

HEALTH, LEISURE & EXERCISE SCIENCE

Degree: Bachelor of Science
 Specializations: Parks, Recreation & Leisure Facilities Management;
 Exercise Science;
 Physical Education (Teacher Certification: K-8 or 6-12);
 Physical Education (Non-Teacher Certification);
 Athletic Training
 Minor: Leisure Studies
 Special Programs: Driver Education Certification
 Division: Health, Leisure, and Exercise Science
 Building 54, Room 119
 (850) 474-2592
 hles@uwf.edu
 College: Professional Studies
 Semester Hours Required for Degree: 120

Faculty: C.B. Williamson (Chairperson), J.L. Bergen, S.L. Brezina, F.S. Bridges, R.R. Castle, A.T. Gross (Emeritus), W.M. Healey, T.S. Marzilli, T. Nguyen, S.F. Philipp, S. Ryan, P.B. Schuler, W.G. Thatcher, E.G. Watson (Emeritus)

Bachelor degree specializations in the Department of Health, Leisure, and Exercise Science prepare students for positions in teaching, the health and fitness industry, leisure services, and graduate study.

The Exercise Science Specialization is designed for the student interested in pursuing a career in the fitness industry, clinical field, or graduate school.

The Parks, Recreation, and Leisure Facilities Management Specialization is designed to prepare students for career positions in recreation program services, services at parks and community centers, tourism services and facilities, and leisure facilities management. There is a strong emphasis on tourism, park resources, and recreation programming with a focus on environment and natural resources. Students are trained to assume positions of leadership and will culminate their academic program with an internship in the field.

A State-approved teacher education certification program is available in physical education (K-8, 6-12). Teacher certification in driver education is also available in the department.

Requirements for teacher education programs may change due to legislative mandates. Therefore, the actual program requirements may differ from those listed in the catalog. Candidates must inquire with the Chair of the Division of Teacher Education or with Teacher Education Student Services to obtain the most current program requirements.

The Athletic Training Specialization is designed to prepare students for an entry-level allied healthcare career in the athletic training profession (high school athletics, college/university athletics, professional sport teams, industrial, or sports medicine clinic/outreach settings). This program, specifically designed to meet national and state licensure requirements, includes a two-year comprehensive plan of study that combines classroom and clinical education components to become board certified as a National Athletic Trainers' Association Board of Certification (NATABOC)

Certified Athletic Trainer (ATC). Students graduating from this program are eligible to sit for the NATABOC Certification Examination and athletic training state licensure/certification in Florida (as well as other states). The Athletic Training specialization program (currently an internship program) is currently seeking to become an accredited undergraduate athletic training education program by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). The Athletic Training specialization has been granted "Candidacy" status towards CAAHEP accreditation by the Joint Review Committee on Educational Programs in Athletic Training (JRC-AT). This status does not guarantee CAAHEP accreditation, but does allow programs to begin the formal (two year period) to begin CAAHEP accreditation.

Persons attempting to become an NATABOC Certified Athletic Trainer through the "internship" route must complete all requirements and be approved to sit for the NATABOC Certification Examination prior to January 1, 2004. Effective January 1, 2004, only students who have graduated from a CAAHEP accredited undergraduate or entry-level master's athletic training education program will be allowed to sit for the NATABOC Certification Examination.

PROGRAM REQUIREMENTS

In addition to general University requirements, students seeking the B.S. degree must meet the requirements listed below.

Candidates for admission to UWF's NCATE/DOE approved teacher education programs must meet admission requirements detailed under Admission to Teacher Education. In addition to the program requirements noted below, teacher education students must also complete requirements specified under Teacher Education.

Physical Education majors must include in the lower division requirements at least 9 sh of course work with international or diversity focus. Consult with your academic advisor for appropriate courses.

Physical Education majors who do not seek teacher certification may choose the non-certification major in Physical Education.

Students may declare their major in Athletic Training, but may not enroll in the initial clinical course (PET 3670) in the program until the Fall semester of each year and must have met all minimal application requirements by established deadlines. Minimal application requirements are based on the prerequisites for entry into PET 3670 - Athletic Training Clinical I. After meeting entry criteria into PET 3670, the student must maintain a grade of "B" or better in all Major courses and a "C" or better in all Major-Related courses to graduate. Additionally, students enrolled in the athletic training clinical courses must adhere to the program retention policies as outlined in the Athletic Training Student Handbook. For more information, contact the Director of Athletic Training Education.

Course descriptions are listed alphabetically by prefix in the back of this catalog. For courses with a dash in the course number, contact the offering department for information.

