**BACHELOR OF SCIENCE—Exercise Science Emphasis**
**OLD DOMINION UNIVERSITY**
**2011-2012 Catalog**
**with VCCS equivalencies in (parentheses)**

**NAME:** _____
**UIN:** _____
**PHONE:** _____

(* indicates not automatically waived with transferrable associates degree, C or better required for transfer)

Entrance Writing Sample Placement Test: _____

## LOWER DIVISION GENERAL EDUCATION

### A. Skills

Written Communication
ENGL 110C _____3 (See transfer guide)
ENGL 211C, 221C, or 231C _____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, 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, 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)

**NOTE: Students must achieve a minimum grade of C in BIOL 250 and MATH 102M or 162M before taking EXSC courses.**

### 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/Biomechan. ____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, 202)*
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 _____

**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.