

HEALTH, LEISURE & EXERCISE SCIENCE

Degree: Bachelor of Science
 Specializations: Athletic Training; Exercise Science;
 Physical Education; Sport
 Management
 Department: Health, Leisure, and Exercise Science
 Building 54, Room 119
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 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 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 three-year comprehensive plan of study starting in the sophomore year that combines classroom and clinical education components. Students graduating from this program are eligible to sit for the National Athletic Trainers' Association Board of Certification (NATABOC) Certification Examination and athletic training state licensure/certification in Florida (as well as other states). The undergraduate Athletic Training specialization is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). This is a limited access program and acceptance to the University does not constitute admission to the upper division portion of the Athletic Training Specialization. A separate application must be made to the department during spring semester of the sophomore year.

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 valuable 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. The curriculum covers the knowledge, skills, and abilities expected of an ACSM Health/Fitness Instructor.

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

No more than 24% of the program requirements for the degree may be taken in traditional business subjects.

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 a preliminary major in Athletic Training, but may not enroll in the initial clinical course (PET 3670) until the Fall semester of each year after being formally admitted to this limited access program. Acceptance into the program is competitive. Minimum application requirements are based on the prerequisites for entry into PET 3670. 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.

Students in Physical Education will complete a student teaching experience during their senior year. Requirements for admission to the student teaching program are as follows:

- A. Grade of "C" or higher in all courses used to fulfill major requirements;
- B. At least a 2.50 cumulative GPA in the major; and
- C. Recommendations of academic advisors and chairperson of the Health, Leisure, and Exercise Science Department.

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

+ BSC	1005/L	General Biology for Non-Majors/Lab [BSC x010/L]	4
+ BSC	1085	Anatomy & Physiology I [BSC x093, BSC 2085, PET 2320, PET 3301C, ZOO 3731, ZOO 3733]	3
+ BSC	1086	Anatomy & Physiology II [BSC x094, BSC 2086, PCB 3702, PCB 3703, PCB 3704, PET 2350, PET 3302C]	3
+ CHM	2045/L	General Chemistry I/Lab [Any Organic Chemistry Course]	4
PET	4361	Sports Nutrition & Weight Control [HUN x201, HUN 2002, PET x361, PET 2014]	3
+ PHY	2053/L	General Physics I/Lab [PHY x053/L]	4
+ PSY	2012	General Psychology	3
+ STA	2023	Elements of Statistics [STA x023, STA 2122]	3

+ 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 (40 sh)

Students with an interest in the Athletic Training Specialization should contact the Director of Athletic Training Education to discuss this rigorous program before declaring this as a preliminary major. Students must be accepted into this limited access program before 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
 - Contacting the Director of Athletic Training Education between September 1 and November 1 of each year to obtain application documents related to admission into the Athletic Training Education Program.
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| PET | 2604 | Basic Care and Prevention
Principles of Athletic Training | 3 |
| PET | 2622 | Advanced Prevention & Care of
Injuries in Health, Leisure, & Sports | 3 |

PET	3330	Functional Kinesiology	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	3
PET	4610	Evaluation Techniques of Athletic Injuries II	3
PET	4621	Senior Seminar in Athletic Training	3
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	4xxx	Pharmacology Application in Athletic Training	2

Major-Related (17-20 sh)

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 [Human Anatomy I/Lab]	4
+ BSC	1086/L	Anatomy and Physiology II/Lab [Human Anatomy II/Lab]	4
+ CHM	1020/L	Concepts in Chemistry/Lab [Survey of Chemistry or higher]	4

+ 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 2824 be taken at the lower division.

Major (42 sh)

HLP 3510	Measurement & Evaluation in Health, Leisure & Sports	3
HLP 4940	Internship	6
	Course offered 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
SPM 3306	Sports Marketing	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 4104	Health Aspects of Stress Management	3
HSC 4143	Drugs in Society	3
HSC 4300	Changing Health Behaviors	3
HSC 4572	Nutrition and Health	3
PET 3330	Functional Kinesiology	3
PET 3905	Directed Study	1-3

PET 4623	Rehabilitation of Athletic Injuries	3
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May include either of:

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

May include either of:

SPM 3104	Sport Facility & Event Management	3
SPM 4723	Sport Law & Risk Management	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.

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
EME 2040	Introduction to Educational Technology	3
PEM ____	Skill Development Courses in Physical Activities	4-5
____ ____	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.

* Pending approval by the statewide articulation coordinating committee.

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 (44 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 2xx1	Non-traditional Sports	3
PET 3xx1	Educational Gymnastics and Dance	3

PET 3020	Foundations of Physical Education and Sport Management	3
PET 3351/L	Exercise Physiology/Lab	4
PET 3640	Adapted Physical Education & Sport	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 (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.

SPORT MANAGEMENT**General Studies (36 sh)**

Same as Exercise Science Specialization.

Common Prerequisites (23-25 sh)

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

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

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 (38 sh)

HFT 3221	Human Resources in Hospitality, Recreation, and Resorts	3
HLP 3300	Organization and Administration of Professional Programs	3
HLP 4922	Field Experience	1

Course offered 1-3 sh per semester

HLP 4940	Internship	6
LEI 4602	Hospitality, Recreation and Resort, Planning and Design	4
PET 3020	Foundations of Physical Education and Sport Management	3
PET 4251	Sociology of Sport	3
PET 4460	Governance in Sport	3
SPM 3024	Current Issues in Sport Management	3
SPM 3104	Sport Facility and Event Management	3
SPM 3306	Sports Marketing	3
SPM 4723	Sport Law & Risk Management	3

Major-Related (18 sh)

ACG 3082	Accounting for Non-Majors.....	3
COM 4110	Business and Professional Communication.....	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.

MINOR

Students may want to consider the Sport and Exercise Psychology Minor described in the Psychology portion of this chapter.