



Students pursuing a degree in Exercise Science will be prepared for a variety of career options, including:

- Aquatic therapist
- Athletic trainer
- Cardiac rehabilitator
- Clinical exercise specialist
- Chiropractor
- Coach
- Fitness specialist
- Group exercise instructor
- Medical or osteopathic physician
- Personal trainer
- Sport marketer

## Learning Outcomes

With the knowledge students gain from their Exercise Science studies, ODU graduates will be able to:

- Learn and employ critical thinking and problem-solving in the world around them
- Prepare for careers in the lab or in the field, or for graduate studies
- Complete an internship in the area of their choice
- Develop insight into the natural phenomena of the human body and how the body functions during non-resting states

## State-Of-The-Art Facilities

Battelle Hall is ODU's 25,000-square-foot, state-of-the-art science building featuring seven instructional labs, three research labs, six core labs, an autoclave, a cadaver lab and collaborative workspace. The building opened in 2010 with funding in part by a \$2.5 million gift from Battelle, the world's largest independent research and development organization.

## Exercise Science Four-Year Sample Plan

<b>Year 1-Fall</b> ENG 110 CORE 179 BIO 201 SCI 125 MTH 140	<b>Year 2-Fall</b> CORE 279 CHM 109 Art/Music/Theatre LNG 242 PHL	<b>Year 3-Fall</b> CORE 379 BIO 341 or 342 PHY 119 PHL Elective	<b>Year 4-Fall</b> EXSC 480 Required Elective THL Elective Elective
<b>Year 1-Spring</b> ENG 111 Required Elective BIO 203 THL Social Science	<b>Year 2-Spring</b> BIO 341 or 342 Required Elective CHM 110 Social Science HST	<b>Year 3-Spring</b> EXSC 479 Required Elective Elective EXSC 370 LIT	<b>Year 4-Spring</b> Elective Elective Elective Elective
<b>Year 1-Summer</b> Elective (if needed)	<b>Year 2-Summer</b> Elective (if Needed)		

View course descriptions at [ohiodominican.edu/ExerciseScience](http://ohiodominican.edu/ExerciseScience)

## Program Requirements

### Core Courses (33 credits):

- BIO 201 General Biology: Cells & Molecules
- BIO 203 General Biology: Vertebrate Anatomy & Physiology
- BIO 341 Human Anatomy
- BIO 342 Human Physiology
- EXSC 370 Biomechanics
- EXSC 479 Exercise Physiology
- EXSC 480 Exercise Testing and Prescription
- SCI 125 Introduction to Sciences

### Required Correlatives (15 credits):

- CHM 109 General Chemistry I
- CHM 110 General Chemistry II
- MTH 140 Introduction to Statistics
- PHY 119 College Physics I or PHY 219 General Physics I

### Select nine credits from the following:

- BIO 252 Human Nutrition
- EXSC 100 Activities (maximum 2 semester credits)
- EXSC 122 First Aid
- EXSC 210 Electrocardiography Analysis
- EXSC 214 Introduction to Pharmacology
- EXSC 218 Motor Learning
- EXSC 240 Introduction to Kinesiology

- EXSC 241 The Prevention and Care of Athletic Injuries
- EXSC 253 Nutrition for Sport and Exercise
- EXSC 262 Introduction to Pathophysiology
- EXSC 355 Personal Training
- EXSC 470 Musculoskeletal Pathomechanics
- EXSC 497 Internship in Exercise Science
- PSY 100 Introduction to Psychology
- PSY 224 Human Development: Lifespan
- PSY 335 Health Psychology
- PHY 120 College Physics II or PHY 220 General Physics II
- SCI 201 Research Fundamentals in the Sciences

### Select three credits from the following:

- SPM 110 Sport Management
- SPM 140 Sport Psychology
- SPM 310 Sport Event and Facility Management

## Department Contact

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