B. S. Exercise Science (EXS)

College: Health and Human Services

Course requirements for all UNCW degrees include: (1) University Studies, (2) specific major requirements, and (3) sufficient elective hours for a combined total of a minimum of 124 hours.

MAJOR REQUIREMENTS – EXS (62 hours and 11 hours pre-EXS)

Prior to declaring EXS: (11 hours) Note: Must be completed with a GPA of “C” (2.00) or better in each course.

_____ +*BIO 201 Principles of Biology: Cells (4)
_____ +*CHM 101 General Chemistry I (4)
_____ +MAT 111 College Algebra (3) or higher. Satisfactory performance on the UNCW math test or MAT 105

Core Courses: (53 hours)

_____ CSC 105 Introduction to Computing and Computer Applications (3)
_____ *EXS 216 (PED 216) Human Anatomy and Physiology I (4) (or BIO 240 with lab)
_____ EXS 217 (PED 217) Human Anatomy and Physiology II (3) (or BIO 241 with lab)
_____ EXS 340 (PED 340) Biomechanics of Sport and Exercise (3) Prerequisite: EXS 216 or *BIO 240 with a “C-” or better
_____ *EXS 349 Physiology of Exercise and Sport (4) Prerequisite: EXS 216 or BIO 240
_____ PED 350 Motor Behavior (3) Prerequisite: EXS 216
_____ EXS 355 (PED 355) Measurement and Evaluation of Human Physical Performance (3)
_____ EXS 359 (PED 359) Research and Evaluation in Health, Physical Education and Health (Meets Oral Communication Requirement) (3) Prerequisite: EXS 355
_____ EXS 379 (PED 379) Sport, Physical Activity, and the Law (3) Prerequisite: Junior or senior standing
_____ *EXS 410 Essentials of Strength Training and Conditioning (4) Preqs: EXS 216 or *BIO 240, 349, Pre/Coreq: EXS 340
_____ EXS 460 Sport and Exercise Psychology (3) Prerequisite: Junior or senior standing
_____ *EXS 470 (PED 470) Exercise Prescription and Assessment: Healthy Populations (4) Prerequisite: EXS 349
_____ EXS 471 (PED 471) Exercise Prescription and Assessment: Special Populations (3) Prerequisite: EXS 470
_____ HEA 465 Exercise, Performance, and Nutrition (3) Prerequisites: EXS 216, or BIO 240 and BIOL 240
_____ *PED 415 Adapted Physical Activity (4) Prerequisite: Last semester of Senior standing or consent of instructor, EXS 216 or BIO 240

Electives: (Minimum 9 hours) - See departmental advisor for approved list of courses.

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

*These courses require a lab
+May also be used to satisfy University Studies Foundations & Approaches and Perspectives requirements

Requirements to declare PRE-EXS: Minimum of 24 semester hours at UNCW and a cumulative GPA of 2.7 or better, inclusive of UNCW and transfer credits. Completion of BIO 201, CHM 101, and MAT 111 or above with a “C” (2.0) or better in each course. A grade of “C” or better is required in EXS core courses.

For further information, see the EXS website: http://www.uncw.edu/shahs/academic/exercise.html and http://catalogue.uncw.edu.

This document is considered an unofficial guide. Please refer to your degree audit for the latest updates.