Bachelor of Science in Exercise Science
Student Handbook
2018-19 Academic Year

Policies in this handbook are for all undergraduate students in the Pre-Kinesiology and Exercise Science Majors matriculating in Fall 2017 and after.

In addition to this handbook, students are to refer to the College of Health and Human Services Student Handbook and the 2017 -2018 UNC Charlotte Catalog
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PROGRAM SUMMARY

- **Credit Hours:** 120 hours
- **Concentrations:** (optional) Strength and Conditioning, Aquatics Leadership
- **Declaring the Major:** Minimum 2.5 GPA to declare the Pre-kinesiology major; change of major ONLINE APPLICATION accepted year-round (see CHHS advisors for deadlines); advising session required prior to declaration. Must complete Pre-Kinesiology required curriculum prior to applying to Upper Division Exercise Science (BS) major. Admissions to Upper Division Exercise Science (BS) major: Minimum Prerequisite GPA of 2.5, Completion of 36 hours of coursework; successful completion (grade of C or better) of all Pre-Kinesiology courses.
- **Advising (Pre-Kinesiology):** Required upon declaration of the pre-major and before application to the Upper Division major; recommended more frequently as needed by the CHHS Advising Center.
- **Advising (Exercise Science):** Consult the Exercise Science Program Coordinator.
- **Advising (For General Education):** Consult the Exercise Science Program Coordinator or CHHS Advising Center.
- **Minimum Grades/GPA:** Minimum grade of C in all Pre-Kinesiology prerequisite courses and Exercise Science major courses. Minimum GPA of 2.5 to apply to Exercise Science major. GPA of 2.0 required for graduation.
- **Teacher Licensure:** No
- **Evening Classes Available:** No
- **Weekend Classes Available:** No
- **Other Information:** For more information about the Early Entry Master’s Degree Program, Kinesiology Honors Program, and the required Exercise Science Internship, please visit the UNC Charlotte Department of Kinesiology website
- **Contact(s):** Juliana Marino, Exercise Science Program Director, 704-687-7951, jmarin11@uncc.edu

PROGRAM REQUIREMENTS

The Bachelor of Science in Exercise Science program at UNC Charlotte encompasses 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 these issues. The Exercise Science major is nationally accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

This degree program offers preparation for employment as Exercise Science practitioners in business and industry, health agencies, hospitals, fitness centers or any other settings which provides health enhancement programs for clients. The courses in this major prepare the student to sit for the American College of Sports Medicine Exercise Physiologist-Certified Examination.

The Pre-Kinesiology and Upper Division Exercise Science majors are relatively structured but contain some flexibility during the Pre-Kinesiology major (semesters 1-3). The Upper Division Exercise Science major (semester 4-8) is very structured and requires students to complete a precise curriculum in the order in which it is scheduled by the Kinesiology Department. Pre-kinesiology and Exercise Science majors having more than 2 grades of D, F, or W in any required courses or 2 grades of D, F, or W in the same required course cannot remain in the Pre-kinesiology or Exercise Science majors and must change their major. All Exercise Science Majors must complete 3 approved activity courses and all required courses in the major (with the exception of KNES 4132) before taking KNES 4490. The culminating activity as you complete your Bachelor of Science Degree in Exercise Science is a 340 hour internship experience.

Minimum criteria for Admission to the Upper Division Exercise Science major:
The Exercise Science Program Coordinator makes admission decisions to the Upper Division Exercise Science Major at the end of each term. It is best to apply in the fall for entry into the upper level for the spring semester.

Students who have completed all of the Pre-Kinesiology prerequisites may apply for the upper division of the Exercise Science program. Applicants must meet the following minimum academic requirements:
1. **Cumulative GPA of 2.5 or better in all college course work.**
2. **Completion of 36 hours of coursework.**

The Department of Kinesiology – Exercise Science Program
3. Successful completion (grade of C or better) in all the following prerequisite courses:

- KNES 2150 Introduction to Kinesiology
- CHEM 1251 Principles of Chemistry
- CHEM 1251L Principles of Chemistry Lab
- STAT 1222 Introduction to Statistics* (will accept STAT 1220 and 1221)
- KNES 2168 Human Anatomy and Physiology for the Health Professions or BIOL 2273
- KNES 2168L Human Anatomy and Physiology for the Health Professions Lab or BIOL 2273L
- KNES 2169 Human Anatomy and Physiology for the Health Professions II or BIOL 2274
- KNES 2169L Human Anatomy and Physiology for the Health Professions II Lab or BIOL 2274L

