

# Health, Leisure, & Exercise Science

Degree: Master of Science  
Division: Health, Leisure & Exercise Science  
Building 54, Room 119  
(850) 474-2592  
<http://uwf.edu/hles/>  
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 or Internship (21 sh)

*Choose one option:*

#### 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 Course offered 3-6 sh per semester	6
		Elective courses chosen from list below	15

**Preapproved Elective Courses****(12 sh for Thesis Option, 15 sh for Internship Option)**

HLP	6922	Field Experience Course offered 1-3 sh per semester	3
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 Course offered 1-3 sh per semester	3
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	6691	Issues in Teacher Education: A Bio-Psycho-Social Understanding	3
EDF	6725	Critical Issues in American Education	3
EDG	6791	Multicultural Education	3
HLP	5645	Programs Adapted to Atypical Individuals	3
HLP	6922	Field Experience Course offered 1-3 sh per semester	3
HLP	6940	Internship Course offered 3-6 sh per semester	3-6
HLP	6971	Thesis Course offered 1-6 sh per semester	6
HSC	5237	Nutrition and Health	3
PET	4482	Sport Law/Risk Management	3
PET	5216	Success in Sports	3
PET	5389C	Physiological Basis of Strength Development	3
PET	5553	Exercise Testing and Prescription	3
PSY	4832	Sport and Exercise Psychology	3

Students may choose no more than one of the following as an elective:

EDE	6268	School Improvement and Community Relations	3
EDM	6405	School Improvement and Community Relations	3
ESE	6035	School Improvement and Community Relations	3

Students may choose no more than one of the following as an elective:

EDE	6521	Practical Applications and Issues in Assessment and Classroom Management: Elementary Education	3
EDM	6411	Practical Applications and Issues in Assessment and Classroom Management: Middle Level Education	3
EEX	6222	Practical Applications and Issues in Assessment and Classroom Management: Special Education	3
ESE	6343	Practical Applications and Issues in Assessment and Classroom Management: Secondary Education	3