

2018-2019 Old Dominion University Catalog
Bachelor of Science in Physical Education, Exercise Science Concentration
Scientific Foundations of Exercise Option

This is a sample four year curriculum with a suggested ordering of courses. Students have the flexibility of re-ordering as needed.

YEAR 1 - FRESHMAN (36 CREDITS)					
FALL SEMESTER (16 credits)		SPRING SEMESTER (16 credits)		SUMMER SEMESTER (4 credits)	
<u>General Education Courses:</u>	<u>Credit Hours:</u>	<u>General Education Courses:</u>	<u>Credit Hours:</u>	BIOL 240 or 250	
ENGL 110C	3	Literature	3		
MATH 102M, 103M or 162M	3	Interpreting the Past	3		
Oral Communication	3	Information Literacy & Research	3		
Human Behavior: PSYC 201	3	<u>Major Course:</u>			
<u>Major Courses:</u>		BIOL 123N+124N	4		
BIOL 121N+122N	4	EXSC 225	3		
YEAR 2 - SOPHOMORE (33 CREDITS)					
FALL SEMESTER (13 credits)		SPRING SEMESTER (16 credits)		SUMMER SEMESTER (4 credits)	
<u>General Education Courses:</u>	<u>Credit Hours:</u>	<u>General Education Courses:</u>	<u>Credit Hours:</u>	BIOL 241 or 251	
Nature of Science: CHEM 121N/122N	4	Nature of Science: CHEM 123N/124N	4		
ENGL 211C, 221C or 231C	3	STAT 130M	3		
Language & Culture (may be waived)	3	Language & Culture (may be waived)	3		
<u>Major Courses:</u>		<u>Major Courses:</u>			
EXSC 250	3	Minor/Elective*	3		
		EXSC 240	3		
YEAR 3 - JUNIOR (30 CREDITS)					
FALL SEMESTER (16 credits)		SPRING SEMESTER (14 credits)		SUMMER SEMESTER	
<u>Major Courses:</u>	<u>Credit Hours:</u>	<u>Major Courses:</u>	<u>Credit Hours:</u>		
PHYS 111N	4	PHYS 112N	4		
EXSC 322	3	Philosophy & Ethics	3		
EXSC 326	3	<u>Major Courses:</u>			
Minor or Upper Division General Education*	3	EXSC 327	3		
<u>General Education Courses:</u>		Minor or Upper Division General Education*	3		
Human Creativity	3	EXSC 366	1		
YEAR 4 - SENIOR (27 CREDITS)					
FALL SEMESTER (13 credits)		SPRING SEMESTER (14 credits)		SUMMER SEMESTER	
<u>Major Courses:</u>	<u>Credit Hours:</u>	<u>Major Courses:</u>	<u>Credit Hours:</u>		
EXSC 428	3	EXSC 417 (Satisfies Impact of Technology)	4		
EXSC 420	3	EXSC 431W	3		
EXSC 408	3	Minor/Elective*	3		
EXSC 415	4	Electives*	4		

*Consult catalog and advisor for options.

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, completion of ENGL 110C, ENGL 211C or ENGL 221C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C (2.0) or better, and completion of the Senior Survey.