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/#degerequirementstext).

Core Requirements

Five courses chosen from:

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>EXSS 180</td>
<td>Physical Activity in Contemporary Society</td>
</tr>
<tr>
<td>EXSS 181</td>
<td>Sport and Exercise Psychology</td>
</tr>
<tr>
<td>EXSS 288</td>
<td>Emergency Care of Athletic Injuries and Illnesses</td>
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Total Hours: 19

Additional Requirements

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>EXSS 360</td>
<td>Sports Nutrition ¹</td>
</tr>
<tr>
<td>EXSS 376</td>
<td>Physiological Basis of Human Performance ¹</td>
</tr>
<tr>
<td>EXSS 380</td>
<td>Neuromuscular Control and Learning ¹</td>
</tr>
<tr>
<td>EXSS 385</td>
<td>Biomechanics of Sport ¹</td>
</tr>
<tr>
<td>EXSS 408</td>
<td>Theory and Application of Strength Training and Conditioning for Fitness Professionals ¹</td>
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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.