PARKS, RECREATION, AND LEISURE FACILITIES MANAGEMENT SPECIALIZATION

General Studies (36 sh)

Leisure studies majors should take STA 2023 and MAC 1105 to satisfy the mathematics component of General Studies.

For additional information see the General Studies section of this catalog.

Common Prerequisites

None

Lower Division Electives (24 sh)

Sufficient 1000/2000 level electives to complete at least 60 semester hours in the lower division. Current UWF students may use elective courses at any level (1000-4999) to meet this elective requirement.

Major (48 sh)

HSC	3402C	Advanced First Aid and Emergency Care	3
LEI	3160	Leisure and Society	3
LEI	3830	Travel and Tourism	3
LEI	4300	Leisure Services	3
LEI	4400	Leisure Programming	4
LEI	4574	Park, Recreation, Tourism and Leisure Marketing	3
LEI	4602C	Recreation and Resort Planning and Design	4
LEI	4802	Outdoor Leisure	4
LEI	4833	Sport, Adventure, and Ecotourism	3
LEI	4835	Community Tourism Development	3
LEI	4922	Field Experience in Leisure	3
		Course offered 1-6 sh per semester	
LEI	4940	Internship in Leisure	6
		Course offered 1-9 sh per semester	

Choose one:

HLP	2081	Health, Nutrition & Physical Fitness	3
LEI	4845	Commercial Recreation & Special Event Tourism	3

Choose one:

PEP	4113	Aging and Physical Performance	3
PET	3640	Adapted Physical Education and Sport	3

Major-Related (12 sh)

ADV	3000	Introduction to Advertising	3
COM	4110	Business and Professional Communication	3
MAN	3025	Management Fundamentals	3
PUR	3000	Principles of Public Relations	3

Upper Division Electives (0 sh)

EXERCISE SCIENCE SPECIALIZATION

General Studies (36 sh)

Exercise Science majors should take PSY 2013 or DEP 2004 to satisfy the social science/behavioral perspective component, STA 2023 and MAC 1105 to satisfy the mathematics component, PHI 2100 or SPC 2016 to satisfy the humanities/values and expressions component, and BSC 1085/L and BSC 1086/L to satisfy the natural sciences component of General Studies.

For additional information see the General Studies section of this catalog.

Common Prerequisites (24 sh)

State mandated common prerequisites must be completed prior to graduation, but are not required for admission to the program.

+	BSC	1085/L	Anatomy and Physiology I/Lab	4
			[Human Anatomy I/Lab]	
+	BSC	1086/L	Anatomy and Physiology II/Lab	4
			[Human Anatomy II/Lab]	
+	CHM	1020/L	Concepts in Chemistry/L	4
			[Survey of Chemistry or higher]	
+	MAC	1105	College Algebra	3
	PET	4361	Sports Nutrition & Weight Control	3
			[PET x361, PET 2014, HUN x201, HUM 2002]	
+	PSY	2012	General Psychology	3

Choose one:

+	MAC	1140	Precalculus Algebra	3
+	STA	2023	Elements of Statistics	3

+ Indicates common prerequisites which can be used to satisfy General Studies requirements.

Lower Division Electives (0-16 sh)

Sufficient 1000/2000 level electives to complete at least 60 semester hours in the lower division. Current UWF students may use elective courses at any level (1000-4999) to meet this elective requirement.

Recommend PET 2622 and either PEO 2031 or PET 2060 be taken at the lower division.

Major (39-42 sh)

HLP	3300	Organization & Administration of Professional Programs	3
HLP	3322	Measurement & Evaluation in Health, Leisure & Sports	3
HLP	4922	Field Experience	1
		Course offered 1-3 sh per semester	
HLP	4940	Internship	6
		Course offered as 1-6 sh per semester	
PET	2622	Advanced Prevention & Care of Injuries in Health, Leisure & Sports	3
PET	3351/L	Exercise Physiology/Lab	4
PET	4212	Motor Development & Skill Learning	3
PET	4310/L	Mechanics of Human Motion/Lab	4
PET	4361	Sports Nutrition and Weight Control	3
PET	4380C	Exercise Prescription & Testing	3
PET	4383C	Physiological Basis of Strength Development	3
PET	4552	Exercise Testing for Special Populations	3

If not completed at the Lower Division, choose one:

PEO	2031	Analysis of Individual Sports	3
PET	2060	Analysis of Team Sports	3

Major-Related (18 sh)

HSC	4120	Consumer Health Education	3
HSC	4581	Health Promotion and Planning	3
PEP	4113	Aging and Physical Performance	3

