

2023-2024 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)

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](#)

General Education Courses:

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

SPRING SEMESTER (16 credits)

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 (30 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, 115, 131, or 210*
 CHM 111*
[Transfer Equivalency Guide](#)

General Education Courses:

STAT 130M: Statistics
 CHEM 123N/124N: General Chemistry II
 Philosophy & Ethics
 Elective or Language & Culture (May be waived; see catalog for details)

SPRING SEMESTER (13 credits)

VCCS Equivalencies:

MTH 146, 155, 157, 240, 241, 242, 245, BUS 216, or 221*
 CHM 112*
[Transfer Equivalency Guide](#)
[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)

Major Courses:

PHYS 111N: General Physics II
 EXSC 250: Strength and Conditioning Leadership
 EXSC 322: Anatomical Kinesiology
 EXSC 326: Exercise Physiology I

VCCS Equivalencies:

PHY 111 or 201*

Major Courses:

PHYS 112N: General Physics II
 EXSC 240: Prevention and Care of Injuries Related to Physical Activity
 EXSC 327: Exercise Physiology II
 EXSC 366 (1 credit): Exercise Science Seminar
 Minor or Upper Division General Education**

SPRING SEMESTER (14 credits)

VCCS Equivalencies:

PHY 112 or 202*

YEAR 4 - SENIOR (27 CREDITS)

FALL SEMESTER (13 credits)

Major Courses:

EXSC 428: Exercise Prescription for Chronic Disease
 EXSC 415: Exercise Testing for Normal and Special Populations
 EXSC 420: Research Methods in Exercise Science
 EXSC 408: Nutrition for Fitness and Sport

VCCS Equivalencies:

Major Courses:

EXSC 417: Biomechanics (satisfies Impact of Technology)
 EXSC 431W: Wellness Programming and Administration
 Minor or Upper Division General Education**
 Minor or Electives**

SPRING SEMESTER (14 credits)

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.