Bachelor of Science in Exercise Science
Student Handbook
2010-11 Academic Year

Policies in this handbook are for all undergraduate students in the Exercise Science Program

In addition to this handbook, students are to refer to the College of Health and Human Services Student Handbook and the 2010 -2011 UNC Charlotte Undergraduate Catalog
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**Things Pre-Kinesiology students must know:**

- There are certain courses that MUST be taken before you can become an Exercise Science or Athletic Training Major. ALL of these courses must be completed before you matriculate to the upper level courses.

- The chemistry CHEM 125, 1251L, 1252, and 1252L series of courses are required courses for all PKNS students. Most graduate schools with professional programs will most likely have additional requirements beyond what is required in the Exercise Science major. If you are thinking about pursuing further education in Allied-health Programs like Physical Therapy, Occupational Therapy, and/or Medical School, this is the level of chemistry courses they are usually looking for you to have taken.

- You must receive a grade of C or higher in ALL required courses for the EXER Major.

- All EXER and ATRN courses in which the student receives a grade less than a C must be retaken at UNC Charlotte.

- There are forms (transient study) that need to filled out and have appropriate signatures **BEFORE** taking courses at another institution.

- If you have not completed all the prerequisite courses for the Exercise Science Major by the end of the spring semester prior to entry into the upper level there is a form that needs to be filled out. This form is only used if you plan to complete ALL required classes before the start of the fall semester.

- You are responsible for the proper completion of your entire academic program. Your advisor can counsel but you must meet all university and degree requirements for graduation.
Each student is responsible for the proper completion of his or her academic program, for familiarity with the *University Undergraduate 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.

A student is required to have knowledge of and observe all regulations pertaining to campus life and student department. 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 the *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.

Each student is responsible for maintaining communication with the University and keeping on file with the Registrar's Office at all times a current address, including ZIP code, and telephone number.

Each student, while associated with the University, is expected to participate in campus and community life in a manner that will reflect credit upon the student and the University.

Advisors in the **CHHS Advising Center** have been assigned to help you in your progression in the major. These advisors cannot help you unless you make an appointment to see them.

A form must be completed and submitted to the Department of Kinesiology before you move from a Pre-Kinesiology Major to an Exercise Science Major.

Transfer students need to review with the **University Admissions Office** and the **CHHS Advising Center** that all transfer credit have been accepted and what is needed to complete the general education requirements of the university.

As a student in a professional program in the College of Health and Human Services, you **will be asked by a clinical facility to undergo drug testing and/or have a criminal background check** before being allowed to participate in a clinical experience at that facility. All costs associated with drug testing and background checks are the responsibility of the student.

**COMM 1101 Public Speaking** is required to be completed before the Exercise Science students enrolls in EXER 4490 Exercise Science Senior Internship.

**Cheating** and **Plagiarism** will not be tolerated.
Things **Pre-Kinesiology** students should know:

- Pre-Kinesiology FAQ’s
- Careers in Exercise Science
- The History of the Department of Kinesiology
- The Harvey F. Murphy Award
- Vision and Mission Statement of the Exercise Science Major
- Guidelines for Formal Papers
- Department of Kinesiology Appeal Procedures
- Department of Kinesiology Attendance Policy
- Department of Kinesiology Student Organization
- Department of Kinesiology Laboratory Policies and Procedures
- Exercise Science Internship Manual
- The American College of Sports Medicine Code Of Ethics
- College of Health and Human Services Student Technical Standards
- UNC Charlotte Student Health Screening
- UNC Charlotte Graduation Requirements

Things **Exercise Science** students must know:

- There are certain courses that MUST be taken as an Exercise Science Major. **ALL** of these courses must be completed before you can do your Exercise Science Internship.

- You must receive a grade of C or higher in **ALL** required courses for the EXER Major.

- All EXER and ATRN courses in which the student receives a grade less than a C must be retaken at UNC Charlotte.

- You are responsible for the proper completion of your entire academic program. Your advisor can counsel but you must meet all university and degree requirements for graduation.

- Each student is responsible for the proper completion of his or her academic program, for familiarity with the *University Undergraduate Catalog*, for maintaining the grade average required, and for meeting all other degree
A student is required to have knowledge of and observe all regulations pertaining to campus life and student deportment. 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.

Each student is responsible for maintaining communication with the University and keeping on file with the Registrar's Office at all times a current address, including ZIP code, and telephone number.

Each student, while associated with the University, is expected to participate in campus and community life in a manner that will reflect credit upon the student and the University.

Advisors in the Department of Kinesiology have been assigned to help you in your progression in the major. These advisors cannot help you unless you make an appointment to see them. If you have any questions please see your advisor or the Exercise Science Program Director.

All majors must maintain current certification in First Aid, CPR, Blood Borne Pathogens and AED training. The department does offer annual recertification for the majors at a minimal cost.

As a student in a professional program in the College of Health and Human Services, you will be asked by a clinical facility to undergo drug testing and have a criminal background check before being allowed to participate in a clinical experience at that facility. All costs associated with drug testing and background checks are the responsibility of the student.

During your senior year you will be taking a national credentialing examination through the American College of Sports Medicine for the “Health Fitness Specialist”. There is a fee for this exam that will be at your expense. Because you are graduating from the ONLY accredited Exercise Science program in the State of North Carolina, you are automatically given credit for the practical portion of the Health Fitness Specialist exam.

One of the last experiences in the Exercise Science Major will be an internship in the health and fitness field. 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 you.

- COMM 1101 Public Speaking is required to be completed before the Exercise Science student enrolls in EXER 4490 Exercise Science Senior Internship.

- Graduation – Students completing ALL their degree requirements in May, participate in the May 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 120-128 semester hours of credit, including all requirements for a major field of study.

- Cheating and Plagiarism will not be tolerated.

Things the Exercise Science Major Should Know:

- Exercise Science FAQ’s
- Careers in Exercise Science
- The History of the Department of Kinesiology
- Kinesiology Faculty Information
- The Harvey F. Murphy Award
- Vision and Mission Statement of the Department
- Guidelines for Formal Papers
- Department of Kinesiology Appeal Procedures
- Department of Kinesiology Attendance Policy
- Department of Kinesiology Student Organization
- Department of Kinesiology Laboratory Policies and Procedures
- Exercise Science Internship Manual
- The American College of Sports Medicine Code Of Ethics
- College of Health and Human Services Student Technical Standards
- UNC Charlotte Student Health Screening
- UNC Charlotte Graduation Requirements
UNC CHARLOTTE’S EXERCISE SCIENCE PROGRAM

Vision Statement

The UNC Charlotte Exercise Science Program provides a stimulating and diverse learning environment for undergraduate Exercise Science students. UNC Charlotte is committed to becoming a leader in North Carolina for undergraduate Exercise Science education.

Mission Statement

The mission of the UNC Charlotte Exercise Science Program is to promote optimal health and well-being in the physically active population by providing educational opportunities to prepare qualified undergraduate students for a career as entry-level certified Exercise Science Instructors. The Education Program is structured according to competencies and proficiencies provided by the American College of Sports Medicine. We are committed to providing quality classroom and laboratory education as well as rewarding internship experiences. We will use current technology and literature supported by internship and educational research to provide these services.

The master plan of the Exercise Science Program at UNC Charlotte builds upon the University’s “broad commitment to liberal education as the foundation for constructive citizenship, professional practice, and lifelong learning” The Exercise Science Program seeks to enhance student learning through a variety of interactive and problem solving experiences that mandate the student demonstrate cognitive understanding of the health sciences, work with diverse individuals and populations, and perform specific Exercise Science skills and techniques. The development of competent Exercise Science professionals is based on a program of curricular experiences that require students to demonstrate and apply their knowledge, skills, and attributes in the internship setting.

The purpose of this program is to prepare well-rounded students for eligibility to sit for the ACSM Health Fitness Specialist (HFS) examination. Successful students will be able to design safe and effective exercise prescriptions, and conduct individual exercise programs, fitness testing, and health education for low to moderate risk individuals, individuals with controlled diseases, and individuals in special populations (i.e. pregnancy, hypertension, and diabetes mellitus). In addition this program aims to produce students who are committed to academic and internship excellence, are socially responsible, and have demonstrated cultural sensitivity.

We are committed to an ongoing evaluation of our Exercise Science Program to ensure our students are receiving the highest quality education possible. Furthermore, we are committed to staying abreast of the ongoing changes in our profession in order to keep our students current in our evolving field.
Finally, the UNC Charlotte Exercise Science Program aspires to be a program of recognized excellence. It is our intentions to establish this program as a leader in undergraduate Exercise Science education.

History of the Department of Kinesiology

In 1965, Dr. Harvey Murphy was hired to develop, coordinate, and implement all aspects of the campus recreational, athletic, and health and physical education efforts. Initially, Dr. Murphy's efforts were conducted in the "Area" of Health and Physical Education in the "Division" of Education and included not only the academic courses in Health and Physical Education, but also encompassed Intercollegiate Athletics and campus Intramurals. In 1969, the Area of Health and Physical Education was moved to the Division of Social and Behavioral Sciences. In 1972, the "Department" of Health and Physical Education was established within the College of Human Development and Learning which became the College of Education and Allied Professions in 1985. Reflecting the evolution of both Health Education and Physical Education from school-based activities to lifelong concerns, the Department transitioned to the Department of Health Promotion and Kinesiology in 1993 and then moved to the College of Nursing and Health Professions in 1995 which became the College of Health and Human Services in 2002.

Dr. Murphy’s retirement in 1996 as Professor and Chair of the Department of Health Promotion and Kinesiology began a new era for the Department. Dr. Tim Lightfoot took over leadership of the Department as Chair in 1996 (a position he held for 10 years), which would soon experience another shift in its educational mission and philosophy. Given the evolution of rapidly divergent philosophical underpinnings of the two areas in Health Promotion and Kinesiology, in 2002, the Health Promotion faculty moved to the new Department of Health Behavior and Administration and the Department now focused its research, teaching, curricula, and service exclusively in Kinesiology. As can be appreciated by this history, this Department has always served as an incubator for other university activities with the best examples being the development and spin-off of the UNC Charlotte Athletic Department in 1973, Intramurals and Recreational Services in 1975, and Health Behavior and Administration in 2002, which later became the Department of Public Health Sciences in 2008.

While the Department had continuously offered activity courses to the students to encourage physical activity within the University since 1965, in 1983 the Department established its first academic program, an M.Ed. in Health Education. This degree, while popular over the years, evolved along with the encompassed disciplines, being renamed Health Promotion in 1989, converted to a Masters of Science degree in 1997, and was revised with the addition of three specialty areas and three graduate certificate programs in 2000. Two of the specialty areas, Clinical Exercise Physiology and Community Health, both rapidly grew and established a need for stand-alone graduate education in each area. With the transition to the Department of Kinesiology (from Health Promotion
and Kinesiology), the M.S. in Clinical Exercise Physiology was developed from 2002-2004 and was officially implemented as a degree program in January 2005.

