

PROGRAM SUMMARY

- **Credit Hours:** 120 hours
- **Concentrations:** [optional] Strength and Conditioning, Aquatics Leadership
- **Declaring the Major:** Declaring the Pre-Kinesiology Major: Minimum GPA of 2.5 required; change of major form accepted year-round; advising session required prior to declaration. Must complete Pre-Kinesiology required curriculum prior to applying to Upper Division Exercise Science (BS) major. Admissions to Upper Division Exercise Science (BS) major: Minimum Prerequisite GPA of 2.5, Completion of 36 hours of coursework; successful completion (grade of C or better) of all Pre-Kinesiology required courses.
- **Advising (For the Major):** Required upon declaration of the pre-major and before application to the Upper Division major; recommended more frequently as needed by the CHHS Advising Center. Advising (Exercise Science major): Consult the Exercise Science Program Coordinator.
- **Advising (For General Education):** Consult the Exercise Science Program Coordinator or CHHS Advising Center.
- **Minimum Grades/GPA:** minimum grades of C in Pre-Kinesiology prerequisite courses and Exercise Science major courses. Major GPA of 2.0 required for graduation.
- **Teacher Licensure:** No
- **Evening Classes Available:** No
- **Weekend Classes Available:** No
- **Other Information:** Visit the UNC Charlotte [Department of Kinesiology website](#)
- **Contact(s):** Julie Marino, Exercise Science Program Coordinator, 704-687-7951, jmarin11@uncc.edu

PROGRAM REQUIREMENTS

The Bachelor of Science in Exercise Science program at UNC Charlotte encompasses all of the components involved in the total well-being of an individual, exploring the social, biological, and environmental aspects of optimal health. The Exercise Science curriculum covers a wide spectrum of these issues. The Exercise Science major is nationally accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

This degree program offers preparation for employment as Exercise Science practitioners in business and industry, health agencies, hospitals, fitness centers or any other settings which provides health enhancement programs for clients. The courses in this major prepare the student to sit for the American College of Sports Medicine Exercise Physiologist-Certified Examination.

The Pre-Kinesiology and Upper Division Exercise Science majors are relatively structured but contain some flexibility during the Pre-Kinesiology major (years 1 & 2). The Upper Division Exercise Science major (years 3 & 4) is very structured and requires students to complete a precise curriculum in the order in which it is scheduled by the Kinesiology Department. Exercise Science majors having more than 3 grades of D, F, or W in required upper level courses or 2 grades of D, F, or W in the same course cannot remain in the Exercise Science major and must change their major. All Exercise Science Majors must complete 3 approved activity courses and KNES 2101 before taking KNES 4490. The culminating activity as you complete your Bachelor of Science Degree in Exercise Science is a 340 hour internship experience.

Minimum criteria for Admission to the Upper Division Exercise Science major:

Admission decisions to the Upper Division Exercise Science Major are made by the Exercise Science Admission Committee on the third Wednesday of March, July, and November of each Academic Year. It is best to apply in the fall for entry into the upper level for the spring semester.

Students who have completed all of the Pre-Kinesiology prerequisites may apply for the upper division of the Exercise Science program. Applicants must meet the following minimum academic requirements:

1. *Cumulative GPA of 2.5 or better in all college course work.*
2. *Completion of 36 hours of course work.*
3. *Successful completion (grade of C or better) in all the following prerequisite courses:*
 - KNES 2150 Introduction to Kinesiology
 - KNES 2294 Care and Prevention of Athletic Injuries

CHEM 1251 Principles of Chemistry*
 CHEM 1251L Principles of Chemistry Lab*
 STAT 1222 Introduction to Statistics* (will accept STAT 1220 and 1221)
 KNES 2168 Human Anatomy and Physiology for the Health Professions* or BIOL 2273
 KNES 2168L Human Anatomy and Physiology for the Health Professions* or BIOL 2273L
 *These courses are REQUIRED to apply to the upper level.

