

**APPLICATION FOR BEING ADMITTED INTO AN
EXERCISE SCIENCE CONCENTRATION**

You would use this form the semester before going onto the upper level of Exercise Science. You can use the second page to plan on what courses to take before applying for a specific concentration. Most of the courses you can take whether or not you are in the concentration. You would need to be in the Strength and Conditioning concentration to take KNES 3285L Foundations of Strength and Conditioning Lab.

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 # 800 _____

Mailing Address _____

Telephone(s) _____ UNCC e-mail _____

Answer each of the following:

1. _____ What is your current cumulative GPA
2. _____ When will you be entering the Exercise Science major? (Fall 2011)
3. Which KNES concentration are you applying for?

_____ **Aquatics Leadership**

Must have and maintain a 2.5 GPA or higher for this concentration.

_____ **Strength and Conditioning**

Must have and maintain a 3.0 GPA or higher for this concentration.

Office Use Only: _____ date and initials when approved for Exercise Science status

Department of Kinesiology Concentrations Requirements

Aquatics Leadership Concentration (minimum 15 hours)

- Must have and maintain a 2.5 GPA or higher for this concentration.
- KNES 2212 Lifeguarding (3)
- KNES 2213 Water Safety Instructor (3)
- KNES 2218 Scuba Diving Lab (1)
- KNES 2219 Scuba Diving (2)
- KNES 2220 Advanced Scuba Diving (1)
- KNES 4490 Senior year internship in aquatics (9) 100% of the internship involved in aquatics

- Outside certifications: must complete one of the following
 - American Red Cross Lifeguard Instructor
 - American Red Cross Lifeguard Management
 - American Red Cross Safety Training for Swim Coaches

Strength and Conditioning Concentration (minimum 16 hours)

- Must have and maintain a 3.0 GPA or higher for this concentration.
- KNES 1202 Weight Training (1)
- KNES 1263 Body Shaping (1)
- KNES 3285L Foundations of Strength and Conditioning Lab (1)
- PHYS 1101. Introductory Physics I. (3)
- PHYS 1101L. Introductory Physics I Laboratory. (1)
- KNES 4490 Senior year internship in strength and conditioning (9) 100% of the internship involved in strength and conditioning
- Sit for the **National Strength and Conditioning Association's** Certified Strength and Conditioning Specialists (CSCS) certification and pass