

Exercise Science

The Exercise Science major is designed for students interested in pursuing a career in the fitness industry, cardiac rehabilitation, clinically-related health fields, and graduate school. The program has specific courses (APK 4125 Exercise Testing and Prescription, APK 4114C Physiological Basis of Strength Development) that prepare students for certifications such as the ACSM Certified Exercise Physiologist (ACSM EP-C) and the National Strength and Conditioning Association Certified Strength and Conditioning Specialists (NSCA CSCS). The course work precedes a capstone course that allows students to receive valuable work experience just prior to graduating. The University of West Florida's undergraduate degree program in Exercise Science is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and addresses the Knowledge, Skills, and Abilities (KSA) need to pass the ACSM Exercise Physiologist-Certified exam. The curriculum is endorsed by the NSCA for meeting their recommended educational guidelines.

Program Requirements

Students in the Exercise Science major must complete 45 sh of major courses and have 15 sh of electives related to the field. Students must maintain:

- Grade of "C" or higher in all courses used to fulfill major requirements
- At least a 2.50 cumulative GPA in the major

General Education

In addition to the General Education requirements listed on this page, students must satisfy all additional University requirements, including the Gordon Rule, multicultural, and foreign language requirements. With appropriate planning and coordination with an academic advisor, students may satisfy some of the general University requirements through the General Education curriculum. For a complete listing of general degree requirements, refer to the "University Requirements" (<http://catalog.uwf.edu/undergraduate/universityrequirements>) section of this catalog.

General Education Curriculum:

Communication

ENC 1101	English Composition I	3
ENC 1102	English Composition II	3

Mathematics

Choose one course from Group A and one Additional course from either Group A or Group B 6

Group A

MAC 1105	College Algebra
MAC 1105C	College Algebra with Lab
MAC 2311	Analytic Geometry and Calculus I
MGF 1106	Mathematics for Liberal Arts I
MGF 1107	Mathematics for Liberal Arts II
STA 2023	Elements of Statistics

Group B

MAC 1114	Trigonometry
MAC 1140	Precalculus Algebra

MAC 2233	Calculus with Business Applications
MAC 2312	Analytic Geometry and Calculus II

Social Sciences

Choose one course from Group A and one additional course from either Group A or Group B 6

Group A

AMH 2020	United States since 1877
ANT 2000	Introduction to Anthropology
ECO 2013	Principles of Economics Macro
POS 2041	American Politics
PSY 2012	General Psychology
SPM 2010	Sport in Global Society
SYG 2000	Introduction to Sociology

Group B

AMH 2010	United States to 1877
ANT 2400	Current Cultural Issues
ANT 2100	Introduction to Archaeology
CCJ 2002	Survey of Crime and Justice
CPO 2002	Comparative Politics
DEP 2004	Human Development Across the Lifespan
EUH 1000	Western Perspectives I
EUH 1001	Western Perspectives II
FIN 2104	Personal Financial Planning
GEA 2000	Nations and Regions of the World
GEB 1011	Introduction to Business
IDH 1041	Honors Core 2
INR 2002	International Politics
MMC 2000	Principles of Mass Communication
PLA 2013	Survey of American Law
SOW 2192	Understanding Relationships in the 21st Century
SYG 2010	Current Social Problems

Humanities

Choose one course from Group A and one additional course from either Group A or Group B 6

Group A

ARH 1000	Art Appreciation
LIT 2000	Introduction to Literature
MUL 2010	Music Appreciation
PHI 2010	Introduction to Philosophy
THE 2000	Theatre Appreciation

Group B

AML 2010	American Literature I
AML 2020	American Literature II
AML 2072	Sex, Money, and Power in American Literature
ARH 2050	Western Survey I: Prehistory to the Medieval Period
ARH 2051	Western Survey II: Renaissance to Contemporary
ART 1015C	Exploring Artistic Vision
ART 2821	Art and Visual Culture Today

CRW 2001	Introduction to Creative Writing
ENL 2010	History of English Literature I
ENL 2020	History of English Literature II
IDH 1040	Honors Core 1
MUH 2930	The Music Experience: Special Topics
PHI 2103	Critical Thinking
PHI 2603	Ethics in Contemporary Society
REL 1300	World Religions
THE 2300	Survey of Dramatic Literature
SPC 2608	Basic Communication Skills

Natural Sciences

Choose one course from Group A and one additional course from either Group A or Group B 6

Group A	
AST 1002	Descriptive Astronomy
BSC 1005	General Biology for Non-Majors
BSC 1085	Anatomy and Physiology I
BSC 2010	Biology I
CHM 1020	Concepts in Chemistry *
CHM 2045	General Chemistry I *
ESC 2000	Introduction to Earth Science
EVR 2001	Introduction to Environmental Science
PHY 1020	Introduction to Concepts in Physics *
PHY 2048	Calculus-Based Physics I **
PHY 2048C	University Physics I - Studio
PHY 2053	Algebra-Based Physics I **
Group B	
ANT 2511	Biological Anthropology
BOT 2010	General Botany
BSC 1050	Fundamentals of Ecology
BSC 1086	Anatomy and Physiology II *
BSC 2011	Biology II
BSC 2311	Introduction to Oceanography and Marine Biology *
CGS 2060	Excursions in Computing
CHM 1032	Fundamentals of General Chemistry *
CHM 2046	General Chemistry II *
CIS 2530	Introduction to Cybersecurity
GEO 1200	Physical Geography
GLY 2010	Physical Geology *
MCB 1000	Fundamentals of Microbiology *
PHY 2049	Calculus-Based Physics II **
PHY 2054	Algebra-Based Physics II *

* May be taken with or without lab.

