

EXERCISE AND SPORT SCIENCE–FITNESS PROFESSIONAL, A.S.-B.A.

This is a suggested course plan. It is highly recommended that you meet regularly with your academic advisor to determine your course selection and progress toward graduation.

Students who transfer to UNC under the Comprehensive Articulation Agreement (CAA) have all lower-level General Education requirements completed, but must complete these requirements through transfer or UNC coursework: Global Language (<http://catalog.unc.edu/undergraduate/ideas-in-action/global-language/>), Research and Discovery (<http://catalog.unc.edu/undergraduate/ideas-in-action/research-discovery/>), Lifetime Fitness (<http://catalog.unc.edu/undergraduate/ideas-in-action/lifetime-fitness/>), Communication Beyond Carolina (<http://catalog.unc.edu/undergraduate/ideas-in-action/communication-beyond/>), Campus Life Experience (<http://catalog.unc.edu/undergraduate/ideas-in-action/campus-life-experience/>), and, where applicable, Supplemental General Education. Students who do not transfer in under the CAA should work closely with their advisor to determine which requirements apply to them for the IDEAs in Action General Education curriculum (<http://catalog.unc.edu/undergraduate/ideas-in-action/>).

This catalog also includes a complete list of requirements for the Exercise and Sport Science–Fitness Professional B.A. degree (<http://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-fitness-professional/#requirementstext>).

North Carolina Community College

UGETC Curriculum

Code	Title	Hours
UGETC	English composition (ENG 111 + ENG 112 = UNC ENGL 105)	6
UGETC	Humanities/Fine Arts/Communication (2 courses from at least 2 different disciplines; see UGETC list below)	6
UGETC	Social and Behavioral Sciences (2 courses from at least 2 different disciplines; see UGETC list below)	6
UGETC	Mathematics (2 courses; see UGETC list below)	8
BIO 111	General Biology I (UNC BIOL 101/101L + BIOL 103) ¹	4
CHM 151	General Chemistry I (UNC CHEM 101/101L) ²	4
Total Hours		34

Additional General Education Courses

Code	Title	Hours
XXX 111	Foreign Language Level 1	3
XXX 112	Foreign Language Level 2	3
XXX 211	Foreign Language Level 3 ³	3
Electives		2
Total Hours		11

Other Required Hours

Code	Title	Hours
ACA 122	College Transfer Success (UNC GENR →)	1
Electives		14
Total Hours		15

Code	Title	Hours
Total Community College Hours		60


¹ Required in the major.

² Counts in the major.

³ All NC Community College Language courses numbered 211 are approved to transfer to UNC-Chapel Hill as a course that completes the GLBL-LANG IDEAs in Action requirement.

UNC-Chapel Hill

Summer Prior to Semester 5

Code	Title	Hours
EXSS 175	 Human Anatomy ^{1, F}	3
Total Hours		3

^F FY-Launch class sections may be available. A FY-Launch section fulfills the same requirements as a standard section of that course, but also fulfills the FY-SEMINAR/FY-LAUNCH First-Year Foundations requirement. Students can search for FY-Launch sections in ConnectCarolina using the FY-LAUNCH attribute.

Semester 5

Code	Title	Hours
EXSS 220	Fitness Management ¹	3
EXSS 276	Human Physiology ¹	3
EXSS 380	Neuromuscular Control and Learning ¹	3
or EXSS 385	Biomechanics of Sport	
	Lifetime Fitness (http://catalog.unc.edu/undergraduate/ideas-in-action/lifetime-fitness/)	1
	Minor course #1 or Sup Gen Ed course #1	3
	Elective or IDEAs in Action Requirement	3
Total Hours		16

Semester 6

Code	Title	Hours
EXSS 360	Sports Nutrition ¹	3
EXSS 376	Physiological Basis of Human Performance ¹	4
EXSS 408	Theory and Application of Strength Training and Conditioning for Fitness Professionals ¹	3
or EXSS 478	Sports Performance Training	
	Minor course #2 or Sup Gen Ed course #2	3
	Minor course #3 or Sup Gen Ed course #3	3
Total Hours		16

Semester 7

Code	Title	Hours
EXSS 410	Exercise Testing and Prescription ¹	4
EXSS Major Elective ^{1, 2, 3}		3
	Minor course #4, Elective, or IDEAs in Action Requirement	3

Electives or IDEAs in Action Requirements	5
Total Hours	15

Semester 8

Code	Title	Hours
EXSS 593 ^{1,3}		3-9
EXSS Major Elective ^{1,2,3}		3-9
Minor course #5, Elective, or IDEAs in Action Requirement		3
Total Hours		15

¹ Required in the major.

² EXSS Major Electives can be chosen from EXSS 593 or additional EXSS elective course(s) excluding first-year seminars. If EXSS 593 is taken for fewer than 9 credit hours, additional EXSS courses must be taken to reach 34 total hours of core requirements. If more than one additional course is required to reach 34 hours, at least one must be above 199.