Areas	Credit Hours	Description
Pre-Major/ Prerequisites	20	Required courses in the pre-major will satisfy General Education requirements for Development of Fundamental Skills of Inquiry and Inquiry in the Sciences.
Major	63-69	Required courses also fulfill the General Education Communication Skills requirements (Writing in the Discipline and Oral Communication).
General Education (not satisfied by other major requirements)	24	This includes the "Themes of Liberal Education for Private and Public Life" (Liberal Studies)
Related Work	-	
Foreign Language	-	Foreign Language proficiency is not required for this major.
Electives	7-13	As needed to complete 120 hours total; depending upon total hours earned in the Exercise Science Major.
Total Credit Hours	120	

SUGGESTED PLAN OF STUDY

Freshman Year

Course Number	Course Title	Credit Hours	General Education	W/O Course	Notes
<i>Fall Semester</i>					
UWRT 1101	Writing and Inquiry in Academic Contexts I	3	X		
CHEM 1200	Fundamentals of Chemistry	3	X		
MATH 1100	College Algebra and Probability	3	X		
LBST 11XX	LBST 1100 Series: Arts and Society	3	X		
XXXX XXXX	Social Science for General Education Requirement	3	X		
HAHS 1000	Prospect for Success in Health and Human Services	1			
<i>Spring Semester</i>					
UWRT 1102	Writing and Inquiry in Academic Contexts II (or UWRT 1103)	3	X		
CHEM 1251	Principles of Chemistry I	3	X		
CHEM 1251L	Principles of Chemistry I Laboratory	1	X		
XXXX XXXX	Elective	3			
STAT 1222	Introduction to Statistics	3	X		
KNES 2150	Introduction to Kinesiology	3			

32 Credit Hours for Year

Sophomore Year

Course Number	Course Title	Credit Hours	General Education	W/O Course	Notes
<i>Fall Semester</i>					
KNES 2168	Human Anatomy and Physiology for the Health Professions	3			
KNES 2168L	Human Anatomy and Physiology Lab for the Health Professions	1			
KNES 2294	Care and Prevention of Athletic Injuries	3			
LBST 2101	Western Cultural and Historical Awareness	3	X		
LBST 2102	Global and Intercultural Connections	3	X		
LBST 2214	Issues of Health and Quality of Life	3	X		
<i>Spring Semester</i>					
KNES 2169	Human Anatomy and Physiology for the Health Professions II	3			
KNES 2169L	Human Anatomy and Physiology Lab for the Health Professions II	1			
KNES 2290	Emergency Medical Response	3			
KNES 2101	Foundations of Physical Conditioning	2			
KNES 2298	Applied Kinesiology	3			
KNES XXXX	Activity Course	1-3			

29-31 Credit Hours for Year

Junior Year

Course Number	Course Title	Credit Hours	General Education	W/O Course	Notes
<i>Fall Semester</i>					
KNES 3100	Organization and Administration of Exercise Science	3			
KNES 3260	Nutrition for the Physically Active	3			
KNES 3280	Exercise Physiology: Foundation and Theory	3			
KNES 3281	Exercise Physiology: Principles and Application	3	X	W	
KNES XXXX	Activity Course	1-3			
<i>Spring Semester</i>					
KNES 3285	Principles of Strength and Conditioning	3			
KNES 3286	Exercise Testing: Foundation and Theory	3			
KNES 3287	Exercise Testing: Principles and Applications	3	X	W,O	
KNES XXXX	Activity Course	1-3			
XXXX XXXX	Elective	3			

26-30 Credit Hours for Year

Senior Year

Course Number	Course Title	Credit Hours	General Education	W/O Course	Notes
<i>Fall Semester</i>					
KNES 4121	Pharmacology for the Physically Active	3			
KNES 4286	Exercise Prescription	3			
KNES 4293	Biomechanics	3			
KNES 4660	Practitioner Seminar	3			
KNES XXXX	Activity Course	1-3			
XXXX XXXX	Electives	3			
<i>Spring Semester</i>					
KNES 4132	Lifetime Weight Management and Behavior Change	3			
KNES 4490	Exercise Science Senior Internship	6-15			
XXXX XXXX	Electives	0-3			

28-34 Credit Hours for Year

ADVISING RESOURCES

- General Education Requirements for ALL Students: ucol.uncc.edu/general-education
- Undergraduate Catalog: catalog.uncc.edu
- Central Advising website: advising.uncc.edu
- College of Health & Human Services advising website: health.uncc.edu/advising-center
- University Advising Center website: advisingcenter.uncc.edu