

**BACHELOR OF SCIENCE—Exercise Science Major**  
**OLD DOMINION UNIVERSITY**  
**2006-2008 Catalog**

Students earning the AS, AA, or AA&S (or university parallel) degree from a Virginia Community College automatically satisfy the lower division general education requirements. **General Education courses marked with \* require a grade of C or better to transfer. The remaining lower division courses are automatically satisfied by the AS (including foreign language), regardless of the grade earned.** Additionally, courses in which a grade of C- or below were earned will not transfer. Therefore Community College degree holders who meet the General Education requirements may require additional credits to meet the 120 credit hour graduation minimum. **(AS=Associate degree)**

Entrance Writing Sample Placement Test: \_\_\_\_\_

**NAME:** \_\_\_\_\_

**UIN:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**LOWER DIVISION GENERAL EDUCATION**

<u>Written Communication</u>	<u>Credits/Grade</u>
ENGL 110C	3 _____
ENGL 111C or 131C	3 _____

<u>Oral Communication</u>	
COMM 101R, 103R or 112R	3 _____

<u>Mathematics</u>	3 _____ *
(MATH 102M or 162M required)	

<u>Foreign Language</u>	0-6 _____
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<u>Computer Skills</u>	3 _____
CS 101D, CS 149D, or OTS251D	

**B. Perspectives**

<u>Fine and Performing Arts</u>	3 _____
ARTH 121A, ARTS 122A, MUSC 264A, DANC 185A, THEA 241A, COMM/THEA 270A, or GEN 101	

<u>History</u>	3 _____
HIST 101H, 102H, 103H, 104H or 105H or GEN 101	

<u>Literature</u>	3 _____
ENGL 112L, 144L, or FLET 100L Or GEN 101	

<u>Philosophy</u>	3 _____
PHIL 110P, 120P, or 150P or GEN 101	

Natural Science and Technology  
 Eight credit hours of Natural Science with labs in sequence. Additionally, 3-4 Natural Science or Technology are required.

BIOL 115N	4 _____ *
BIOL 116N	4 _____ *
PHYS 111N	4 _____ *

<u>Social Science</u>	
PSYC 201S	3 _____ *

**Exercise Science Requirements**

BIOL 250 Anatomy and Physiology I	4 _____ *
BIOL 251 Anatomy and Physiology II	4 _____ *
CHEM 115N Found of Chemistry I	4 _____ *
CHEM 116N Found of Chemistry II	4 _____ *
EXSC 225 Intro to Exercise Science	3 _____ *
EXSC 250 Strength & Condition Ld	3 _____
EXSC 322 Anatomical Kinesiology	4 _____
EXSC 340 Prevention/Care Injuries	3 _____
EXSC 408 Nutrition Fitness and Sport	3 _____
EXSC 415 Exer Test/Nml/Spc Pop	4 _____
EXSC 417W Adv Kinesiology/Bio	4 _____
EXSC 428 Exer Prescript/Chronic	3 _____
EXSC 431 Wellness Program/Adm	3 _____

**CHOOSE ONE OF THE FOLLOWING**

**Scientific Foundations of Exercise** option:

PHYS 112N Intro Gen Physics II	4 _____ *
EXSC 420 Research Meth Ex. Sc	3 _____
EXSC 426 Exercise Physiology I	3 _____
EXSC 427 Exercise Physiology II	3 _____
ELECTIVES	

_____	3 _____
_____	3 _____
_____	3 _____
_____	1 _____

**Preventive/Rehabilitation** option:

EXSC 368W 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. Approved Minor, 12-24 hours; also second degree or second major.

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Option B. Cluster, 9 hours (3 hours may be in the major area of study.)

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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.

**Admission.** Students in exercise science must (1) have completed 13 semester hours of course work including ENGL 110C; (2) have a grade point average of 2.0; and (3) complete a personal interview.

**Continuance.** Students in exercise science must (1) maintain an overall grade point average of 2.00; and (2) maintain a grade point average of 2.00 in the major.

**Exit.** Student in exercise science must (1) have an overall grade point average and major grade point average of 2.00; (2) earned a minimum 120 credit hours; (3) demonstrate writing proficiency prior to any required internship experience; (4) satisfy all course competencies; (5) complete internship (if required in the emphasis area); (6) successfully complete University assessments; and (7) pass the Exit Examination of Writing Proficiency.