



Transfer QuickGuide

Exercise and Sport Science (BA) at UNC

Are you a transfer student interested in majoring in exercise and sport science (BA) while at UNC Chapel Hill? Here are a few helpful tips:



General information about the Exercise and Sport Science Program

(UNC-Chapel Hill Undergraduate Bulletin, 2016)

Exercise and sport science examines the physics, physiology, and psychology of sport and exercise; the recognition and treatment of athletic injuries; and the administration of athletics. This major provides students a solid foundation in exercise science, including physiology and anatomy, biomechanics, and sport psychology. There are concentrations within EXSS as well. Students interested in sport administration can build a foundation in the management of sport. Students interested in Athletic Training can hone their injury prevention and rehabilitation skills in clinical settings with a variety of athletes. Also, students interested in becoming fitness leaders can pursue the highly hands-on and applied Fitness Professional concentration. Students can also take additional courses in order to apply to the schools of physical therapy, occupational therapy, public health, nursing, or medicine.



Careers and Skills // *A major in exercise and sport science opens up the door to many active and hands-on career opportunities.*

The athletic training program within the Department of Exercise and Sport Science can prepare students to work as a certified athletic trainer for high school, college, or professional sports teams. Sport administration career options include almost anything related to amateur, interscholastic, or professional sports. The Fitness Professional program is designed to prepare students for careers in a variety of health-related fields, including entry-level positions in the health-fitness industry; personal training of amateur, professional, and recreational athletes; exercise therapy for a range of clinical conditions; or graduate study in exercise physiology. Beyond these opportunities, graduates in EXSS could pursue work as a coach for an athletic team, conduct exercise research within the athletic, medical, or pharmaceutical industries, or become a fitness club entrepreneur.



Why major in Exercise and Sports Science at UNC?

"I always thought that as a pre-med student you had to do biology or chemistry, but with EXSS you get hands on experience doing what you will be doing for your job. It is a great major if you want to get real experience, practice, and interact with people. For example, in our CPR lab you actually get to practice your skill and you can even get certified." — **Betsy Trujillo, Transfer Student, 2016**





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Why major in Exercise and Sports Science at UNC?

“Students succeed because they are supported by caring and nurturing friends and faculty in the exercise and sports science major.”

— Andrew McCrae, Transfer Student, 2016



Major Requirements // If you plan to transfer with junior status to UNC, we recommend completing the following courses prior to transferring.

- BIOL 101/101L – General Biology and Lab
- CHEM 101/101L – General Chemistry and Lab
- MATH 110 – Pre-calculus *prerequisite for EXSS 273, 376, ad 385

Major Courses: The following required courses should be taken at UNC.

- EXSS 175 – Human Anatomy
- EXSS 276 – Human Physiology
- EXSS 288 – Emergency Care of Athletic Injuries and Illnesses
- EXSS 220 – Fitness Management
- EXSS 180 – Physical Activity in Contemporary Society
- EXSS 273 – Research in Exercise and Sport Science
- EXSS 376 – Physiological Basis of Human Performance
- EXSS 380 – Neuromuscular Control and Learning
- EXSS 385 – Biomechanics of Sport

Note: Requirements vary by concentration. The above requirements are for the General EXSS major. Be sure to review requirements for other concentrations if you are interested in a different concentration.

Important Links

Exercise Science Department Homepage: exss.unc.edu/

Undergraduate Bulletin: unc.edu/ugradbulletin/depts/ex_sportsci.html

Resources for Student Success: studentsuccess.unc.edu

Transfer Resources: transfers.unc.edu

Summer School at UNC: summer.unc.edu

What Can I Do with This Major? careers.unc.edu/students/exploring-majors-and-careers

Will my courses transfer? admissions.unc.edu/credit/credit/transfer-equivalencies/

You can also connect with the Exercise and Sport Science Department on Facebook (UNC EXSS UNITE!), online at exss.unc.edu, or, after you matriculate to UNC, with the department’s undergraduate advisors via email at rmalekof@email.unc.edu for Robert Malekoff and mbyby@email.unc.edu for Meredith Petschauer to discuss athletic training.

