EXERCISE AND SPORT SCIENCE MAJOR, B.A.–FITNESS PROFESSIONAL

Contact Information
Department of Exercise and Sport Science
http://exss.unc.edu
209 Fetzer Hall, CB# 8700
(919) 962-2021
Alain Aguilar, Professor
alaguila@email.unc.edu
Professor Sherry Salyer, Director of Undergraduate Studies
salyer@email.unc.edu

The goal of the fitness professional program is to prepare students to assume roles as leaders in the fitness field and the area of fitness research. The blend of theoretical coursework and practical experience will assist the student in preparing for career opportunities and national fitness certifications.

Interested students should attend the organizational meeting held approximately two to four weeks before spring and fall registration begins. The exact date/time/place will be posted in Fetzer Hall and online. For more information, interested students can also access the fitness professional Web site (http://exss.unc.edu/undergraduate-program/ba-in-exss/fitness-professional) or contact Professor Alain Aguilar (alaguila@email.unc.edu).

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 (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-athletic-training)
• Exercise and Sport Science Major, B.A.–Fitness Professional (p. 1)
• 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/#degreerequirementstext).

Students seeking the major in exercise and sport science–fitness professional (EXSS–FP) 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>Hours</th>
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</thead>
<tbody>
<tr>
<td>EXSS 175</td>
<td>Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 220</td>
<td>Fitness Management</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 273</td>
<td>Research in Exercise and Sport Science</td>
<td>3</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 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 408</td>
<td>Theory and Application of Strength Training and Conditioning for Fitness Professionals</td>
<td>3</td>
</tr>
<tr>
<td>or EXSS 478</td>
<td>Sports Performance Training</td>
<td></td>
</tr>
<tr>
<td>EXSS 410</td>
<td>Exercise Testing and Prescription</td>
<td>4</td>
</tr>
<tr>
<td>EXSS 593</td>
<td>Practicum in Physical Fitness and Wellness</td>
<td>1-3</td>
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</tbody>
</table>

Total Hours 43-45

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.

**Undergraduate Research**
Students are encouraged to explore research interests by completing
independent research studies and senior honors theses. For a few highly
motivated and dedicated individuals, working with faculty on faculty
research projects is possible.