



2024-2025

Exercise Science

Student Handbook

Policies in this handbook are for all undergraduate students in the Pre-Exercise Science and Exercise Science Majors matriculating in Fall 2024 and after. In addition to this handbook, students are to refer to the [2024-2025 UNC Charlotte Undergraduate Catalog](#).

Program Contacts

Juliana Marino – 704-687-7951 (jmarin11@charlotte.edu)

- Program director

Brenda Ward – 704-687-0870 (bjward@charlotte.edu)

- Internship coordinator for Pre-Professional Concentration

Tracy Bonoffski – 704-687-0858 (tbonoffs@charlotte.edu)

- Internship coordinator for Health & Fitness and Strength & Conditioning Concentrations

Table of Contents

- I. Program Description
 - A. Pre-professional Concentration
 - B. Strength and Conditioning Concentration
 - C. Health and Fitness Concentration
- II. Exercise Science Suggested Plan of Study
- III. Program Policies & Procedures
 - A. Admission Requirements
 - B. Progression Policy
 - C. Academic Advising
 - D. CHHS Technical Standards
- IV. Internship Program
 - A. Strength and Conditioning and Health and Fitness Internships
 - B. Pre-professional Internships
 - C. Health Insurance
 - D. Internship Pre-requisites and Requirements
- V. Important University Policies
- VI. Student Records
- VII. Disability Services Testing Accommodations Statement

I. PROGRAM DESCRIPTION: BACHELOR OF SCIENCE IN EXERCISE SCIENCE

The Exercise Science curriculum covers a wide spectrum of topics related to health and fitness assessment, human performance, and health promotion. Students will acquire the knowledge and skills to conduct health and fitness assessments and to design safe and effective exercise prescriptions for healthy individuals, individuals with controlled chronic diseases, and special populations (i.e. pregnancy, children, and older adults). This degree program offers preparation for employment as Exercise Science practitioners in health agencies, hospitals, fitness centers, business and industry, research laboratories, or any other setting which provides physical fitness enhancement programs for clients and patients. Students in the major select from 1 of 3 different concentrations:

A. Pre-Professional Concentration

This concentration allows students to individualize their plan of study with dual majors, minors, graduate school prerequisites, or other coursework. Students are required to complete 27 credit hours of core upper division major coursework; the remaining credit hours needed for completion of the BS degree vary from one student to another based on interests and goals. Students in this concentration can elect to complete up to two internships for credit in Exercise Science related settings.

B. Strength and Conditioning Concentration

The Strength and Conditioning Concentration is accredited by the **Council on Accreditation of Strength and Conditioning Education (CASCE)** and prepares students with the knowledge and skills essential for the Strength and Conditioning Specialist. Students apply industry standard, evidence-based guidelines to the administration of fitness assessments, the development and implementation of strength and conditioning programs, and the management and oversight of such programs. Students complete 25 hours of coursework encompassing the knowledge and skills essential to the certified strength and conditioning specialist. The culminating experience of the concentration is a robust internship under the supervision of an NSCA Certified Strength and Conditioning Specialist. Students are encouraged to take the National Strength and Conditioning Association Certified Strength and Conditioning Specialist exam.

Required courses for Strength and Conditioning Concentration:

EXER 2294 Care and Prevention of Athletic Injuries

EXER 2290 Emergency Medical Response

EXER 3660 Practitioner Seminar

EXER 4100 Organization and Administration of Exercise Science

EXER 4333 Psychology of Sport

EXER 4285 Advanced Strength and Conditioning

EXER 4490 Internship

C. Health and Fitness Concentration

The Health and Fitness Concentration is accredited by the **Committee on Accreditation for the Exercise Sciences**. The curriculum prepares students to apply health and fitness industry standard, evidence-based guidelines to the roles and responsibilities of an exercise science practitioner, including: pre-activity screening, health and fitness assessment, exercise prescription, and risk management. Students complete 19 hours of coursework encompassing the knowledge and skills essential to the certified exercise physiologist. The culminating experience of the concentration is a robust internship under the supervision of a health/fitness professional. Students are encouraged to sit for the American College of Sports Medicine Certified Exercise Physiologist Credentialing Exam.

