

**BACHELOR OF SCIENCE—Exercise Science Major  
OLD DOMINION UNIVERSITY**

**2008-2009 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 A-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 <u>ENG 111</u>
ENGL 111C	_____ 3 <u>ENG 112 or 210</u>
ENGL 131C	_____ 3 <u>ENG 115 or 131</u>
<u>Oral Communication</u>	
COMM 101R, 103R or 112R	_____ 3 <u>Select 1 course from</u> <a href="#">Transfer guide</a>
<u>Mathematics</u>	
(MATH 102M or 162M required)	_____ 3 <u>Select 1 course from*</u> <a href="#">Transfer guide</a>
<u>Foreign Language</u>	_____ 0-6 <u>HIS waiver or</u> <a href="#">Transfer</a> <a href="#">guide</a>
<u>Computer Skills</u>	
CS 101D, CS 149D, or OTS251D	_____ 3 <u>Select 1 course from</u> <a href="#">Transfer guide</a>

**B. Perspectives**

<u>Fine and Performing Arts</u>	_____ 3 <u>Select 1 course from</u> <a href="#">Transfer guide</a>
ARTH 121A, ARTS 122A, MUSC 264A, DANC 185A, THEA 241A, COMM/THEA 270A	
<u>History</u>	_____ 3 <u>Select 1 course from</u> <a href="#">Transfer guide</a>
HIST 101H, 102H, 103H, 104H or 105H	
<u>Literature</u>	_____ 3 <u>Select 1 course from</u> <a href="#">Transfer guide</a>
ENGL 112L, 144L, or FLET 100L	
<u>Philosophy</u>	_____ 3 <u>Select 1 course from</u> <a href="#">Transfer guide</a>
PHIL 110P, 120P, or 150P	
<u>Natural Science and Technology</u>	
Eight credit hours of Natural Science with labs in sequence. Additionally, 3-4 Natural Science or Technology are required.	
BIOL 115N	_____ 4 <u>BIO 201*</u>
BIOL 116N	_____ 4 <u>BIO 102</u>
PHYS 111N	_____ 4 <u>PHY 111,201,121,131*</u>

<u>Social Science</u>	
PSYC 201S (required)	_____ 3 <u>PSY 200 or 201*</u>

**Exercise Science Requirements**

BIOL 250 Anatomy and Physiology I	_____ 4 <u>BIO 141, 231*</u>
BIOL 251 Anatomy and Physiology II	_____ 4 <u>BIO 142, 232*</u>
CHEM 115N Found of Chemistry I	_____ 4 <u>CHM 111*</u>
CHEM 116N Found of Chemistry II	_____ 4 <u>CHM 112*</u>
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 <u>PHY 112, 202*</u>
EXSC 420 Research Meth Ex. Sc	_____ 3 _____
EXSC 426 Exercise Physiology I	_____ 3 _____
EXSC 427 Exercise Physiology II	_____ 3 _____
<b>ELECTIVES</b>	

_____	_____ 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. Other requirements include passage of the Exit Writing Examination and completion of the Senior Survey.