DEPARTMENT OF EXERCISE AND SPORT SCIENCE (GRAD)

The mission of the Department of Exercise and Sport Science (EXSS) is to discover, create, and promote knowledge of human movement to improve the quality of life of individuals and society. Its vision is to transform society by developing leaders and translating scientific knowledge into practical applications. The department prepares individuals to function as scientists, educators, and practitioners. The program offers a master of arts degree in exercise and sport science with specialization in one of two areas: exercise physiology and sport administration. EXSS seeks to provide all students with focused, in-depth knowledge and skills, and an understanding of the challenges facing the areas of exercise physiology and sport administration as well as a global understanding of exercise and sport.

In pursuit of maximum fulfillment of its mission, the department also offers quality practical experiences to students. EXSS has an association with numerous other campus and local area units such as UNC Athletics, Emergency Medicine, Orthopedics, the Duke Center for Living, the Lineberger Comprehensive Cancer Center, Get Real and Heel, the Meadowmont Wellness Center, Campus Health Services, Carolina Adventures, and Campus Recreation. Supervised assistantships and internships outside the department help students develop practical skills in the specific fields of study. Furthermore, the requirement of a structured research experience for all master's degree students is an integral part of every student's program of study. Additional research experience opportunities are numerous, and it is an expectation of the department that graduate students will become actively involved in conducting research while studying at UNC–Chapel Hill.

Additional information regarding the Department of Exercise and Sport Science can be found at the department's website (https://exss.unc.edu/).

Admission

The master's degree program in exercise and sport science is open to individuals from diverse backgrounds. However, the majority of past entrants into the program have earned undergraduate degrees in exercise science, kinesiology, physical education, or sport administration/management. The department offers admission to the fall semester only. Potential applicants seeking admission information pertaining to their specific area of specialization should visit the EXSS Graduate Program Admissions page (http://exss.unc.edu/graduate-programs/admissions/).

Application Prerequisites and Requirements

Both areas of specialization within the Exercise and Sport Science Master of Arts program have specialization-specific prerequisite coursework and/or experiences for all applicants. Successful completion of an undergraduate statistics class is a prerequisite for both areas of specialization. All applicants must have had a statistics class, or other coursework that includes appropriate content and topics in statistical analysis. Applicants are strongly encouraged to satisfy the statistics prerequisite by having completed an undergraduate statistics class at the time of the application. Advanced Placement credit in statistics will not satisfy this prerequisite, only classes actually taken at the college level. For additional application and admissions information, see the department's website (https://exss.unc.edu/) or The Graduate School's website (http://gradschool.unc.edu/admissions/).

Assistantships

The Department of Exercise and Sport Science awards incoming students teaching and research assistantships to help fund the students' education and to provide practical experiences related to their area of study. Assistantships involve one or more of the following activities: research assistant, teaching assistant for lifetime fitness and physical activity courses, teaching assistant for the exercise and sport science laboratories, or athletic department assistant.

The Department of Exercise and Sport Science's graduate program offers a master of arts degree in exercise and sport science. Applicants to the program can choose between two areas of specialization: exercise physiology or sport administration. The minimum number of semester credit hours required by The Graduate School for the master of arts degree is 30. However, the minimum required by the sport administration track is 32. Required courses are determined by the faculty in each area of specialization. In addition to course requirements and other required curricular experiences, exercise physiology graduate students must pass a written comprehensive examination on all coursework. (Sport administration students must complete an approved substitute for the comprehensive exam in the form of two capstone courses.) All students must complete a research thesis, and successfully defend the thesis in a final oral examination.

Specialization Descriptions

Exercise Physiology

The mission of the exercise physiology specialization is to prepare students to pursue research careers in exercise physiology related fields, biomedical industries, or careers in the fitness/wellness industry. Biomedical and wellness careers include those in sport settings, those in hospital fitness centers or clinics, academic or industry research assistants/coordinators, or those within the biotechnology industry.

