Sports Medicine Minor

There are many medical professions that have a sport focus (physical therapist, athletic trainer, physician, physician assistant, nurse, occupational therapist). The sports medicine minor is designed to expose students to the various injuries and rehabilitation techniques that are specific to sport. Students will learn the foundations of anatomy and physiology and then use this knowledge to understand basic evaluation, management and prevention techniques for sport related injury.

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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</thead>
<tbody>
<tr>
<td></td>
<td>Core Requirements</td>
<td></td>
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<td></td>
<td>Select one of the following options:</td>
<td>6</td>
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<tr>
<td>EXSS 155 &amp; EXSS 256</td>
<td>Human Anatomy and Physiology I and Human Anatomy and Physiology II</td>
<td>H, F</td>
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<tr>
<td>EXSS 175 &amp; EXSS 276</td>
<td>Human Anatomy and Human Physiology</td>
<td>F</td>
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<tr>
<td>EXSS 265</td>
<td>Fundamentals of Sports Medicine</td>
<td>3</td>
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<tr>
<td>EXSS 366</td>
<td>Foundations of Sports Medicine Rehabilitation</td>
<td>3</td>
</tr>
<tr>
<td>EXSS 393</td>
<td>Sports Medicine Clinical ¹</td>
<td>2</td>
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<td>One of the following courses:</td>
<td>1-3</td>
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<tr>
<td>EXSS 275L</td>
<td>Human Anatomy Laboratory</td>
<td></td>
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<tr>
<td>EXSS 288</td>
<td>Emergency Care of Athletic Injuries and Illnesses</td>
<td></td>
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<tr>
<td>EXSS 360</td>
<td>Sports Nutrition</td>
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</tbody>
</table>

Total Hours: 15-17

¹ EXSS 393 is most often taken twice for 1 credit (2 total). Students need to complete 10 hours of observation in Stallings Evans Sports Medicine Center as a prerequisite to registering for EXSS 393.

Students will have the opportunity to obtain clinical experience through working with a health care professional in an athlete health care facility. See the program page here (https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-major-ba-general/#opportunities) for additional 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 (https://catalog.unc.edu/undergraduate/programs-study/exercise-sport-science-minor/)
• Sports Medicine Minor (p. 1)

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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