Required courses for Health and Fitness Concentration:

EXER 3100 Organization and Administration of Exercise Science

EXER 2290 Emergency Medical Response

EXER 3660 Practitioner Seminar

EXER 4132 Lifetime Weight Management and Behavior Change

EXER 4490 Internship

[Click here to declare a concentration!](#)

II. EXERCISE SCIENCE SUGGESTED PLAN OF STUDY - PRE-PROFESSIONAL

YEAR 1	
FALL (14-16 credits)	SPRING (16-17 credits)
EXER 2168 - Anatomy & Physiology I	EXER 2169 - Anatomy & Physiology II
EXER 2168L - Anatomy & Physiology I Lab	EXER 2169L - Anatomy & Physiology II Lab
MATH XXXX College Algebra & Probability	EXER 2150 Introduction to Exercise Science
HAHS 1101 - Prospect for Success	EXER 2101 - Foundation of Physical Conditioning
XXXX 1511 - Local Social Science	CHEM 1200 - Fundamentals of Chemistry
COMM 1101 – Public Speaking	WRDS - Writing and Inquiry Academic Context (1103 or 1104)

YEAR 2	
FALL (16 credits)	SPRING (15 credits)
CHEM 1251 - General Chemistry I	XXXX 1501 Global Social Science
CHEM 1251L - General Chemistry Lab	XXXX 1502 Global Arts and Humanities

XXXX 1512 - Local Arts & Humanities	EXER 2298 - Applied Kinesiology
CMCT 2530 - Critical Thinking	EXER 2290 - Emergency Medical Response**
STAT 1222 - Introduction to Statistics	Elective/Concentration/Pre-Req/Minor
Elective/Concentration/Pre-Req/Minor	

YEAR 3	
FALL (15 credits)	SPRING (15 credits)
EXER 3260 - Nutrition for the Physically Active	EXER 3285 - Principles of Strength & Conditioning
EXER 3280 - Exercise Physiology: Foundation & Theory	EXER 3286 - Exercise Testing: Foundation & Theory
Elective/Concentration/Pre-Req/Minor	EXER 3287 - Exercise Testing: Principles and Application
Elective/Concentration/Pre-Req/Minor	Elective/Concentration/Pre-Req/Minor
Elective/Concentration/Pre-Req/Minor	Elective/Concentration/Pre-Req/Minor

YEAR 4	
FALL (15 credits)	SPRING (12 credits)
EXER 4293 - Biomechanics	EXER 4286 - Exercise Prescription
EXER 4121 - Pharmacology	Elective/Concentration/Pre-Req/Minor
Elective/Concentration/Pre-Req/Minor	Elective/Concentration/Pre-Req/Minor
Elective/Concentration/Pre-Req/Minor	Elective/Concentration/Pre-Req/Minor
Elective/Concentration/Pre-Req/Minor	

EXERCISE SCIENCE SUGGESTED PLAN OF STUDY - STRENGTH & CONDITIONING

YEAR 1	
FALL (14-16 credits)	SPRING (16-17 credits)
EXER 2168 - Anatomy & Physiology I	EXER 2169 - Anatomy & Physiology II
EXER 2168L - Anatomy & Physiology I Lab	EXER 2169L - Anatomy & Physiology II Lab
MATH XXXX College Algebra & Probability	EXER 2150 Introduction to Exercise Science
HAHS 1101 - Prospect for Success	EXER 2101 - Foundation of Physical Conditioning
XXXX 1511 - Local Social Science	CHEM 1200 - Fundamentals of Chemistry
COMM 1101 – Public Speaking	WRDS - Writing and Inquiry Academic Context (1103 or 1104)

YEAR 2	
FALL (16 credits)	SPRING (15 credits)
CHEM 1251 - General Chemistry I	XXXX 1501 Global Social Science
CHEM 1251L - General Chemistry Lab	XXXX 1502 Global Arts and Humanities
XXXX 1512 - Local Arts & Humanities	EXER 2298 - Applied Kinesiology
CMCT 2530 - Critical Thinking	EXER 2290 - Emergency Medical Response
STAT 1222 - Introduction to Statistics	Elective/Concentration/Pre-Req/Minor
Elective/Concentration/Pre-Req/Minor	