Students preparing for research careers or Ph.D. programs are provided an advanced understanding of how the physiological constructs are applied to exercise and the environment, as well as knowledge of the research process. Additionally, those students are provided the opportunity to develop laboratory techniques and acquire laboratory skills. Students preparing for a career in the fitness/wellness field are provided background, testing skills, and practical experience to succeed in a variety of settings. Many exercise physiology graduate students, no matter the area of focus, have presented research at national and regional science conferences, as well as other professional meetings.

Sport Administration

The mission of the sport administration specialization is to integrate theory and practice to prepare graduate students for leadership positions specifically within intercollegiate athletics. Within a two-year learning experience, the sport administration graduate student cohort, consisting of a highly select and diverse group of students from across the United States, engages in both formal coursework and intense practical experiences designed to prepare for a college sport administration career. During their first year, students are provided challenging coursework in administration, economics/finance, legal issues, sport marketing, governance and compliance, research methods/statistical analyses, and sport facility and event management. In addition, students engage in extensive hands-on event-operations experiences with the UNC Athletics Department. During the second year, students complete a full-time, one-year internship in an administrative area within the UNC Department of Athletics, a capstone two course sequence, and a research thesis.

Thirty-two hours of graduate coursework are required.The program's website (http://exss.unc.edu/graduate-programs/specializations/sport-administration/) contains additional information.

Law and Sport Administration Dual-Degree Program (J.D.–M.A.)

The dual-degree program provides an opportunity for students who are interested in both law and sport administration to earn both degrees over four years of study. Students benefit from a respected law curriculum, combined with a sport administration curriculum with a unique focus on intercollegiate athletics. There is a growing market in college athletics for professionals with both degrees. Graduates of the dual-degree program may work in athletic compliance and enforcement at a university, conference office, or national governing body such as the National Collegiate Athletic Association (NCAA). Legal positions in athletics departments, fundraising and development, and law firms that represent colleges and conferences are also likely. To be eligible to apply for the J.D.–M.A. dual-degree program, students must be currently enrolled in their second year in the UNC–Chapel Hill School of Law. Students will be responsible for paying tuition and fees separately to both the Law School and The Graduate School. The M.A. in exercise and sport science must be completed prior to or simultaneously with completion of the J.D. degree. Completion of the M.A. requires successful completion of all required exercise and sport science courses, a capstone two-course sequence, and a research thesis.

Business and Sport Administration Dual-Degree Program (M.B.A.–M.A.)

The dual-degree program provides an opportunity for students who are interested in both business administration and sport administration to earn both degrees over four years of study. The UNC–Chapel Hill Kenan–Flagler Business School (M.B.A.program) and the UNC–Chapel Hill Department of Exercise and Sport Science program offer a graduate dual-degree option. The M.B.A./M.A. (EXSS) dual program consists of a minimum of three (3) academic years of full-time study. Students must complete a minimum of 62.0 credit hours through the Kenan–Flagler Business School for the degree of master of business administration (M.B.A.) and a minimum of 32.0 credit hours through the Department of Exercise and Sport Science for the degree of master of arts (M.A. EXSS) in sport administration. M.B.A. dual-degree students are eligible to receive a maximum of 12.0 credit hours (just under 20 percent) of elective credits towards their M.B.A. degree requirements from courses completed within the EXSS program.

