



DEGREE WORKSHEET FOR:
BS in Sport and Exercise Science: Exercise Science
2018-2019 Catalog
Degree Requirements – 120 credits

YEAR 1- FALL (16 credits)		YEAR 1- SPRING (15 credits)	
ENG 122 College Composition	3 credits	SES 220 Anatomical Kinesiology	4 credits
SES 123 Introduction to Sport and Exercise Sci	3 credits	CHEM 112/112L Principles of Chemistry	5 credits
Liberal Arts Core/University wide electives - Incl CHEM 111/111L	10 credits	Liberal Arts Core/ University wide electives - Incl STAT 150 and PSY 120	6 credits
YEAR 2- FALL (16 credits)		YEAR 2-SPRING (15 credits)	
SES 322 Exercise Physiology I	3 credits	SES 324 Exercise Physiology II	3 credits
Required major electives	4 credits	Required major elective	3 credits
Liberal Arts Core/ University wide electives - Incl PHYS 220 and BIO 110	9 credits	BIO 210 Cell Biology Liberal Arts Core/ University wide electives	6 credits
YEAR 3- FALL (16 credits)		YEAR 3- SPRING (15 credits)	
BIO 341 Human Anatomy	4 credits	BIO 350 Human Physiology	4 credits
Required major electives	6 credits	SES 331 Biomechanics	3 credits
Liberal Arts Core/ University wide electives	6 credits	Required major elective Liberal Arts Core/ University wide electives	5 credits
YEAR 4- FALL (15 credits)		YEAR 4- SPRING (12 credits)	
Required major elective	3 credits	SES 492 Internship	6 credits
SES 490 Exercise Assessment & Programing	3 credits	Required major elective	6 credits
Liberal Arts Core/ University wide electives	9 credits		

Admission Requirement – Academic Good Standing.

Minor Required – No minor Required.

**Contact Information – School of Sport and Exercise Science
 Gunter 2590, 970-351-2535**

Notes – see page 2.

This four-year plan is a recommended schedule to complete your bachelor’s degree in 4 years. Every UNC student must meet the following requirements in order to graduate with a bachelor’s degree: earn a minimum of 120 semester credit hours; possess a minimum of a 2.00 cumulative grade point average; have at least 40 credit hours in courses designated as Liberal Arts Core; meet all degree requirements in the student’s major field of study. Each major and/or emphasis may have additional requirements necessary for graduation. **Students must consult with their major advisor to receive information on any additional graduation requirements.**

BS Sport and Exercise Science – Exercise Science (cont.)

Notes

1. To graduate with a BS in Exercise Science, all students must have a cumulative 3.0 GPA or higher. If cumulative GPA falls below a 3.0, students will have one semester to attain a 3.0. Otherwise, students are encouraged to meet with an advisor to discuss alternative degree options at UNC.
2. Prior to registering for SES 492, students must complete all SES prefix courses with a GPA of 3.0; have current CPR certification; and have consent of the Internship Director.
3. A grade of a “C” or higher is required in all SES prefix courses; the course must be retaken until a “C” or higher is achieved, C minus is not acceptable.
4. *LAC Area 1B*: Students are **recommended** to choose from: ENG 123, SCI 225, or SCI 291.
5. Students without a solid background in algebra (or just in mathematics) are strongly recommended to take MATH 124 prior to PHYS 220.
6. SES Exercise Science major electives: Choose 24 credits from: SES 280, SES 323, SES 333, SES 405, SES 410, SES 426, SES 431, SES 436, BIO 220, BIO 325, BIO 351, CHEM 331, CHEM 331L, CHEM 332, CHEM 332L, FND 210, PHYS 221, PSY 230, and PSY 255.
7. You are required to take 12 university wide electives.
8. Apply for graduation once you are registered for your final semester. Summer students must participate in the spring commencement ceremony. Summer students can apply after November 1st and must be registered for spring coursework.

The Exercise Science program is designed to provide students quality academic and professional preparation in the scientific study of exercise science and post-graduate degrees. The program offers a sound theoretical foundation and clinical applications. Graduates will be prepared to pursue enrollment in physical therapy, athletic training, occupational therapy, physician assistant, or other health-related professional programs. The Exercise Science program is a National Strength and Conditioning Association education recognition program.