

exss unc

exss unc is a term that has gained traction in various discussions about educational frameworks, particularly within the context of the University of North Carolina (UNC) system. EXSS, or Exercise and Sport Science, plays a pivotal role in promoting health, physical education, and athletic training across multiple platforms, contributing significantly to both academic and practical realms. This article delves into the intricacies of EXSS at UNC, exploring its significance, curriculum, career prospects, and how it aligns with the university's mission to foster holistic education.

Understanding EXSS at UNC

Exercise and Sport Science (EXSS) is an interdisciplinary field that combines elements of physiology, psychology, sociology, and biomechanics to understand and enhance human performance and health. At the University of North Carolina, EXSS is not merely an academic discipline; it encompasses a rich blend of theoretical knowledge and practical application.

History and Evolution

The origins of EXSS at UNC can be traced back to the early 20th century when physical education programs began to take shape in American universities. Over the decades, the program has evolved, adapting to the changing landscape of sports science and public health. Key milestones in its development include:

1. Establishment of Degree Programs: The introduction of undergraduate and graduate programs specifically focused on exercise science and athletic training.
2. Integration of Research: The incorporation of cutting-edge research initiatives that examine various aspects of physical activity and sport.
3. Community Engagement: A strong emphasis on community health initiatives, promoting active lifestyles among diverse populations.

Curriculum Overview

The curriculum for EXSS at UNC is designed to provide students with a comprehensive understanding of the principles of exercise science, sport psychology, and health promotion. The program is structured to offer both theoretical knowledge and practical experience.

Core Courses

Students pursuing a degree in EXSS generally complete a series of core courses, which may include:

- Introduction to Exercise Science: An overview of the field, including historical context and current trends.
- Kinesiology: The study of human movement and the mechanics of physical activity.
- Exercise Physiology: Examining the physiological responses and adaptations to physical activity.
- Sport Psychology: Understanding the mental factors that influence athletic performance and participation.

Elective Courses

In addition to core courses, students have the option to select elective courses that align with their interests and career goals. Some popular elective courses might include:

- Nutrition and Exercise: Exploring the relationship between diet and physical performance.
- Strength and Conditioning: Techniques and methodologies for improving athletic performance.
- Injury Prevention and Rehabilitation: Strategies for preventing sports injuries and facilitating recovery.

Hands-On Experience

One of the hallmarks of the EXSS program at UNC is its commitment to experiential learning. Students are encouraged to engage in practical experiences that reinforce their academic knowledge.

Internships and Practicum Opportunities

Internships are a critical component of the EXSS curriculum. Students are often required to complete a certain number of hours in a professional setting, such as:

- Fitness Centers: Gaining experience in personal training, group fitness instruction, or wellness coaching.
- Sports Teams: Working with collegiate or community sports teams to enhance performance and manage injuries.
- Rehabilitation Clinics: Assisting in the rehabilitation of injured athletes

under the supervision of licensed professionals.

Research Opportunities

Students at UNC also have the chance to participate in research projects that address current issues in exercise science. This may involve:

- Conducting experiments related to physical performance.
- Collaborating with faculty on studies about health promotion.
- Presenting findings at conferences or publishing in academic journals.

Career Prospects

Graduates of the EXSS program at UNC are well-equipped to pursue a variety of career paths in fields related to health, fitness, and sports. The comprehensive curriculum and hands-on experiences prepare students for roles that may include:

1. Athletic Trainer: Working with athletes to prevent, diagnose, and treat sports-related injuries.
2. Exercise Physiologist: Developing exercise programs tailored to individual health needs and fitness goals.
3. Fitness Instructor: Leading group exercise classes or personal training sessions.
4. Sports Coach: Training teams and individuals in their respective sports, focusing on skill development and performance enhancement.
5. Health Educator: Promoting healthy lifestyle choices within communities or organizations.

Licensing and Certification

Many careers in exercise and sport science require specific certifications. Some of the most recognized certifications include:

- Certified Strength and Conditioning Specialist (CSCS): Offered by the National Strength and Conditioning Association (NSCA).
- Certified Athletic Trainer (ATC): Credentialing provided by the Board of Certification for the Athletic Trainer.
- Certified Exercise Physiologist (CEP): Offered by the American College of Sports Medicine (ACSM).