In 1994, after a seven-year effort, the undergraduate degree in Health Fitness was established and quickly grew to approximately 200 students by the Fall of 1996. A "pre" Health Fitness designation was added in 1998 and concentration areas were added to the degree in 1997. One concentration area, Athletic Training, was first offered as an internship program for several years for students seeking NATA/BOC certification. Five years later, Athletic Training was spun off into its own degree granting program in the Fall 2002 and later became nationally accredited by CAAHEP in October 2003. Also, to reflect the true unified base education for our students, the "pre" Health Fitness designation was changed to Pre-Kinesiology in 2003 and is used to denote all first- and second-year students in Kinesiology. The start of the 2005-2006 academic year would begin another chapter in the storied history of the Department of Kinesiology as Dr. Mitch Cordova was hired as Chair to start the Fall 2005 semester. During the Spring 2006 semester, the Department took another major step forward in refining and improving its degree programs. The BS degree in Health Fitness experienced a significant curriculum revision that culminated into a BS degree in Exercise Science. The change in the degree name was done to better reflect the content of the revised program. During the 2007-2008 academic year, the Department created a new BS degree program in Respiratory Therapy and hired its first Program Director. Due to a large amount of interest expressed by local practicing Respiratory Therapists to offer the program online, the Department quickly transitioned the newly developed “seated” curriculum to an online program at the start of the 2008-2009 academic year. The BSRT program graduated its first student in December 2008. During the 2008-2009 academic year, the Department also achieved 3 more milestones in its history. The Athletic Training Education program received its first CAATE-Accreditation for a 10 year period (the maximum amount of time possible). In 2009, the Exercise Science undergraduate and graduate Clinical Exercise Physiology programs were the first programs in North Carolina to receive full accreditation status from the Commission on Accreditation of Allied Health Educational Programs (CAAHEP).

In addition to our formal academic programs, the Department of Kinesiology has played a major role in the development and support of other academic programs on campus. The Department continues to offer the state-mandated Health and Physical Education methods courses for the College of Education students, and Department faculty have played key roles in Interdisciplinary PhD Programs in Biomedicine and Health Services Research. Particularly, the Department graduated its first PhD student from the Biomedicine Program in May 2007. Until 2002, Kinesiology played a significant role in the development and maintenance of the MHA program, with delivery of all campus Epidemiology courses and the Information Resources Management course. Additionally, the Department continues to offer the longest running set of experiential physical activity courses on campus that are so critical to teaching behaviors and skills to the University community that are essential for healthy living. Due to the expansion of research faculty hired since Fall 2005, the Department significantly enhanced its research infrastructure by creating the Biodynamics and Exercise Physiology Research Laboratories, both of
which are 2500 sq. ft. in size and contain state of the art equipment. The creation of these laboratories has significantly increased the Department’s research profile.

As can be appreciated, the mission of the Department of Kinesiology and its place in the University has grown over the years. The Department has been successful in continuing our original mission of providing physical and health education to the University and the region, as well as developing our mission of providing unique, contemporary, and innovative educational degree programs across sub-disciplines in Kinesiology. Our continued emphasis on conducting cutting-edge research that furthers our scholarship in Kinesiology rounds-out our mission and as such, we anticipate that Kinesiology will continue to be a leader within the University in the future.

**Exercise Science Program Goals and Objectives**

The successful candidate will be able to design safe and effective exercise prescriptions, and conduct individual exercise programs, fitness testing, and health education for low-to moderate-risk individuals, individuals with controlled diseases, and individuals in special populations (i.e. pregnancy, hypertension, and diabetes mellitus).

**Objectives**

- Demonstrate competence in the KSA’s ([Knowledge, Skills and Abilities](#)) required of the [ACSM Health Fitness Specialist](#) and Group Exercise Leader as listed in the most current edition of *ACSM’s Guidelines for Exercise Testing and Prescription*

- Work-related experience within the health and fitness field

- Adequate knowledge of and skill in risk factor and health status identification, fitness appraisal, and exercise prescription

- Demonstrated ability to incorporate suitable and innovative activities that will improve an individual’s functional capacity

- Demonstrate the ability to effectively educate and/or counsel individuals regarding lifestyle modification.

- Knowledge of exercise science including kinesiology, functional anatomy, exercise physiology, nutrition, program administration, psychology, and injury prevention

This educational program is ideal for personal trainers, fitness consultants, health/fitness professionals, and those wishing to pursue graduate studies in the exercise science field physical and occupational therapy.
Exercise Science Careers

1. **What is Exercise Science?**
   
   Exercise Science is a career that encompasses all of the components involved in the total well-being of an individual, exploring the social, biological, and environmental aspects of optimal health. The Exercise Science curriculum covers a wide spectrum of issues involving health promotion. The successful candidate will be able to design safe and effective exercise prescriptions, and conduct individual exercise programs, fitness testing, and health education for low- to moderate-risk individuals, individuals with controlled diseases, and individuals in special populations (i.e. pregnancy, hypertension, and diabetes mellitus).

2. **What kind of job can I get with this degree?**
   
   Our graduates work in a variety of areas. Most commonly they work in:
   - Commercial Fitness Centers
   - Corporate Wellness Centers
   - Internship Rehabilitation Centers
   - Social Centers
   - Community Recreation Centers
   - Self-employment

3. **How much money can I make with this degree?**
   
   Your salary will depend somewhat on which area you work in. Our graduates can start with a salary somewhere between $18,000/year to $30,000/year. Usually, those graduates that work in Social Centers make less than those that work in Corporate and Internship centers. However, there are exceptions to these guidelines.

4. **Should money be my only motivation?**
   
   No. You are going to work hard for your degree. There are definitely fields where you can make a lot more money a lot quicker. Therefore, you should really love working with people and helping them get better if you want to be in this field.

5. **Is this field protected by licensure?**
   
   Unlike fields like Nursing and Physical Therapy, our discipline is not protected by state licensure. This means that folks that have different training can claim to be Exercise Science practitioners. However, Louisiana requires a license for some Exercise Science jobs, and there are several other states currently looking at this issue, including North Carolina. In some aspects, the fact that we do not have licensure is very good for our students. Because we are not narrowly confined by law, our students have the latitude to go out and in many cases, develop their own jobs.

6. **Is there anything else that will help my education put me ahead of everyone else when it comes to jobs?**
   
   More and more, positions are requiring that you have a particular certification for your job. The type of certification needed often depends upon the job. You should make
sure you talk to your advisors and professors about the appropriate certifications for you. You should have this talk before you get to your Junior year!

7. How can I get more information?
   You can get more information by accessing our web site or by calling the CHHS Advising Center in our college (704-687-7922), or talking to the Kinesiology department (either 704-687-4700 or 704-687-4695). You can also request other FAQs on the Pre-Kinesiology designation and the Exercise Science major.

8. What do I need to do if I take classes at another institution?
   Courses undertaken by UNC Charlotte undergraduate degree students at other accredited institutions may be transferred to the University subject to the following regulations:
   
   a. The University is not obligated to accept any credit from another institution unless the student has obtained the prior approval of the dean of the college in which he/she is enrolled. A Permit for Transient Study form should be completed and filed in the UNC Charlotte Registrar's Office prior to enrollment at another institution.
   
   b. No credit will be accepted for courses below C level for undergraduate students or below B level for graduate students.
   
   c. The student must request that an official transcript be mailed to the Registrar's Office upon completion of the course. A “Transient Study Form” for this purpose is available in the Registrar's Office or the department office. Departmental approval is also needed for courses that are required for the major.

9. Is there a career center on campus?
   Yes, it always a good idea to visit this site often.
Program Coordinator

Roy Fielding (704-687-2560; “rrfieldi@uncc.edu”) - Mr. Fielding works 86% with the Department of Kinesiology and 14% with Recreational Services. As such, he is the Aquatics Director for the University and supervises all facets of the campus swimming pool. Mr. Fielding teaches all of our SCUBA classes as well as the water safety classes. Importantly, Mr. Fielding is the Undergraduate Program Coordinator for our Exercise Science program. Within that role, he has developed numerous materials for undergraduate advising as well as being the primary developer of our Pre-Kinesiology undergraduate designation. Mr. Fielding has taken several leadership roles within the University; he is currently serving on numerous department, college and university committees. Additionally, Mr. Fielding is extremely active in the National American Red Cross and local Red Cross chapter, and is one of the few Instructor-certified individuals in the state for the State Certified Pool Operator course. Mr. Fielding was the developer of an extremely popular swimming pool management computer program (The Pool Professor) that is in use in more than 22 different countries around the world. He was recently named as one of the 25 most influential Aquatics professionals in the nation for the year 2010. In October 2007 Mr. Fielding was inducted into the University of Northern Iowa Athletic Hall of Fame for his efforts as a swimmer. Roy was also inducted into the University of Northern Iowa’s Hall of Excellence for the School of Health, Physical Education and Leisure Studies.

Internship Coordinators

Brenda Ward – 704-687-4694 (bjward@uncc.edu)
While serving as one of the coordinators for the Exercise Science Internship program, Ms. Ward also teaches a wide variety of courses in the Kinesiology Department. Her area of expertise is aquatics where she holds many certifications including, Lifeguard Instructor Trainer, Water Safety Instructor Trainer, Aquatic Examiner and Certified Pool Operator. She instructs courses in Beginning Swimming, Intermediate Swimming, Lifeguard Training and Water Safety Instructor Training. Actively involved with the local American Red Cross, Ms. Ward serves as Chairperson of the Quality Assurance Committee for the Health Education Services division of the chapter. In addition, Ms. Ward also instructs the First Aid: Responding to Emergencies and Exercise Leadership and Instruction courses. Thus, she has exposure to both our undergraduates and general college population. Prior to joining the faculty at UNC Charlotte, Ms. Ward was an aquatics director and coach for the YMCA of Charlotte and served as faculty for the YMCA of the USA, conducting trainings and educational sessions.

Tracy Bonoffski – 704-687-2658 (mailto:tbonoffs@uncc.edu) Ms. Bonoffski teaches numerous courses such as EXER 3260 Nutrition for the Physically Active, EXER 3281 Exercise Physiology Lab, EXER 3287 Exercise Testing Lab, and EXER 4132 Lifetime Weight Management. She is a registered dietitian through the American Dietetic Association and certified exercise specialist through the American College of Sports Medicine. Previous to taking the position at UNC-Charlotte, Ms. Bonoffski was the dietitian for NASCAR and spent five years working as an exercise specialist in cardiac rehab. She has an undergraduate degree from Cornell University in Nutrition and a Master's degree from Wake Forest University in Exercise Science. She completed a dietetic internship at Syracuse University.
UNC CHARLOTTE’S EXERCISE SCIENCE CURRICULUM

Prerequisite Requirements

Pre-Kinesiology students applying for admission to the Exercise Science Major must meet the following minimum academic requirements:

- Cumulative GPA of 2.0 or better in all college course work.
- Completion of 60 credit hours.
- Successful (grade of C or better) in all prerequisites for Exercise Science:
  
  EXER 2150
  EXER 2290
  EXER 2294
  EXER 2298
  BIOL 1273, BIOL 1273L
  BIOL 1274, BIOL 1274L
  CHEM1251, CHEM1251L
  CHEM1252, CHEM1252L
  MATH 1100, STAT 1220, 1221 or 1222.

