

	BS: EXERCISE SCIENCE				
		NOTE: This 4-year plan should be used in conjunction with regular consultation with an advisor			
Required for Admission to UNCC in Exercise Science		2.5 Cumulative GPA 24 Earned Hours C or better in all pre-requisite courses	OR	Admissable on High School record	
Additional Requirements for Admission to the upper division in Exercise Science		2.5 GPA C or better in all pre-requisite courses			
Associate of Science					
Courses in BOLD are required for the major					
UGETC -- Associate of SCIENCE					
Area	Prefix/Number	Course Name	Credits	UNC Charlotte Equivalent	Credits
English Composition (6 CR)					
English Composition	ENG 111	Expository Writing	3	UWRT 1101:	3
	ENG 112	Argument-Based Research	3	UWRT 1102:	3
Humanities / Fine Arts (6 CR)					
Arts: (choose <u>ONE</u>)	ART 111	Art Appreciation	3	LBST 1105	3
	ART 114	Art History Survey I		ARTH 1112 (and LBST 1105 exemption)	
	ART 115	Art History Survey II		ARTH 1113 (and LBST 1105 exemption)	
	MUS 110	Music Appreciation		LBST 1103	
	MUS 112	Introduction to Jazz		TRNF 0001 (and LBST 1103 exemption)	
Literature / Philosophy (choose <u>ONE</u>)	ENG 231	American Literature I	3	ENGL 2104 (and LBST 2212 exemption)	3
	ENG 232	American Literature II		ENGL 0001 (and LBST 2212 exemption)	
	PHI 215	Philosophical Issues		PHIL 2101 (and LBST 2211 exemption)	
	PHI 240	Introduction to Ethics		PHIL 0001 (and LBST 2211 exemption)	
Social / Behavioral Science (6 CR)					
Social Science (choose <u>ONE</u>)	ECO 251	Principles of Microeconomics	3	ECON 2102	3
	ECO 252	Principles of Macroeconomics		ECON 2101	
	POL 120	American Government		POLS 1110	
	SOC 210	Introduction to Sociology		SOCY 1101	
History (choose <u>ONE</u>)	HIS 111	World Civilizations I	3	HIST 1120 (LBST 2101)	3
	HIS 112	World Civilizations II		HIST 1121 (LBST 2101)	
	HIS 131	American History I		HIST 1160 (LBST 2101)	
	HIS 132	American History II		HIST 1161 (LBST 2101)	
Science with Lab (8 CR)					
Sciences	CHM 151	General Chemistry I	4	CHEM 1251+L	4
	CHM 152	General Chemistry II	4	CHEM 1252+L	4
Mathematics (8 CR)					
	MAT 171	Pre-Calculus Algebra	4	MATH 1100 (3) + lab credit (1)	4
	MAT 172	Pre-Calculus Trigonometry	4	MATH 1103 (3) + lab credit (1)	4
Subtotal			34		34
Additional General Education					
Global / Cross Cultural (Choose <u>ONE</u>)	ANT 220 or 221	Cultural Anthropology or Comparative Cultures	3	ANTH 0001 (and LBST 2102 exemption)	3
	GEO 111	World Regional Geography		GEOG 1101 (and LBST 2102 exemption)	
	GEO 112	Cultural Geography		GEOG 0001 (and LBST 2102 exemption)	
	POL 210 or 220	Comparative Politics or International Politics		POLS 1130 or POLS 1150 (and LBST 2102 exemption)	
	If BOTH HIS 111 AND HIS 112	World Civilizations I & II		HIST 1120 AND HIST 1121 (gives LBST 2101 and 2102 exemption ONLY if both are taken)	
Math	MAT 152	Statistical Methods I	4	STAT 1220 (3) + lab credit (1)	4
COMM	COM 231	Public Speaking	3	COMM 1101	3
		Elective	3	Elective	3
Subtotal			13		13

PRE Major - Courses					
	ACA 122	Academic Transition	1	TRNF 0001	1
EXER pre-requisite courses	HEA 122	First Aid and CPR	3	KNES 2290	3
	BIO 168	Anatomy and Physiology I w/ lab	4	KNES 2168 + L	4
	BIO 169	Anatomy and Physiology II w/ lab	4	KNES 2169 + L	4
		Electives	1	Elective Credit	1
Subtotal			13		13
TOTAL AA Hours			60		60
BS EXERCISE SCIENCE UNC Charlotte Courses					
Courses in BOLD are pre-requisites for subsequent courses					
Junior Year					
Fall					
	KNES 2150: Introduction to Kinesiology				3
	KNES 3100: Org and Admin. Of Exercise Science				3
	KNES 3260: Nutrition for the Physically Active				3
	KNES 3280: Exercise Physiology: Foundations and Theory				3
	KNES 3281: Exercise Physiology: Principles and Applications				3
	Activity course				1-3
Spring					
	KNES 2298: Applied Kinesiology				3
	KNES 3285: Principles of Strenght and Conditioning				3
	KNES 3286: Exercise Testing: Foundations and Theory				3
	KNES 3287: Exercise Testing: Principles and Applications				3
	Activity course				1-3
	Electives				3
Senior Year					
Fall	KNES 2294: Care and Prevention of Athletic Injuries				3
	KNES 4121: Pharmacology for the Physically Active				3
	KNES 4286: Exercise Testing				3
	KNES 4293: Biomechanics				3
	KNES 4660: Practitioner Seminar				3
	Activity course				1-3
Spring					
	KNES 4132: Lifetime Weight Management				3
	KNES 4490: Exercise Science Internship				9
TOTAL UNCC Hours					60-66
TOTAL HOURS					120-126