Community Impact and Engagement

The EXSS program at UNC is not only focused on academic excellence but also on making a positive impact within the community. The department engages in various initiatives aimed at promoting health and wellness, such as:

- Public Health Campaigns: Collaborating with local organizations to address health disparities and promote active living.
- Workshops and Seminars: Offering educational sessions on topics such as nutrition, fitness, and injury prevention.
- Youth Programs: Developing programs aimed at encouraging physical activity among children and adolescents.

Conclusion

In conclusion, EXSS at UNC stands as a vital program that integrates academic rigor with practical application, preparing students for successful careers in the dynamic fields of exercise and sport science. By emphasizing experiential learning and community engagement, the program not only contributes to the professional development of its students but also plays a crucial role in promoting health and wellness in society. As the landscape of health and fitness continues to evolve, the EXSS program at UNC remains committed to fostering innovation and excellence in the field.

Frequently Asked Questions

What is the EXSS program at UNC?

The EXSS program at UNC stands for Exercise and Sport Science, focusing on the study of physical activity, exercise, and sport in relation to health and performance.

What career opportunities are available for graduates of the EXSS program at UNC?

Graduates can pursue careers in fitness training, sports coaching, physical therapy, exercise physiology, sports management, and health promotion, among others.

How does the EXSS program at UNC integrate research into its curriculum?

The EXSS program incorporates research through faculty-led projects, student research opportunities, and access to state-of-the-art laboratories for

hands-on learning.

What are the prerequisites for applying to the EXSS program at UNC?

Prerequisites typically include a strong background in science, mathematics, and physical education, along with a minimum GPA requirement.

Are there any notable faculty members in the EXSS program at UNC?

Yes, UNC's EXSS program features renowned faculty members who are experts in fields such as kinesiology, exercise physiology, and sports psychology.

What types of internships are available for EXSS students at UNC?

EXSS students at UNC can participate in internships across various settings, including fitness centers, sports teams, rehabilitation clinics, and community health organizations.

How does UNC's EXSS program support student wellness and fitness?

The program promotes student wellness through access to fitness facilities, wellness workshops, and programs that encourage physical activity and healthy living.

What research areas are currently trending in UNC's EXSS program?

Trending research areas include the effects of exercise on mental health, the biomechanics of sports performance, and public health interventions related to physical activity.

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start today to prepare for a career in the sports industry.

exss unc: The Happy Design Toolkit Ben Channon, 2022-02-28 If you were to design a building that prioritises occupants' happiness, what would it look like? How would the materials, form and layout support healthy ways of living and working? Delving into the evidenced-based research on architecture and mental wellbeing, The Happy Design Toolkit helps you to create happier places. It explores how factors, such as lighting, comfort, control over our environments and access to nature, exercise and social interaction, can impact how we feel. Easy-to-understand tips include bringing nature into your developments with roof gardens and living facades and countering social isolation with communal areas that encourage chance interaction. Each of the featured architectural interventions includes an analysis of the wellbeing benefits as well as the potential limitations or associated challenges. From sparking joy in individual homes and workplaces to encouraging healthier lifestyles through landscaping and urban design, this book demonstrates how wellbeing concepts can be integrated across a range of scales and typologies. Packed with inspiration and advice, The Happy Design Toolkit will breathe new life into your projects and help you create a happier and more inclusive built environment for everyone. Features real-world examples including Marmalade Lane co-housing by Mole Architects, Francis Holland School by BDP, Maggie's Centre Oldham by dRMM Architects, Kings Crescent Estate by Karakusevic Carson Architects and Happy Street by Yinka Ilori. Over 100 hand-drawn illustrations of design details and elevations. Essential reading for architects, interior designers, landscape architects and students.

exss unc: *The Boundary Line Between North Carolina and South Carolina* Alexander Samuel Salley, 1929

exss unc: Cheated Jay M. Smith, Mary Willingham, 2019-11-01 In 2010 allegations of an utterly corrupt academic system for student-athletes emerged at the University of North Carolina at Chapel Hill, home of the legendary Tar Heels. Written by UNC professor of history Jay Smith and UNC athletics department whistleblower Mary Willingham, *Cheated* recounts the story of academic fraud in UNC's athletics department, even as university leaders focused on minimizing the damage in order to keep the billion-dollar college sports revenue machine functioning. Smith and Willingham make an impassioned argument that the "student-athletes" in these programs are being cheated out of what, after all, they are promised in the first place: a college education. Updated with a new epilogue, the paperback edition of *Cheated* carries the narrative through the defining events of 2017, including the landmark Wainstein report, the findings of which UNC leaders initially embraced only to push aside in an audacious strategy of denial with the NCAA, ultimately even escaping punishment for offering sham coursework. The ongoing fallout from this scandal—and the continuing spotlight on the failings of college athletics, which are hardly unique to UNC—has continued to inform the debate about how the \$16 billion college sports industry operates and influences colleges and universities nationwide.