Ph.D. Study

The interdisciplinary program of study in human movement science is designed to provide students from various fields an opportunity to pursue doctoral studies in human movement science. The Department of Health Sciences grants the degree. Unique foci of the program are on maintaining health, preventing disability, and improving movement ability in persons with movement problems. The program provides training through a rigorous research curriculum of didactic and research experiences, and an interdisciplinary emphasis provided by faculty, coursework, and students. The curriculum combines core requirements for all students in the program while allowing for considerable flexibility in designing programs of study to meet the needs of a specific student's interests. A key feature of this program is the interdisciplinary orientation of faculty and the combined efforts of several successful programs that span across campus and beyond. The program reflects the ongoing interest, planning, and cooperation of the following departments and schools at UNC–Chapel Hill: the Department of Health Science's Division of Physical Therapy, the Department of Exercise and Sport Science, the joint UNC–NCSU Biomedical Engineering Program, the Gillings School of Global Public Health and its Department of Epidemiology, and the UNC School of Medicine's Department of Orthopedics and Department of Physical Medicine and Rehabilitation.

The mission of the program is to prepare scholars to be exceptional interdisciplinary researchers, educators, and leaders in the field of human movement. Program graduates will excel as independent researchers and future leaders in addressing scientific problems related to human movement in a global, integrated manner for the benefit of society. HMSC faculty members conduct applied and translational research using interdisciplinary approaches focused on healthy and impaired human movement. Research conducted through the program reflects the complexity and interdependence of the multiple systems underlying movement and ultimately will promote health and physical well-being. Students of varied academic disciplines are accepted into the program and study across the spectrum of sport injury epidemiology, biomechanics, exercise physiology, and neuromuscular control/motor learning. The curriculum's website (http://hmsc.unc.edu) contains additional information.

Distinguished Professors

Darin A. Padua, Anatomy, Biomechanics, Sports Medicine

Professors

Claudio L. Battaglini, Clinical Exercise Physiology, Exercise Assessment and Prescription
J. Troy Blackburn, Biomechanics, Neuromuscular Control, Sports Medicine
Anthony C. Hackney, Exercise Physiology, Metabolism and Endocrinology
Kristen L. Kucera, Sports/Occupational Injury Epidemiology, Musculoskeletal Disorders, Surveillance Exposure Assessment
Jason P. Mihalik, Traumatic Brain Injury, Sports-Related Traumatic Brain Injury
Barbara Osborne, Legal Issues, Sport Administration
Brian G. Pietrosimone, Sports Medicine, Joint Injury, Neuromuscular Control
Nels K. Popp, Revenue Generation within College Athletics, Sport Sales
Eric D. Ryan, Exercise Physiology, Muscle Function
Abbie E. Smith-Ryan, Exercise Physiology, Metabolism and Body Composition
Erianne A. Weight, College Sport Business (Entrepreneurship, Management, Finance)

Associate Professors

Erik D. Hanson, Clinical Exercise Physiology, Muscle Physiology, Immunology
Zachary Kerr, Epidemiology, Traumatic Brain Injury, Injury Prevention Evaluation
Michael D. Lewek, Biomechanics
Johna Register-Mihalik, Athletic Training, Sports Medicine
Erik A. Wikstrom, Athletic Training, Neuromuscular Control, Sports Medicine

Assistant Professors

Shelby E. Baez, Psychology of Sport Injury

Malia Blue, Cardiometabolic Health, Body Composition, Performance and Injury Risk
Jimikaye B. Courtney, Advanced Data Analytics
Adam W. Kiefer, Neuromuscular Control, Sports Medicine, Sports-Related Traumatic Brain Injury
Derek Monroe, Traumatic Brain Injury
Jessica R. Murfree, Sport Ecology

Teaching Professors

Alain J. Aguilar
Meredith A. Petschauer

Teaching Associate Professors

J.D. DeFreese
Kristin S. Ondrak
Anthony F. Patterson
Angela Pratt

Teaching/Clinical Assistant Professors

Rebecca L. Battaglini
Wayne McDonnell Jr.
Aliza K. Nedimyer
Olufemi Oluyedun

Research Associate Professor

Wesley R. Cole

Research Assistant Professor

Gena R. Gerstner

Lecturers

James Ayscue
Antony Cosby
John F. Brunner
Greg Moore
Shery Norris
James Strong
Nina Walker
Sunny Yu

