

Sports Science (Minor)

The Department of Health and Exercise Studies offers a 16 credit hour sports science minor designed for students who desire a greater understanding of the physiological and biomechanical principles of exercise and fitness. The minor provides coursework in anatomy, physiology, nutrition, biomechanical principles, prevention and treatment of athletic injuries, exercise leadership, and health behavior.

Recent practicum experiences have included:

- Pivot Physical Therapy: Shadowed physical therapist in an outpatient setting.
- NC State Dining, nutrition major: Learned process of menu design and execution, gained insight into providing proper nutrition to high volume kitchens, experienced communication and chain of command between directors, chefs, and nutritionists.
- NC State Nutrition and Athletics: Learned dietician's role in athletics and how they promote what they know to athletes to ensure optimal nutrition.
- Raleigh Personal Training: Learned daily activity of a professional trainer. Learned through observation and gained experience by assisting with exercise programming and training for specific athletic activities.
- Barton College Athletic Training: Observed athletic training staff at a NCAA Division II institution. Specific experiences with football, including baseline screens for concussion, equipment fittings, team meetings, practice/game set-up, and daily operations.

For more information about this program, visit our website (<https://hes.dasa.ncsu.edu/sports-science-minor/>).

To be admitted to the program, a student must have a GPA of at least 2.0. Application for admission to any University minor program is now available via MyPack Portal. Admission will be based upon the student's academic record, and in most cases no longer requires departmental review. Go to Add a Minor (<https://studentservices.ncsu.edu/your-degree/coda-home/add-a-minor/>) to apply.

Contact

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Plan Requirements

- Completion of 15 credit hours (or 16 credit hours if NTR 301 is taken in place of HESM 286)
- A grade of "C-" or better required in each course.
- There are five required courses totaling 12 credit hours (or 13 credit hours if NTR 301 is taken in place of HESM 286).

- The remaining credit hours in the minor (a total 3 credit hours) consist of selection from a list of specific offerings.
- The minor requires that a minimum of 10 credit hours be taken at NC State University, which includes the practicum.

Code	Title	Hours
Required Courses		
HESM 480	Principles of Exercise Programming (PEF)	3
HESM 286	Nutrition, Exercise, and Energy Balance (PPEH)	2
or NTR 301	Introduction to Human Nutrition	
HESM 303	Sports Science Practicum (PES)	1
HESM 478	Exercise Physiology and Sports Science (PEC)	3
BIO 240	Principles of Human Anatomy & Physiology (A): Nervous, Skeletal, Muscular, & Digestive Systems	3
Elective Courses		
Select three credit hours of the following:		3
HESM 211	Strength Training and Conditioning (PEC)	
HESM 214	Foundations in Outdoor Leadership and Adventure Education (PES)	
HESM 285	Personal Health (PEH)	
HESM 381	Athletic Training (PEC)	
BIO 245	Principles of Human Anatomy & Physiology (B): Endocrine, Cardiovascular, Respiratory & Renal Systems	
NTR 500	Principles of Human Nutrition	
NTR 555	Exercise Nutrition	
PRT 200	Health, Wellness and the Pursuit of Happiness	
Total Hours		15