

HEALTH, LEISURE, & EXERCISE SCIENCE

Degree: Master of Science
 Division: Health, Leisure & Exercise Science
 Building 54, Room 119
 (850) 474-2592
 hles@uwf.edu
 College: Professional Studies

The master's degree in Health, Leisure, and Exercise Science offers specializations in Exercise Science and Physical Education. This program requires 39 semester hours. The Exercise Science Specialization emphasizes administration of adult fitness and graduate research while the Physical Education Specialization emphasizes further study in teacher education. Students in teacher education must choose the professional education electives in consultation with their advisor.

Course descriptions are listed alphabetically by prefix in the back of this *Catalog*.

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

EXERCISE SCIENCE SPECIALIZATION

Exercise Science Core (18 sh)

HLP 6535	Research Procedures	3
HLP 6595	Research Seminar	3
PET 5052	Motor Learning	3
PET 5389C	Physiological Basis of Strength Development	3
PET 5553	Exercise Testing & Prescription	3
PET 6355C	Advanced Exercise Physiology	3

Thesis Option (21 sh)

HLP 6971	Thesis	6
	Course offered 1-6 sh per semester	
	Elective courses chosen from list below	12

Choose one:

STA 5166	Special Topics in Statistics	3
STA 5206	Analysis of Variance	3

Internship Option (21 sh)

HLP 6940	Internship	6
	Course offered 3-6 sh per semester	
	Elective courses chosen from list below	15

Preapproved Elective Courses

(12 sh for Thesis Option, 15 sh for Internship Option)

HLP 6922	Field Experience	3
	Course offered 1-3 sh per semester	
HSC 5237	Nutrition and Health	3
HSC 5552	Communicable and Degenerative Diseases	3
PEP 5118	Aging and Physical Performance	3
PET 4310/L	Mechanics of Human Motion/Lab	4
PET 4361	Sport Nutrition and Weight Control	3
PET 4691	Exercise Testing for Special Populations	3
PET 5216	Success in Sports	3
PET 5626	Rehabilitation of Athletic Injuries	3

PET 5635/L	Therapeutic Modalities in Sports Medicine/Lab	4
PET 6074	Successful Aging: Physiological Aspects	3
PET 6075	Aging and Motor Skills	3
PET 6905	Directed Study	3
	Course offered 1-3 sh per semester	
PSY 4832	Sport and Exercise Psychology	3

(Students may choose a maximum of 2 courses from 4000 level)

PHYSICAL EDUCATION SPECIALIZATION

HLP 6535	Research Procedures	3
HLP 6595	Research Seminar	3
PET 5052	Motor Learning	3
PET 6355C	Advanced Exercise Physiology	3

Choose 27 sh from the following in consultation with advisor

EDA 6194	Foundations for Leading in Diverse Environments	3
EDA 6232	Law and Education	3
EDF 6218	Psychological Foundations for Education: Learning & Instruction	3
EDF 6602	Trends and Issues in Education: Social, Multicultural, Historical & Philosophical Analysis	3
EDF 6725	Critical Issues in American Education	3
EDG 5325	Analysis of Teaching	3
EDG 6791	Multicultural Education	3
HLP 5645	Programs Adapted to Atypical Individual	3
HLP 6922	Field Experience	3
	Course offered 1-3 sh per semester	
HLP 6940	Internship	3-6
	Course offered 3-6 sh per semester	
HLP 6971	Thesis	6
	Course offered 1-6 sh per semester	
HSC 5237	Nutrition and Health	3
HSC 5552	Communicable and Degenerative Diseases	3
PET 4310/L	Mechanics of Human Motion/Lab	4
PET 5389C	Physiological Basis of Strength Development	3