

Old Dominion University Bachelor of Science in Exercise Science

Associate Transfer Degree Plan in Kinesiology

COURSE REQUIREMENTS

Complete at VCCS				Complete at ODU		
BACHELOR'S DEGREE REQUIREMENT	SATISFIED BY			BACHELOR'S DEGREE REQUIREMENT		
Course	Credits	CC Course	Notes	Course	Credits	Notes
UNIV 100	1-2	SDV 100 or 101		MATH 102M/103M	3	Not required for students who complete Precalculus prior to transfer
ENGL 110C	3	ENG 111		EXSC 240	3	
ENGL 211C	3	ENG 112 or 113		EXSC 250	3	
Gen Ed: Liberal Arts	3	Any UCGS Art or Humanities	These two courses must come from two different disciplines.	EXSC 322	3	
Gen Ed: Liberal Arts	3	Any UCGS Art, Humanities, or Literature		EXSC 326	3	
PSYC 201S	3	PSY 200		EXSC 327	3	
Gen Ed: Interpreting the Past (H)	3	Any UCGS History		EXSC 366	3	
BIOL 121N/122N	4	BIO 101		EXSC 408	3	
Gen Ed: Mathematics (M)	3-5	Any UCGS Math course	The bachelor's degree in Exercise Science at ODU requires students to complete either College Algebra or Precalculus. If students choose to, they may complete Precalculus (MTH 161) at the VCCS since College Algebra is not offered.	EXSC 415	4	
CHEM 121N/122N	4	CHM 111		EXSC 417	4	
CHEM 123N/124N	4	CHM 112		EXSC 428	3	
BIOL 240/241 & 250/251	8	BIO 141 & 142		EXSC 431W	3	
HLSC 318 or PUBH 318	3	HLT 230		Internship or Foundations courses	17	Students must choose between completing a Preventive/Rehabilitative Exercise Internship or completing Scientific Foundations of Exercise courses

HLTH 1ELE	3	HLT 143		300/400 Level Non-Exercise Science Elective	6	
EXSC 225 PHYS 111N	Up to 7	HLT 206 PHY 111 or 201	Both courses are required for the curriculum at ODU			
	Up to 12	Additional transfer electives, if needed to meet 60 credits				
CREDITS PRE-TRANSFER: 60-62			CREDITS POST-TRANSFER: 61			

Guaranteed Admission Agreement to ODU

Students who meet the prescribed curriculum and the criteria below are guaranteed admission into Old Dominion University.

This agreement does not guarantee your enrollment in any specific major.

- Earn a transferable associate degree (Associate of Arts, Associate of Science, Associate of Arts and Science, and Associate of General Studies at approved institutions only)
- Students may submit a [Letter of Intent](#) to Transfer after completion of 15 transferrable credits, 2.5 or higher GPA, and 90 days prior to graduation from a VCCS institution. The letter of intent is not required for admission to ODU.
- Graduate with a minimum 2.5 cumulative GPA
- Earn a grade of "C" or higher in each community college course applicable to the transfer-oriented associate degree program
- Enroll at ODU within one year of completing the transfer-oriented associate degree

Please visit the TransferVirginia.org portal to find course requirements for different majors (Transfer Tools) and **Transfer Guides** that outline course requirements for specific majors. (Resource Center)

See the [VCCS Transfer Programs](#) page for more details in our Guaranteed Admission Agreement.

Please create an account through the [www.TransferVirginia.org](#) portal and click College Connect to indicate your intent to use this guarantee for admission to Old Dominion University.

This transfer guide shows an optimal path to a bachelor's degree in Exercise Science at Old Dominion University. Completing the coursework above will position you to transfer to ODU in Exercise Science with junior standing and the potential to graduate in two years. If you complete the associate degree but haven't taken all of the recommended courses, you may still be able to pursue an Exercise Science degree at Old Dominion University, but your time to graduation may be impacted.

IMPORTANT LINKS & DATES:

- University Transfer Center: <https://www.odu.edu/transfer>
- Intent to Transfer (Optional): Submit a Letter of Intent 90 days prior to graduation from a VCCS institution to ODU. You can review more information about the process at <https://www.odu.edu/transfer/guaranteed-admission>
- Admission Application: Priority deadline by August 1 for Fall Admission and by October 1 for Spring Admission. The application for admission can be found here: <https://www.odu.edu/apply/applications>

- Financial Aid: [ODU Financial Aid](#)
- FAFSA: [Free Application for Federal Student Aid](#)

WHAT SHOULD I CONSIDER WHEN SELECTING COURSES?

