EXERCISE AND SPORT SCIENCE MINOR

Contact Information
Department of Exercise and Sport Science
http://exss.unc.edu
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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.

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.–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 (p. 1)

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:

- take at least nine hours of their minor course requirements at UNC–Chapel Hill
- earn a minimum of 12 hours of C or better in the minor (some minors require more)

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
Five courses chosen from:

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<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>EXSS 180</td>
<td>Physical Activity in Contemporary Society</td>
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<tr>
<td>EXSS 181</td>
<td>Sport and Exercise Psychology</td>
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<tr>
<td>EXSS 288</td>
<td>Emergency Care of Athletic Injuries and Illnesses</td>
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EXSS 360  Sports Nutrition
EXSS 376  Physiological Basis of Human Performance
EXSS 380  Neuromuscular Control and Learning
EXSS 385  Biomechanics of Sport
EXSS 408  Theory and Application of Strength Training and Conditioning for Fitness Professionals

Additional Requirements

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<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tr>
<td>BIOL 101</td>
<td>Principles of Biology and Introductory Biology Laboratory</td>
<td>4</td>
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</tbody>
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Total Hours 19

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

1 Please note that some EXSS courses require prerequisites.

See the program page here (http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general/#opportunitiestext) for special opportunities.