EXERCISE AND SPORT SCIENCE MAJOR, B.A.–ATHLETIC TRAINING

Contact Information
Department of Exercise and Sport Science
http://exss.unc.edu
209 Fetzer Hall, CB# 8700
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Professor Sherry Salyer, Director of Undergraduate Studies
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The undergraduate athletic training program is nationally accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students can become involved in athletic training at UNC–Chapel Hill as early as their first year, when they are assigned observational hours in Stallings Evans Sports Medicine Center. Students gain exposure to injury evaluation, treatment, and rehabilitation while working under the supervision of certified athletic trainers. Students who wish to continue with athletic training as a career path should apply to the program during the fall semester of their sophomore year. Applications are due October 15.

Prerequisites include
1. a minimum of 50 observational hours,
2. successful completion (B grade minimum) of EXSS 175 and EXSS 288 by the end of the fall semester of the sophomore year, and
3. a minimum cumulative grade point average of 2.75.

Interested students should attend an organizational meeting held on the first Tuesday of every semester at 7:00 p.m. in Room 106 Fetzer Hall. For more information, interested students can access the athletic training Web site (http://exss.unc.edu/undergraduate-program/ba-in-exss/athletic-training) or contact Dr. Meredith Petschauer (mbusby@email.unc.edu), (919) 962-1110.

Department Programs

Majors
- Exercise and Sport Science Major, B.A.–General (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general)
- Exercise and Sport Science Major, B.A.–Athletic Training (p. 1)
- Exercise and Sport Science Major, B.A.–Fitness Professional (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-fitness-professional)
- Exercise and Sport Science Major, B.A.–Sport Administration (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-sport-administration)

Minors
- Coaching Education Minor (http://catalog.unc.edu/undergraduate/programs-study/coaching-education-minor)

- Exercise and Sport Science Minor (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-minor)
- Recreation Administration Minor (http://catalog.unc.edu/undergraduate/programs-study/recreation-administration-minor)

Graduate Program
- M.A. in Exercise and Sport Science (http://catalog.unc.edu/graduate/schools-departments/exercise-sport-science)

Requirements
In addition to the program requirements listed below, students must
- attain a final cumulative GPA of at least 2.0
- complete a minimum of 45 academic credit hours earned from UNC-Chapel Hill courses
- take at least half of their major course requirements (courses and credit hours) at UNC-Chapel Hill
- earn a minimum of 18 hours of C or better in the major core requirements (some majors require 21 hours).

For more information, please consult the degree requirements section of the catalog (http://catalog.unc.edu/undergraduate/general-education-curriculum-degree-requirements/#degreetext).

Students seeking the major in exercise and sport science–athletic training (EXSS–AT) must complete the following departmental requirements in addition to required General Education courses:

Core Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>EXSS 175</td>
<td>Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 265</td>
<td>Fundamentals of Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 275L</td>
<td>Human Anatomy Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>EXSS 276</td>
<td>Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 288</td>
<td>Emergency Care of Athletic Injuries and Illnesses</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 360</td>
<td>Sports Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 366</td>
<td>Evaluation of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 367</td>
<td>Therapeutic Modalities</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 368</td>
<td>Therapeutic Exercise and Rehabilitation</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 369</td>
<td>Athletic Training Seminar</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 370</td>
<td>General Medicine in Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 376</td>
<td>Physiological Basis of Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 385</td>
<td>Biomechanics of Sport</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 393</td>
<td>Athletic Training Clinical (five credits over five semesters)</td>
<td>5</td>
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</tbody>
</table>

Additional Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 101 &amp; 101L</td>
<td>Principles of Biology and Introductory Biology Laboratory</td>
<td>4</td>
</tr>
<tr>
<td>MATH 110</td>
<td>Algebra (prerequisite for EXSS 273, EXSS 376, and EXSS 385)</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours 49

Honors version available. An honors course fulfills the same requirements as the nonhonors version of that course. Enrollment and GPA restrictions may apply.
Special Opportunities in Exercise and Sport Science

Honors in Exercise and Sport Science
The senior honors program provides exercise and sport science majors the opportunity to pursue an independent, two-semester research project. A student must have an overall grade point average of 3.3 or above prior to acceptance into the departmental honors program and must maintain an overall average of 3.3 or above to remain in the program. Students complete EXSS 693H and EXSS 694H. Honors study involves the completion of a substantial piece of original research and the formal oral presentation of the results. Those successfully completing the program are awarded their degree with either honors or highest honors. Previous senior honors thesis topics and more information can be found on the EXSS department Web page. Please contact Dr. Meredith Petschauer (mbusby@email.unc.edu) by email or at (919) 962-1110, if you are interested.

Departmental Involvement
In addition to its academic offerings, the department houses the campus recreation program. Students may also affiliate with the Carolina Fitness Professionals Club, Carolina Sports Business Club, and the Student Athletic Trainers Association. The "Get Real and Heel" program, offering exercise and recreation therapy services to women with breast cancer, and the "Sport Concussion Research" program provide opportunities for qualified students to volunteer and gain valuable research experience.

Experiential Education
EXSS 51, EXSS 207, EXSS 393, EXSS 493, EXSS 593, EXSS 693H, EXSS 694H, and RECR 420 satisfy the experiential education requirement.

Laboratory Teaching Internships and Assistantships
Athletic training students work with UNC–Chapel Hill sports teams and local high schools. The fitness professional students serve a practicum with local fitness organizations.

Study Abroad
The Department of Exercise and Sport Science currently offers summer study abroad programs in Montevideo, Uruguay, and Beijing, China. Refer to the department’s Web site for more information. For other study abroad experiences the department will gladly work with its majors to determine appropriate credit.

Undergraduate Awards
The Patrick F. Earey Award, named in honor of a longtime faculty member, is given annually to the outstanding senior major in the department. The award signifies exemplary leadership, academic achievement, and extracurricular involvement by a senior exercise and sport science major.

The Ronald W. Hyatt Scholarship, named in honor of the late Dr. Hyatt, one of Carolina’s “priceless gems” and a faculty member in the department, is a merit-based scholarship awarded annually to an outstanding full-time undergraduate exercise and sport science major with junior status.

The EXSS Scholar Athlete Award is a merit-based award recognizing outstanding scholarship of a senior student athlete majoring in exercise and sport science.