- Connect with a pre-transfer advisor if you are considering transferring to ODU. Contact them at transfercenters@odu.edu during your final year at the VCCS.
- Create a schedule for all required courses, pay attention to prerequisites and when courses are offered, complete your first math and English courses in your first year. For help, see Transfer Steps and Resource Center at www.TransferVirginia.org
- Connect with an advisor at your community college and Old Dominion University within your first year. College Connect available in your account at www.TransferVirginia.org

IS THIS DEGREE RIGHT FOR ME?

- This bachelors' degree program is designed to prepare students for careers in preventive and rehabilitative exercise and wellness programs in settings such as hospitals, wellness and rehabilitation centers, sports medicine clinics, government agencies, health and fitness centers and corporate industry.
- Academic preparation focuses on the scientific aspects of exercise related to asymptomatic and symptomatic populations.

WHAT IS THE IMPACT ON MY DEGREE OF WORK I HAVE ALREADY COMPLETED?

- **Associate Transfer Degree Completion:** Lower Division General Education Requirements will be waived for transferable associate degrees. Students completing an AS in General Studies degree recognized by SCHEV are eligible for the waiver as long as they are completing a [transfer degree](#) approved by SCHEV at a VCCS.
- **Dual Enrollment – Completion of Associate Degree in HS:** The GAA at ODU applies to students who have earned an associate degree during high school. Students should apply as a freshman applicant and will receive the benefits associated with the transferable associated degree if admitted.
- **Credit for Prior Learning:** ODU accepts credits from prior learning to include [AP](#), [IB](#), [CLEP](#), and [Cambridge Advanced A/S](#).
- **Catalog Year:** Undergraduate students may choose to graduate under the catalog in effect of their first enrollment at ODU or any subsequent catalog provided that the students graduate within six years from the date of first enrollment.

IS THIS COLLEGE RIGHT FOR ME?

- Old Dominion University's waterfront campus is in the coastal city of Norfolk, VA, home to the world's largest U.S. Navy base. From internship opportunities with some of the world's top companies, to great shopping and dining, to beautiful beaches and historic sites, there's always something to discover.
- ODU's 337-acre campus, with 3 higher education centers off campus, is the region's only public urban research university. It has both on-campus and off-campus housing options for almost 24,000 students, and a 16:1 faculty ratio.
- ODU is highly ranked among one of the best public higher education institutions in Virginia for Military Vets.
- Transfer students make up 40% of the undergraduate population.

DID YOU KNOW THAT...

- Completing your Associate transfer degree post-high school satisfies all lower division general education requirements and increases the chance of completing your bachelor's degree?
- Exceeding 3 years or 90 credits at your community college means you may have exhausted your financial aid at that college and have limited your future financial aid at ODU?

WHAT CAN I DO WITH THIS DEGREE?

Explore possible careers, salaries, and job outlooks at www.TransferVirginia.org

PROGRAM SUCCESSES & HIGHLIGHTS

- The curriculum follows the guidelines of the American College of Sports Medicine (ACSM) and the National Association for Sport and Physical Education (NASPE).
- Many students have successfully completed the ACSM Health/Fitness Instructor certification examination after completing the curriculum.
- In the past, students have completed internships in such prestigious settings as the US Olympic Training Center.

WHAT ARE MY CHANCES FOR GETTING ACCEPTED?

As of current data from Fall 2024, ODU's acceptance rate for transfer students is approximately 99%.

Learn more about applying at www.TransferVirginia.org

DO MORE WITH YOUR DEGREE!

- The Scientific Foundations Track is designed for students desiring further education in physical therapy, physician assistant training, medicine and biomedical sciences.
- The Preventive/Rehabilitative Track prepares students for careers in cardiac rehabilitation, personal training and corporate wellness and includes a semester long internship.

OTHER THAN CLASSES, ARE THERE OTHER PROGRAM REQUIREMENTS?

- A solid foundation in the natural sciences is a prerequisite for much of the course work in the exercise science curriculum.
- Preventive/Rehabilitative track requires an internship consisting of the completion of 400 documented hours in an approved setting and completion of predetermined goals and objectives.