<table>
<thead>
<tr>
<th>Areas</th>
<th>Credit Hours</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Major/Prerequisites</td>
<td>24</td>
<td>Required courses in the pre-major will satisfy General Education requirements for Development of Fundamental Skills of Inquiry and Inquiry in the Sciences.</td>
</tr>
<tr>
<td>Major</td>
<td>60</td>
<td>Required courses also fulfill the General Education Communication Skills requirements (Writing in the Discipline and Oral Communication).</td>
</tr>
<tr>
<td>General Education (not satisfied by other major requirements)</td>
<td>24</td>
<td>This includes the “Themes of Liberal Education for Private and Public Life” (Liberal Studies)</td>
</tr>
<tr>
<td>Related Work</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Foreign Language</td>
<td>-</td>
<td>Foreign Language proficiency is not required for this major.</td>
</tr>
<tr>
<td>Electives</td>
<td>12-15</td>
<td>As needed to complete 120 hours total; depending upon total hours earned in the Exercise Science Major.</td>
</tr>
</tbody>
</table>

**Total Credit Hours**: 120

**SUGGESTED PLAN OF STUDY**

**Freshman Year**

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>General Education</th>
<th>W/O Course</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Semester</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HAHS 1000</td>
<td>Prospect for Success in Health and Human Services</td>
<td>1-3</td>
<td></td>
<td>x</td>
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<tr>
<td>KNES 2168</td>
<td>Human Anatomy and Physiology for the Health Professions</td>
<td>3</td>
<td></td>
<td>x</td>
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</tr>
<tr>
<td>KNES 2168L</td>
<td>Human Anatomy and Physiology Lab for the Health Professions</td>
<td>1</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>MATH 1100</td>
<td>College Algebra and Probability</td>
<td>3</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LBST 11XX</td>
<td>LBST 1100 Series: Arts and Society</td>
<td>3</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Spring Semester |                                                   |              |                   |            |       |
| KNES 2150       | Introduction to Kinesiology                        | 3           |                   |            |       |
| CHEM 1200       | Fundamentals of Chemistry                          | 3           |                   | x          |       |
| KNES 2169       | Human Anatomy and Physiology for the Health Professions II | 3           |                   | x          |       |
| KNES 2169L      | Human Anatomy and Physiology Lab for the Health Professions II | 1           |                   |            |       |
| UWRT            | Writing and Inquiry Academic Context               | 3-4         |                   |            |       |
| Elective        |                                                   |              |                   |            |       |

**Sophomore Year**

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>General Education</th>
<th>W/O Course</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Semester</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHEM 1251</td>
<td>Principles of Chemistry I</td>
<td>3</td>
<td></td>
<td>x</td>
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</tr>
<tr>
<td>CHEM 1251L</td>
<td>Principles of Chemistry I Laboratory</td>
<td>1</td>
<td></td>
<td>x</td>
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<tr>
<td>LBST 2101</td>
<td>Western Cultural and Historical Awareness</td>
<td>3</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>STAT 1222</td>
<td>Introduction to Statistics</td>
<td>3</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Social Science</td>
<td>See General Education Requirement</td>
<td>3</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>LBST 2301</td>
<td>Critical Thinking</td>
<td>3</td>
<td></td>
<td>x</td>
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</tbody>
</table>

| Spring Semester |                                                   |              |                   |            |       |
| KNES 2101       | Foundations of Physical Conditioning              | 3           | x                 | O          |       |
| KNES 2290       | Emergency Medical Response                        | 3           |                   |            |       |
| LBST 2214       | Issues of Health and Quality of Life              | 3           |                   | x          |       |
| LBST 2102       | Global and Intercultural Connections              | 3           |                   | x          |       |
| KNES 2298       | Applied Kinesiology                               | 3           |                   |            |       |
| Activity Course | KNES 1000 level course                            |              |                   |            |       |

