EXERCISE SCIENCE: GENERAL

KEY POINTS ABOUT THE MAJOR

ODU Exercise Science majors have access to internship and shadowing opportunities through the following organizations:

- Mount Carmel Hospitals
- Ohio Health
- Orthoneuro
- Nationwide Children's Hospital

ODU Exercise Science majors have been accepted to the following graduate schools:

- University of Toledo
- **AT Still University**
- The Ohio State University
- Ohio Dominican Univer-
- Mount Carmel College of Nursing
- Ross University School of Medicine

"At ODU our students are excited about science...we work closely with them to help pursue their dreams and career goals."

- Dr. Rebecca Rowoth, Associate **Professor of Biology**



Sample Four-Year Plan

The course plan below is a sample plan for your major. It does not and should not replace meeting with your Academic Advisor to map out the best course plans that suit your individual academic needs and placement upon initial registration. Classes listed may not necessarily be offered during a particular term.

First Year (Freshman)

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Fall Semester		Spring Semester	
ENG 110 Thinking and Writing Across the Curriculum	3	ENG III Scholarly Adventures: Researched Writing	3
Freshman Core Seminar 179	3	BIO 201 General Biology: Cells, Genetics, Evolution	4
BIO 203 General Biology: Anatomy & Physiology	4	Sport Management Elective	3
EXCS 125 Intro to Exercise, Health & Nutrition	3	EXSC/BIO Elective	3
MTH 140 Intro to Statistics	3	Philosophy Requirement	3
Second Year (Sophomore)			
Fall Semester		Spring Semester	
CHM 109 General Chemistry I	4	CHM 110 General Chemistry II	4
BIO 341 Human Anatomy	4	BIO 342 Human Physiology	4
Sophomore Core Seminar 279	3	Arts and Ideas Requirement	3
COM 242 Cross Cultural Communication	3	PSY, PEH OR PHY Elective	3
EXSC/BIO Elective	3	Theology Requirement *	3
Third Year (Junior)			
Fall Semester		Spring Semester	
Junior Core Seminar 379	3	BIO 354 Exercise Physiology	4
EXSC/BIO Elective	3/4	Social and Behavioral Science Requirement	3
Philosophy Requirement	3	Theology Requirement	3
PSY, PEH OR PHY Elective	3	Arts and Ideas Requirement	3
Biology Elective	4	PSY, PEH OR PHY Elective	3
Fourth Year (Senior)			

Fall Semester		Spring Semester	
EXSC 480 Exercise Testing and Prescription	4	EXSC 479 Internship or Elective	1-4
EXSC/BIO Elective	3/4	Social and Behavioral Requirement	3
Arts and Ideas Requirement	3	Elective	3
SCI 479 Senior Core Seminar	3	Elective	3
		EXSC/BIO Elective	3

^{*}At least one Theology and one Philosophy course must be at the 200 level or higher.

For More Information

Full descriptions for all ODU courses are available on the ODU website. Core curriculum and four-year course blueprint are based on the 2012-2013 edition of the ODU Course Catalog.

For more information, contact your Admission Counselor or Academic Advisor at 614.251.4500 or at admissions@ohiodominican.edu.

EXERCISE SCIENCE: GENERAL

COURSES WITHIN THE MAJOR

- General Biology
- Chemistry I and II
- Human Physiology
- Human Anatomy
- Exercise Testing and Prescription
- Intro to Exercise,
 Health & Nutrition
- Introduction to Kinesiology
- Introduction to Pharmacology
- Sport Psychology



Program Overview

Ohio Dominican University's Exercise Science program produces quality students with outstanding background knowledge in exercise science. These students will have a true appreciation for the dynamics of the human body.

Why ODU?

- Ohio Dominican University provides one-on-one student/faculty interaction. Our small class sizes ensure students will get to know their professors. This enables students to use faculty as resources to further succeed in their courses.
- Battelle Hall, our science facility, which will house the majority of exercise science courses and will provide state-of-the-art facilities and equipment.

Internships & Research

- Students will have the opportunity to become involved in several aspects of the Ohio Dominican campus and community, including the Wellness Center and Mohun Hall.
- Exercise Science students will also have the unique opportunity to become involved in research while at ODU.
 This can range from independent research with fellow faculty to in-class research looking at current issues in science.

Career Possibilities

Exercise Science majors are prepared for graduate programs in Exercise Science, Occupational Therapy and Physical Therapy. They also are prepared for careers as personal trainers in fitness and wellness centers, and corporate fitness.

On-Campus Opportunities

Ohio Dominican University students are active in the following campus activities and opportunities: the Wellness Center in the Bishop James A. Griffin Student Center, the ODU Health Fair, and a supply drive for local schools. Through these organizations, students are active in the community and in their academic area of interest, allowing them to gain marketable experience.

For More Information About the Exercise Science Program

Contact Dr. John Thistlethwaite, Assistant Professor of Anatomy/Physiology, at thistlej@ohiodominican.edu to learn more about the Exercise Science program and/or any of the other programs in this division such as Biology, Chemistry or Pre-Nursing.