

**DEGREE WORKSHEET FOR:**

**BS in Sport and Exercise Science: Exercise Science**

**2019-2020 Catalog**

**Degree Requirements – 120 credits**

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| **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 | 3 credits |
| 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 | 3 credits |
|  |  | 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.