**Total Credit Hours for Year**: 30-33

**Total Credit Hours for Year**: 32

The Department of Kinesiology – Exercise Science Program
### Junior Year

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>General Education</th>
<th>W/O Course</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>KNES 3100</td>
<td>Organization and Administration of Exercise Science</td>
<td>3</td>
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<tr>
<td>KNES 3260</td>
<td>Nutrition for the Physically Active</td>
<td>3</td>
<td></td>
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<tr>
<td>KNES 3280</td>
<td>Exercise Physiology: Foundation and Theory</td>
<td>3</td>
<td></td>
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<tr>
<td>KNES 3281</td>
<td>Exercise Physiology: Principles and Application</td>
<td>3</td>
<td>X</td>
<td>W</td>
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<tr>
<td>Activity Course</td>
<td>KNES 1000 level course</td>
<td>1</td>
<td></td>
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<tr>
<td>Elective</td>
<td></td>
<td>3</td>
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<tr>
<td><strong>Spring Semester</strong></td>
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<tr>
<td>KNES 3285</td>
<td>Principles of Strength and Conditioning</td>
<td>3</td>
<td></td>
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<tr>
<td>KNES 3386</td>
<td>Exercise Testing: Foundation and Theory</td>
<td>3</td>
<td></td>
<td></td>
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<tr>
<td>KNES 3287</td>
<td>Exercise Testing: Principles and Applications</td>
<td>3</td>
<td>X</td>
<td>W</td>
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<tr>
<td>KNES 2294</td>
<td>Care and Prevention of Athletic Injuries</td>
<td>3</td>
<td></td>
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<tr>
<td>Activity Course</td>
<td>KNES 1000 level course</td>
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<tr>
<td>Elective</td>
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<td>3</td>
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### Senior Year

<table>
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<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>General Education</th>
<th>W/O Course</th>
<th>Notes</th>
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<tr>
<td>KNES 4121</td>
<td>Pharmacology for the Physically Active</td>
<td>3</td>
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<tr>
<td>KNES 4286</td>
<td>Exercise Prescription</td>
<td>3</td>
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<tr>
<td>KNES 4293</td>
<td>Biomechanics</td>
<td>3</td>
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<tr>
<td>KNES 4660</td>
<td>Practitioner Seminar</td>
<td>3</td>
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<tr>
<td>Elective</td>
<td></td>
<td>3</td>
<td></td>
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<tr>
<td><strong>Spring Semester</strong></td>
<td></td>
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<tr>
<td>KNES 4132</td>
<td>Lifetime Weight Management and Behavior Change</td>
<td>3</td>
<td></td>
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<tr>
<td>KNES 4490</td>
<td>Exercise Science Senior Internship</td>
<td>9</td>
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</tbody>
</table>

#### 32 Credit Hours for Year

#### Advising Resources

- General Education Requirements for ALL Students: [ucoI.uncc.edu/general-education](http://ucoI.uncc.edu/general-education)
- Undergraduate Catalog: [catalog.uncc.edu](http://catalog.uncc.edu)
- Central Advising website: [advising.uncc.edu](http://advising.uncc.edu)
- College of Health and Human Services advising website: [http://health.uncc.edu/advising-center](http://health.uncc.edu/advising-center)
- University Advising Center website: [advisingcenter.uncc.edu](http://advisingcenter.uncc.edu)
PRE-KINESIOLOGY

Applicants who satisfy freshman or transfer requirements for admission to the University are eligible for admission to the Pre-Kinesiology major. All students are required to complete the General Education requirements of the university. A suggested sequence of courses for Pre-Kinesiology students that meet these General Education requirements as well as the prerequisites for Exercise Science can be found online (http://kinesiology.uncc.edu).

Students who wish to apply for the Exercise Science major are initially classified as Pre-Kinesiology majors (PKNS) until they meet the following requirements: cumulative GPA of 2.5 or above; completion of 36 hours; and successful (grade C or above) completion of KNES 2168, KNES 2168L, KNES 2169, KNES 2169L, CHEM 1251, CHEM 1251L, STAT 1222, MATH 1101, and KNES 2150. Students applying for the Exercise Science major must make a grade C or above in the required courses and have a cumulative GPA of 2.5 or above before making application to either major. All of the required courses maybe attempted twice. Withdrawing from the course after the Add/Drop deadline constitutes an attempt as does receiving any letter grade. All pre or co requisite courses must be of a grade of C or above in order to be deemed successful. All Exercise Science courses required for the degree program in the Department of Kinesiology must be successfully completed at UNC Charlotte.