- LBST 2214 Issues of Health and Quality of Life may be substituted for HLTH 2101. HLTH 2101 will not meet the requirement for the LBST series for general education.
- Proof of current adult, child, and infant CPR, and AED certification.
- Completion of physical examination for Exercise Science students, proof of immunizations required of all UNC Charlotte students and HBV immunizations or signed declination.
- Completion of all Exercise Science Major prerequisites prior to the fall for which application is being made.

Pre Kinesiology
Frequently Asked Questions (FAQ)

1. What is Pre-Kinesiology?
   Pre-Kinesiology is a student classification that indicates that you are in a preparatory program for the Exercise Science or the Athletic Training Major.

2. Is Pre-Kinesiology a degree program?
   You can not get a degree in Pre-Kinesiology. However, being classified as a Pre-Kinesiology major does indicate to the University that you have chosen a degree track.

3. Why should I be a Pre-Kinesiology major?
   You can not get into the Exercise Science degree program unless you are first a Pre-Kinesiology major. Therefore, if you are not a Pre-Kinesiology major, you can not
progress and take the Exercise Science major courses, nor can you take certain prerequisite courses, like the Introduction to Kinesiology class (EXER2150).

4. Do I have to be a Pre-Kinesiology major first to get in the Exercise Science major and take upper level Exercise Science courses?
   Yes.

5. How do I become a Pre-Kinesiology major?
   In most cases, this is done automatically for you when you indicate to the University that you want to study in the Exercise Science program. So, this happens when you apply to the University (as either an incoming freshman or transfer student) or if you decide to change your major.

6. How do I become an Exercise Science major?
   Becoming an Exercise Science major is fairly simple. All you have to do is the following:
   - Pick up a change of designation application from the Department of Kinesiology offices (Belk 221 or 226) or download the form from the Dept. of Kinesiology web site.
   - Fill out this form; attach an unofficial transcript to the application.
   - Turn in this form to the Kinesiology offices by the third Wednesday in October, March, or July.
   - If you meet the criteria, you will automatically be transferred to the Exercise Science major (you will also receive a letter or email, so make sure your address on the application form is correct!).
   - You then should meet with your assigned advisor BEFORE registering for your first semester of Exercise Science courses. Be sure to refer to the current Department of Kinesiology Check Sheet for the Exercise Science Major.

7. Do I have to do all of this if I am a transfer student?
   Yes. In most cases, as a transfer student you will still have a few prerequisites that you need to take for the Exercise Science major. Therefore, you will be admitted to the University as a Pre-Kinesiology major and you will need to apply to change your designation as was outlined in question 6 above. The transcript that you provide, needs to be an unofficial transcript from UNC-Charlotte, not transcripts from your past education. You can get this type of transcript from the registrar’s system on the university website.

8. What are the criteria for becoming an Exercise Science major?
   There are only three criteria, all of which need to be fulfilled by the end of the semester in which you are applying. For example, if you applied in March, you would need to fulfill all of these criterions by the end of the spring semester (first of May). If required courses are needed to be completed during summer before becoming an Exercise Science major a separate form must be filed with the department. In other words you need to successfully complete the entire list of required courses before you can matriculate from Pre-Kinesiology to an Exercise Science Major. If you apply to become
an Exercise Science major, and you do not finish all of the criteria, you will need to reactivate your application for the next screening period.

The criteria are:

- Minimum GPA of 2.0
- Completion of all required courses and prerequisites with a letter grade of C or better. (see course sequence)
- Completion of 60 credit hours

9. **When are the screenings held to consider changing my designation to Exercise Science?**

Your application is required to be in our hands on the third Wednesday in either October, March, or July. The applications are then screened the next day. Applications that are not turned in by the third Wednesday in October, March, or July, are held until the next screening date. There are no exceptions to this policy.
10. Where can I get help with any of this?
   You are welcome to talk to any of the faculty in the Kinesiology department. Another resource for information should be the CHHS Advising Center (704-687-7922) within the College of Health and Human Services (our college). They have an extremely helpful staff that can answer many questions. Additionally, we maintain a very extensive web site that is located at http://kinesiology.uncc.edu/

11. Do I need to take activity courses as part of my major requirements?
   Yes, majors are required to take three activity courses as part of your graduation requirements. These three courses must be completed before you do EXER4490 Exercise Science Internship. These courses do not have to be completed before matriculating from a Pre-Kinesiology Major to an Exercise Science Major. EXER1201 Foundations of Physical Conditioning does NOT count as one of the three activity courses.

12. What do I need to do to take a course(s) at another institution?
   Courses undertaken by UNC Charlotte undergraduate degree students at other accredited institutions may be transferred to the University subject to the following regulations:

   a. The University is not obligated to accept any credit from another institution unless the student has obtained the prior approval of the dean of the college in which he/she is enrolled. A Permit for Transient Study form should be completed and filed in the UNC Charlotte Registrar's Office prior to enrollment at another institution.
   b. No credit will be accepted for courses below C level for undergraduate students or below B level for graduate students.
   c. The student must request that an official transcript be mailed to the Registrar's Office upon completion of the course. A form for this purpose is available in the Registrar's Office. Departmental approval is also needed for courses that are required for the major.

13. What is the Drug and Criminal Background Check policy in our college?
   As a student in a professional program in the College of Health and Human Services, you will be asked by a clinical facility to undergo drug testing and have a criminal background check before being allowed to participate in a clinical experience at that facility. All costs associated with drug testing and background checks are the responsibility of the student.
Suggested Course Sequence – Exercise Science Major
Freshman Year

Fall
CHEM 1251 Principles of Chemistry
CHEM 1251L Principles of Chemistry Lab
ENGL 1101 English Composition
COMM 1101 Introductory Speech (Can be taken any time before your internship.)
MATH 1100 College Algebra
LBST 1100 Arts and Society Series
Activity Courses can be taken any time before EXER 4490

Spring
EXER 2150 Introduction to Kinesiology
CHEM 1252 Principles of Chemistry
CHEM 1252L Principles of Chemistry Lab
ENGL 1102 Composition and Literature
STAT 1220, 1221, or 1222 Statistics
Social Sciences requirement ANTH 1101, ECON 1101 or 2101, GEOG 1105, POLS 1110, SOCY 1101
Activity Courses can be taken any time before EXER 4490

Sophomore Year

Fall
EXER 2290 First Aid: Responding to Emergencies
EXER 1201 Foundations of Physical Conditioning
BIOL 1273 Human Anatomy and Physiology
BIOL 1273L Human Anatomy and Physiology Lab
LBST 2101 Western Tradition
LBST 2214 Ethical Issues highly recommended, if you are unable to take LBST 2214 you will need to take HLTH 2101 Healthy Lifestyles
Activity Courses can be taken any time before EXER 4490

Spring
EXER 2294 Care and Prevention of Athletic Injuries
EXER 2298 Applied Kinesiology
BIOL 1274 Human Anatomy and Physiology
BIOL 1274L Human Anatomy and Physiology Lab
LBST 2102 Global Understanding
Activity Courses can be taken any time before EXER 4490

Junior Year

Fall
EXER 3100 Exercise Leadership & Instruction
EXER 3260 Nutrition for the Physically Active
EXER 3280 Exercise Physiology: Foundation and Theory
EXER 3281 Exercise Physiology: Principles and Application (W)
EXER Activity Course
PSYC 1101 General Psychology
Spring
EXER 3103 Behavior Change for the Physically Active
EXER 3286 Exercise Testing
EXER 3287 Exercise Testing Lab (W)
EXER Activity Course

Senior Year

Fall
EXER 4121 Pharmacology for the Physically Active
EXER 4286 Exercise Prescription
EXER 4293 Biomechanics (W)
EXER Activity Course

Spring
EXER 4132 Lifetime Weight Management
EXER 4660 Practitioner Seminar (WO)
EXER 4490 Exercise Science Internship
Curricular Content

### Freshman - Fall Semester (16hrs)
- CHEM 1251 3
- CHEM 1251L 1
- MATH 1100 3
- ENGL 1101 3
- COMM 1101 3
- LBST 1100Arts and Society 3

### Freshman - Spring Semester (16hrs)
- CHEM 1252 3
- CHEM 1252L 1
- EXER 2150 3
- ENGL 1102 3
- STAT 1220, 1221 or 1222 3
- Social Sciences Req. 3

### Sophomore - Fall Semester (15)
- EXER 2290 3
- BIOL 1273 3
- BIOL 1273L 1
- LBST 2214 3
- LBST 2101 3
- EXER 1201 2

### Sophomore - Spring Semester (14)
- EXER 2294 3
- EXER 2298 3
- BIOL 1274 3
- BIOL 1274L 1
- LBST 2102 3

### Junior - Fall Semester (16-18)
- EXER 3100 3
- EXER 3260 3
- EXER 3280 3
- EXER 3281 3
- EXER Activity 1-3
- PSYC 1101 3

### Junior - Spring Semester (14-16)
- EXER 3103 3
- EXER 3286 3
- EXER 3287 1
- EXER Activity 1-3
- Electives 6

### Senior - Fall Semester (14-17)
- EXER 4121 3
- EXER 4286 3
- EXER 4293 3
- EXER Activity 1-3
- Electives 3-6

### Senior - Spring Semester (12)
- EXER 4132 3
- EXER 4660 3
- EXER 4490 6

**Exercise Science Admission Requirements**

New students who meet the University’s admission requirements are admitted to Pre-Kinesiology. The Pre-Kinesiology major accounts for the first two years of the program. During that time, students complete prerequisite courses in Chemistry, Biology, Math, Communications, and Kinesiology along with a number of general education courses. Upon the completion of all prerequisite courses students apply for a change of major into the upper division of the Exercise Science major.

Students who have completed all of the Exercise Science Major prerequisites may apply for the upper division of the program. Students are admitted to the major for the fall semester only and admission is competitive. Admission decisions are made by a committee within the Department of Kinesiology. This selection committee is comprised
of the Department Chairperson, the Program Director of Exercise Science Program Director and the Internship Coordinator.

Application Instructions

**Dates:** Completed applications will be accepted until the third Wednesday in March, July, and November for the upcoming semester. Forms are available [here](#). Admission decisions are communicated in writing by the program. Applicants who are not admitted may reapply for a future term.

