

Bachelor of Science

Exercise Science (BS)

Degree Program Guide

The Degree Program Guide is a suggested curriculum to complete this degree program in four years. It is just one of several plans that will work and is presented only as broad guidance to students. Each student is strongly encouraged to develop a customized plan in consultation with their academic advisor. Additional information can also be found in Degree Works.

Exercise Science - Preventive/Rehabilitative Exercise Option

Course	Title	Credit Hours
Freshman		
Fall		
ENGL 110C	English Composition (C or better required)	3
MATH 102M or MATH 103M	College Algebra (C or better required) or College Algebra with Supplemental Instruction	3
Oral Communication		3
Human Behavior		3
BIOL 121N	General Biology I	3
BIOL 122N	General Biology I Lab	1
Credit Hours		16
Spring		
Information Literacy and Research (HLTH 120G preferred)		
BIOL 123N	General Biology II	3
BIOL 124N	General Biology II Lab	1
EXSC 225	Introduction to Exercise Science	3
CHEM 121N	Foundations of Chemistry I Lecture	3
CHEM 122N	Foundations of Chemistry I Laboratory	1
Credit Hours		14
Summer		
BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I (C or better required) or Human Anatomy and Physiology I	4
Credit Hours		4
Sophomore		
Fall		
ENGL 211C or ENGL 231C	Writing, Rhetoric, and Research (C or better required) or Writing, Rhetoric, and Research: Special Topics	3
EXSC 250	Strength and Conditioning Leadership	3
CHEM 123N	Foundations of Chemistry II Lecture	3
CHEM 124N	Foundations of Chemistry II Laboratory	1
Interpreting the Past (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret)		3

Minor or Elective or Foreign Language (if required)		3
Credit Hours		16
Spring		
Philosophy and Ethics		
EXSC 240	Prevention and Care of Injuries Related to Physical Activity	3
BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II or Human Anatomy and Physiology II	4
Literature (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature)		3
Minor or Elective or Foreign Language (if required)		3
Credit Hours		16
Junior		
Fall		
Human Creativity		
EXSC 322	Anatomical Kinesiology	3
EXSC 326	Exercise Physiology I	3
Minor or Upper-Division General Education		
Credit Hours		12
Spring		
PHYS 111N	Introductory General Physics	4
EXSC 327	Exercise Physiology II	3
EXSC 415	Exercise Testing for Normal and Special Populations	4
EXSC 366	Exercise Science Seminar	1
Minor or Upper-Division General Education		
Credit Hours		15
Senior		
Fall		
EXSC 428	Exercise Prescription for Chronic Disease	3
EXSC 431W	Wellness Programming and Administration (C or better required)	3
EXSC 417	Biomechanics	4
EXSC 408	Nutrition for Fitness and Sport	3
Elective		
Credit Hours		15
Spring		
EXSC 368	Internship	12
Credit Hours		12
Total Credit Hours		120

Exercise Science - Scientific Foundations of Exercise Option

Course	Title	Credit Hours
Freshman		
Fall		
ENGL 110C	English Composition (C or better required)	3
MATH 102M or MATH 103M	College Algebra (C or better required) or College Algebra with Supplemental Instruction	3

Oral Communication		3
BIOL 121N	General Biology I	3
BIOL 122N	General Biology I Lab	1
Human Behavior		3
Credit Hours		16
Spring		
Information Literacy and Research (HLTH 120G)		3
BIOL 123N	General Biology II	3
BIOL 124N	General Biology II Lab	1
EXSC 225	Introduction to Exercise Science	3
CHEM 122N	Foundations of Chemistry I Laboratory	1
CHEM 121N	Foundations of Chemistry I Lecture	3
Credit Hours		14
Summer		
BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I (C or better required) or Human Anatomy and Physiology I	4
Credit Hours		4
Sophomore		
Fall		
ENGL 211C or ENGL 231C	Writing, Rhetoric, and Research (C or better required) or Writing, Rhetoric, and Research: Special Topics	3
EXSC 250	Strength and Conditioning Leadership	3
CHEM 123N	Foundations of Chemistry II Lecture	3
CHEM 124N	Foundations of Chemistry II Laboratory	1
Interpreting the Past (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret)		3
Minor or Elective or Foreign Language (if required)		3
Credit Hours		16
Spring		
STAT 130M	Elementary Statistics (required as prerequisite for EXSC 420)	3
EXSC 240	Prevention and Care of Injuries Related to Physical Activity	3
BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II or Human Anatomy and Physiology II	4
Literature (http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature)		3
Minor or Elective or Foreign Language (if required)		3
Credit Hours		16
Junior		
Fall		
PHYS 111N	Introductory General Physics	4
EXSC 322	Anatomical Kinesiology	3
EXSC 326	Exercise Physiology I	3

Human Creativity		3
Credit Hours		13
Spring		
PHYS 112N	Introductory General Physics	4
EXSC 327	Exercise Physiology II	3
EXSC 366	Exercise Science Seminar	1
Philosophy and Ethics		3
Minor or Upper-Division General Education		3
Credit Hours		14
Senior		
Fall		
EXSC 428	Exercise Prescription for Chronic Disease	3
EXSC 420	Research Methods in Exercise Science	3
EXSC 408	Nutrition for Fitness and Sport	3
EXSC 415	Exercise Testing for Normal and Special Populations	4
Credit Hours		13
Spring		
EXSC 417	Biomechanics	4
EXSC 431W	Wellness Programming and Administration (C or better required)	3
Minor or Upper-Division General Education		3
Electives		4
Credit Hours		14
Total Credit Hours		120