EXERCISE AND SPORT
SCIENCE MAJOR, B.A.–GENERAL

Contact Information
Department of Exercise and Sport Science
http://exss.unc.edu
209 Fetzer Hall, CB# 8700
(919) 962-2021

Professor Sherry Salyer, Director of Undergraduate Studies
salyer@email.unc.edu

Exercise and sport science examines the physics, physiology, and psychology of sport and exercise, the recognition and treatment of athletic injuries, and the administration of athletics. The general major provides foundational courses in exercise science.

Department Programs

Majors
- Exercise and Sport Science Major, B.A.–General (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/#degreerequirementstext).

Core Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit</th>
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<tbody>
<tr>
<td>EXSS 175</td>
<td>Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 180</td>
<td>Physical Activity in Contemporary Society</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 181</td>
<td>Sport and Exercise Psychology</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 376</td>
<td>Physiological Basis of Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 380</td>
<td>Neuromuscular Control and Learning</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 385</td>
<td>Biomechanics of Sport</td>
<td>3</td>
</tr>
</tbody>
</table>

Additional Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit</th>
</tr>
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<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>
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Total Hours | 34 |

H Honors version available. An honors course fulfills the same requirements as the nonhonors version of that course. Enrollment and GPA restrictions may apply.

A minimum of 18 hours in the required courses for the major must be completed with a grade of C or better (not a C average). A maximum of 45 hours of EXSS courses may be applied toward the B.A. degree.

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 Heal" 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.