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.
- Students are required to complete HESM 280 Responding to Emergencies or its equivalent, prior to entering HESM 303 Sports Science Practicum.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
<th>Counts towards</th>
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<tbody>
<tr>
<td>HESM 480</td>
<td>Principles of Exercise Programming (PEF)</td>
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<td>HESM 286</td>
<td>Nutrition, Exercise, and Energy Balance (PPEH)</td>
<td>2</td>
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<tr>
<td>or NTR 301</td>
<td>Introduction to Human Nutrition</td>
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<tr>
<td>HESM 303</td>
<td>Sports Science Practicum (PES)</td>
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<tr>
<td>HESM 478</td>
<td>Exercise Physiology and Sports Science (PEC)</td>
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<td>BIO 240</td>
<td>Principles of Human Anatomy &amp; Physiology (A): Nervous, Skeletal, Muscular, &amp; Digestive Systems</td>
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Elective Courses

Select three credit hours of the following:

- 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
<table>
<thead>
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<tr>
<td>PRT 200</td>
<td>Health, Wellness and the Pursuit of Happiness</td>
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**Total Hours**: 15