

General Education Courses:

ENGL 110C: English Composition I  
MATH 102M, 103M or 162M: Algebra or  
Precalculus  
BIOL 121N/122N: General Biology I  
Oral Communication  
Human Behavior

VCCS Equivalencies:

ENG 111\*  
MTH 158, 161 or 163  
BIO 101\*  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)

General Education Courses:

EXSC 225: Intro to Exercise Science  
BIOL 123N/124N: General Biology II  
Interpreting the Past  
Literature  
Information Literacy & Research

VCCS Equivalencies:

HLT 206  
BIO 102\*  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)

BIOL 240 or 250: A&P I

BIOL 141\*

General Education Courses:

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)

VCCS Equivalencies:

ENG 112, 115, 131, or 210\*  
CHM 111\*  
[Transfer Equivalency Guide](#)

General Education Courses:

STAT 130M: Statistics  
CHEM 123N/124N: General Chemistry II  
Philosophy & Ethics  
Elective or Language & Culture (May be waived;  
see catalog for details)

VCCS Equivalencies:

MTH 146, 155, 157, 240, 241, 242, 245, BUS 216, or 221\*  
CHM 112\*  
[Transfer Equivalency Guide](#)  
[Transfer Equivalency Guide](#)

BIOL 241 or 251: A&P II

BIOL 142\*

Major Courses:

PHYS 111N: General Physics I

VCCS Equivalencies:

Major Courses:

VCCS Equivalencies:

Minor or Upper Division General Education\*\*

Major Courses:

EXSC 428: Exercise Prescription for Chronic Disease  
EXSC 415: Exercise Testing for Normal and Special Populations  
EXSC 420: Research Methods in Exercise Science  
EXSC 408: Nutrition for Fitness and Sport

VCCS Equivalencies:

Major Courses:

EXSC 431W: Wellness Programming and  
Administration  
Minor or Upper Division General Education\*\*  
Minor or Electives\*\*

VCCS Equivalencies:

GRADUATION REQUIREMENTS: 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.