

# HEALTH, LEISURE & EXERCISE SCIENCE

Degree: Bachelor of Science  
 Specializations: Athletic Training;  
 Exercise Science;  
 Physical Education;  
 Sport Management  
 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

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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 Athletic Training Education Program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). It 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 three-year comprehensive plan of study starting in the sophomore year 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). 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.

The Exercise Science Specialization is designed for the student interested in pursuing a career in the fitness industry, cardiac rehabilitation, and other clinical fields, and graduate school. The program has specific courses (PET 4380, PET 4383C) that prepare students for certifications such as the ACSM Health & Fitness Specialists and the NSCA Certified Strength and Conditioning Specialists. The course work precedes an internship that allows students to receive great work experience just prior to graduating. The American College of Sports Medicine (ACSM) has endorsed the curricula for the University of West Florida's undergraduate Exercise Science Specialization. This curriculum covers the knowledge, skills, and abilities expected of an ACSM Health/Fitness Instructor. This curriculum has been reviewed for the educational content and has been endorsed by ACSM. This does not reflect ACSM endorsement of the University or its other academic programs.

Students interested in becoming certified Physical Education teachers in grades K-12 will be able to do so by enrolling in the Physical Education Specialization, which prepares students to teach in public and private schools

through participation in the State of Florida school district alternative certification program. Requirements for teacher education programs may change due to legislative mandates. Therefore, students should inquire with the Division of Health, Leisure, and Exercise Science to be made aware of any pertinent changes or requirements.

The Sport Management Specialization prepares students for entry level careers as leaders and administrators in the sports industry and for further study in graduate school. Possible positions include athletic director positions in municipal recreation and athletic departments; director of youth sports programs; managers in professional and amateur sports organizations; directors of activity centers such as YMCAs, sports camps, and private organizations. An internship in the field is a capstone experience for students in this specialization.

## PROGRAM REQUIREMENTS

In addition to general University requirements, students seeking the B.S. degree in Health, Leisure, and Exercise Science must meet the requirements listed below.

Students in Exercise Science must complete 42 sh of major core courses and have 18 sh of electives related to the field. The major core courses include a 6 sh internship in the field.

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 earn 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.

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## ATHLETIC TRAINING SPECIALIZATION

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### **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. Courses in brackets indicate substitutes from Florida public community/junior colleges and universities.

- + BSC 1005/L General Biology for Non-Majors/Lab ..... 4  
[BSC x010/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	2045/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 2604;
- 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.
- In the event of the potential program enrollment exceeding the JRC-AT recommended ratio of students to ACI's, permission to enroll in the first Athletic Training Clinical (PET 3670) will be based on the candidate's relative ranking as determined by a review committee comprised of the Athletic Training Staff and HLES faculty. Ranking of the application candidates, when necessary, will be determined using the following criteria with the maximum point value of each listed: (1) Successful completion of all required documents - 20 points; (2) Pre-Admission Evaluation - 75 points; (3) Actual Over-all GPA, e.g., 3.65 GPA = 3.65 points - 4 points; and (4) GPA in BSC 1085, BSC 1086, PET 2604, and PET 2622 - 16 points for a maximum total of 115 points.

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	2604	Basic Care and Prevention Principles of Athletic Training .....	3
PET	2622	Advanced Prevention & Care of Injuries in Health, Leisure, & Sports .....	3
PET	3660	Management Strategies in Athletic Training .....	3
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	4609	Evaluation Techniques of Athletic Injuries I .....	4
PET	4610	Evaluation Techniques of Athletic Injuries II .....	4
PET	4623/L	Rehabilitation of Athletic Injuries/Lab .....	4
PET	4632/L	Therapeutic Modalities in Athletic Training/Lab .....	4
PET	4672	Athletic Training Clinical III .....	1
PET	4673	Athletic Training Clinical IV .....	1
PET	4621	Senior Seminar in Athletic Training .....	3

### Major-Related (20-23 sh)

HSC	3550	Pathophysiology .....	3
PET	3351/L	Exercise Physiology/Lab .....	4
PET	4061	Motor Development and Skill Learning .....	3
PET	4310/L	Mechanics of Human Motion/Lab .....	4
PET	4380	Exercise Testing & Prescription .....	3
PET	4383C	Physiological Basis of Strength Development .....	3

*If not taken as a Common Prerequisite:*

PET	4361	Sport Nutrition & Weight Control .....	3
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**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.

**EXERCISE SCIENCE SPECIALIZATION****General Studies (36 sh)**

Exercise Science majors should take PSY 2012 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. Courses in brackets indicate substitutes from Florida public community/junior colleges and universities.