Post-Doctoral Research Associates

Thomas Birchmeier
Aiden Chauntry
Katherine Collins
Daniel Corry
Hyunwook Lee
Aaron Sinnott
Jeb Struder

Adjunct Professors

David J. Berkoff, Orthopaedics
Deborah L. Givens, Allied Health Sciences
Kevin M. Guskiewicz, Sports Medicine, Anatomy
Stephen W. Marshall, Injury Prevention
Karen L. McCulloch, Allied Health Sciences
Todd Schwartz, Biostatistics

Adjunct Associate Professors

Kevin A. Carneiro, Physical Medicine Rehabilitation
Vicki S. Mercer, Allied Health Sciences

Adjunct Assistant Professors

Brad Bates
Avinash Chandran
Shawn Kane
Michael Mazzoleni
Leon R. Schimmelfing

Professor of the Practice

Richard A. Baddour

Professors Emeriti

M. Deborah Bialeschki
John E. Billing
Bonita L. Marks
Robert G. McMurray
Frederick O. Mueller
John M. Silva

Teaching Professor Emerita

Sherry Salyer

Advanced Undergraduate and Graduate-level Courses

EXSS 408. Theory and Application of Strength Training and Conditioning for Fitness Professionals. 3 Credits.
Students will learn to design an individualized fitness plan for a "healthy" adult for common fitness goals by assessing their movement and fitness, exercise leadership, and program design. This class, in part, prepares students for the NASM certified personal training (CPT) certification.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256; or EXSS 175 and EXSS 276.
Grading Status: Letter grade.

EXSS 409. Exercise Prescription for Special Populations. 3 Credits.
Exercise benefits everybody. This course will teach evidence-based information for developing, modifying and implementing fitness programs for individuals with chronic disease, metabolic, cardiac, pulmonary, and other issues deemed as special populations. The knowledge and skills attained in this course will enhance any basic personal training certification and give a better understanding of working with what could be considered the general public.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256, or EXSS 175 and EXSS 276; and EXSS 376.
Grading Status: Letter grade.

EXSS 410. Exercise Testing and Prescription. 4 Credits.
This course is designed to provide theoretical and practical knowledge in basic exercise testing and prescription for both healthy and select special populations. This course includes both lectures and a lab. Priority registration is given to EXSS- Fitness Professional students and permission to enroll is obtained by completing the form linked in the registration section in Connect Carolina.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256, or EXSS 175 and EXSS 276; and EXSS 376.
Grading Status: Letter grade.

EXSS 420. Program Planning in Recreation Services. 3 Credits.
This experiential course covers the concepts and skills used in program planning. Students apply their program planning skills to real-life situations and implement a recreation program for a community agency. Previously offered as RECR 420.

Rules & Requirements
IDEAs in Action Gen Ed: HI-SERVICE.
Grading Status: Letter grade.

EXSS 424. Sport Sales and Revenue Production Seminar. 3 Credits.
This course will analyze and produce skills essential to the revenue production and sales process commonly found in the sport business. In this class students will develop an understanding and appreciation for the sales and revenue-production process related to a sport franchise and/or organization.

Rules & Requirements
Requisites: Prerequisites, EXSS 221 and EXSS 322.
Grading Status: Letter grade.

EXSS 430. Introduction to Leadership and Group Dynamics. 3 Credits.
An analysis of the techniques, methods, and motives of group and community leaders. Special attention is focused upon the roles of organizational structure, personnel policies, and in-service training programs. Previously offered as RECR 430.

Rules & Requirements
Requisites: Prerequisite, EXSS 221.
Grading Status: Letter grade.

EXSS 433L. Exercise Technique. 1 Credits.
This course is designed to teach students how to lead and coach a group of individuals toward movement proficiency in common athletic-based exercises.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256; or EXSS 175 and EXSS 276.
Grading Status: Letter grade.

