

2024-2025 Old Dominion University Catalog

Bachelor of Science: Exercise Science-Scientific Foundations 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)		SPRING SEMESTER (16 credits)	
<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>	<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>
ENGL 110C: English Composition I	ENG 111*	EXSC 225: Intro to Exercise Science	HLT 206
MATH 102M, 103M or 162M: Algebra or Precalculus	MTH 158, 161 or 163	BIOL 123N/124N: General Biology II	BIO 102*
BIOL 121N/122N: General Biology I	BIO 101*	Interpreting the Past	Transfer Equivalency Guide
Oral Communication	Transfer Equivalency Guide	Literature	Transfer Equivalency Guide
Human Behavior	Transfer Equivalency Guide	Information Literacy & Research	Transfer Equivalency Guide
SUMMER SEMESTER (4 credits)			
		BIOL 240 or 250: A&P I	BIOL 141*

YEAR 2 - SOPHOMORE (30 CREDITS)

FALL SEMESTER (13 credits)		SPRING SEMESTER (13 credits)	
<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>	<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>
ENGL 211C or 231C: English Composition II	ENG 112, 115, 131, or 210*	STAT 130M: Statistics	MTH 146, 155, 157, 240, 241, 242, 245, BUS 216, or 221*
CHEM 121N/122N: General Chemistry I	CHM 111*	CHEM 123N/124N: General Chemistry II	CHM 112*
Human Creativity		Philosophy & Ethics	Transfer Equivalency Guide
Elective or Language & Culture (May be waived; see catalog for	Transfer Equivalency Guide	Elective or Language & Culture (May be waived; see catalog for details)	Transfer Equivalency Guide
SUMMER SEMESTER (4 credits)			
		BIOL 241 or 251: A&P II	BIOL 142*

YEAR 3 - JUNIOR (27 CREDITS)

FALL SEMESTER (13 credits)		SPRING SEMESTER (14 credits)	
<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>	<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>
PHYS 111N: General Physics II	PHY 111 or 201*	PHYS 112N: General Physics II	PHY 112 or 202*
EXSC 250: Strength and Conditioning Leadership		EXSC 240: Prevention and Care of Injuries Related to Physical Activity	
EXSC 322: Anatomical Kinesiology		EXSC 327: Exercise Physiology II	
EXSC 326: Exercise Physiology I		EXSC 366 (1 credit): Exercise Science Seminar	
		Minor or Upper Division General Education**	

YEAR 4 - SENIOR (27 CREDITS)

FALL SEMESTER (13 credits)		SPRING SEMESTER (14 credits)	
<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>	<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>
EXSC 428: Exercise Prescription for Chronic Disease		EXSC 417: Biomechanics (satisfies Impact of Technology)	
EXSC 415: Exercise Testing for Normal and Special Populations		EXSC 431W: Wellness Programming and Administration	
EXSC 420: Research Methods in Exercise Science		Minor or Upper Division General Education**	
EXSC 408: Nutrition for Fitness and Sport		Minor or Electives**	

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.