**Process:**

1. Gain admission to the University.
2. Enroll as a Pre-Kinesiology Major.
3. Apply to the Upper Division Exercise Science Program in the spring semester prior to the junior year (minimum of 60 credit hours completed). **All prerequisites must be completed or be in progress prior to consideration of the application.**

The following documents will be submitted by each applicant for admission consideration:

1. [Program application](#)
2. Official transcripts from all post secondary academic work

**Exercise Science Student Health Screening**

Prior to admission to the major, all students must submit evidence of a physical examination. A TB test must be repeated and the results submitted annually as long as the student is enrolled in internship courses. Students must present documentation of a completed series of HBV immunizations* prior to any contact with patients/clients, or sign a declination form indicating a refusal of the vaccination. This information must be submitted and maintained in the office of the Program director.

*Students may enter the Program by showing proof of two HBV immunizations. The final immunization must be completed at the earliest possible date to continue their Program.

**Exercise Science Degree Requirements**

- **Credit Hours.** The baccalaureate degrees require completion of 120-128 semester hours of credit, including all requirements for the Exercise Science major. Exercise Science Majors are required to take all the courses in the sequence.

- **Residence.** A student must earn the last 25% of baccalaureate degree requirements at UNC Charlotte, including the last 39 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.
Coursework taken in residence shall be construed to mean work offered by UNC Charlotte and taken in courses on the UNC Charlotte campus or at an approved off-campus center. Credit earned by challenge examinations or other advanced standing examinations cannot be used to meet the residence requirement.

Grade Point Averages. To graduate, a student must have an overall grade point average of at least 2.0 and a grade point average of at least 2.0 in the major and in any minor.

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.

Possess English language proficiency. If the student uses English as a second language, they must meet the minimum University requirement of at least 180 on the computer-based TOEFL test.

All Exercise Science majors must complete three of the approved activity courses and EXER 1201 before taking EXER 4490 Exercise Science Internship. Students must have at least 120 hours to graduate. Therefore, depending on their choice of activity courses, students will need to take up to 4 or more course credits in addition to the courses listed below.

Exercise Science Progression Criteria

Students must achieve a grade of C or better in each Exercise Science course (any course required to complete the program).

Taking a challenge examination constitutes one attempt at the course. Failure of a challenge examination requires the student to enroll in the course.

Upper division Exercise Science courses must be completed in the sequence.

Any EXER/ATRN course that was attempted first at UNC Charlotte that did not receive a grade of at least a C must be repeated at UNC Charlotte.

No course in the Exercise Science major may be taken as transient study without permission from the Department of Kinesiology.

Transfer credit for Exercise Science courses taken before admission to the upper division will be considered on an individual basis.

Date of Origin: 8/02
Exercise Science Internship

The internship experience is the capstone activity as you complete your Bachelor of Science Degree in Exercise Science at the University of North Carolina at Charlotte. In an attempt to assist you through the internship experience, this manual was put together to address the responsibilities, activities, and evaluations that must be completed to meet the internship requirements.

The internship experience will be the practical application of the information gained in the classroom to the health and fitness field. The experience should be enjoyable, and ideally 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.** This manual should be used to guide you through your preparations for obtaining and successfully completing your internship. Also, the answers to many of your questions can be found in this manual.

As you perform your internship responsibilities, you will improve in your performance and knowledge. Try to get involved with as many different activities as you can and learn as much as possible in the short time that is provided. This will greatly enhance your knowledge and experience as you complete your internship.

Your course work has prepared you well for this experience. It is now up to you to get the most out of this opportunity. So work hard and make the most of your internship. Keep in mind that your Internship Site Supervisor will be a reference for you in the future, and may even become your future employer! Good luck and make us proud.

Exercise Science Health and Liability Insurance

Health insurance is required for undergraduate students enrolled in six or more credit hours 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](http://studenthealth.uncc.edu/student%20health%20insurance%20home2.htm)

All students who participate in internship are required to have personal liability insurance. Proof of liability insurance must be presented prior to the start of internship rotations. This insurance must provide coverage of not less than $1 million per incident and $3 million aggregate. The policy must be in effect for any course with a internship component, including research activities. Information on obtaining personal liability insurance can be provided by Internship Coordinator.
Exercise Science Student Guidelines for Formal Papers

**Policy:** All formal papers are to be written and presented in accordance with the current APA Manual and/or the Guidelines for Formal Papers.

**Procedure:** Please refer to the Code of Student Academic Integrity policy regarding plagiarism. Also, Exercise Science Students should refer to the Plagiarism tutorial for guidance.

**Parts of the Paper:** A paper is comprised of three main parts:
- The introductory section (title, table of contents if appropriate)
- The text (introduction, review of literature, analysis, conclusions)
- The reference section

**Format:** All papers should follow the format of the current Publication Manual of the American Psychological Association. Individual instructors will inform you of any exceptions.
- The references will be current (published within the past five years or as specified by faculty), or be considered classic source material.
- The references will be sufficient in number and scope to support the main body of the paper.

The paper will be computer generated or typed and double-spaced -- NOT HANDWRITTEN.
The length of the paper will be determined by the assignment.
The paper must be written in grammatically correct form (grammar, spelling, punctuation, sentence and paragraph structure, and organized presentation of the content).
Course Descriptions

**EXER 1201. Foundations of Physical Conditioning.** (2) Prerequisite: Must be a PKNS, ATRN or EXER major. The application and basic science of physical training programs designed to improve and maintain physical fitness. *(Fall, Spring)*

**EXER 2150. Introduction to Kinesiology.** (3) Cross-listed as ATRN 2150. Prerequisite: Must be a PKNS major (open to all students during summer session). Introduction to the study of health fitness relative to philosophies, practices, work settings, trends, knowledge bases, skills and licensures. *(Spring, Summer)*

**EXER 2290. First Aid: Responding to Emergencies.** (3) Cross-listed as ATRN 2290. Prerequisite: PKNS major. The knowledge and skills associated with being a first responder in case of injury or sudden illness. Qualifying students may receive certifications in: Responding to Emergencies-First Aid, CPR/AED for the Professional Rescuer, Preventing Disease Transmission (Bloodborne Pathogens Training) and Automated External Defibrillator (AED). Open to all students during summer session. There is a $20 course fee *(Fall, Spring, Summer)*

**EXER 2294. Care and Prevention of Athletic Injuries.** (3) Cross-listed as ATRN 2294. Prerequisite or corequisite: EXER 2290 or ATRN 2290, and must be a PKNS major. Focus on health care competencies necessary for the prevention, emergency management and acute care of athletic-related injuries. Also provides an introduction to the role of the Certified Athletic Trainer in providing health to the physically active individual. *(Spring)*

**EXER 2298. Applied Kinesiology.** (3) Cross-listed as ATRN 2298. Prerequisite: a grade of C or better in BIOL 1273, BIOL 1273L, and PKNS major. The study of musculoskeletal anatomy and how it relates to normal function of the human body. *(Spring)*

**EXER 3100. Exercise Leadership and Instruction.** (3) Prerequisite or corequisite: EXER 1201 and an EXER major. This course introduces principles and methods of leadership. Includes programming and participation, teaching methods, assessment, supervision, and leadership for various types of individual and group health and fitness programs. This course will also review basic exercise science principles and provide the student with the knowledge and skills to lead a wide variety of related activities. *(Fall)*

**EXER 3103. Behavior Change for the Physically Active.** (3) Prerequisite: must be an EXER major. To describe the influence of physical activity on mental health. Specific focus will be placed on the factors affecting behavior change with physical activity as well as various paradigms regarding behavior change. *(Spring)*

**EXER 3260. Nutrition for the Physically Active.** (3) Cross-listed as ATRN 3260. Prerequisite: must be a EXER or ATRN major. Corequisite: EXER 3280. Introduction to principles and concepts of nutrition and how dietary practices affect health and disease. *(Fall)*
EXER 3280. Exercise Physiology: Foundation and Theory. (3) Cross-listed as ATRN 3280. Prerequisite: must be an EXER or ATRN major. The physiological responses to exercise, adaptations to exercise training and the mechanisms responsible for them in relation to both health fitness and athletic performance. (Fall)

EXER 3281. Exercise Physiology: Principles and Application. (3) (W) Corequisite: EXER 3280. Application of principles with laboratory experiences and the development of writing strategies appropriate to the domain of exercise physiology. Also to enhance the lecture material presented in EXER 3280. (Fall)

EXER 3286. Exercise Testing. (3) Cross-listed as ATRN 3286. Prerequisite: a grade of C or better in EXER 3280 or ATRN 3280 and EXER 3281 or ATRN 3281. Corequisite: EXER 3287. This course is designed to teach methods and protocols for collecting and interpreting information collected on individuals concerning various fitness parameters for the future development of individual and group conditioning programs. (Spring)

EXER 3287. Exercise Testing Lab. (1) Cross-listed as ATRN 3287. Corequisite: EXER 3286 or ATRN 3286. Practitioner lab in the use of appropriate data collection methods and protocols. (Spring)

EXER 4121. Pharmacology for the Physically Active. (3) Cross-listed as ATRN 4121. Prerequisite: A grade of C or better in EXER 3260 or ATRN 3260. The course entails an examination of the historical aspects of use, abuse and addiction within the realm of health and human performance. This course will expose students to a wide variety of drug issues and the unique use and abuse patterns of individuals in the exercise science arena. (Fall)

EXER 4132. Lifetime Weight Management. (3) Prerequisites: a grade of C or better in EXER 3260 or ATRN 3260 and EXER 4286. Examines factors in obesity and weight control, emphasizing techniques in behavior modification and lifestyle change for effective weight management. 7½ week course. (Spring)

EXER 4286. Exercise Prescription. (3) Cross-listed as ATRN 4286. Prerequisite: Successful completion of EXER 3286 or ATRN 3286 and EXER 3287 or ATRN 3287. This course is designed to teach the interpretation and prescription of exercise and various fitness parameters for programs with healthy populations and general clinical populations. (Fall)

EXER 4293. Biomechanics. (3) (W) Cross-listed as ATRN 4293. Prerequisites: a grade of C or better in EXER 3280 or ATRN 3280. This course provides an introduction to the study of physics principles as they govern human movement, as well as understanding how the neuromuscular system controls human movement. Additionally, this course covers the mechanical principles that underlie musculoskeletal injury, as well as the influence that gender and ethnicity may have on various musculoskeletal pathologies. (Fall)
EXER 4900. Exercise Science Senior Internship. (6-15) Prerequisites: Completion of all other courses for the major with a grade of C or better. Application of acquired knowledge and skills in practitioner settings. This internship course requires a minimum of 225 contact hours at the internship site. Typically offered during the second half of the spring term. (Fall, Spring, Summer)

EXER 4660. Practitioner Seminar. (3) (W, O) Prerequisites: a grade of C or better in EXER 4121, EXER 4286 and EXER 4293. Must be taken during the term closest to internship (EXER 4990). Emphasis is on contemporary practices regarding exercise, health and wellness. This course also is designed to help students prepare for relevant certification exams. 7½ week course. (Spring)

