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

Contact Information
Department of Exercise and Sport Science
Visit Program Website (http://exss.unc.edu)
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Exercise and sport science examines the physics, physiology, psychology of sport and exercise, and the recognition and treatment of athletic injuries. The general major provides foundational courses in exercise science and is an excellent preparation for the allied medical fields.

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/)

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, students should be able to:

• Understand the role and importance of lifelong physical activity and exercise in society
• Demonstrate the ability to apply fundamental concepts of human physiology to explain how the human body responds to exercise and changing environments
• Describe neuromuscular control systems and concepts related to movement and motor skill acquisition, retention, and transfer
• Describe biomechanical and anatomical concepts of human motion and apply these concepts to understanding exercise, performance, and injury
• Understand the research process including research design, statistical terminology, and utilization of literature. Through this process they will be able to critically analyze current research in the field of exercise and sport science
• Demonstrate knowledge and procedures to respond in an emergency situation, identify and manage individual injury in health and fitness settings, and understand how to maintain a safe environment

Requirements

In addition to the program requirements, 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).

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<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>EXSS 175</td>
<td>Human Anatomy</td>
<td>3</td>
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<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>
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<tr>
<td>EXSS 273</td>
<td>Research in Exercise and Sport Science</td>
<td>3</td>
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<tr>
<td>EXSS 276</td>
<td>Human Physiology</td>
<td>3</td>
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<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>
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Additions

BIOL 101 & 101L Principles of Biology and Introductory Biology Laboratory

Total Hours 31

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 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 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.

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<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>EXSS 51</td>
<td>First-Year Seminar: Entrepreneurship in Human Performance and Sport</td>
<td>3</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>
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<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>
<tr>
<td>EXSS 693H</td>
<td>Senior Honors Thesis</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 694H</td>
<td>Senior Honors Thesis</td>
<td>3</td>
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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.