N/122N and MATH 162M or higher. Students may re-order as needed. \* Indicates not automatically waived with transferrable associates degree, C or better required for transfer. Courses in green are waived by the completion of an Associate degree (Not eligible for Applied Associate degrees). AS in Health Science or Science recommended for ease of transfer.*

#### YEAR 1 - FRESHMAN (36 CREDITS)

##### FALL SEMESTER (16 credits)

General Education Courses:

ENGL 110C: English Composition I  
 MATH 102M, 103M or 162M: Algebra or Precalculus  
 BIOL 121N/122N: General Biology I  
 Oral Communication  
 Human Behavior

VCCS Equivalencies:

ENG 111\*  
 MTH 158, 161 or 163  
 BIO 101\*  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)

##### SPRING SEMESTER (16 credits)

General Education Courses:

EXSC 225: Intro to Exercise Science  
 BIOL 123N/124N: General Biology II  
 Interpreting the Past  
 Literature  
 Information Literacy & Research

VCCS Equivalencies:

HLT 206  
 BIO 102\*  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)

##### SUMMER SEMESTER (4 credits)

BIOL 240 or 250: A&P I

BIOL 141\*

#### YEAR 2 - SOPHOMORE (31 CREDITS)

##### FALL SEMESTER (13 credits)

General Education Courses:

ENGL 211C or 231C: English Composition II  
 CHEM 121N/122N: General Chemistry I  
 Human Creativity  
 Elective or Language & Culture (May be waived; see catalog for details)

VCCS Equivalencies:

ENG 112, 210, 115, or 131\*  
 CHM 111\*  
[Transfer Equivalency Guide](#)

##### SPRING SEMESTER (14 credits)

General Education Courses:

CHEM 123N/124N: General Chemistry II  
 PHYS 111N: General Physics I  
 Philosophy & Ethics  
 Elective or Language & Culture (May be waived; see catalog for details)

VCCS Equivalencies:

CHM 112\*  
 PHY 111 or 201\*  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)

##### SUMMER SEMESTER (4 credits)

BIOL 241 or 251: A&P II

BIOL 142\*

#### YEAR 3 - JUNIOR (26 CREDITS)

##### FALL SEMESTER (12 credits)

Major Courses:

EXSC 250: Strength and Conditioning Leadership  
 EXSC 322: Anatomical Kinesiology  
 EXSC 326: Exercise Physiology I  
 Upper Division General Education\*\*

No VCCS Equivalencies:

##### SPRING SEMESTER (14 credits)

Major Courses:

EXSC 240: Prevention and Care of Injuries Related to Physical Activity  
 EXSC 327: Exercise Physiology II  
 EXSC 366 (1 credit): Exercise Science Seminar  
 EXSC 415: Exercise Testing for Normal and Special Populations  
 Upper Division General Education\*\*

No VCCS Equivalencies:

#### YEAR 4 - SENIOR (25-27 CREDITS)

##### FALL SEMESTER (13 credits)

Major Courses:

EXSC 408: Nutrition for Fitness and Sport  
 EXSC 417: Biomechanics (satisfies Impact of Technology)  
 EXSC 428: Exercise Prescription for Chronic Disease  
 EXSC 431W: Wellness Programming and Administration

No VCCS Equivalencies:

##### SPRING SEMESTER (12 credits)

Major Courses:

EXSC 368: Internship  
 Elective (2 credits if needed for 120)

No VCCS Equivalencies:

**Major Declaration Requirements:** Students must complete ENGL 110C, MATH 102M or 103M or 162M, BIOL 121N/122N, CHEM 121N/122N, BIOL 240 or 250 and EXSC 225 with grades of C or higher before officially declaring a major in Exercise Science. General Education and remaining science requirements may be in progress but should be completed before enrolling in 400-level EXSC major courses. Consult an advisor in the ODU Health Sciences Advising Center <http://www.odu.edu/hs/advising>

**GRADUATION REQUIREMENTS:** Requirements for graduation include a minimum cumulative grade point average of 2.00 overall and in the major, a minimum of 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program for Old Dominion University, completion of ENGL 110C and ENGL 211C or 231C, and the writing intensive (W) course in the major with a grade of C or better, and completion of Senior Assessment.