EXSS 450. Essentials of Corrective Exercise Training. 3 Credits.
Students will learn to explain, design, and execute a corrective exercise program to improve movement quality. Students will be introduced to skills such as range of motion, strength, and movement quality assessments. This class, in-part, prepares students for the NASM corrective exercise specialist (CES) certification.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256; or EXSS 175 and EXSS 276.
Grading Status: Letter grade.

EXSS 475. Functional Anatomy. 3 Credits.
This course provides an in-depth exploration of joint mechanics. It exposes students to motions of the cervical, thoracic, and lumbar spine as well as the extremities, and relates these concepts to movement of the body during specific activities.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256, or EXSS 175 and EXSS 276; and EXSS 385.
Grading Status: Letter grade.

EXSS 478. Sports Performance Training. 3 Credits.
This course focuses on the foundational knowledge needed to train athletes, including performance assessment, coaching exercise technique, and program design. This class, in part, prepares students for the NSCA Certified Strength and Conditioning Specialist (CSCS) certification.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256; or EXSS 175 and EXSS 276.
Grading Status: Letter grade.

EXSS 479. Performance Enhancement Specialization for Health Professionals. 1 Credits.
This course is designed for certified athletic trainers (ATC) and gives them advanced rehab and performance skills that can be used during an athlete's return to sport progression. Students will learn to assess movement quality and performance, lead an individual through common strength and conditioning exercises, and write a basic performance plan based on NASM strategies. This class, in-part, prepares students for the NASM performance enhancement specialist (PES) certification.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256, or EXSS 175 and EXSS 276; and EXSS 366 and EXSS 368.
Grading Status: Letter grade.

EXSS 493. Field Experience in Sport Administration. 3 Credits.
This field experience offers implementation of theory and the practical application of sport administration in a sport organization worksite, under the direct supervision of a business professional.

Rules & Requirements
IDEAs in Action Gen Ed: HI-INTERN.
Requisites: Prerequisites, EXSS 221 and at least two of the following: EXSS 322, 323, 324, 326; permission of the instructor required for students lacking the prerequisites.
Repeat Rules: May be repeated for credit. 6 total credits. 2 total completions.
Grading Status: Pass/Fail.

EXSS 573. Sport Injury Epidemiology. 3 Credits.
This course will introduce the student to the public health importance and epidemiology of injuries and other medical conditions in sport and physical activity. Previously offered as EXSS 373.

Rules & Requirements
IDEAs in Action Gen Ed: RESEARCH.
Requisites: Prerequisite, EXSS 273, PSYC 210, or appropriate statistics course with permission of instructor.
Grading Status: Letter grade.

EXSS 576. Exercise Endocrinology. 3 Credits.
Advanced course examining the responses of the endocrine system to exercise and the adaptations that occur with exercise training. Provides the fundamentals necessary for exercise science and allied health science students to understand the integral role that the endocrine system plays in exercise.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 and EXSS 256, or EXSS 175 and EXSS 276; and EXSS 376.
Grading Status: Letter grade.

EXSS 580. Neuromechanics of Human Movement. 3 Credits.
This course explores interactions between the nervous and musculoskeletal systems via integration of concepts from neuroanatomy, neurophysiology, anatomy, neuromuscular control, and biomechanics. Topics include muscle mechanics, sensorimotor function, joint stability, movement disorders, neurocognition, and neuroplasticity following injury and disease.

Rules & Requirements
Requisites: Prerequisites, EXSS 155 or EXSS 175; and EXSS 380 and EXSS 385.
Grading Status: Letter grade.

EXSS 581. Biopsychosocial Aspects of Sport Injury. 3 Credits.
This course is designed to explore the theory and research related to the biopsychosocial approach to treating patients experiencing sport injury and undergoing rehabilitation. Application and synthesis of biopsychosocial theories and biopsychosocial therapy interventions into sport injury research and clinical practice will occur. The focus is on theory and application of various psychological concepts.

