

**2022-2023 Old Dominion University Catalog**  
**Bachelor of Science in Exercise Science-Scientific Foundations of Exercise w/ VCCS Equivalencies**

*Sample four year curriculum with a suggested ordering of courses. 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).*

YEAR 1 - FRESHMAN (36 CREDITS)				
FALL SEMESTER (16 credits)		SPRING SEMESTER (16 credits)		SUMMER SEMESTER
<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>	<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>	
ENGL 110C	ENG 111*	Literature	<a href="#">Transfer Guide</a>	BIOL 240 or 250 (4 credits)
MATH 102M, 103M or 162M	<a href="#">Transfer Guide*</a>	Information Literacy & Research	<a href="#">Transfer Guide</a>	BIOL 141 or 231* at VCCS
Oral Communication	<a href="#">Transfer Guide</a>	Interpreting the Past	<a href="#">Transfer Guide</a>	
Human Behavior	<a href="#">Transfer Guide</a>	Nature of Science: Biol 123N/124N (4 credits)	BIO 102*	
Nature of Science: Biol 121N/122N (4 credits)	BIO 101*	<u>Major Course:</u> EXSC 225		
YEAR 2 - SOPHOMORE (30 CREDITS)				
FALL SEMESTER (13 credits)		SPRING SEMESTER (13 credits)		SUMMER SEMESTER
<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>	<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>	
ENGL 211C, 221C or 231C	ENG 112, 210, 115, or 131*	STAT 130M	MTH 146, 155, 157, 240, 241, 242, 245, BUS 216, or 221*	BIOL 241 or 251 (4 credits)
CHEM 121N/122N (4 credits)	CHM 111*	Elective or Language & Culture (May be waived; see catalog for details)	<a href="#">Transfer Guide</a>	BIOL 142 or 232* at VCCS
Elective or Language & Culture (May be waived; see catalog for details)	<a href="#">Transfer Guide</a>	CHEM 123N/124N (4 credits)	CHM 112*	
<u>Major Courses:</u>		<u>Major Courses:</u>		
EXSC 250		EXSC 240		
Minor or Upper Division General Education**		Minor or Upper Division General Education**		
YEAR 3 - JUNIOR (27 CREDITS)				
FALL SEMESTER (13 credits)		SPRING SEMESTER (14 credits)		SUMMER SEMESTER
<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>	<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>	
PHYS 111N (4 credits)	PHY 111 or 201*	PHYS 112N(4 credits)	PHY 112 or 202*	
EXSC 322		Philosophy & Ethics	<a href="#">Transfer Guide</a>	
EXSC 326		<u>Major Courses:</u>		
Human Creativity	<a href="#">Transfer Guide</a>	EXSC 327		
		EXSC 366 (1 credit)		
		Minor or Upper Division General Education**		
YEAR 4 - SENIOR (27 CREDITS)				
FALL SEMESTER (13 credits)		SPRING SEMESTER (14 credits)		SUMMER SEMESTER
<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>	<u>Major Courses:</u>	<u>VCCS Equivalencies:</u>	
EXSC 428		EXSC 417 (4 credits-Satisfies Impact of Technology)		
EXSC 415 (4 credits)		EXSC 431W		
EXSC 420		Minor or Upper Division General Education**		
EXSC 408		Electives**		

\*\*Consult catalog and advisor.

Requirements for graduation include a minimum cumulative grade point average of 2.00 overall and in the major, 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 from Old Dominion University, completion of ENGL 110C, ENGL 211C or 221C or 231C, and a writing intensive (W) course in the major with a grade of C (2.0) or better, and completion of Senior Assessment.