Choose one:

ADV	3000	Introduction to Advertising	3
MAN	3025	Management Fundamentals	3
MAN	4102	Management of Diversity	3
PUR	3000	Principles of Public Relations	3

Choose one:

COM 4110	Business & Professional Communication	3
SPC 3301	Interpersonal Communication	3
SPC 3425	Group and Team Communication	3
SPC 3602	Advanced Presentational Strategies	3

Choose one:

NUR 4146	Drugs & The Human Body	3
SOW 4700	Drug Abuse Prevention & Treatment: Special Issues	3

Upper Division Electives (0-3 sh)

Sufficient 3000/4000 level electives to meet UWF's requirement of 48 semester hours in the upper division or completion of all departmental requirements at the 3000/4000 level, whichever is greater.

**PHYSICAL EDUCATION SPECIALIZATION
TEACHER CERTIFICATION (K-8)**

Lower Division Requirements (60 sh)

The State of Florida mandates specified courses for the Physical Education programs. These courses, when combined with the University's General Studies program requirements, comprise the lower division program. In addition to three specified education courses (EDF 1005, EDG 2701, and EME 2040), 45 hours must be chosen from the following liberal arts and sciences areas: (a) communications; (b) mathematics; (c) natural and/or physical sciences; (d) fine arts and/or humanities; and (e) social sciences. The hours must include at a minimum:

- Nine hours in English to include writing, literature, and speech.
- Nine hours in the natural and/or physical sciences including earth science, life science, and physical science with a minimum of one associated lab. (BSC 1085/L is recommended.)
- Nine hours in mathematics, excluding MAT 1033, and including college algebra or above and geometry. (MAC 1105 and either STA 1013 or 2023 are recommended.)
- Twelve hours in social sciences to include American history and general psychology.
- Six hours in the humanities to include philosophy and fine arts.

In addition to EDG 2701, a minimum of 6 hours with an international or diversity focus is required.

Additionally, the following common prerequisites must be completed prior to graduation, but are not required for admission to the program.

+ BSC 1085/L	Anatomy & Physiology I/L	3-4
PEM xxxx	Skill Development Courses in Physical Activities	4-5
XXX xxxx	Conditioning, Fitness & Wellness Courses in Physical Activities	3

Choose one:

+ BSC 1086/L	Anatomy & Physiology II/L	3-4
PET xxxx	Care & Prevention of Injury	3
PET 2622	Advanced Prevention & Care of Injuries in HLS	3

+ Indicates common prerequisites which can be used to satisfy General Studies requirements.

Major (35 sh)

HLP 3322	Measurement & Evaluation in Health, Leisure & Sports	3
HSC 3402C	Advanced First Aid & Emergency Care	3
PET 3020	Foundations of Physical Education	3
PET 3351/L	Exercise Physiology/Lab	4
PET 3640	Adapted Physical Education & Sport	3
PET 4xxx	Classroom Management for Physical Education	3
PET 4212	Motor Development & Skill Learning	3
PET 4310/L	Mechanics of Human Motion/Lab	4
PET 4710	Special Methods in Physical Education	3
PET 4720	Physical Education in the Elementary School ..	2
PET 4730	Physical Education in the Middle School	2
PET 4926	Practicum I: Elementary School Physical Education	1
PET 4927	Practicum II: Middle School Physical Education	1

Major-Related (20 sh)

EDF 3xxx	Applied Foundations of Education	3
EDG 3323C	General Methods for Teaching K-12 Students	3
EDG 4324	Senior Seminar Teaching K-12 Subjects	2
EDG 4940	Student Teaching	6
	Course offered as 6-10 sh per semester	
RED 3324	Teaching Reading in the Middle School	3
TSL 4080	Foundation of Teaching ESOL in the Schools ..	3

Upper Division Electives (5 sh)

Sufficient 3000/4000 level electives to meet UWF's requirement of 48 semester hours in the upper division or completion of all departmental requirements at the 3000/4000 level, whichever is greater.

