EXERCISE AND SPORT SCIENCE MINOR

Exercise and sport science examines the anatomy, physics, physiology, and psychology of sport and exercise. The minor offers a more brief look into the opportunities for careers in exercise and sport.

Requirements

In addition to the program requirements listed below, students must:

- take at least nine hours of their minor "core" requirements at UNC–Chapel Hill
- earn a minimum cumulative GPA of 2.000 in the minor core requirements. Some programs may require higher standards for minor or specific courses.

For more information, please consult the degree requirements section of the catalog (https://catalog.unc.edu/undergraduate/degree-requirements/).

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Core Requirements</td>
<td></td>
<td>15</td>
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<tr>
<td>Five courses chosen from:</td>
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<tr>
<td>EXSS 180 Physical Activity in Contemporary Society</td>
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<tr>
<td>EXSS 181 Sport and Exercise Psychology</td>
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<tr>
<td>EXSS 265 Fundamentals of Sports Medicine</td>
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<tr>
<td>or EXSS 288 Emergency Care of Athletic Injuries and Illnesses</td>
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<td>EXSS 360 Sports Nutrition</td>
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<tr>
<td>EXSS 376 Physiological Basis of Human Performance</td>
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<tr>
<td>EXSS 380 Neuromuscular Control and Learning</td>
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<td>1</td>
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<tr>
<td>EXSS 385 Biomechanics of Sport</td>
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<td>1</td>
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<tr>
<td>EXSS 408 Theory and Application of Strength Training and Conditioning for Fitness Professionals</td>
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| Additional Requirements                      |       |       |
| BIOL 101 Principles of Biology               |       | 4     |
| & 101L Introductory Biology Laboratory       |       |       |

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.

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.

Please note that some EXSS courses require prerequisites.

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

Department Programs

Majors

- Exercise and Sport Science Major, B.A.–Fitness Professional (https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-fitness-professional/)
- Exercise and Sport Science Major, B.A.–Sport Administration (https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-sport-administration/)

Minors

- Coaching Education Minor (https://catalog.unc.edu/undergraduate/programs-study/coaching-education-minor/)
- Exercise and Sport Science Minor (p. 1)
- Sports Medicine Minor (https://catalog.unc.edu/undergraduate/programs-study/sports-medicine-minor/)

Graduate Program

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

Contact Information

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