



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

YEAR 1- FALL (15 credits)		YEAR 1- SPRING (16 credits)	
ENG 122 College Composition	3 credits	SES 220 Anatomical Kinesiology	4 credits
SES 123 Introduction to Sport and Exercise Sci	3 credits	Liberal Arts Core/ University wide electives	12 credits
Liberal Arts Core/ University wide electives - Incl CHEM 281/281L	9 credits	- Incl AREA 2	
YEAR 2- FALL (16 credits)		YEAR 2-SPRING (16 credits)	
BIO 245 Intro to Human Ant & Phys	4 credits	SES 322 Exercise Physiology I	3 credits
Liberal Arts Core/ University wide electives	12 credits	BIO 246 Advanced Human Ant & Phys	3 credits
		Liberal Arts Core/ University wide electives	10 credits
YEAR 3- FALL (15 credits)		YEAR 3- SPRING ( 15 credits)	
SES 280 Prevention and Care of Sports Injuries	3 credits	Required major elective	3 credits
SES 324 Exercise Physiology II	3 credits	SES 331 Biomechanics	3 credits
Required major elective	3 credits	SES 333 Psy of Exercise and Physical Activity	3 credits
SES 200 Weight Training and Conditioning	1 credit	Liberal Arts Core/ University wide electives	6 credits
Liberal Arts Core/ University wide electives	5 credits		
YEAR 4- FALL (15 credits)		YEAR 4- SPRING (12 credits)	
SES 426 Motor Control	3 credits	SES 492 Internship	12 credits
Required major electives	6 credits		
SES 490 Exercise Assessment & Programing	3 credits		
Liberal Arts Core/ University wide electives	3 credits		

**Admission Requirement – Academic Good Standing.**

**Minor Required – No minor Required.**

**Notes – see page 2.**

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

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 – Human Performance (cont.)**

### **Notes**

1. Prior to registering for SES 492, students must complete all SES prefix courses with a GPA of 2.7; have current CPR certification; and have consent of the Internship Director. SES 492 may be taken in two 6 credit semester blocks.
2. 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.
3. SES 492: Take 12 credits total; can be taken in 6-credit semester blocks.
4. SES Human Performance major electives: Choose 12 credits from the following: a minimum of 6 credits must include: SES 323, SES 405, SES 410, SES 431, and SES 480. Remaining major elective credits can also include: SES 335, SES 337, SES 424, SES 436.
5. You are required to take 24 university wide electives.
6. 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 Human Performance program is designed to provide students quality academic and professional preparation in the scientific study of human movement. The program offers a sound theoretical foundation and practical applications. Graduates will be prepared to work in one or more of the following areas: cardiac rehabilitation, gerontological fitness, fitness and exercise program management, conditioning of athletes, biomechanics, ergonomics, sport and exercise leadership, and /or stress management. The Human Performance program is a National Strength and Conditioning Association education recognition program.