³ EXSS 593 requires EXSS 220, EXSS 408, and EXSS 410 in addition to one of EXSS 380 or EXSS 385. Due to prerequisite sequencing these prerequisites require four semesters at UNC to complete so summer coursework and/or a ninth semester will be required for students to complete the EXSS 593 major requirement.

UGETC Course List (A.S. Curriculum)

Code	Title	Hours
English Composition (two courses)		6
ENG 111	Writing & Inquiry ¹	
ENG 112	Writing/Research in the Disciplines ¹	
Humanities/Fine Arts (two courses from at least two different disciplines)		6
ART 111	Art Appreciation (UNC GENR 111)	
ART 114	Art History Survey I (UNC ARTH 151)	
ART 115	Art History Survey II (UNC ARTH 152)	
COM 120	Introduction to Interpersonal Communication (UNC COMM 120), OR	
COM 231	Public Speaking (UNC COMM 113)	
DRA 111	Theatre Appreciation (UNC DRAM 116)	
ENG 231	American Literature I (UNC ENGL 128) ²	
ENG 232	American Literature II (UNC ENGL 128) ²	
ENG 241	British Literature I (UNC ENGL 120) ²	
ENG 242	British Literature II (UNC ENGL 121) ²	
MUS 110	Music Appreciation (UNC MUSC 141)	
MUS 112	Introduction to Jazz (UNC MUSC 145)	
PHI 215	Philosophical Issues (UNC PHIL 101) ²	
PHI 240	Introduction to Ethics (UNC PHIL 160) ²	
Social/Behavioral Science (two courses from at least two different disciplines)		6
ECO 251	Principles of Microeconomics (UNC GENR 119) ³	
ECO 252	Principles of Microeconomics (UNC GENR 119) ³	
HIS 111	World Civilizations I (UNC GENR 113)	
HIS 112	World Civilizations II (UNC GENR 113)	
HIS 131	American History I (UNC HIST 127)	
HIS 132	American History II (UNC HIST 128)	
POL 120	American Government (UNC POLI 100)	
PSY 150	General Psychology (UNC PSYC 101)	
SOC 210	Introduction to Sociology (UNC SOCI 101)	

Mathematics (select two courses)		8
MAT 171	Precalculus Algebra (UNC MATH 110P)	
MAT 172	Pre-calculus Trigonometry (UNC MATH 130 + MATH 110P)	
MAT 263	Brief Calculus (UNC MATH 152 + MATH 110P)	
MAT 271	Calculus I (UNC MATH 231 + MATH 129P + MATH 110P)	
MAT 272	Calculus II (UNC MATH 232 + MATH 110P)	
Natural Sciences (select 8 SCH from the following courses):		8
AST 151/151A	General Astronomy I and Lab (UNC ASTR 101/100L)	
BIO 110	Principles of Biology (UNC GENR 116)	
BIO 111 & 112	General Biology I & II (UNC BIOL 101/101L + BIOL 103 + BIOL 104)	
CHM 151 & 152	General Chemistry I & II (UNC CHEM 101/101L +CHEM 102/102L)	
GEL 111	Introduction Geology (UNC EMES 101/101L)	
PHY 110/110A	Conceptual Physics and Lab (UNC PHYS 101)	
PHYS 151 & 152	College Physics I & II (UNC PHYS 114 + PHYS 115)	
PHYS 251 & 252	General Physics I & II (UNC PHYS 118 + PHYS 119)	
Total Hours		34

IDEAs In Action Requirements not covered by the North Carolina Comprehensive Articulation Agreement that could be completed at the Community College:

COM 231 (UNC COMM 113) can fulfill COMMBEYOND; COM 120 (UNC COMM 120), CHM 251² (UNC CHEM 261 + CHEM 262L) or CHM 252² (UNC CHEM 262 + CHEM 262L) can fulfill RESEARCH, and PED 110 (LFIT 998) can fulfill LIFE-FIT.

¹ Students who complete both ENG 111 and 112 receive credit for UNC ENGL 100 + ENGL 105.

² Course may have prerequisite(s). Consult the North Carolina Community College Combined Course Library (<https://www.ncccommunitycolleges.edu/academic-programs/combined-course-library/>) for most current information.

³ ECO 251 + 252 = UNC ECON 101 + UNC GENR 119.

Additional Resources**Applying to Carolina**

- The Office of Undergraduate Admissions (<https://admissions.unc.edu/apply/types-of-applications/transfer/>) provides information about the application process for transfer students.

Advising and Community College Course Selection

- For UGETC, Pre-Major, Elective, or GEC course options, please refer to the Comprehensive Articulation Agreement transfer course list (<https://www.ncccommunitycolleges.edu/academic-programs/college-transferarticulation-agreements/comprehensive-articulation-agreement-caa/>).
- Students should work with their community college academic advisor to ensure appropriate course selection for AA/AS degree completion.

Additional Resources

- To find out how your N.C. community college coursework will transfer to UNC, please view the transfer credit list (https://tes.collegesource.com/publicview/TES_publicview01.aspx?rid=ff81c5a2-3ec7-4b31-

a7fb-04e2fd5f0345&aid=ca8ebc64-42ca-4a2d-b16b-f8f68bbb6767)
for your community college campus.