Requirements for a Major in Exercise Science for the B.S. Degree: 2013-2014 Calendar

Prerequisites:

Students wishing to declare a major in Exercise Science must:

- Complete a minimum of 24 semester hours;
- Achieve a cumulative GPA of 2.70 or better (inclusive of UNCW and transfer credits);
- Complete the following prerequisite courses with a minimum grade of “C” or better:
  - BIO 201 - Principles of Biology: Cells
  - CHM 101 - General Chemistry I
  - MAT 111 - College Algebra

Complete the following:

- Once admitted to the Exercise Science program, students are required to complete:
  - HEA 465 - Exercise, Performance and Nutrition
  - CSC 105 - Introduction to Computing and Computer Applications
  - EXS 216 - Human Anatomy and Physiology I
  - EXS 217 - Human Anatomy and Physiology II
  - EXS 340 - Biomechanics of Sport and Exercise
  - EXS 347 - Field Experience in Exercise Science
  - EXS 349 - Physiology of Exercise and Sport
  - EXS 350 - Motor Behavior
  - EXS 355 - Measurement and Evaluation of Human Physical Performance
  - EXS 359 - Research and Evaluation in Health, Physical Education and Health
  - EXS 379 - Sport, Physical Activity and the Law
  - EXS 410 - Essentials of Strength Training and Conditioning
  - EXS 460 - Sport and Exercise Psychology
  - EXS 470 - Exercise Prescription and Assessment: Healthy Population
  - EXS 471 - Exercise Prescription and Assessment: Special Populations
  - PED 415 - Adapted Physical Activity

  - Additionally, students must take a minimum of 9 credit hours of elective courses (see advisor for approved list).

Total: 62 hours

Additional Information:

Students must maintain an overall grade point average of 2.50 or better prior to enrollment in 300- and 400-level EXS courses. A grade of “C” (2.00) or better is required in each course within the Exercise Science major core requirements. Students must provide current written documentation of first aid and CPR (including AED) certifications during the term they expect to graduate.