

<u>General Education Courses:</u> ENGL 110C: English Composition I MATH 102M, 103M or 162M: Algebra or Precalculus BIOL 121N/122N: General Biology I Oral Communication Human Behavior	<u>VCCS Equivalencies:</u> ENG 111* MTH 158, 161 or 163 BIO 101* Transfer Equivalency Guide Transfer Equivalency Guide	<u>General Education Courses:</u> EXSC 225: Intro to Exercise Science BIOL 123N/124N: General Biology II Interpreting the Past Literature Information Literacy & Research	<u>VCCS Equivalencies:</u> HLT 206 BIO 102* Transfer Equivalency Guide Transfer Equivalency Guide Transfer Equivalency Guide
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BIOL 141*

<u>General Education Courses:</u> 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)	<u>VCCS Equivalencies:</u> ENG 112, 210, 115, or 131* CHM 111* Transfer Equivalency Guide	<u>General Education Courses:</u> CHEM 123N/124N: General Chemistry II PHYS 111N: General Physics I Philosophy & Ethics Elective or Language & Culture (May be waived; see catalog for details)	<u>VCCS Equivalencies:</u> CHM 112* PHY 111 or 201* Transfer Equivalency Guide Transfer Equivalency Guide
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BIOL 142*

<u>Major Courses:</u> EXSC 250: Strength and Conditioning Leadership EXSC 322: Anatomical Kinesiology EXSC 326: Exercise Physiology I Upper Division General Education**	<u>No VCCS Equivalencies:</u>	<u>Major Courses:</u> EXSC 240: Prevention and Care of Injuries Related to Physical Activity EXSC 327: Exercise Physiology II EXSC 366 (1 credit): Exercise Science Seminar EXSC 415: Exercise Testing for Normal and Special Populations Upper Division General Education**	<u>No VCCS Equivalencies:</u>
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<u>Major Courses:</u> EXSC 408: Nutrition for Fitness and Sport EXSC 417: Biomechanics (satisfies Impact of Technology) EXSC 428: Exercise Prescription for Chronic Disease EXSC 431W: Wellness Programming and Administration	<u>No VCCS Equivalencies:</u>	<u>Major Courses:</u> EXSC 368: Internship Elective (2 credits if needed for 120)	<u>No VCCS Equivalencies:</u>
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: 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>

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.