Kinesiology Activity Courses

EXER 1099. Topics in Games/Exercise/Sports. (1-3) Specialized topics or innovations in games, exercise, and sports. May be repeated for credit as topics vary. (On demand)

EXER 1202. Weight Training. (1) Mechanics and programming of weight training. (Fall, Spring, Summer)

EXER 1203. Fencing. (1) The skills and rules of the sport of fencing. (On demand)

EXER 1204. Aerobic Fitness. (1) Exercise designed to develop and maintain physical fitness through aerobic activity to music. (Fall, Spring)

EXER 1206. Adaptive and Developmental Physical Education. (1) Prerequisite: permission of the instructor. Prescribed ameliorative exercises adapted to individuals with special needs, capacities and interests. (On demand)

EXER 1208. Walk, Jog, Run. (1) Principles of walking, jogging and running as modes for improving and maintaining cardiovascular health and physical fitness. (Fall, Spring)

EXER 1209. Step Aerobics. (1) Physical fitness training emphasizing aerobic conditioning via variations and combinations of step patterns on adjustable exercise benches. (Fall, Spring)

EXER 1210. Beginning Swimming. (1) For weak swimmers or nonswimmers. Instruction in water safety fundamentals, basic body positioning, maneuvering in water, and traveling skills, including basic strokes. (Fall, Spring)

EXER 1211. Intermediate Swimming. (1) Emphasis on gaining competency in at least four basic strokes and increasing endurance. Instruction in water safety, non-swimming rescues and lap swimming for fitness. (Fall, Spring)
EXER 1215. Aquatic Fitness. (1) Principles of safety and effectiveness of aquatic exercise as a mode for improving and maintaining general health and physical fitness. (Spring)

EXER 1220. Beginning Tennis. (1) The rules, basic skills and strategy. (Fall)

EXER 1222. Racquet Sports. (1) Basic skills, tactics, safety and rules of racquetball, court and table tennis, squash and badminton. (Spring)

EXER 1223. Beginning Badminton. (1) The rules, basic skills and strategy. (On demand)

EXER 1231. Introduction to Outdoor Adventure. (1) An introduction to outdoor adventure through participation in a variety of weekend outdoor trips offered by Venture. Discussions and written reflection will expand students’ sense of self, and their connection with others and with the natural environment. A special fee will be charged to cover the costs of the weekend trips. (Fall, Spring)

EXER 1232. Orienteering. (1) Introduction of off trail navigation with emphasis in the use of topographic maps, compasses, and route finding for wilderness travel; and the sport of competitive orienteering. Weekly class and 1 or 2 Saturday meets. (Spring) (Alternate years)

EXER 1233. Rock Climbing. (1) Introduction to rock climbing with emphasis on belaying and safety systems, climbing techniques, and the metaphorical and psychological aspects of climbing. Course will include: classroom sessions, use of indoor climbing wall, and weekend trips to outdoor climbing sites. A special fee will be charged to cover the costs of the weekend trips. (Fall, Spring)

EXER 1234. Canoeing. (1) Prerequisite: Successful completion of water safety test. Introduction to canoeing on flat water and white water emphasizing basic strokes, river reading, and boating safety. 10 classroom sessions and 2 weekend days. (Spring)

EXER 1235. Challenge Course Activities. (1) Immersion in a developmental small group team experience using a wide variety of challenge course activities (i.e. ropes course, trust exercises, group initiatives.) The focus is on expanding students’ self knowledge and understanding of how to work effectively with and lead others. (Spring)

EXER 1240. Beginning Golf. (1) The grip, stance, stroke, use and selection of clubs, rules and etiquette. (Fall, Spring)

EXER 1242. Archery. (1) The fundamental skills and selection, care and repair of equipment. (On demand)

EXER 1250. Volleyball. (1) The rules, fundamental skills and strategies. (Fall, Spring)
EXER 1262. Recreational Dance. (1) Social and partner dancing in a recreational setting. Basic knowledge of dance steps, dance music, style, leading/following techniques, plus current popular variations. *(On demand)*

EXER 1263. Body Shaping. (1) Selected methods of resistive exercises used to shape, tone and define musculature in a gymnasium setting. *(Fall, Spring)*

EXER 2212. Lifeguard Training. (3) Prerequisite: Swim 300 yards using a combination of front crawl and breast stroke continuously, swim 20 yards, dive to 10 feet and retrieve a dive brick, return. The knowledge and skills associated with lifeguarding. Qualifying students will receive the American Red Cross Lifeguarding Certificate. There is a $10 course fee *(Fall, Spring)*

EXER 2213. Water Safety Instruction. (3) Prerequisite: Competency in all basic swimming strokes. Techniques used in teaching people aquatic skills. Qualifying students will receive the American Red Cross Water Safety Instructor’s rating. There is a $10 course fee *(Spring)*

EXER 2218. Scuba Diving Laboratory. (1) Corequisite: EXER 2219. Prerequisite: Junior, Senior, or fifth Year status and appropriate swimming ability to current scuba standards as prescribed by recognized scuba certifying organizations. The skills associated with the use of self-contained underwater breathing apparatus. There is a course fee. Open to all students during summer session. *(Fall, Spring, Summer)*

EXER 2219. Scuba Diving. (2) Corequisite: EXER 2218. Prerequisite: Junior, Senior, or fifth Year status. The science associated with the use of self-contained underwater breathing apparatus. Students who demonstrate the required knowledge and skills may request licensure as an open water SCUBA diver. Open to all students during summer session. There is a $60 course fee. *(Fall, Spring, Summer)*

EXER 2220. Advanced Scuba Diving. (1) Prerequisite: EXER 2219 The knowledge and skill required for underwater navigation, search and recovery, limited visibility diving and deep diving. There is a $35 course fee. *(Fall, Spring, Summer)*

EXER 2230. Wilderness Experience. (3) Corequisite: EXER 2231. This course is, in essence, a semester-long Outward Bound experience. It uses a variety of group experiences and adventure activities, including backpacking trips and challenge courses. The goal is a deeper understanding of oneself and of life itself through participation in an in-depth group experience. Significant attention is given to self reflection. Field experiences during class and two weekend trips. *(Fall)*

EXER 2231. Wilderness Experience Lab. (1) Corequisite: EXER 2230. The lab will focus on the skills and knowledge necessary for planning and conducting one’s own backpacking trips. The lecture course (EXER 2230) uses the experiences from the lab to
increase self knowledge. Two weekend backpacking trips are included. A special fee will be charged to cover the costs of the trips. (Fall)

**EXER 2232. Wilderness Trip Leading.** (2) Prerequisite: EXER 1231 or EXER 2230 or permission of instructor. The focus is on the broadly accepted skills and knowledge necessary for leading group adventure trips. Includes spring break backpacking trip(s) and class room sessions. After successful completion of this course students will be eligible to assist with Venture trips. A special fee will be charged to cover the costs of the trips. *(Spring)*

**EXER 2234. Challenge Course Facilitation.** (2) Prerequisite: EXER 1235 or EXER 2230 or permission of instructor. Focus on the basic skills and knowledge necessary for safely and effectively leading groups through challenge courses. In addition to class room sessions, weekend days at the Team Challenge Course and observation/apprenticing of actual Venture programs are required. *(Spring)*

**EXER 2235. High Ropes Course Facilitation.** (2) Prerequisite: EXER 1235, 2230 or 2234 or permission of instructor. Focus on both the technical and facilitation skills and the knowledge necessary for safely and effectively leading groups through high ropes courses. In addition to class room sessions, weekend days at the High Team Challenge Course and observation/apprenticing of actual Venture programs are required. *(Fall)*

**EXER 2333. Baseball Through History and Playing.** (3) This course first explores the socioeconomic climate of baseball’s origins from the 1800s to the present. The second half provides activity-oriented instruction that introduces softball’s emergence from baseball through basic skills, rules, and strategies of the game. *(Spring)*

**Other Required Courses**

**BIOL 1273. Human Anatomy and Physiology.** (3) Prerequisites: a grade of C or better in CHEM 1203 or 1251. Fundamentals of the anatomy and physiology of the human body. Not accepted toward the major in Biology. *(Fall, Summer)*

**BIOL 1273L. Human Anatomy and Physiology Laboratory.** (1) Prerequisite or corequisite: BIOL 1273. One laboratory period of three hours a week. Not accepted toward the major in Biology. *(Fall, Summer)*

**BIOL 1274. Human Anatomy and Physiology II.** (3) Prerequisite: A grade of C or better in BIOL 1273. Continuation of BIOL 1273. Not accepted toward the major in Biology. Students cannot receive credit for both BIOL 1274 and BIOL 3273. *(Spring, Summer)*

**BIOL 1274L. Human Anatomy and Physiology Laboratory II.** (1) Prerequisite or corequisite: BIOL 1274. One laboratory period of three hours a week. Not accepted toward the major in Biology. *(Spring, Summer)*
CHEM 1251. Principles of Chemistry I. (3) A principles-oriented course for science majors. Fundamental postulates and laws of chemistry; the relationship of atomic structure to physical and chemical properties of the elements. Three lecture hours and one Problem Session hour per week. (Students may attempt CHEM 1251 a total of three times. Withdrawing from the course after the Add/Drop deadline constitutes an attempt as does receiving any letter grade. Credit will be given for only one course: 1111, 1203, or 1251.) (Fall, Spring, Summer) (Evenings)

CHEM 1251L. Principles of Chemistry Laboratory I. (1) Prerequisite or corequisite: CHEM 1251. Experimental investigations involving the fundamental postulates and laws of chemistry. One three-hour laboratory per week. (Students may attempt CHEM 1251L a total of three times. Withdrawing from the course after the Add/Drop deadline constitutes an attempt as does receiving any letter grade. Credit will be given for only one course: 1111L, 1203L, or 1251L.) (Fall, Spring, Summer) (Evenings)

CHEM 1252. Principles of Chemistry II. (3) Prerequisite: CHEM 1251 with a grade of C or better. Continuation of CHEM 1251. Three lecture hours and one Problem Session hour per week. (Students may attempt CHEM 1252 a total of three times. Withdrawing from the course after the Add/Drop deadline constitutes an attempt as does receiving any letter grade. Credit will be given for only one course: 1112, 1204, or 1252.) (Fall, Spring, Summer) (Evenings)

CHEM 1252L. Principles of Chemistry Laboratory II. (1) Prerequisites: CHEM 1251 and 1251L. Prerequisite or corequisite: CHEM 1252. Continuation of CHEM 1251L. One three-hour laboratory per week. (Students may attempt CHEM 1252L a total of three times. Withdrawing from the course after the Add/Drop deadline constitutes an attempt as does receiving any letter grade. Credit will be given for only one course: 1112L, 1204L, or 1252L.) (Fall, Spring, Summer) (Evenings)