Rules & Requirements
Grading Status: Letter grade.

EXSS 590. Special Topics in Exercise and Sport Science. 3 Credits.
Variable topics course in exercise and sports science for undergraduate and graduate students.

Rules & Requirements
Repeat Rules: May be repeated for credit; may be repeated in the same term for different topics; 6 total credits. 2 total completions.
Grading Status: Letter grade.

EXSS 593. Practicum in Physical Fitness and Wellness. 1-9 Credits.
A field experience (i.e., internship) in a local fitness & wellness or strength and conditioning setting designed for students to apply their classroom knowledge and skills, in a worksite of their choice, under the direct supervision of certified professionals. This class is only open to EXSS - Fitness Professional students. Permission to enroll is obtained by attending a practicum Permission to enroll is obtained by attending a practicum registration meeting one semester in advance.

Rules & Requirements
IDEAs in Action Gen Ed: HI-INTERN.
Requisites: Prerequisites, EXSS 220, 380 or 385, 408 or 478, and 410.
Repeat Rules: May be repeated for credit. 9 total credits. 9 total completions.
Grading Status: Pass/Fail.

EXSS 693H. Senior Honors Thesis. 3 Credits.
Required preparation, a cumulative grade point average meeting the University standard and permission of the department. Directed independent research under the supervision of a faculty advisor who teaches in the exercise and sport science curriculum.

Rules & Requirements
IDEAs in Action Gen Ed: RESEARCH.
Requisites: Prerequisite, EXSS 273.
Grading Status: Letter grade.

EXSS 694H. Senior Honors Thesis. 3 Credits.
Required preparation, a cumulative grade point average meeting the University standard and permission of the department. Preparation of an honors thesis and an oral examination on the thesis.

Rules & Requirements
IDEAs in Action Gen Ed: RESEARCH.
Requisites: Prerequisite, EXSS 273.
Grading Status: Letter grade.

Graduate-level Courses

EXSS 700. Applied Statistics and Research Methods in Exercise and Sport Science. 3 Credits.
Required preparation, undergraduate statistics course. Applied statistical analysis - interpretation of data from exercise and sport science. Emphasis: choosing method of analysis, using statistics software to run analyses. Major topics: experimental and nonexperimental research design, sampling, hypothesis testing, power calculation, t-tests, ANOVA, correlation, simple and multiple regression, and chi square.

Rules & Requirements
Grading Status: Letter grade.

EXSS 705. Research Design and Methods. 1-3 Credits.
Required preparation, any undergraduate statistics course. Builds heavily upon material presented in EXSS 700. Planning, conducting, and reporting of research. Thesis writing and writing for publication. Problem-solving and practical experience in applied statistical analysis, interpretation, and presentation of data from the field of exercise and sport science.

Rules & Requirements
Repeat Rules: May be repeated for credit; may be repeated in the same term for different topics; 3 total credits. 3 total completions.
Grading Status: Letter grade.

EXSS 730. Management of Athletic Injuries. 3 Credits.
Permission of the instructor for nonmajors. Designed to provide basic knowledge and skills that aid in the prevention and treatment of injuries common to athletics.

Rules & Requirements
Grading Status: Letter grade.

EXSS 732. Human Anatomy for Athletic Trainers. 4 Credits.
Graduate standing in exercise and sport science or permission of the instructor. The study of gross human anatomy, with emphasis on the functional and clinical aspects of the neck, back, and extremities as related to athletic injuries.

Rules & Requirements
Grading Status: Letter grade.

EXSS 733. Psychological Considerations for Injury and Rehabilitation. 3 Credits.
Athletic training graduate students only. Psychological impact of injury and rehabilitation on the injured athlete. Stress from injury, coping skills for the rigors of rehabilitation, and the improvement of communication skills in order to better the relationship between the athletic trainer, the injured athlete, and the injured athlete's coach.

Rules & Requirements
Grading Status: Letter grade.

