

HEALTH, LEISURE, & EXERCISE SCIENCE

Degree: Master of Science
 Department: Health, Leisure & Exercise Science
 Building 72, Room 241
 (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 (39 semester hours) and Physical Education (33 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.

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	Advanced 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	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 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)		

Choose one:

HLP 6940	Internship	6
HLP 6971	Thesis	6

PHYSICAL EDUCATION SPECIALIZATION

This specialization is a two-year 33 semester hours program of study with all coursework specifically focusing on improving the performance and knowledge base of the physical educator. A limited number of students will be accepted for the specialization and they will be expected to complete the specialization with their peer cohort. Students will attend an intensive (8-9 hour day) 3-week session during the first and second summers of enrollment. During the regular academic year, most students will be actively engaged in the teaching profession implementing, testing, and expanding their knowledge of physical education instruction while maintaining enrollment and interaction with faculty at UWF. Other students may complete their coursework on campus while engaging in research and assisting with the undergraduate program. After the two instructional years are completed, the students will return and defend their program (research, curriculum changes, etc.) to their peer cohort. The specialization is designed, therefore, to not only accommodate practicing teachers, but to assist their knowledge and skill growth through the active use of the information and instruction they receive in the specialization.

Students seeking a masters in HLES/Physical Education must meet the requirements listed below:

Students will attend an intensive (8-9 hour day) 3-week session during the first and second summer of enrollment.

Students will be expected to complete the specialization with their peer cohort.

Students will choose to complete either a thesis (HLP 6971) or an internship (HLP 6940).

HLP 6535	Research Procedures	3
PET 5701	Systematic Observation in Sport and Physical Education	3
PET 5702	Advanced Management of Physical Education Programs	3
PET 5708	Curriculum and Instruction in Physical Education	3
PET 5709	Advanced Curriculum in Physical Education	3
PET 5805	Analysis and Supervision in Physical Education	3
PET 6010	Professional Issues in Physical Education	3
PET 6706	Analysis of Research on Teaching in Physical Education	3
PET 6707	Research on Physical Education/Teacher Education	3