

2025-2026 Old Dominion University Catalog

Bachelor of Science: Exercise Science - Exercise and Sport Specialist Option w/ VCCS

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 (30 CREDITS)

FALL SEMESTER (16 credits)

<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>
ENGL 110C: English Composition I	ENG 111*
MATH 102M, 103M or 162M: Algebra or Precalculus	MTH 158, 161 or 163
BIOL 121N/122N: General Biology I	BIO 101*
Oral Communication	Transfer Equivalency Guide
Human Behavior (PSY 200, 201, or 202 for PT interest)	Transfer Equivalency Guide

SPRING SEMESTER (16 credits)

<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>
EXSC 225: Intro to Exercise Science	HLT 206
CHEM 121N/122N: General Chemistry I	CHM 111*
Information Literacy & Research	Transfer Equivalency Guide
Interpreting the Past	Transfer Equivalency Guide
Human Creativity	Transfer Equivalency Guide

YEAR 2 - SOPHOMORE (30 CREDITS)

FALL SEMESTER (16 credits)

<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>
BIOL 240 or 250: A&P I	BIOL 141*
ENGL 211C or 231C: English Composition II	ENG 112, 210, 115, or 131*
Philosophy & Ethics	Transfer Equivalency Guide
Elective or Language & Culture (May be waived; see catalog for details)	Transfer Equivalency Guide
Elective	

SPRING SEMESTER (15 credits)

<u>General Education Courses:</u>	<u>VCCS Equivalencies:</u>
BIOL 241 or 251: A&P II	BIOL 142*
PHYS 111N: General Physics I	PHY 111 or 201*
Literature	Transfer Equivalency Guide
Elective or Language & Culture (May be waived; see catalog for details)	Transfer Equivalency Guide
Elective (1 credit)	

YEAR 3 - JUNIOR (30 CREDITS)

FALL SEMESTER (15 credits)

<u>Major Courses:</u>	<u>No VCCS Equivalencies:</u>
EXSC 240: Prevention and Care of Injuries Related to Physical Activity	
EXSC 250: Strength and Conditioning Leadership	
EXSC 322: Anatomical Kinesiology	
EXSC 326: Exercise Physiology I	
Minor or Electives**	

SPRING SEMESTER (14 credits)

<u>Major Courses:</u>	<u>No VCCS Equivalencies:</u>
EXSC 327: Exercise Physiology II	
EXSC 415: Exercise Testing for Normal and Special Populations	
EXSC 366 (1 credit): Exercise Science Seminar	
EXSC 408: Nutrition for Fitness and Sport	
Minor or Electives**	

YEAR 4 - SENIOR (25-27 CREDITS)

FALL SEMESTER (16 credits)

<u>Major Courses:</u>	<u>No VCCS Equivalencies:</u>
EXSC 428: Exercise Prescription for Chronic Disease	
EXSC 431W: Wellness Programming and Administration	
EXSC 417: Biomechanics (satisfies Impact of Technology)	
Minor or Electives**	
Minor or Electives**	

SPRING SEMESTER (12 credits)

<u>Major Courses:</u>	<u>No VCCS Equivalencies:</u>
EXSC 368: Internship	

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 <https://www.odu.edu/health-sciences-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.