The following courses are recommended:

PET 4442	Physical Education in the High School	2
PET 4765	Theory & Practice of Coaching	3
PET 4928	Practicum III: High School Physical Education	1

**PHYSICAL EDUCATION SPECIALIZATION
TEACHER CERTIFICATION (6-12)**

Lower Division Requirements (60 sh)

Same as Physical Education Specialization, Teacher Certification (K-8)

Major (38 sh)

HLP 3322	Measurement & Evaluation in Health, Leisure & Sports	3
HSC 3402C	Advanced First Aid & Emergency Care	3
PET 3020	Foundations of Physical Education	3
PET 3351/L	Exercise Physiology/Lab	4
PET 3640	Adapted Physical Education & Sport	3
PET 4xxx	Classroom Management for Physical Education	3
PET 4212	Motor Development & Skill Learning	3
PET 4310/L	Mechanics of Human Motion/Lab	4
PET 4442	Physical Education in the High School	2
PET 4710	Special Methods in Physical Education	3
PET 4730	Physical Education in the Middle School	2
PET 4765	Theory and Practice of Coaching	3
PET 4927	Practicum II: Middle School Physical Education	1

PET 4928	Practicum III: High School Physical Education	1
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Major-Related (20 sh)

Same as Physical Education Specialization Teacher Certification (K-8).

Upper Division Electives (0-2 sh)

Sufficient 3000/4000 level electives to meet UWF's requirement of 48 semester hours in the upper division or completion of all departmental requirements at the 3000/4000 level, whichever is greater.

The following courses are recommended:

PET 4720	Physical Education in the Elementary School	2
PET 4926	Practicum I: Elementary School Physical Education	1

PHYSICAL EDUCATION SPECIALIZATION NON-TEACHER CERTIFICATION

Lower Division Requirements (60 sh)

Same as Physical Education Specialization, Teacher Certification (K-8)

Major (35 sh)

HLP 3300	Organization & Administration of Professional Programs	3
HLP 3322	Measurement & Evaluation in Health, Leisure & Sports	3
HLP 4940	Internship	6
	Course offered as 1-6 sh per semester	
HSC 3402C	Advanced First Aid & Emergency Care	3
PET 3020	Foundations of Physical Education	3
PET 3351/L	Exercise Physiology/Lab	4
PET 3640	Sports for the Handicapped	3
PET 4212	Motor Development & Skill Learning	3
PET 4310/L	Mechanics of Human Motion/Lab	4
PET 4383C	Physiological Basis of Strength Development	3

Major-Related (10 sh)

CGS 2570	Personal Computer Applications	3
HSC 4572	Nutrition & Health	3
LEI 4400	Leisure Programming	4

Upper Division Electives (15 sh)

Sufficient 3000/4000 level electives to meet UWF's requirement of 48 semester hours in the upper division or completion of all departmental requirements at the 3000/4000 level, whichever is greater.

ATHLETIC TRAINING SPECIALIZATION

General Studies (36 sh)

For additional information see the General Studies section of this catalog. Students should take BSC 1085/L and 1086/L to satisfy the natural science component, PSY 2012 to meet the behavioral perspectives component, and STA 2023 to partially meet the mathematics component of General Studies.

Common Prerequisites (27 sh)

State mandated common prerequisites must be completed prior to graduation, but are not required for admission to the program.

+ BSC 1010/L	General Biology/Lab	4
	[BSC x1010/L]	
+ BSC 1085	Anatomy & Physiology I	3
	[BSC x093, BSC 2085, PET 2320, PET 3301C, ZOO 3731, ZOO 3733]	
+ BSC 1086	Anatomy & Physiology II	3
	[BSC x094, BSC 2086, PCB 3702, PCB 3703, PCB 3704, PET 2350, PET 3302C]	
+ CHM 1045/L	General Chemistry I/Lab	4
	[Any Organic Chemistry Course]	
PET 4361	Sports Nutrition & Weight Control	3
	[HUN x201, HUN 2002, PET x361, PET 2014]	
+ PHY 2053/L	General Physics I/Lab	4
	[PHY x053/L]	
+ PSY 2012	General Psychology	3
+ STA 2023	Elements of Statistics	3
	[STA x023, STA 2122]	

+ Indicates common prerequisites which can be used to satisfy General Studies requirements.

Lower Division Electives (0-10 sh)

Sufficient 1000/2000 level electives to complete at least 60 semester hours in the lower division. Current UWF students may use elective courses at any level (1000-4999) to meet this elective requirement.

Major (37 sh)

Students with an interest in the Athletic Training Specialization Program should contact the Director of Athletic Training Education to discuss this rigorous program before declaring this major or beginning upper division course work.

