

# 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 - Exercise and Sport Specialist Option

Course	Title	Credit Hours
<b>Freshman</b>		
<b>Fall</b>		
ENGL 110C	English Composition (C or better required)	3
MATH 102M or MATH 103M or MATH 162M	College Algebra (C or better required) or College Algebra with Supplemental Instruction or Precalculus I	3
BIOL 121N	General Biology I	3
BIOL 122N	General Biology I Lab	1
Oral Communication		3
Elective		1
<b>Credit Hours</b>		<b>14</b>
<b>Spring</b>		
EXSC 225	Introduction to Exercise Science	3
CHEM 121N	Foundations of Chemistry I Lecture	3
CHEM 122N	Foundations of Chemistry I Laboratory	1
Information Literacy and Research (HLTH 120G preferred)		3
Interpreting the Past ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret</a> )		3
Human Behavior ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior</a> ) (PSYC 201S preferred)		3
<b>Credit Hours</b>		<b>16</b>
<b>Sophomore</b>		
<b>Fall</b>		
BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I or Human Anatomy and Physiology I	4
ENGL 211C or ENGL 231C	Writing, Rhetoric, and Research (C or better required) or Writing, Rhetoric, and Research: Special Topics	3
Minor or Elective or Foreign Language (if required)		3
Minor or Upper-Division General Education		3
Philosophy and Ethics ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy</a> ) (PHIL 345E preferred)		3
<b>Credit Hours</b>		<b>16</b>

<b>Spring</b>		
BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II or Human Anatomy and Physiology II	4
EXSC 250	Strength and Conditioning Leadership	3
Literature ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature</a> )		3
Human Creativity ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity</a> )		3
Minor or Elective or Foreign Language (if required)		3
<b>Credit Hours</b>		<b>16</b>
<b>Junior</b>		
<b>Fall</b>		
EXSC 322	Anatomical Kinesiology and Musculoskeletal Injuries	3
EXSC 326	Exercise Physiology I	3
EXSC 310	Gross Anatomy for Exercise Science	3
Minor or Upper-Division General Education		3
Elective		3
<b>Credit Hours</b>		<b>15</b>
<b>Spring</b>		
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
Elective		3
<b>Credit Hours</b>		<b>15</b>
<b>Senior</b>		
<b>Fall</b>		
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		3
<b>Credit Hours</b>		<b>16</b>
<b>Spring</b>		
EXSC 368	Internship	12
<b>Credit Hours</b>		<b>12</b>
<b>Total Credit Hours</b>		<b>120</b>

### Exercise Science - Clinical and Research Preparation Option

Course	Title	Credit Hours
<b>Freshman</b>		
<b>Fall</b>		
ENGL 110C	English Composition (C or better required)	3

MATH 102M or MATH 103M or MATH 162M	College Algebra (C or better required) or College Algebra with Supplemental Instruction or Precalculus I	3
BIOL 121N	General Biology I	3
BIOL 122N	General Biology I Lab	1
Oral Communication		3
<b>Credit Hours</b>		<b>13</b>
<b>Spring</b>		
EXSC 225	Introduction to Exercise Science	3
BIOL 123N	General Biology II	3
BIOL 124N	General Biology II Lab	1
Information Literacy and Research (HLTH 120G preferred)		3
Human Creativity ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity</a> )		3
Human Behavior ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior</a> ) (PSYC 201S preferred)		3
<b>Credit Hours</b>		<b>16</b>
<b>Sophomore</b>		
<b>Fall</b>		
BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I or Human Anatomy and Physiology I	4
ENGL 211C or ENGL 231C	Writing, Rhetoric, and Research (C or better required) or Writing, Rhetoric, and Research: Special Topics	3
STAT 130M	Elementary Statistics	3
Interpreting the Past ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret</a> )		3
Minor or Elective or Foreign Language (if required)		3
<b>Credit Hours</b>		<b>16</b>
<b>Spring</b>		
BIOL 241 or BIOL 251	Fundamentals of Anatomy and Physiology II or Human Anatomy and Physiology II	4
EXSC 250	Strength and Conditioning Leadership	3
EXSC 310	Gross Anatomy for Exercise Science	3
Literature ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature</a> )		3
Minor or Elective or Foreign Language (if required)		3
<b>Credit Hours</b>		<b>16</b>
<b>Junior</b>		
<b>Fall</b>		
CHEM 121N	Foundations of Chemistry I Lecture	3
CHEM 122N	Foundations of Chemistry I Laboratory	1
EXSC 322	Anatomical Kinesiology and Musculoskeletal Injuries	3
EXSC 326	Exercise Physiology I	3
Minor or Upper-Division General Education		3
<b>Credit Hours</b>		<b>13</b>

<b>Spring</b>		
CHEM 123N	Foundations of Chemistry II Lecture	3
CHEM 124N	Foundations of Chemistry II Laboratory	1
PHYS 111N	Introductory General Physics (*)	4
*Consider taking a summer science course Sophomore or Junior year to prevent multiple sciences in one semester.		
EXSC 327	Exercise Physiology II	3
Philosophy and Ethics (PHIL 345E preferred)		3
Elective		1
<b>Credit Hours</b>		<b>15</b>
<b>Senior</b>		
<b>Fall</b>		
PHYS 112N	Introductory General Physics	4
EXSC 415	Exercise Testing for Normal and Special Populations	4
EXSC 420	Research Methods in Exercise Science	3
EXSC 408	Nutrition for Fitness and Sport	3
EXSC 366	Exercise Science Seminar	1
<b>Credit Hours</b>		<b>15</b>
<b>Spring</b>		
EXSC 417	Biomechanics	4
EXSC 431W	Wellness Programming and Administration (C or better required)	3
EXSC 428	Exercise Prescription for Chronic Disease	3
Minor or Upper-Division General Education		3
Electives		3
<b>Credit Hours</b>		<b>16</b>
<b>Total Credit Hours</b>		<b>120</b>