COMM 1101. Public Speaking. (3) (O) For students who want to upgrade their oral communication skills. Opportunity to study theory and practice of public speaking. Special emphasis placed on constructing and delivering speeches. Restricted to Pre-Communication Studies majors and minors, English majors, Pre-Elementary Education, Elementary Education, Pre-Kinesiology majors, Athletic Training, Exercise Science, and Pre-Public Health majors (Fall, Spring, Summer) (Evenings)

HLTH 2101. Healthy Lifestyles. (3) Overview of issues related to personal health, including healthy behaviors, lifestyles, and outcomes. (Fall, Spring, Summer)

MATH 1100. College Algebra and Probability. (3) Prerequisite: appropriate score on the Mathematics Placement Test or placement by the Department. The basic mathematics course for undergraduates not majoring in Mathematics, Engineering, or the Physical Sciences. Fundamental concepts of algebra. Students who already have credit for MATH 1103, 1120, 1121, or 1241 with a grade of C or better may not take 1100 for credit. (Fall, Spring, Summer) (Evenings)
PSYC 1101. General Psychology. (3) A survey of the field including such topics as learning, emotions, motivation, personality, psychological testing, and abnormal behavior. Emphasis on psychology as a behavioral science. May be taken with or without the lab. All psychology majors and those who wish to apply this course as partial fulfillment of the University science and technology requirement must take PSYC 1101L during the same semester in which they take PSYC 1101. (Fall, Spring, Summer) (Evenings)

STAT 1220. Elements of Statistics I (BUSN). (3) Prerequisite: MATH 1100 or placement by the department. Non-calculus based introduction to data summarization, discrete and continuous random variables (e.g., binomial, normal), sampling, central limit theorem, estimation, testing hypotheses, and linear regression. Applications of theory will be drawn from areas related to business. May not be taken for credit if credit has been received for STAT 1221 or 1222. (Fall, Spring, Summer) (Evenings)

STAT 1221. Elements of Statistics I. (3) Prerequisite: MATH 1100 or placement by the department. Same topics as STAT 1220 with special emphasis on applications to the life sciences. May not be taken for credit if credit has been received for STAT 1220 or 1222. (Fall, Spring)

STAT 1222. Introduction to Statistics. (3) Prerequisite: MATH 1100 or placement by the department. Same topics as STAT 1220 with special emphasis on applications to the social and behavioral sciences. May not be taken for credit if credit has been received for STAT 1220 or 1221. (Fall, Spring, Summer) (Evenings)

First Aid and CPR Certification Requirements

For all internship courses, it is the student's responsibility to obtain and maintain AED, First Aid and CPR for the Professional Rescuer Certification (adult, infant and child), Blood Borne Pathogen Training. Evidence of current CPR Certification must be submitted to the Internship Coordinator at the time your internship course EXER 4490. Students that do not provide proof of certification will not be permitted to participate in any Exercise Science courses.

Students must complete their First Aid and CPR Certification at UNC Charlotte or through an approved provider.

Exercise Science Attendance Policy

The University of North Carolina Charlotte does not have a mandatory attendance policy. Attendance policy is set at the discretion of each individual professor for his or her classes. Class attendance is highly recommended.

Attendance is required and mandatory for all scheduled internship assignments. Students are required to complete a minimum of 30 hours and maximum of 33 hours per week in
the internship setting. Three unexcused absences during an internship assignment will result in the lowering of the final internship course grade by one letter. Five unexcused absences will result in failure of the internship course. It is the student’s responsibility to keep up with their scheduled internship responsibilities and events. If an Exercise Science student cannot make a scheduled internship responsibility or event, it is his or her responsibility to communicate directly with their supervising Internship Instructor in a timely fashion. Exercise Science students are to be prompt, dressed appropriately and follow all internship guidelines for all internship responsibilities and events. Three tardies for an internship assignment will equal one unexcused absence.

**Exercise Science Dismissal Policy**

I. The faculty members of the UNC Charlotte Exercise Science Program have an academic, legal, and ethical responsibility to protect members of the public and of the health care community from unsafe or unprofessional Exercise Science practices. This policy reflects that obligation.

II. A student may be dismissed from the program if he or she any one or more of the following:

1. Demonstrates behavior which conflicts with safety essential to Exercise Science practice

2. Presents physical or emotional problems which conflict with safety essential to Exercise Science practice and do not respond to appropriate treatment or counseling within a reasonable period of time

3. Engages in conduct which violates the Code of Ethics for American College of Sports Medicine which has been adopted by the Exercise Science Program as its standard for ethical conduct by faculty and students

4. Engages in an Exercise Science practice for which the student has not been authorized or for which the student has not been educated at the time of the incident

5. Engages in conduct which threatens or has the potential to threaten the physical, emotional, mental, or environmental health or safety of a client, a client’s family member or substitute familial person, another student, a faculty member, another health care provider, or the student himself or herself

6. Substantially disrupts the Programs of the Exercise Science Program or its affiliates
7. Fails to participate in or complete internship work for any reason or fails to perform internship work which is consistent with professional Exercise Science practice, including satisfactory performance of all critical behaviors specified on the evaluation tool for each course.

8. Fails to adhere to College and internship site policies and procedures.

All students are regularly evaluated against the above standards in relation to internship practice and may be dismissed from any course or from the Exercise Science Program upon violation of any of the stated standards, regardless of course grades.

III. Where the Department of Kinesiology chairperson or his/her designee determines that a student may have violated one or more of the standards defined in Section II, that administrator will determine whether the violation warrants dismissal (Section IV), or should be addressed through warning and follow-up (Section V). The Department of Kinesiology chairperson may temporarily suspend the student from further internship activity pending the outcome of the procedure for dismissal (Section IV), or issuance of the written and oral warning (Section V).

IV. Where the Department of Kinesiology chairperson or designee determines that the procedure for dismissal from the Program should be invoked, she will provide the student a written statement of the facts upon which the proposal to dismiss is based. The student will have the opportunity to appear before the Department of Kinesiology chairperson and a panel of Exercise Science Program faculty members to refute the facts, offer other information, or make any other statement concerning the proposed dismissal. The Department of Kinesiology chairperson and panel will consider that information together with the information upon which the proposal to dismiss was based and determine whether adequate cause for dismissal has been established. The Department of Kinesiology chairperson will notify the student of the decision.

V. Where the Department of Kinesiology chairperson or designee determines that violation of any of the standards should be addressed through warning and follow-up, the faculty member or internship instructor involved will provide the student with oral and written warnings outlining the exact nature of the behavior and possible consequences. The unsafe or unprofessional behavior shall be corroborated by a second person, a staff member at the Exercise Science internship site, another faculty member, or by documentation of unsafe or unprofessional behavior in a prior course.
evaluation. In appropriate circumstances the student may be afforded opportunities to correct the behavior, as agreed upon by the faculty member or internship supervisor in consultation with the Program Coordinator and the Department Chair. Written evaluation of each internship days work by the student shall be carried out by the faculty member or internship instructor involved and shared with and signed by the student. Should the student subsequently fail to meet any of the academic standards stated, dismissal from the course with a failing grade and/or from the College may be invoked. The review of students’ behaviors related to the above shall be carried out in a course team meeting.

Date of Origin: 8/01
Reviewed: 8/02

VI. POST-DISMISSAL PROCEDURE

Upon dismissal from a course or from the Exercise Science Program, the student may invoke the "Academic Grievance Policy of the College of Health and Human Services." The written grievance must be submitted within seven (7) working days of receipt of the written dismissal and be sent to of the Director of the Exercise Science Program, following steps 1 and 2 of the "Academic Grievance Policy."

Date of Origin for Nursing: 12/85
Revised: 4/94, 2/96, 7/02
Reviewed: 5/00, 8/02
Adapted for Exercise Science:

Exercise Science Appeal Procedures

Policy Appeals
A student who wishes to appeal a policy of the Department of Kinesiology or the Exercise Science Program may do so by submitting a written appeal to the Department Chairperson. This appeal will be reviewed and judgment made by the faculty of the department. Students should refer to the grievance and appeals policy in the College of Health and Human Services Student Handbook.

Final Grade Appeals
Final grades must follow the UNC Charlotte final grade appeal procedure described at http://www.legal.uncc.edu/policies/GradeAppeal.html and http://www.legal.uncc.edu/policies/GradeAppealGuide.html
Exercise Science Program Readmission Policy

**Intent to Re-enroll following a Non-academic Absence**
Permission to re-enroll is contingent on space availability. Any undergraduate Exercise Science student who plans to enroll in an Exercise Science course after a non-academic absence of one or more semesters (or one 8 week course period) from any Exercise Science course must notify the Department of Kinesiology in writing no later than by February 1 for admission to any fall course and October 15 for admission to any spring course.

Date of Origin: 4/88
Revised: 2/91, 5/00
Adapted for Exercise Science : 6/02
Reviewed: 8/02
Exercise Science Student Folders

Academic and Health History Folder Policy
The College of Health and Human Services adheres to the requirement of the law regarding review of student folders (See university policy statement No. 69, “The Privacy of Educational Records”).

Students may review the contents of their academic folders only in the presence of a College faculty member or secretary. The student reviewing his/her folder must sign and date the College Student Folder Review Sheet.

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 university policy statement No. 69, “The Privacy of Educational Records.”

Exercise Science Majors: Health History information is maintained in a separate folder from the Academic folder. Review of the Health History folder is subject to the same policy and procedures as the Academic Folder. Results of Drug Testing and Criminal Background checks will be maintained in the Health History Folder.

Drug Testing and Criminal Background Check Policy: As a student in a professional program in the College of Health and Human Services, you will be asked by a clinical facility to undergo drug testing and have a criminal background check before being allowed to participate in a clinical experience at that facility. All costs associated with drug testing and background checks are the responsibility of the student. For more information regarding clinical agency mandates click here.
Kinesiology Student Organizations

The Department of Kinesiology sponsors the Kinesiology Student Organization for students in their major program.

Kinesiology Student Awards

The Harvey F. Murphy Award - Dr. Harvey F. Murphy, professor emeritus, dedicated 32 years of his life to UNC Charlotte’s College of Health and Human Services. He was the driving force in the development, coordination, and implementation of all aspects of the campus recreational, athletic, and health and physical education efforts. Established in honor of Dr. Murphy for his high standards in academic excellence, the Dr. Harvey F. Murphy Academic Excellence Award is given to the student who has the highest GPA in the Kinesiology Department during his or her senior year. Learn more in the History of the Department.

Exercise Science

Frequently Asked Questions (FAQ)

1. How is the Exercise Science program different from the Pre-Kinesiology program?

   The Exercise Science program is the degree program from which you graduate with a degree. This program is usually the last two years of your degree program and is where you take the majority of your major courses. The Pre-Kinesiology program is a preparatory group of courses that help you finish your General Education courses and get you ready for the Exercise Science program (see the Pre-Kinesiology Frequently Asked Questions).