Graduation requirements for the program are:

- Grade of "B" or better in all major courses
- Grade of "C" or better in all major-related courses

The initial athletic training clinical course (PET 3670 - Athletic Training Clinical I) has numerous prerequisites:

- Grade of "C" or better in BSC 1085/L and BSC 1086/L;
- Grade of "B" or better in PET 2603 and PET 3607;
- Contacting the Director of Athletic Training Education between November 1 and May 19 of each year to obtain documents related to enrollment into PET 3670;
- Complete Hepatitis B vaccination (or waiver), negative Tuberculosis (TB) Skin Test, physical examination by a licensed physician, verification that technical standards of the program are met, and fingerprint identification between May 20 and June 20; and
- Fifty hours of supervised observational experience under an NATABOC Certified Athletic Trainer prior to August 1.

All students enrolled in the athletic training clinical courses must adhere to the program retention policies as outlined in the Athletic Training Student Handbook. The following policies apply to all students enrolled in any of the four athletic training clinical courses (PET 3670; PET 3671; PET 4672; PET 4673):

- Lack of attendance, excessive tardiness, failure to follow policies and procedures of the program, or the inability to function safely in a clinical setting is cause for dismissal from the athletic training clinical course(s) (see current policies and procedures outlined in the Athletic Training Student Handbook);
- Students must meet the technical standards of the program in order to remain enrolled in any of the four athletic training clinical courses. Any student who withdraws from an athletic training clinical course due to his/her inability to meet the technical standard of the program is eligible to retake the athletic training clinical course (and related non-clinical Major courses), provided proper documentation is submitted to the Director of Athletic Training Education during the semester of withdrawal. Students who do not meet the technical standards of the program may not take non-clinical Major courses without taking related clinical courses in any given academic year without the written permission of the Director of Athletic Training Education and the Chair of the Division of Health, Leisure, and Exercise Science; and
- Students who violate codes of moral/ethical conduct will be dismissed from the Athletic Training Specialization Program (see current policies and procedures outlined in the Athletic Training Student Handbook and the Code of Ethics of the National Athletic Trainers' Association).

Any student requesting readmission to the Athletic Training Specialization Program must complete a formal appeal process. Students are referred to the appeal process outlined in the current Athletic Training Student Handbook.

For detailed information about this program contact the department or the Director of Athletic Training Education.

PET	2603	Introduction to Sports Medicine/Athletic Training	3
PET	2622	Advanced Prevention & Care of Injuries in Health, Leisure, & Sports	3
PET	3484	Management Strategies in Athletic Training	3
PET	3607	Athletic Training Terminology	1
PET	3670	Athletic Training Clinical I	1
PET	3671	Athletic Training Clinical II	1
PET	3680	Protective Methods in Sports Medicine	3
PET	4605	General Medical Conditions	2
PET	4610	Evaluation Techniques of Athletic Injuries II	4
PET	4612	Evaluation Techniques of Athletic Injuries I	4
PET	4623	Rehabilitation of Athletic Injuries	3
PET	4625	Medical Aspects of Athletic Training	2
PET	4630L	Therapeutic Techniques in Athletic Training Lab	2
PET	4632C	Therapeutic Modalities in Sports Medicine	3
PET	4672	Athletic Training Clinical III	1
PET	4673	Athletic Training Clinical IV	1

Major-Related (20-23 sh)

HSC	3550	Pathophysiology	3
PET	3351/L	Exercise Physiology/Lab	4
PET	4212	Motor Development and Skill Learning	3
PET	4310/L	Mechanics of Human Motion/Lab	4
PET	4380C	Exercise Prescription & Testing	3
PET	4383C	Physiological Basis of Strength Development	3
If not taken as a common prerequisite:			
PET	4361	Sports Nutrition & Weight Control	3

Upper Division Electives (0-3 sh)

MINOR

The 17 sh minor in Leisure Studies requires students to select from the following courses. Contact department for advisement. Parks, Recreation, and Leisure Facilities Management majors may not earn this minor.

<i>Choose 17 sh from the following:</i>			
LEI	3160	Leisure and Society	3
LEI	3830	Travel and Tourism	3
LEI	4300	Leisure Services	3
LEI	4400	Leisure Programming	4
LEI	4574	Park, Recreation, Tourism, and Leisure Marketing	3
LEI	4602C	Recreation and Resort Planning and Design ...	4
LEI	4802	Outdoor Leisure	4
LEI	4834	Sport, Adventure, and Ecotourism	3
LEI	4835	Community Tourism Development	3
LEI	4845	Commercial Recreation and Special Events Tourism	3

SPECIAL PROGRAMS

Driver Education Certification

Students with a bachelor's level teaching certification can become certified to teach driver education by completion of the following courses:

HSC	3450	Driver & Safety Education	3
HSC	3451	Teaching of Drivers & Traffic Safety Education	3
HSC	3460	Administration & Supervision of Driver and Safety Education	3