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

This degree program offers preparation for employment as Exercise Science practitioners in health agencies, hospitals, fitness centers, business and industry, research laboratories, or any other setting which provides physical fitness enhancement programs for clients and patients. The courses in this major prepare the student to sit for the American College of Sports Medicine Exercise Physiologist-Certified credentialing exam. The Exercise Science program is accredited by Commission on Accreditation of Allied Health Education Programs (CAAHEP).

REQUIREMENTS

Application Requirements
Minimum criteria for application to the Exercise Science major are:

- A grade point average of 2.5 or above
- A grade of C or above in the following required prerequisite courses:
  - CHEM 1251 and CHEM 1251L
  - KNES 2168 and KNES 2168L (or equivalents)
  - KNES 2169 and KNES 2169L (or equivalents)
  - KNES 2150
  - STAT 1220, STAT 1221 or STAT 1222

- Students can be admitted to the Exercise Science major in either the Fall, Spring or Summer semesters and admission is competitive. Admission decisions are made by the Coordinator of the Exercise Science program within the Department of Kinesiology. Selection into the program is based on the satisfactory completion of the minimum requirements, but meeting the minimum requirements does not guarantee program admission. After evaluating the credentials of all applicants meeting the minimum academic requirements, the Coordinator of the Exercise Science program will make admission decisions.
requirements, the Coordinator of the Exercise Science major will make offers for admission to students whose credentials demonstrate the highest level of academic achievement.

- Pre-kinesiology and Exercise Science majors having more than two (2) grades of D, F, or W in any required courses, or 2 grades of D, F, or W in the same course, cannot remain in the Pre-kinesiology or Exercise Science majors and must change their major.
- A student transferring to UNC Charlotte with credit for CHEM 1251 and CHEM 1251L is not required to take CHEM 1200

**Things all Pre-Kinesiology majors must know:**

- **CHEM 1251 and 1251L** are required 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.

- Advisors in the CHHS Advising Center have been assigned to help pre-kinesiology majors with progression towards the major. These advisors cannot help you unless you make an appointment to see them.

- 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.

- You must receive a grade of C or higher in ALL required courses.

- A Permit for Transient Study form must be completed **BEFORE** taking courses at another institution.

- 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 the student’s 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.
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/internship at that facility. All costs associated with drug testing and background checks are the responsibility of the student.

Pre-kinesiology and Exercise Science majors having more than two (2) grades of D, F, or W in any required courses OR 2 grades of D, F, or W in the same required course cannot remain in the Pre-kinesiology or Exercise Science majors and must change their major.

**Things Exercise Science students must know:**

- You must receive a grade of C or higher in ALL required courses.

- 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 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(s).

- 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 the Exercise Science Program Coordinator.

- 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.

  The Department of Kinesiology – Exercise Science Program
• During your senior year you will be taking a national credentialing examination through the American College of Sports Medicine for the Exercise Physiologist-Certified credential. There is a fee for this exam that will be at your expense.

• 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.**

• Graduation – Students completing **ALL** of their degree requirements in May are eligible to participate in the May commencement ceremony. Students completing **ALL** degree requirements in a summer term as well as those completing in December, participate in the December ceremony. The baccalaureate degree requires completion of 120-128 semester hours of credit, including all requirements for a major field of study.

• Exercise Science majors having more than two (2) grades of D, F, or W in any required courses OR 2 grades of D, F, or W in the same required course cannot remain in the Pre-kinesiology or Exercise Science majors and must change their major.

• Academic Integrity Violations will not be tolerated.

**Things each Exercise Science Major Should Know:**

• Exercise Science FAQ’s
• Kinesiology Faculty Information
• The Harvey F. Murphy Scholarship and other Department Awards
• 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
• 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
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 Physiologists. The program is structured according to knowledge and skills 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 Exercise Physiologist – Certified (EP-C) examination. Students who successfully complete the EP-C examination will be qualified to design safe and effective exercise prescriptions and conduct individual exercise programs, fitness testing, and health education for low to moderate risk individuals, clients with controlled diseases, and those in special populations (i.e. pregnancy, hypertension, and diabetes mellitus). Additionally, this program aims to produce students who are committed to academic and internship excellence, are socially responsible, and demonstrate 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.