YEAR 3	
FALL (15 credits)	SPRING (15 credits)
EXER 3260 - Nutrition for the Physically Active	EXER 3285 - Principles of Strength & Conditioning
EXER 3280 - Exercise Physiology: Foundation & Theory	EXER 3286 - Exercise Testing: Foundation & Theory
EXER 2294 - Care & Prevention of Injuries	EXER 3287 - Exercise Testing: Principles and Application
Elective/Concentration/Pre-Req/Minor	Elective/Concentration/Pre-Req/Minor

Elective/Concentration/Pre-Req/Minor	Elective/Concentration/Pre-Req/Minor
--------------------------------------	--------------------------------------

YEAR 4	
FALL (16 credits)	SPRING (12 credits)
EXER 4293 - Biomechanics	EXER 4490 - Internship
EXER 4121 - Pharmacology	EXER 4333 - Sport Psychology
EXER 4285 - Advanced Strength & Conditioning	
EXER 4286 - Exercise Prescription	
EXER 4100 - Organization & Administration	
EXER 3660 - Practitioner Seminar	

EXERCISE SCIENCE SUGGESTED PLAN OF STUDY - **HEALTH AND FITNESS**

YEAR 1	
FALL (14-16 credits)	SPRING (16-17 credits)
EXER 2168 - Anatomy & Physiology I	EXER 2169 - Anatomy & Physiology II
EXER 2168L - Anatomy & Physiology I Lab	EXER 2169L - Anatomy & Physiology II Lab
MATH XXXX College Algebra & Probability	EXER 2150 Introduction to Exercise Science
HAHS 1101 - Prospect for Success	EXER 2101 - Foundation of Physical Conditioning
XXXX 1511 - Local Social Science	CHEM 1200 - Fundamentals of Chemistry
COMM 1101 – Public Speaking	WRDS - Writing and Inquiry Academic Context (1103 or 1104)

YEAR 2	
FALL (16 credits)	SPRING (15 credits)
CHEM 1251 - General Chemistry I	XXXX 1501 Global Social Science
CHEM 1251L - General Chemistry Lab	XXXX 1502 Global Arts and Humanities
XXXX 1512 - Local Arts & Humanities	EXER 2298 - Applied Kinesiology

CMCT 2530 - Critical Thinking	Elective/Concentration/Pre-Req/Minor
STAT 1222 - Introduction to Statistics	Elective/Concentration/Pre-Req/Minor
Elective/Concentration/Pre-Req/Minor	

YEAR 3	
FALL (15 credits)	SPRING (15 credits)
EXER 3260 - Nutrition for the Physically Active	EXER 3285 - Principles of Strength & Conditioning
EXER 3280 - Exercise Physiology: Foundation & Theory	EXER 3286 - Exercise Testing: Foundation & Theory
Elective/Concentration/Pre-Req/Minor	EXER 3287 - Exercise Testing: Principles and Application
Elective/Concentration/Pre-Req/Minor	EXER 3100 - Organization & Administration
Elective/Concentration/Pre-Req/Minor	EXER 2290 - Emergency Medical Response

YEAR 4	
FALL (16 credits)	SPRING (12 credits)
EXER 4293 - Biomechanics	EXER 4490 - Internship
EXER 4121 - Pharmacology	EXER 4132 - Lifetime Weight Mgmt. & Behavior Change
EXER 4286 - Exercise Prescription	
EXER 3660 - Practitioner Seminar	
Elective/Concentration/Pre-Req/Minor	
Elective/Concentration/Pre-Req/Minor	

III. EXERCISE SCIENCE POLICIES AND PROCEDURES

A. ADMISSION REQUIREMENTS

Students who wish to apply for the Exercise Science major (EXER) are initially classified as Pre-Exercise Science majors (PEXE). Admission to the upper division EXER majors requires submission of an application and successful completion of the following:

- pre-req GPA of 2.5 or above
- completion of 36 hours
- grades of C or above in the following courses:
 - Anatomy & Physiology I with lab EXER 2168/2168L (or BIOL 2273/2273L)
 - Anatomy & Physiology I with lab EXER 2169/2169L (or BIOL 2274/2274L)
 - General Chemistry CHEM 1251/1251L (or CHEM 1203/1203L)
 - Statistics STAT 1220/1221/1222
 - Foundations of Physical Conditioning EXER 2101
 - Introduction to Exercise Science EXER 2150

Students can be admitted to the Exercise Science major in the Fall, Spring or Summer terms. Admission decisions are made by the Exercise Science Program Director and admissions committee. Selection into the program is based on the satisfactory completion of the minimum requirements, but meeting the minimum requirements does not guarantee program admission.

