

**UNC School of Sport and Exercise Science**  
**Bachelor of Science in Sport and Exercise Science: Emphasis in P.E. Liberal Studies**  
**(Non-Teaching)**  
**Suggested Four-Year Schedule**  
**2008-2009 CATALOG**

**Year One:**

	credit hrs.		credit hrs.
___ Liberal Arts Core and/or University Wide Electives	14	___ Liberal Arts Core and/or University Wide Electives	14
___ SES 134 Self Defense (f,s)****	1	___ SES 111, 113 or 114 (f, s)	1
	15		15

**Year Two:**

___ SES 220 Anatomical Kines (f, s)	3	___ SES 323 Motor Learn. & Dev. (f, s)	3
___ SES 200 Weight Training & Conditioning	1	___ SES 118, 120***, 133 or 152	1 or 2
___ SES 125, 127, 128, 130, 131, or 135	1	___ Additional Physical Activity Course**	1
___ Minor or Second Major Courses	6	___ SES 100, 102, 103, 104 or 110****	1
___ Liberal Arts Core and/or University Wide Electives	4	___ Minor or Second Major Courses	9
	15		15

**Year Three:**

___ SES 221 Biomechanics (f, s)	3	___ SES 322 Exercise Physiology I (f, s)	3
___ SES 338 Teaching Diverse Populations (f,s)	3	___ Additional Physical Activity Course**	1
___ Additional Physical Activity Course**	1	___ SES 436 Social Influences on Sport & Exercise Sci	3
___ SES 100, 102, 103, 104 or 110****	1	___ Minor or Second Major Courses	4
___ Minor or Second Major Courses	5	___ Liberal Arts Core and/or University Wide Electives	4
___ Liberal Arts Core and/or University Wide Electives	2		15
	15		

**Year Four:**

___ Liberal Arts Core and/or University Wide Electives	8	___ Liberal Arts Core and/or University Wide Electives	7
___ Minor or Second Major Courses	7	___ Minor or Second Major Courses	5
	15	___ SES 243 Outdoor & Adventure Programming	3
			15

**FOUR-YEAR TOTAL** **120**

**Required Minor - minimum 18 hours: With advisor approval, students must complete a minor (or second major) in a subject area related to physical education.**

**\*\* Students must select three additional physical activity courses (3) with advisor approval.**

**\*\*\* This is a 2 credit hour course.**

**\*\*\*\* Students must select two of the following content courses: SES 100, 102, 103, 104 or 110.**

**(f, s, irr) indicates when the major courses are offered: spring (s); fall (f); or irregular (irr)**

*Note: A grade of "C" or better is required in all SES prefix courses. Student must maintain a cumulative GPA of 2.5 to remain in the major.*

*Students whose GPA falls below a 2.5 will be dropped from the major to Undeclared. Transfer and change of major students must have a 2.5 cumulative average to declare the major.*