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 KS’s *(Knowledge, Skills)* required of the ACSM Exercise Physiologist-Certified credential as listed in the most current edition of *ACSM’s Guidelines for Exercise Testing and Prescription*
- 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
- Demonstrated 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.

**WHAT IS EXERCISE SCIENCE**

Exercise Science is a field 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).

**Program Coordinator**

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

**Internship Coordinators**

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

Tracy Bonoffski – 704-687-0858 *(mailto:tbonoffs@uncc.edu)*
Pre Kinesiology Frequently Asked Questions (FAQ)

What is Pre-Kinesiology?
Pre-Kinesiology is the student designation indicating that you seek entry the Exercise Science major. You must be a Pre-Kinesiology major before applying to the Exercise Science major.

How do I become an Exercise Science major?
- Download an Exercise Science Program Application from the Dept of Kinesiology website
- Fill out this form completely; attach an unofficial transcript to the application.
- Turn in this form to the Kinesiology offices before the current deadline.
- Applications will be reviewed after final grades for current term have been posted. You will be notified of acceptance by email.
- You then must meet with your advisor BEFORE registering for your first semester of Exercise Science courses.

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.

What are the criteria for becoming an Exercise Science major?
There are three minimum criteria, all of which need to be fulfilled by the end of the semester in which you are applying. You need to successfully complete the 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 2.5
- Completion of all required courses and prerequisites with a letter grade of C or better.
- Completion of 36 credit hours

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 KNES4490 Exercise Science Internship. KNES 2101 Foundations of Physical Conditioning does NOT count as one of the three activity courses.

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.

12. 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
KNES 2168 Anatomy & Physiology for the Health Professions *
KNES 2168L Anatomy & Physiology for the Health Professions Lab *
HAHS 1000 Prospect for Success in Health and Human Services
MATH 1100 College Algebra
LBST 1100 Arts and Society Series

Spring
KNES 2150 Introduction to Kinesiology
CHEM 1200 Fundamentals of Chemistry
KNES 2169 Human Anatomy and Physiology for the Health Professions II
KNES 2169L Human Anatomy and Physiology Lab for the Health Professions II
UWRT 1103 or 1104 Writing and Inquiry Academic Context

Sophomore Year

Fall
STAT 1222 Statistics
CHEM 1251 General Chemistry I
CHEM 1251L General Chemistry Lab
LBST 2101 Western Tradition
LBST 2301 Critical Thinking
Social Sciences requirement  ANTH 1101, ECON 1101 or 2101, GEOG 1105, POLS 1110, SOCY 1101

Entry into the Exercise Science Major

Spring
LBST 2102 Global Understanding
KNES 2101 Foundations of Physical Conditioning (Oral Intensive)
KNES 2290 Emergency Medical Response
KNES 2298 Applied Kinesiology
LBST 2200 Ethical Issues and Cultural Critique Series
Activity Courses can be taken any time before KNES 4490

Junior Year

Fall
KNES 3100 Organization and Administration of Exercise Science
KNES 3260 Nutrition for the Physically Active
KNES 3280 Exercise Physiology: Foundation and Theory
KNES 3281 Exercise Physiology: Principles and Application (Writing Intensive)
KNES Activity Course  can be taken any time before KNES 4490
Spring
KNES 2294 Care and Prevention of Athletic Injuries
KNES 3285 Strength and Conditioning: Foundations and Theory
KNES 3286 Exercise Testing: Foundation and Theory
KNES 3287 Exercise Testing: Principles and Application (Writing Intensive)

KNES Activity Course can be taken any time before KNES 4490

Senior Year

Fall
KNES 4293 Biomechanics
KNES 4121 Pharmacology for the Physically Active
KNES 4286 Exercise Prescription
KNES 4660 Practitioner Seminar
KNES Activity Course can be taken any time before KNES 4490

Spring
KNES 4132 Lifetime Weight Management and Behavior Change
KNES 4490 Exercise Science Internship

Exercise Science Degree Requirements

Credit Hours. The baccalaureate degrees require completion of a minimum of 120 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 Average: To graduate, a student must have an overall grade point average of at least 2.0.

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 all required major courses (with the exception of KNES 4132) before taking KNES 4490 Exercise Science Internship. Students must have at least 120 hours to graduate.