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exss unc: *Building Effective Physical Education Programs* Deborah Tannehill, Dr Hans Van Der Mars, Ann MacPhail, 2013-10-21 *Building Effective Physical Education Programs* is a unique text focused on designing and delivering school physical education programs. The text succeeds in helping pre-service, novice, and more experienced teachers to understand the essential components necessary to create and deliver impactful physical education programs within their school or organization. Through its use of engaging learning experiences found in each chapter, this text is ideal for use across various physical education teacher courses and teacher professional development programs. Written for an international audience, *Building Effective Physical Education Programs* acknowledges both the similarities and differences of physical education programs from country to country. International case studies are included to further illustrate worldwide practices.

This text is appropriate for the student who is interested in the field of physical education as well as the seasoned professional with years of experience. Key Features: Learning Experience boxes help readers apply knowledge gained from the text to real-world practice by utilizing activities and critical-thinking questions to drive comprehension. An international perspective on physical education provides a global viewpoint and gives students a broad context for different program types. A focus on current trends and issues makes this text relevant and timely. Ancillaries provide instructors with the tools to implement a successful physical education teacher education course. Instructor resources include: Instructor's Manual, Test Bank and PowerPoint presentations. Student resources include: Companion website and Student Study Guide.

exss unc: *Paraeducators in Physical Education* Lauren J. Lieberman, 2007 Through *Paraeducators in Physical Education: A Training Guide to Roles and Responsibilities*, you can help paraeducators -support students with disabilities in physical education; -understand their roles and responsibilities in physical education; and -discover strategies for communication, collaboration, behavior management, and instruction. Paraeducators work in virtually every school--but until now, no systematic training program has existed to teach them how to work effectively with children in physical education settings. *Paraeducators in Physical Education: A Training Guide to Roles and Responsibilities* is a comprehensive yet easy-to-use training package for teachers, administrators, and paraeducators. This book and CD-ROM package puts everything you need at your fingertips for effective training from prekindergarten through high school settings for both general and adapted physical education. Through this package, paraeducators will improve their knowledge, expertise, and experience in physical education. Written by more than a dozen experts in the field of adapted physical education, *Paraeducators in Physical Education* provides -information, tips, and strategies based on decades of experience, all tested in school settings; -ready-to-go tools to help you record training sessions and pre- and postassessments of trainees' knowledge and performance, thus helping in risk management and reduction; and -best practices to foster a safe environment for all children to enjoy physical activity and learn new skills. *Paraeducators in Physical Education* presents thorough and practical information across a wide spectrum of issues, including the roles and responsibilities of paraeducators, providing for physical and emotional safety, dealing with difficult behavior, instructional strategies, assessment, and individualized education program (IEP) development. The CD-ROM includes seven PowerPoint presentations to guide training sessions along with easy-to-print handouts in the book to reinforce and extend paraeducators' learning. This package is useful for in-service days, staff meetings, and independent study programs in school settings. It's also applicable in college settings, where the material can be used in teaching paraeducators and training the trainers of preservice and in-service teachers. With *Paraeducators in Physical Education*, practitioners will be empowered to be actively involved in physical education through effective training in an economical but complete package that promotes healthy and active lifestyles for the children they work with.

exss unc: *Research Centers Directory*, 2010 Research institutes, foundations, centers, bureaus, laboratories, experiment stations, and other similar nonprofit facilities, organizations, and activities in the United States and Canada. Entry gives identifying and descriptive information of staff and work. Institutional, research centers, and subject indexes. 5th ed., 5491 entries; 6th ed., 6268 entries.

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doesn't just explain the problem. He offers viable solutions for how athlete-students can conquer the system and take charge of their own sports and educational destiny. He provides examples of others who are blazing a trail toward a better future for athlete-students. By confronting readers between the eyes with the truth of the generational slavery system, this controversial and necessary book calls for a social and academic overhaul that is desperately needed within the NCAA and university athletic system.

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