EXSS 735. Sports Medicine Analysis: Special Problems Related to Sports Medicine. 3 Credits.
Permission of the instructor for nonmajors. Problem and research oriented.

Rules & Requirements
Grading Status: Letter grade.

EXSS 736. Clinical Methods in Athletic Training. 3 Credits.
Analysis of theories and techniques used in clinical sports medicine settings.

Rules & Requirements
Requisites: Prerequisite, EXSS 730.
Grading Status: Letter grade.

EXSS 737. Advanced Muscular Assessment and Treatment. 3 Credits.
Discussion of mechanical properties and healing of musculoskeletal tissues throughout the life cycle, and laboratory/seminar units concerned with assessment and treatment of musculoskeletal pathology.

Rules & Requirements
Requisites: Prerequisites, EXSS 730, 732, and 736; Permission of the instructor for students lacking the prerequisite.
Grading Status: Letter grade.

EXSS 738. Laboratory Techniques in Sports Medicine. 3 Credits.
This course provides an introduction to measurement techniques used in sports medicine/athletic training research. Course meetings involve lecture and laboratory sessions which encompass data collection, analysis, and interpretation techniques.

Rules & Requirements
Grading Status: Letter grade.

EXSS 739. Practicum in Exercise, Sport, and Movement Science. 1-3 Credits.
Graduate standing in exercise and sport science or permission of the instructor. The implementation of theories and practices in a professional setting under the direction of a professional with expertise in exercise, sport and/or movement science.

Rules & Requirements
Repeat Rules: May be repeated for credit. 3 total credits. 3 total completions.
Grading Status: Letter grade.

EXSS 740. Administration of Sport. 3 Credits.
Permission of the instructor for nonmajors. Policies and problems of organization and administration of athletic programs in colleges.

Rules & Requirements
Grading Status: Letter grade.

EXSS 742. Social Issues in Exercise and Sport. 3 Credits.
A comprehensive study of race and gender discrimination, adherence, value development, violence, and other socialization factors in youth, collegiate, and Olympic sport.

Rules & Requirements
Grading Status: Letter grade.

EXSS 744. Collegiate Sport Marketing. 3 Credits.
Graduate standing required. This course is designed to develop a thorough understanding of sport marketing principles and their application to collegiate athletics.

Rules & Requirements
Grading Status: Letter grade.

EXSS 746. Organizational and Financial Management of Sport. 3 Credits.
Graduate standing in exercise and sport science or permission of the instructor. The study of administrative structures and financial concerns of collegiate athletic programs. An intensive study of NCAA regulations is included.

Rules & Requirements
Grading Status: Letter grade.

EXSS 747. College Sport Facility and Event Management. 3 Credits.
This course provides students with necessary knowledge and skills to manage college-sport facilities and plan a complete sport event. Students also evaluate facility functions related to risk and event management.

Rules & Requirements
Grading Status: Letter grade.

EXSS 748. Legal Issues in Collegiate Sport. 3 Credits.
Provides an introduction to the United States legal system, legal principles, and legal issues related to intercollegiate athletics.

Rules & Requirements
Grading Status: Letter grade.

EXSS 749. NCAA Governance and Compliance. 3 Credits.
The implementation of theories and practices in a professional setting under the direction of a competent practitioner.

Rules & Requirements
Requisites: Prerequisite, EXSS 740.
Grading Status: Letter grade.

EXSS 750. Sport Administration Leadership Seminar I. 1 Credits.
Successful completion of first year in sport administration graduate program. An introduction of organizational leadership concepts in a practical applied context. Students will lead class discussion tying relevant current events with leadership theory.

Rules & Requirements
Grading Status: Letter grade.

EXSS 751. Sport Administration Leadership Seminar II. 1 Credits.
Successful completion of first year in sport administration graduate program. An introduction of organizational leadership concepts in a practical applied context. Students will lead class discussion tying relevant current events with leadership theory.

