

**ASSOCIATE IN ARTS
EXERCISE AND SPORT SCIENCE
Course Selection Guide
Updated Summer 2023**

Degrees

- NC A&T: [BS in Kinesiology](#)
- NC Central: [BS in Kinesiology, Sports Medicine Concentration](#)
- UNC Chapel Hill: [BA in Exercise and Sport Science, Fitness Professional Concentration](#)
- UNC Greensboro: [BS in Kinesiology](#)

Jobs Associated with These Degrees

Fitness trainer and instructor, coach, scout, athletic director, community program director, health educator, kinesiologist, orthopedic technician, personal trainer, wellness coordinator, or, with additional graduate study, physical therapist, recreational therapist, exercise physiologist, physician, or professor.

**General Education – 45 SHC (“Semester Hours of Credit”)
Universal General Education Transfer Component (UGETC) Courses (31-32 SHC):**

English Composition (6 SHC)

Durham Tech / UGETC Requirement	NCA&T	NCCU	UNC-CH	UNCG
ENG 111 Writing & Inquiry	ENG 111	ENG 111	ENG 111	ENG 111
ENG 112 Writing/Research in the Disciplines	ENG 112	ENG 112	ENG 112	ENG 112

Humanities/Fine Arts (H/FA) (9 SHC)—Select three courses from at least two disciplines

Durham Tech / UGETC Requirement	NCA&T	NCCU	UNC-CH	UNCG
One course selected from ART 111, ART 114, ART115, COM 120, COM 231, DRA 111, MUS 110, MUS 112	Any	COM 231	Any	COM 231
One course selected from PHI 215 or PHI 240	PHI 240	Any	Any	Any
One course selected from ENG 231, 232, 241,242	Any	Any	Any	Any

Social and Behavioral Sciences (S/BS) (9 SHC)—Select three courses from at least two disciplines

Durham Tech / UGETC Requirement	NCA&T	NCCU	UNC-CH	UNCG
One history course selected from HIS 111, HIS 112, HIS 131, HIS 132	HIS 111 or 112	HIS 112	Any	Any
One course from ECO 251, ECO 252, POL 120, PSY 150, SOC 210	PSY 150	PSY 150	Any	PSY 150
One additional course from above	Any	Any	Any	Any

Mathematics (3-4 SHC)

Durham Tech / UGETC Requirement	NCA&T	NCCU	UNC-CH	UNCG
One Math course selected from MAT 143, 152, 171	MAT 171	MAT 171	MAT 171	Any

Natural Science (4 SHC)

Durham Tech / UGETC Requirement	NCA&T	NCCU	UNC-CH	UNCG
One Science course selected from AST 151/A BIO 110, 111, CHM 151, GEL 111, PHY 110/A	BIO 110 or 111	CHM 151	BIO 111	BIO 111

Additional General Education Transfer Hours (13-14 SHC)

Foreign Language (3 SHC)

Durham Tech Gen Ed Requirement	NCA&T	NCCU	UNC-CH	UNCG
Foreign Language (3 SHC): Choose from American Sign Language, Arabic, French, German, or Spanish. FL 112 Must be taken with accompanying lab. Foreign Language must be at 112 level or higher for Durham Tech requirements.	FL 112	FL 112	FL 211	FL 112

2nd Mathematics Course (3-4 SHC)

Durham Tech Gen Ed Requirement	NCA&T	NCCU	UNC-CH	UNCG
Choose from MAT 143, MAT 152, MAT 171, MAT 172, or MAT 263. Note: There are prerequisites for these courses that must be met.	MAT 172	MAT 172	Any	Any

MAT 172 at NCAT is listed here as a prerequisite for PHY 151.

2nd Natural Science Course (4 SHC)

Durham Tech Gen Ed Requirement	NCA&T	NCCU	UNC-CH	UNCG
Choose from AST 151/151A, AST 152/152A, BIO 110, BIO 111, BIO 112, BIO 140/140A, CHM 131/A, CHM 132, CHM 151, CHM 152, GEL 111, GEL 230, PHY 110/110A.	CHM 131/A or 151	CHM 152	CHM 151	CHM 131/A or CHM 151

One Additional Course (3-4 SHC)

Durham Tech Gen Ed Requirement	NCA&T	NCCU	UNC-CH	UNCG
One additional course	MAT 152	PSY 241	Any	Any

Other Required Hours (15 SHC)

Students should consult with their advisor. The listings here vary, based on the requirements of the selected university and the student's intended major.

College Transfer Success Course (1 SHC)

Durham Tech Requirement	NCA&T	NCCU	UNC-CH	UNCG
ACA 122 (This course should be taken in the student's first semester.)	ACA 122	ACA 122	ACA 122	ACA 122

Foreign Language (0-8 SHC)

Durham Tech Requirement	NCA&T	NCCU	UNC-CH	UNCG
FL 111/181, 112/182– if needed to meet FL requirements	As Needed	As Needed	As Needed	As Needed

Additional Major Course(s)

Durham Tech Requirement	NCA&T	NCCU	UNC-CH	UNCG
Additional college level course(s) to complete the 15 SHC requirement.	BIO 163 or BIO 168 and 169 PHY 151	BIO 155 BIO 168 BIO 169 HEA 110 PED 110 PSY 281	Any	BIO 155 BIO 168 BIO 169