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

Contact Information
Department of Exercise and Sport Science
Visit Program Website (http://exss.unc.edu)
209 Fetzer Hall, CB# 8700
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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 website (https://exss.unc.edu/undergraduate-program/ba-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.–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/)

Graduate Program

• M.A. in Exercise and Sport Science (http://catalog.unc.edu/graduate/schools-departments/exercise-sport-science/)

Student Learning Outcomes
Upon completion of the Exercise and Sport Science program (fitness professional track), students should be able to:

• Apply curriculum learning to pass fitness-related accredited certifications
• Efficiently and independently demonstrate accurate fitness testing methods to create comprehensive fitness programs for healthy and clinical populations
• Explain, correct, and modify exercise techniques to healthy and clinical populations
• Explain general nutritional concepts for specific fitness goals
• Comprehend the basic administrative duties of fitness management
• Critically analyze fitness-related research, blog posts, and other outlets of information

Requirements
In addition to the program requirements, students must:

• earn a minimum final cumulative GPA of 2.000
• complete a minimum of 45 academic credit hours earned from UNC–Chapel Hill courses
• take at least half of their major core requirements (courses and credit hours) at UNC–Chapel Hill
• earn a minimum cumulative GPA of 2.000 in the major core requirements. Some programs may require higher standards for major or specific courses.

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:

<table>
<thead>
<tr>
<th>Code</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 276</td>
<td>Human Physiology</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 380</td>
<td>Neuromuscular Control and Learning</td>
<td>3</td>
</tr>
<tr>
<td>or EXSS 385</td>
<td>Biomechanics of Sport</td>
<td></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>3</td>
</tr>
<tr>
<td>Select two courses from the following options:</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>EXSS 593</td>
<td>Practicum in Physical Fitness and Wellness (can be taken for an additional 6 hours, or a total of 9 hours for the core requirements)</td>
<td>3</td>
</tr>
</tbody>
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Additional Requirements
BIOL 101 & 101L  Principles of Biology and Introductory Biology Laboratory \(^H\)  4
Select one:  4
   BIOC 107  Introduction to Biochemistry
   CHEM 101 & 101L  General Descriptive Chemistry I and Quantitative Chemistry Laboratory I \(^1\)
Total Hours  42

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

\(^1\) 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.

CHEM 101 requires MATH 110 as a prerequisite.

### 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 and the Carolina Sports Business Club. 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
The following courses satisfy the experiential education requirement.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXSS 51</td>
<td>First-Year Seminar: Entrepreneurship in Human</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Performance and Sport</td>
<td></td>
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<tr>
<td>EXSS 207</td>
<td>Coaching Principles</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 393</td>
<td>Athletic Training Clinical</td>
<td>1</td>
</tr>
<tr>
<td>EXSS 395</td>
<td>Undergraduate Research Course</td>
<td>1-3</td>
</tr>
<tr>
<td>EXSS 420</td>
<td>Program Planning in Recreation Services</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 493</td>
<td>Field Experience in Sport Administration</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 593</td>
<td>Practicum in Physical Fitness and Wellness</td>
<td>1-3</td>
</tr>
</tbody>
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#### Laboratory Teaching Internships and Assistantships
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 and Uruguay. Refer to the department’s Web site for more information. For other study abroad experiences the department will gladly work with its majors in advance of the experience 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 taking EXSS 395, completing independent research studies, and writing senior honors theses. For a few highly motivated and dedicated individuals, working with faculty on faculty research projects is possible.