B. PROGRESSION POLICY

All of the required courses for the Pre-Exercise Science major, Exercise Science major, and each concentration must be completed with a grade of C or above. Students may repeat each required Pre-Exercise Science or Exercise Science course once, for a total of 2 attempts. Withdrawals are not counted towards the repeat limits, but students are limited to [16 credit hours of self-withdrawals](#) during their academic career. If a student does not earn a grade of C or higher within the two allowed attempts, he/she/they will be dismissed from the major. If a student feels he/she/they have grounds to appeal this policy, an [appeal](#) may be submitted for review by the Program Director and Exercise Science Committee.

C. ACADEMIC ADVISING

Each student is responsible for the proper completion of his or her academic program, for familiarity with the University [Catalog](#), for maintaining the grade average required and for meeting all other degree requirements. The advisor will counsel, but the final responsibility remains that of the student. (University Catalog). Students are responsible for communicating with their advisor throughout their enrollment at the university. Academic advising is not required each semester, but is strongly recommended. You can schedule an appointment with your advisor via [Connect](#).

CHHS Advising Contact Information:

Ms. Allison Sigmon

CHHS Academic Advising Center Director
College of Health and Human Services
Email: AllisonMSigmon@charlotte.edu
Phone: 704-687-7714

D. CHHS TECHNICAL STANDARDS

Technical Standards define the attributes that are considered necessary for students to possess in order to complete their educational program. These Technical Standards are used to assist each prospective student in determining whether accommodations or modifications are necessary in accordance with the Americans with Disabilities Act. These Technical Standards are determined to be prerequisite for entrances to, continuation in, and graduation from a student's chosen discipline in the College of Health and Human Services.

Students must possess aptitude, ability and skills in the following four areas:

Psychomotor Ability (Coordination/Mobility): Physical ability sufficient to move within the client environment; gross and fine motor skills sufficient to provide safe and effective services.

Senses (Visual, hearing, tactile, olfactory): Sensory ability necessary to observe and perform skills essential in providing safe and effective services.

Communication (Verbal, Non-verbal, Written): Communication abilities sufficient for interaction with others in verbal and written form in classroom, lab, and service settings. Interpersonal verbal and nonverbal abilities sufficient to interact with individuals, families and groups from a variety of social, emotional, cultural, and intellectual backgrounds.

Behavioral/Social Attributes: Ability to fulfill professional behavioral and social responsibilities in the role of a student, with faculty, professional staff, clients, and peers.

Candidates for selection to the Exercise Science Program will be required to verify they understand and meet these technical standards or that they believe that, with certain accommodations, they can meet the standards.

The Office of Disability Services will evaluate a student who states he or she could meet the program's technical standards with accommodation and confirm that the stated condition qualifies as a disability under applicable laws.

If a student states he or she can meet the technical standards with accommodation, then the University will determine whether it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review of whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, internship experiences and internships deemed essential to graduation.

IV. INTERNSHIPS

A. Health & Fitness and Strength & Conditioning Concentrations

For students in the Health & Fitness and Strength & Conditionings Concentrations, the internship experience is the required culminating activity of the Bachelor of Science Degree in Exercise Science.

The internship experience is the practical application of the knowledge and skills acquired in the classrooms and labs. The experience should be educational and enjoyable, and should increase your marketability for future employment. The Internship Site Supervisor will assist in the successful completion of this internship experience. However, the ultimate responsibility of obtaining, preparing for, and completing an internship rests with the student.

Important information about internship for the Health & Fitness and Strength & Conditioning Concentration:

- EXER 4490 Internship is completed in the last semester of the major
- Prerequisites include EXER 3660 Practitioner Seminar & EXER 2290 Emergency Medical Response
- Internship requires completion of 340 hours (9 credit hours)
- An Affiliation Agreement must be established prior to start of internship
- A grade of C or higher in EXER 4490 is required

B. Pre-professional Concentration

Students in the Pre-professional concentration can elect to take EXER 3490 (3 credit hours) and this internship can be repeated for credit once.