2. Do I have to take the Exercise Science courses in any particular order?

   Absolutely. There is a recommended sequence of courses that your advisor will be provided via an EXER Major check sheet. You should follow this sequence. Following this sequence will insure that you take courses at the right time and that you will have completed the appropriate prerequisites for the courses you are taking. If you are not following the sequence of courses recommended, we can not guarantee that you will graduate on time or that you will be able to get into classes.

3. Does the department waive prerequisites?

   No! Therefore, pass all of your prerequisites (with at least a “C”) and take them according to the sequence, and you will have no problems.

4. Does the department accept courses taken elsewhere?
It depends on the course. Many of the lower level, general education courses will be accepted. However, attempting to transfer large numbers of major courses into the program is not looked upon favorably. At best, you will be required to take competency exams for the major courses you wish to transfer into the program. Also, do not forget, that your last 30 hours of coursework, must be completed at UNC-Charlotte.

5. Is there any help for students?

Absolutely! You should never hesitate to see your advisor. We document when we see students, so if you have problems and have not been consulting your advisor regularly, we really can not help you much. Your advisor is the best source for information and guidance.

Additionally, we maintain an extensive web site. Do not hesitate to pull this site up. Another source of help is the student organization, the Kinesiology Student Organization (KSO). You should get involved with this organization early in your career at UNC-Charlotte. You never know when the contacts you make in the KSO will pay off as a job or other benefits in the future.

6. Is there anything else I need to know?

Remember that your education is your responsibility. Make sure you are aware of the procedures and courses that you are responsible for. No matter how good the faculty and staff here at UNC-Charlotte are, if you are not interested in your education, you will have problems. On the other hand, NEVER hesitate to ask questions. The more information you have, the better able you will be to make decisions.

7. What is ACSM?

The American College of Sports Medicine. ACSM advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.

8. Do I have to take an exam with ACSM?

Yes, the written exam for ACSM Certified Health Fitness Specialist® - The ACSM Certified Health Fitness Specialist® ® (HFS) is a professional qualified to assess, design, and implement individual and group exercise and fitness programs for apparently healthy individuals and individuals with controlled disease. The HFS is skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. The HFS certification provides professionals with recognition of their practical experience and demonstrated competence as a leader of health and fitness programs in the university, corporate, commercial or community settings in which their clients participate in health promotion and fitness-related activities. You will sit for this exam during your senior year.
9. Do I have to pass this exam?

Yes in order to get the ACSM Certified Health Fitness Specialist® certification. However, you do not need to pass this exam in order to graduate from UNC Charlotte with an Exercise Science degree.

10. Is there a cost to take the exam?

The current HFS exam fee for our students with a voucher code that is provided by ACSM is: $175

The current HFS exam fee is: $279 for non-ACSM Members and $219 for ACSM Members. The current HFS retest fee is: $150

The fee is set by ACSM.

11. What are the benefits of ACSM Credentialing?

ACSM credentials are recognized as the Gold Standard throughout the United States and around the world. By obtaining an ACSM certification, your employer knows that you have passed the most rigorous and up-to-date health/fitness and internship certification(s) that exist. There are many benefits to being ACSM certified/registered.

- Employers prefer ACSM certified/registered employees because this ensures a higher standard of knowledge and better and safer service to clients.
- An ACSM credentialed individual is capable of working with both apparently healthy clients and clients with chronic diseases and disabilities.
- ACSM credentials offer a quality of care that today's society demands.

Once you are certified/registered by ACSM, you have access to ACSM's Certified News, a quarterly publication with up to date information in the health and wellness and internship fields. Within this newsletter, you will find articles written by experts along with educational opportunities to further your knowledge.

The ACSM ProFinder is a recently launched initiative available to ACSM credentialed professionals as well as the general public. By submitting the application form, you are giving permission for your contact information to be published on ACSM’s website (only currently certified/registered professionals will be enrolled in this service) for other credentialed professionals, potential employers and the general public. By joining this online service, you can market yourself as a qualified professional, allowing prospective clients to locate the expert of their choice. If you have questions regarding inclusion in this service, please contact the ACSM Certification Department at certification@acsm.org.
12. Can I take classes somewhere else and transfer them into the Exercise Science program?

Courses undertaken by UNC Charlotte undergraduate degree students at other accredited institutions may be transferred to the University subject to the following regulations:

- The University is not obligated to accept any credit from another institution unless the student has obtained the prior approval of the dean of the college in which he/she is enrolled. A Permit for Transient Study form should be completed and filed in the UNC Charlotte Registrar's Office prior to enrollment at another institution.
- No credit will be accepted for courses below C level for undergraduate students.
- The student must request that an official transcript be mailed to the Registrar's Office upon completion of the course. A form for this purpose is available in the Registrar's Office. Departmental approval is also needed for courses that are required for the major.

13. What is the Drug and Criminal Background Check policy in our college?

As a student in a professional program in the College of Health and Human Services, you will be asked by a clinical facility to undergo drug testing and have a criminal background check before being allowed to participate in a clinical experience at that facility. All costs associated with drug testing and background checks are the responsibility of the student. For more information regarding Clinical Agency Mandates click here.
The General Education Program

The General Education Program is central to UNC Charlotte’s basic mission of providing all of its undergraduates with a liberal arts education. The Program approaches the liberal arts in its traditional meaning of learning the arts appropriate for living the educated, responsible life of a free (liberalis) citizen. It provides all undergraduate students, regardless of their majors, with the foundations of the liberal education they will need to be informed people who have the ability to act thoughtfully in society, the ability to make critical judgments, and the ability to enjoy a life dedicated to learning and the pleasures of intellectual and artistic pursuits.

The Program is designed to address four areas of liberal education. First, it helps students develop the foundational skills necessary for obtaining the full benefits of a college education: basic college-level writing, basic use of information technology, and basic college-level mathematical and logical skills. Second, it helps provide students with an understanding of the methods of scientific inquiry and the ways that knowledge is acquired and accredited in the life sciences, physical sciences, and social sciences. Third, the General Education Program addresses major themes related to living as a liberally educated person in the twenty-first century. Students take four Liberal Studies courses designed especially for the General Education Program. These courses are organized around major themes of liberal education: the arts, literature, the western cultural tradition, global understanding, citizenship, ethics, issues of health, and issues of science, technology, and society. Fourth, it helps students develop more specialized skills for disciplinary writing and oral presentations.

I. Development of Fundamental Skills of Inquiry (9-12 semester hours)

Basic writing courses: Students take two courses, ENGL 1101 and ENGL 1102. Entering freshmen who qualify for the accelerated course in writing and rhetoric may meet this requirement by completing one course, ENGL 1103. After completing these courses students are expected to be able to write clearly and concisely in standard English and to be generally prepared to do college-level writing and editing.

Mathematical and logical reasoning: One course in mathematics (MATH) and a second course selected from mathematics (MATH), statistics (STAT), or deductive logic (PHIL 2105). Most undergraduates at UNC Charlotte major in programs that require mathematics or statistics as related work. For these students, the related mathematics requirements determine the courses taken to meet the general education requirement. Students in majors that do not require related work in mathematics normally take MATH 1100, followed by either MATH 1102 or PHIL 2105.

Basic skills of information technology: By the end of their first semester at UNC Charlotte, students are expected to have developed the basic skills necessary to access and create computer based information. These skills include the use of word processing, email, file management, internet searches, and library database searches. These skills are
developed in English 1101 and 1103. Tutorial help is available at campus computer labs, and help with bibliographical search skills is available in the information commons of Atkins library. Students are expected to exhibit ethical behavior in the use of computers. More advanced information technology skills are required by individual departments and majors.

II. Social Sciences Requirements
One course in the social sciences. These courses introduce students to the methods of the social sciences and to the applications of these methods for gaining a scientific understanding of the social world. Selected from:

Anthropology (ANTH 1101)  
Geography (GEOG 1105)  
Economics (ECON 1101 or 2101)  
Political Science (POLS 1110)  
Sociology (SOCY 1101)

III. Themes of Liberal Education for Private and Public Life (12 semester hours)

The UNC Charlotte faculty has selected eight themes of a liberal arts education around which to offer a core of Liberal Studies courses dedicated exclusively to general education. All of these courses include the consideration of gender, race, and ethnic diversity, as appropriate for understanding the individual themes of these courses.

Each student must take four of these courses as follows:

**One course in the arts and society.** Art is indispensable to the structure and fabric of all societies, and each course examines this fundamental connection from the perspective of a specific art form. Selected from:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
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<tbody>
<tr>
<td>LBST 1101</td>
<td>The Arts and Society: Dance</td>
</tr>
<tr>
<td>LBST 1102</td>
<td>The Arts and Society: Film</td>
</tr>
<tr>
<td>LBST 1103</td>
<td>The Arts and Society: Music</td>
</tr>
<tr>
<td>LBST 1104</td>
<td>The Arts and Society: Theater</td>
</tr>
<tr>
<td>LBST 1105</td>
<td>The Arts and Society: Visual Arts</td>
</tr>
</tbody>
</table>

**One course in the Western tradition.** Each section of this course examines a major aspect of western culture through the process of analyzing the present in terms of the past.

LBST 2101 Western Cultural and Historical Awareness

**One course in global understanding.** All liberally educated people need to have the ability to understand the world from the point of view of more than one culture and be able to analyze issues from a global perspective.

LBST 2102 Global and Intercultural Connections
One course dealing with ethical issues and cultural critique. Each of these courses deals with an important contemporary issue, and each one gives significant attention to ethical analysis and cultural critique in the liberal arts. Selected from:

LBST 2211 Ethical Issues in Personal, Professional, and Public Life
LBST 2212 Literature and Culture
LBST 2213 Science, Technology, and Society
LBST 2214 Issues of Health and Quality of Life
LBST 2215 Citizenship

Writing Intensive Course

Writing in the disciplines: Six semester hours, including at least three semester hours in the major. These courses are spread throughout the curriculum and are indicated with a (W) after the course title. These courses assume that students have already developed the basic grammatical and compositional skills needed to write college-level English, and they build on these skills to develop writing strategies appropriate to the discipline of the department offering the course. Exercise Science courses that meet this requirement are:

- EXER 3281 (3)
- EXER 3287 (1)
- EXER 4293 (3)
- EXER 4660 (3)

After the Fall semester 2010 EXER 3287 and EXER 4293 will no longer be writing intensive courses.

EXERCISE SCIENCE STUDENT POLICIES AND PROCEDURES

Academic Advising

The College of Health and Human Services CHHS Advising Center is responsible for equitably assigning undergraduate student advisees in the Pre-Kinesiology major to staff members in this office. Once the student becomes an Exercise Science major they will be assigned to advising faculty within the Department of Kinesiology. This will take place at each new admission cycle and students should make sure that their advisor information is current and correct.

Faculty members are responsible for providing academic advice for assigned students and for maintaining current student records in accord with College, School and University forms.