**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, a manual was put together to address the responsibilities, activities, and evaluations that must be completed to meet the internship requirements. The manual is available through the Internship Coordinators.

The internship experience will be the practical application of the information gained in the classroom. 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.**

**Important Information About Internship (KNES 4490)**

- Eligibility for KNES 4490 requires successful completion of all required coursework (except KNES 4132)
- Internship requires completion of 340 hours (9 credit hours)
- Articulation Agreement must be established prior to start of internship
- Strength & Conditioning internship required for all students in the S&C concentration

**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

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 an internship component, including research activities. Information on obtaining personal liability insurance can be provided by your Internship Coordinator.
Student Internship Checklist

You should begin searching for a suitable internship site at the beginning of the semester prior to the semester you plan on doing your internship. This checklist is designed to smoothly guide you through your internship experience.

☐ Meet all eligibility requirements necessary to take part in the internship program.

☐ Register for KNES 4490 Exercise Science Internship. (fall, spring, summer)

☐ Verify current Immunization & Health history records (student health services) & CPR/AED-PR, PDT & BBP certifications. Make copies for yourself and the Internship Coordinator. (Complete this step by the due date in the semester prior to the internship)

☐ Have all necessary documents signed (included in handbook) and on file with the Internship Coordinator and Site Supervisor. (By the assigned due date in the semester prior to the internship)

☐ Submit to the Criminal Background Check, 12-Panel Drug Screen and obtain personal liability insurance through Healthcare Providers Service Organization www.hpsso.com. Make copy of Certificate of Insurance for your Coordinator and give a copy of the results from the Drug Screening and proof of processing the Background Check. (By the due date in the semester prior to internship)

☐ Seek appropriate internship site with the help of Internship Coordinator. (in the semester prior to internship) and submit the completed and signed site application.

☐ Begin Internship. (Start date will be provided by the internship coordinator)

☐ Complete all assignments including, weekly journal entries, evaluations, project w/ summary, internship questions and sit for a national certification exam (EP-C or CSCS)

☐ Coordinate and schedule Site Supervisor evaluations. (Mid-term and Final)

☐ Total hours (340) MUST be completed on or before than the last day of classes for the semester.

☐ Turn in Mid-term, Final Evaluation, Project with summary, certification exam results and internship questions. (Due on or before the last day of classes for the semester)

☐ Internship Coordinator will schedule individual Exit Interviews once you have submitted all of your assignments.
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.

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 KNES 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 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
Reviewed: 5/17

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
Reviewed: 4/94, 2/96, 7/02
Reviewed: 5/00, 8/02
Adapted for Exercise Science: 5/17

**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://legal.uncc.edu/policies/up-410](http://legal.uncc.edu/policies/up-410)

**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
Reviewed: 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 http://legal.uncc.edu/legal-topics/ferpa “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 http://legal.uncc.edu/legal-topics/ferpa, “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.

Exercise Science Frequently Asked Questions (FAQ)

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.

Prior to graduation, you will take the ACSM Exercise Physiologist - Certified® credentialing exam. The EP-C 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 EP-C 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 EP-C credential 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. You must pass the exam in order to get the ACSM Certified Exercise Physiologist® credential. However, you do not need to pass this exam in order to graduate from UNC Charlotte with an Exercise Science degree.
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.

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.

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.
EXERCISE SCIENCE STUDENT POLICIES AND PROCEDURES

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
Reviewed: 5/17

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.
Department of Kinesiology/Disability Services Testing Accommodations Statement

UNC Charlotte and the Department of Kinesiology are committed to access to education. If you have a disability and need academic accommodations, please provide a letter of accommodation from Disability Services early in the semester. It is recommended that you meet with your instructor on the first day of class to ensure that your accommodations are in place prior to the first exam.

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

The Department of Kinesiology does NOT have space to provide testing accommodations. Therefore, all students requiring accommodations must take exams in the Office of Disability Services testing center.

When the testing center is to be used, please follow the steps below:

1. Meet with your instructor to complete the Disability Services Test Administration Form in full.
2. The student is responsible for submitting the completed form to Disability Services 5 days prior to the first test.

For more information on accommodations, contact the Office of Disability Services at 704-687-0040 or visit their office in Fretwell 230.

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