- Prerequisites include EXER 3660 Practitioner Seminar and EXER 2290 Emergency Medical Response
- Students in the pre-professional concentration must consult with the Internship Coordinators prior to registering
- EXER 3490 internship requires completion of 115 hours (3 credit hours)
- An Affiliation Agreement must be established prior to start of internship

C. Health Insurance

Health insurance is required for undergraduate students enrolled in six or more credit hours at the University of North Carolina at Charlotte. Information regarding student health insurance can be found at: <http://studenthealth.uncc.edu/student%20health%20insurance%20home2.htm>

D. Drug Testing and Criminal Background Check Policy

Prior to participating in an Exercise Science Internship, all students are required to undergo a 12 Panel Drug Screen and Criminal Background Check. All costs associated with drug testing and background checks are the responsibility of the student. For more information regarding clinical agency mandates click [here](#). In addition, students must have current CPR certification, Bloodborne Pathogens Training, and Immunizations. These requirements, and other paperwork, will be completed during the internship pre-requisite course EXER 3660 Practitioner Seminar.

V. IMPORTANT UNIVERSITY POLICIES

A. Credit Hours

The baccalaureate degree requires completion of a minimum of 120 semester hours of credit, including all requirements for the Exercise Science major.

B. Residence

A student must earn the last 25% of baccalaureate degree requirements at UNC Charlotte, including the last 30 semester hours of work in the Exercise Science Program. Exceptions to these hour provisions may be made upon the recommendation of the student's major department and with the approval of the Dean of the college of the student's major.

C. Grade Point Average

To graduate, a student must have an overall grade point average of at least 2.0.

D. General Education

All baccalaureate degrees at UNC Charlotte include a common set of General Education requirements. Requests for exceptions to any aspects of the General Education requirements for individual students must be approved by the Associate Dean of Arts and Sciences. Such exceptions may be requested by completing the [Academic Petition Form](#), including recommendations of approval by the student's Advisor, Chairperson and Dean, and submitting it to the Registrar's Office.

E. Conduct

A student is required to have knowledge of and observe all regulations pertaining to campus life and student conduct. The University has enacted two codes of student responsibility: [The UNC Charlotte Code of Student Academic Integrity](#) and [The UNC Charlotte Code of Student Responsibility](#) which are summarized in this *Catalog* and available in full [online](#). As students willingly accept the benefits of membership in the UNC Charlotte academic community, they acquire obligations to observe and uphold the principles and standards that define the terms of UNC Charlotte community cooperation and make those benefits possible.

F. Graduation/Commencement

Students completing ALL of their degree requirements in May are eligible to participate in the May commencement ceremony. Students completing ALL degree requirements in a summer term as well as those completing in December, participate in the December ceremony. The baccalaureate degree requires completion of 120 semester hours of credit, including all requirements for a major field of study.

VI. Student Records

The College of Health and Human Services adheres to the requirement of the law regarding review of student records (See <http://legal.uncc.edu/legal-topics/ferpa> “The Privacy of Educational Records”).

Right of access to student academic folders is limited to College Health and Human Services faculty who require access to the information in the folder to make decisions about College business or for advising or evaluation purposes.

Any person outside the College of Health and Human Services who wishes to review a student's folder must comply with <http://legal.uncc.edu/legal-topics/ferpa>,

VII. Disability Services Accommodations Statement

UNC Charlotte and the Department of Applied Physiology, Health, and Clinical Sciences are committed to providing equity and access to the educational programs. If you have a disability and need academic accommodations, please consult with the Office of Disability Services. It is recommended that you meet with your instructor on the first day of class to ensure that your accommodations are in place.

Please note:

- Accommodations may be requested at any point in the semester.
- Accommodations are not retroactive.

The Department of APHCS does NOT have space to provide testing accommodations. Therefore, all students requiring accommodations must take exams in the Office of Disability Services testing center. For more information on accommodations, contact the Office of Disability Services at 704-687-0040 or visit their office in Fretwell 230.

<http://ds.uncc.edu/facultystaff-handbook/testing-accommodations>