+ 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/Lab	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
<i>Choose one:</i>			
+ 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 (42 sh)**

HLP	3510	Measurement & Evaluation in Health, Leisure & Sports	3
HLP	4940	Internship	6
		Course offered as 1-6 sh per semester	
PEP	4113	Aging & Physical Performance	3
PET	2622	Advanced Prevention and Care of Injuries in Health, Leisure, and Sports	3
PET	3351/L	Exercise Physiology/Lab	4
PET	4061	Motor Development & Skill Learning	3
PET	4213	Success in Sports	3
PET	4310/L	Mechanics of Human Motion/Lab	4
PET	4361	Sports Nutrition and Weight Control	3
PET	4380/L	Exercise Testing & Prescription/Lab	4

PET	4383C	Physiological Basis of Strength Development	3
PET	4691	Exercise Testing for Special Populations	3

**Major-Related Courses (18 sh)**

*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

*Choose a minimum of 12 sh from the following:*

BCH	3033/L	Biochemistry I/Lab	4
CHM	2210/L	Organic Chemistry I/Lab	4
HLP	3300	Organization & Administration of Professional Programs	3
HSC	3550	Pathophysiology	3
HSC	4104	Health Aspects of Stress Management	3
HSC	4120	Consumer Health Education	3
HSC	4143	Drugs in Society	3
HSC	4300	Changing Health Behaviors	3
HSC	4551	Communicable and Degenerative Diseases	3
HSC	4572	Nutrition and Health	3
HSC	4581	Health Promotion and Planning	3
HSC	4633	Current Issues in School-Community Health	3
PET	3905	Directed Study	1-3
PET	4623	Rehabilitation of Athletic Injuries	3

*either of:*

PEO	2031	Analysis of Individual Sports	3
PET	2824	Analysis of Team Sports	3

**Upper Division Electives (0 sh)****PHYSICAL EDUCATION SPECIALIZATION**

This program may meet the requirements for Florida temporary certification. Additional requirements would subsequently be necessary to obtain a professional certificate. Students are advised that this program may not be accepted for certification in other states because it is not a state approved program. Since requirements for teacher certification change, students should contact the advisor to obtain current certification requirements.

**General Studies (36 sh)**

Physical Education majors should take BSC 1085/L to fulfill the laboratory science component.

For additional information see the General Studies section of this *Catalog*.

**Common Prerequisites (23-25 sh)**

+ BSC	1085/L	Anatomy & Physiology I/Lab	4
EDF	1005	Introduction to Education	3
EDG	2701	Teaching Diverse Populations	3
EVE	2040	Introduction to Educational Technology	3
PBM	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/Lab .....	4
PET	2622	Advanced Prevention & Care of Injuries in Health, Leisure & Sports (Preferred Course) .....	3

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

**Lower Division Electives (0-8 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 (41 sh)**

HLP	3300	Organization and Administration of Professional Programs .....	3
HLP	3510	Measurement & Evaluation in Health, Leisure & Sports .....	3
HSC	3406C	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	4061	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	4720	Physical Education in the Elementary School ...	2
PET	4730	Physical Education in the Middle School .....	2
PET	4765	Theory and Practice of Coaching .....	3
PET	4926	Practicum I: Elementary School Physical Education .....	1
PET	4927	Practicum II: Middle School Physical Education .....	1
PET	4928	Practicum III: High School Physical Education .....	1

**Major-Related (12 sh)**

EDF	3234	Applied Foundations of Education .....	3
EDG	3323C	General Methods for Teaching K-12 .....	3
PET	4744	Student Teaching in Physical Education .....	6

Course offered 6-10 sh per semester

**Upper Division Electives (7 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.

*Choose one:*

+ BSC	1086/L	Anatomy & Physiology II .....	4
PET	2622	Advanced Prevention and Care of Injuries in Health, Leisure, and Sports .....	3

**Lower-Division Electives (0-11 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 Courses (38 sh)**

HLP	3300	Organization and Administration of Professional Programs .....	3
HLP	3510	Measurement and Evaluation in Health, Leisure, and Sports .....	3
HLP	4922	Field Experience .....	1
HLP	4940	Internship .....	6
LEI	4300	Strategic Leadership in Hospitality, Recreation & Resorts .....	3
LEI	4321	Sport, Adventure and Ecotourism .....	3
LEI	4602	Hospitality, Recreation, and Resort Planning and Design .....	4
PET	3020	Foundations of Physical Education .....	3
PET	3464	Sports Marketing .....	3
PET	3483	Current Issues in Sport Management .....	3
PET	4213	Success in Sports .....	3
PET	4482	Sport Law & Risk Management .....	3

**Major-Related Courses (18 sh)**

ACG	3082	Accounting for Non-Majors .....	3
COM	4110	Business and Professional Communications ...	3
MAN	3240	Organizational Behavior .....	3
MAR	3023	Marketing Fundamentals .....	3
PSY	4832	Sport and Exercise Psychology .....	3

*Choose One:*

ADV	3000	Introduction to Advertising .....	3
PUR	3000	Principles of Public Relations .....	3

**Upper-Division Electives (4 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.

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**SPORT MANAGEMENT**

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**General Studies (36 sh)**

Same as Exercise Science Specialization.

**Common Prerequisites (23-25 sh)**

+ BSC	1085/L	Anatomy & Physiology I .....	4
PEM	xxxx	Skill Development Courses in Physical Activities .....	4-5
XXX	xxxx	Conditioning, Fitness & Wellness Courses in Physical Activities .....	3
+ XXX	xxxx	Courses with a business emphasis .....	9

[ACGxxxx, COMxxxx, ECOxxxx, FINxxxx,  
GEBxxxx, HFTxxxx, MANxxxx, SPCxxxx]