

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/>).

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

¹ 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/#opportunities>) for special opportunities.

Department Programs

Majors

- Exercise and Sport Science Major, B.A.–General (<https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general/>)
- 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/>)
- Exercise and Sport Science Major, B.S. (<https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-bs/>)

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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