Rules & Requirements
Grading Status: Letter grade.

EXSS 770. Motor Learning. 3 Credits.
A study of the physical and psychological factors that influence skill acquisition and performance in sport and exercise, including applications to teaching and coaching.

Rules & Requirements
Requisites: Prerequisite, EXSS 380; Permission of the instructor for students lacking the prerequisite.
Grading Status: Letter grade.

EXSS 780. Physiology of Exercise. 3 Credits.
The study of the physical, biochemical, and environmental factors that influence human performance. Emphasis is placed on metabolic, cardiovascular, respiratory, muscular, and endocrine systems. Three hours of lecture and two hours of laboratory per week.

Rules & Requirements
Requisites: Prerequisites, EXSS 256 or EXSS 276 or EXSS 376.
Grading Status: Letter grade.
Same as: HMSC 702.

EXSS 781. Clinical Exercise Prescription and Testing. 2-3 Credits.
This course concentrates on the knowledge and skills necessary for providing exercise testing and prescription in the clinical setting, emphasizing cardiac rehabilitation.

Rules & Requirements
Requisites: Prerequisite, EXSS 376; permission of the instructor for students lacking the prerequisite.
Grading Status: Letter grade.

EXSS 782. Nutritional Aspects of Exercise. 2-3 Credits.
Graduate standing in physical education or permission of the instructor. Exploration of the role of macronutrients and micronutrients as they apply to exercise, physical conditioning, and competition. Students obtain experience in dietary analysis as it applies to athletic populations.

Rules & Requirements
Grading Status: Letter grade.

EXSS 783. Assessment of Physiological Functions in Exercise. 3 Credits.
Designed to develop laboratory techniques and experimental design skills as applied to the physiology of human performance.

Rules & Requirements
Requisites: Prerequisite, EXSS 780; Permission of the instructor for students lacking the prerequisite.
Repeat Rules: May be repeated for credit; may be repeated in the same term for different topics.
Grading Status: Letter grade.

EXSS 784. Advanced Topics in Exercise Physiology. 3 Credits.
Required preparation, completion of a graduate level exercise physiology course. Graduate standing required. This course deals with current and rapidly developing aspects of the exercise physiology field. Specifically enhancing and adding to the content area of basic physiology acquired in EXSS 780.

Rules & Requirements
Grading Status: Letter grade.

EXSS 785. Seminar in Exercise Physiology. 3 Credits.
Graduate standing in exercise and sport science or permission of the instructor. In-depth study of selected advanced topics in exercise physiology. Emphasis on metabolism, biochemical, and cardiorespiratory physiology, with student presentations on selected topics.

Rules & Requirements
Grading Status: Letter grade.

EXSS 789. Practicum in Exercise Physiology. 3-4 Credits.
The implementation of theories and practices of fitness or cardiac rehabilitation in a professional setting under the direction of an experienced practitioner.

Rules & Requirements
Requisites: Prerequisite, EXSS 410L, 780, or 781; permission of the instructor for students lacking the prerequisite.
Grading Status: Letter grade.

EXSS 890. Special Topics in Exercise and Sport Science. 1-3 Credits.
Graduate standing or permission of the instructor. The study of special topics directed by an authority in the field.

Rules & Requirements
Grading Status: Letter grade.

EXSS 990. Research in Exercise and Sport Science. 1-3 Credits.
Graduate standing in exercise and sport science or permission of the instructor. Individually designed research projects conducted by students under the direction of a graduate faculty member.

Rules & Requirements
Grading Status: Letter grade.

EXSS 993. Master's Research and Thesis. 3 Credits.
Rules & Requirements
Repeat Rules: May be repeated for credit.

Contact Information

Department of Exercise and Sport Science
Visit Program Website (https://exss.unc.edu/)

Department Chair
J. Troy Blackburn

Executive Assistant
Jennifer Canders