*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.

Date of Origin: 8/02

College of Health and Human Services Student 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 pre-requisite 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 Department 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.

Date of Origin: 8/01
Revised: 8/02
The American College of Sports Medicine Code of Ethics

A. Principles and purposes:

Preamble: These principles are intended to aid Fellows and members of the College individually and collectively to maintain high level of ethical conduct. These are not laws but standards by which a Fellow or a member may determine the propriety of his/her conduct, relationship with colleagues, with members of allied professions, with the public, and with all persons in which a professional relationship has been established. The principal purpose of the College is the generation and dissemination of knowledge concerning all aspects of persons engaged in exercise with full respect for the dignity of people.

Section 1: members should strive continuously to improve knowledge and skill and make available to their colleagues and the public the benefits of their professional expertise.

Section 2: members should maintain high professional and scientific standards and should not voluntarily collaborate professionally with anyone who violates this principle.

Section 3: The College, and its members, should safeguard the public and itself against members who are deficient in ethical conduct.

Section 4: The ideals of the College imply that the responsibilities of each Fellow or member extend not only to the individual, but also to society with the purpose of improving both the health and well-being of the individual and the community.

B. Maintenance of Good-standing in Regulated Professions:

Any Fellow or member required by law to be licensed, certified or otherwise regulated by any governmental agency in order to practice his or her profession must remain in good-standing before that agency as a condition of continued membership in the College. Any expulsion, suspension, probation or other sanction imposed by such governmental agency on any Fellow or member is grounds for disciplinary action by the College.

C. Public Disclosure of Affiliation:

Other than for commercial venture, any member or Fellow (FACSM) may disclose his/her affiliation with the College in any context, oral or documented, provided it is currently accurate. In doing so, no member or Fellow may imply College endorsement of whatever is associated in context with the disclosure, unless expressly authorized by the College. Disclosure of affiliation in connection with a commercial venture may be made provided the disclosure is made in a professionally dignified manner, is not false, misleading or deceptive, and does not imply licensure for the attainment of specialty or diploma status. Members who are currently ACSM Certified or Registered may disclose their certification status and Fellows may disclose their Fellow status. Because membership and fellowship in ACSM is granted to individuals, disclosure of affiliation
and/or use of the initials ACSM are not to be made as part of a firm, partnership or corporate name. Violation of this article may be grounds for disciplinary action.

D. Discipline:

Any Fellow or member of the College may be disciplined or expelled for conduct which, in the opinion of the Board of Trustees, is derogatory to the dignity of or inconsistent with the purposes of the College. The expulsion of a Fellow or member may be ordered upon the affirmative vote of two-thirds of the members of the Board of Trustees present at a regular or a special meeting, and only after such Fellow or member has been informed of the charges preferred against him and has been given an opportunity to refute such charges before the Board of Trustees. Other disciplinary action such as reprimand, probation, or censure may be recommended by the Committee on Ethics and Professional Conduct and ordered following the affirmative vote of two-thirds of the members of the Board of Trustees present at a regular or special meeting or by mail ballot, provided a quorum takes action.

THE UNC CHARLOTTE CODE OF STUDENT ACADEMIC INTEGRITY

The UNC Charlotte Code of Student Academic Integrity governs the responsibility of students to maintain integrity in academic work, defines violations of the standards, describes procedures for handling alleged violations of the standards, and lists applicable penalties. The following conduct is prohibited in that Code as violating those standards:

A. Cheating. Intentionally using or attempting to use unauthorized materials, information, notes, study aids or other devices in any academic exercise. This definition includes unauthorized communication of information during an academic exercise.

B. Fabrication and Falsification. Intentional and unauthorized alteration or invention of any information or citation in an academic exercise. Falsification is a matter of altering information, while fabrication is a matter of inventing or counterfeiting information for use in any academic exercise.

C. Multiple Submission. The submission of substantial portions of the same academic work (including oral reports) for credit more than once without authorization.

D. Plagiarism. Intentionally or knowingly presenting the work of another as one's own (i.e., without proper acknowledgment of the source). The sole exception to the requirement of acknowledging sources is when the ideas, information, etc., are common knowledge. (NOTE: For more information regarding plagiarism, see PLAGIARISM Appendix at www.legal.uncc.edu/policies/ps-105.html#APP.)

E. Abuse of Academic Materials. Intentionally or knowingly destroying, stealing, or making inaccessible library or other academic resource material.

F. Complicity in Academic Dishonesty. Intentionally or knowingly helping or attempting to help another to commit an act of academic dishonesty.

A full explanation of these definitions, and a description of procedures used in cases where student violations are alleged, is found in the complete text of The UNC Charlotte Code of Student Academic Integrity. This Code may be modified from time to time. Students are advised to contact the Office of the Dean of Students or go to www.legal.uncc.edu/policies/ps-105.html to ensure they consult the most recent edition.
APPLICATION FOR CHANGE FROM THE PRE-KINESIOLOGY (PKNS) DESIGNATION TO EXERCISE SCIENCE (EXER) STUDENT DESIGNATION

Directions: Fill this form out completely. Use your 49 Express Account to look up the information needed below to insure accuracy. Turn this form into the Department of Kinesiology office (Belk Gym 221) by one of the screening dates. Applications will be screened on the third Thursday in March and July. If an application is not received before the screening date, it will be deferred to the next screening date. Incomplete applications will be returned to the applicant. The applicant will be notified by email as soon as the screening process is complete.

**Do not call the Kinesiology office asking for the screening results.**

Applicant Name ____________________________  Student ID # ________________________

Mailing Address ________________________________________________________________

Telephone(s) ____________________________  UNCC e-mail ____________________________

Answer each of the following:

_____ 1. What is your current cumulative GPA? (your GPA must remain at 2.0 or higher at the end of the semester you are applying)

_____ 2. How many earned credit hours will you have by the end of this semester? (You must have completed 60 hours of coursework with at least a "C" or better in all prerequisite courses).

_____ 3. Indicate the semester taken, or will take, i.e. Sp 10 Applied Kinesiology (EXER/ATRN 2298). Put a TR and the semester taken if you transferred this course to UNC Charlotte. You must have (or will have by the start of the fall semester) completed the ALL the following prerequisites:

- Introduction to Kinesiology (EXER/ATRN 2150)
- Responding to Emergencies (EXER/ATRN 2290)
- Care and Prevention of Athletic Injuries (EXER /ATRN 2294)
- Applied Kinesiology (EXER/ATRN 2298)
- Anatomy and Physiology BIOL 1273, BIOL 1273L
- Anatomy and Physiology BIOL 1274, BIOL 1274L
- CHEM 1251, CHEM 1251L, or CHEM 1203*, CHEM 1203L*
- CHEM 1252, CHEM 1252L, or CHEM 1204*, CHEM 1204L*
- Statistics (STAT 1220, 1221, or 1222)

*If you became a PKNS major during the Spring 2009 semester or after you MUST have CHEM 1251, CHEM 1251L, CHEM 1252 and CHEM 1252L.

Office Use Only:  _____________ date and initials when approved for Exercise Science status
Article I: Name
This organization shall be known as the Kinesiology Student Organization or KSO at the University of North Carolina at Charlotte (UNCC).

Article II: Club/Organization Purpose
Section I: The KSO will involve Pre-Kinesiology Majors, Exercise Science Majors, Athletic Training Majors and other UNC Charlotte students interested in gaining knowledge and experience in the field of Kinesiology.
Section II: KSO will encourage the application of knowledge, community interaction, and awareness of current health and fitness trends.
Section III: The KSO will abide by all rules and regulations set forth by UNC Charlotte, as well as all Federal, State and Local laws at all times.

Article III: Club/Organization Membership
Section I: Any UNC Charlotte student can become a member of the KSO. All members will be expected to attend meetings, pay dues and participate in committee-related activities.
Section II: The KSO will hold at least six meetings each semester. Members will be required to attend scheduled meetings.
Section III: Dues shall be determined on a yearly basis by the executive board of the KSO. Dues shall be payable at the second meeting in January. Failure to pay dues will result in the termination of membership.
Section IV: Each member is required to participate on at least one committee or in one committee-related event.
Section V: Any member can withdraw their membership by contacting the executive board at any time. However, dues will not be refunded.
Section VI: In keeping with the UNC Charlotte’s policy of nondiscrimination, KSO does not discriminate on the basis of race, color, religion, gender, national origin, age, sexual orientation, and physical or mental ability or disability.

Article IV: Executive Board

Section I: The KSO shall be governed by five officers. The KSO does reserve the right to create other positions should the need arise. Officially, the five officers will be called President, Vice President, Secretary, Treasurer, and Historian. The officers and faculty advisor will comprise the executive board of KSO. Any other committee will be created as needed by the executive board and will be legislated by the authority of the executive board.

Section II: The President of KSO shall be responsible for overseeing all other officers and committee chairs.

Section III: The Vice President of KSO will assist the President. The Vice President will also serve as chair of the Kinesiology Student Advisory Committee. If the President is unable to perform his/her duties, the Vice President will assume all Presidential responsibilities.

Section IV: The Secretary of KSO will be responsible for recording minutes at meetings and taking attendance.

Section V: The Treasurer of KSO will handle all monetary issues (dues, fund-raisers, etc.). If a member fails to pay the semester dues, the Treasurer should take appropriate action (financial suspension from organization).

Section VI: The Historian of KSO shall be responsible for the advertisement and information updates on the reserved bulletin board and around the community.

Article V: KSO Function/Operation

Section I: Officers are elected by open floor nominations. Any current member of KSO in good standing is eligible to be an executive officer.

Section II: Nominations are to be held during the November meeting at the end of the
fall semester. Any current member in good standing is able to make nominations for executive board positions.

**Section III:** All KSO member will participate in secret ballot vote. The votes will be counted by the Advisor and President.

**Section IV:** Officers will serve on term (Spring through Fall semester). The elections will be held the week prior to the last meeting at the end of the fall.

**Section V:** If office is vacated during the term, elections will be held for that office.

**Section VI:** Officers can be impeached by two-thirds vote of KSO members.

**Section VII:** The role of KSO advisor shall be to guide members through all activities and decisions made by KSO members.

**Article VI: Finances**

**Section I:** KSO plans to finance its activities through semester dues and fund-raisers contributed by present members.

**Section II:** KSO is currently working on a budget to submit to SGA’s Ways and Means Committee (Financial Branch of SGA).

**Article VII: Constitutional Amendments**

**Section I:** Amendments can be proposed by any executive board member and can be requested by any current member of KSO.

**Section II:** Rules regarding the proposal of the amendments are:

1) Amendments may be requested by any current member of KSO.
2) Amendments must be proposed by the executive board.
3) Amendments must be submitted in writing at the previous meeting to executive board.
4) The by-laws may be amended at any monthly meeting.

**Section III:** The amendment shall be voted on as follows: The amendment requires two-thirds majority of those present and voting.