** General Physics is non-calculus based and is usually recommended for non-science majors. University Physics is calculus based and is usually recommended for science majors.

*** Although students receive 5 semester hours credit for PHY 2048C, an additional 3 semester science course will be needed to meet General Education requirements.

General Education Electives

Choose an additional course from two of the three areas of Humanities, Social Sciences and Natural Sciences

Exercise Science majors should take the following to satisfy components of General Education:

Social Science/Behavioral Perspectives:	3
PSY 2012	General Psychology
Mathematics:	6-9
STA 2023	Elements of Statistics
MAC 1105	College Algebra
or MAC 1105L	College Algebra with Lab
or MAC 1140	Pre-calculus Algebra
Humanities/Values and Expressions:	3
SPC 2608	Basic Communication Skills
Natural Science:	8
CHM 2045+L	General Chemistry I (+Lab)
BSC 2010+L	Biology I (+Lab)
Total Hours	20-23

Multicultural Requirement:

Multicultural Courses

AML 3604	African American Literature	3
AML 3624	Black Women Writers	3
AML 4015	Topics in Nineteenth-Century American Literature	3
ANT 2000	Introduction to Anthropology	3
ANT 3212	Peoples and Cultures of the World	3
ANT 3312	North American Indians	3
ANT 3363	Japanese Culture	3
ANT 3403	Cultural Ecology	3
ARH 1000	Art Appreciation	3
ARH 2050	Western Survey I: Prehistory to the Medieval Period	3
ARH 2051	Western Survey II: Renaissance to Contemporary	3
ARH 3590	Non-Western Art	3
ARH 4302	Late Renaissance Art in Italy	3
ARH 4305	Early Italian Renaissance Art	3
ARH 4412	The Age of Revolution to Romanticism	3
ARH 4450	Modern Art: 1850-1980	3
ARH 4470	Contemporary Art	3
ARH 4653	Art and Archaeology of Mesoamerica	3
CCJ 3678	Race, Gender, Ethnicity, and Crime	3
COM 3014	Gender Communication	3
COM 3461	Intercultural Communication	3
COM 3014	Gender Communication	3
CPO 2002	Comparative Politics	3
CPO 3055	Dictatorships	3
CPO 3103	Politics of Western Europe	3
CPO 3322	Cuba, Castro and the USA	3
CPO 3513	Politics of the Far East-Japan and China	3

CPO 4303	Politics of Spain, Portugal, and Latin America	3
CPO 4792	Geopolitics	3
EDF 2085	Teaching Diverse Populations	3
ENG 4013	Introduction to Literary Theory	3
EUH 1000	Western Perspectives I	3
EUH 1001	Western Perspectives II	3
EUH 3203	Modern Europe	3
EUH 3411	Rome and the Mediterranean World	3
EUH 3576	Soviet Union since 1917	3
EUH 4239	Age of Empires	3
FRE 4955	Supervised Foreign Language Field Experience Abroad	1-3
GEA 2000	Nations and Regions of the World	3
GEA 4405	Geography of Latin America	3
GEB 4361	International Business	3
GEO 3421	Cultural Geography	3
GEO 3471	Geography of World Affairs	3
HIS 4316	Women in the Atlantic World	3
IDH 1041	Honors Core 2	3
INR 2002	International Politics	3
JPN 3270	Supervised Language Experience Abroad	3
LIT 2000	Introduction to Literature	3
LIT 3233	Postcolonial Literature	3
LIT 4385	Feminist Theory	3
MAN 4102	Management of Diversity	3
MAR 4156	Seminar in International Marketing	3
MMC 3601	Minorities and the Mass Media	3
MMC 4300	Global Communication	3
MUH 2930	The Music Experience: Special Topics	3
NUR 4615	Community and Public Health Nursing	3
NUR 4636	Public Health & Community-based Nursing	3
PSY 3680	Positive Psychology	3
REL 3310	Philosophies of the East	3
REL 4592	Development of Christian Thought	3
SOP 3730	Psychology, Culture, and Society	3
SOW 4233	Human Diversity and Social Justice	3
SOW 4941	Immersive Experiences in Social Work	3
SPN 3400	Advanced Stylistics	3
SPN 4500	Spanish Civilization	3
SPN 4520	Latin American Culture and Civilization	3
SPN 4955	Intensive Spanish Abroad	1-5

Civics Literacy Requirement

1. Baccalaureate degree-seeking students initially entering a state university fall semester 2018 and thereafter must demonstrate competency in civic literacy through one of the following options prior to graduation:
 - a. Successfully passing either POSX041 American Government or AMHX020 Introductory Survey Since 1877. Each of the courses must include the following competencies:
 - i. Understanding of the basic principles and practices of American democracy and how they are applied in our republican form of government;

- ii. An understanding of the United States Constitution and its application;
- iii. Knowledge of the founding documents and how they have shaped the nature and functions of our institutions of self-government; and
- iv. An understanding of landmark Supreme Court cases, landmark legislation and landmark executive actions and their impact on law and society.

2. Achieving the standard score on one of the following assessments:

Assessment	Standard Score
U.S. Citizenship and Immigration Services Naturalization Test	60
Advanced Placement Government and Politics: United States	3
Advanced Placement United States History	4
CLEP American Government	50

*BOG 8.006 (<http://www.flbog.edu/board/regulations/regulations.php>)

Common Prerequisites

State mandated common prerequisites must be completed prior to graduation, but are not required for admission to the program. See the Common Prerequisite Manual (<https://dlss.flvc.org/admin-tools/common-prerequisites-manuals>) for course substitutions from Florida colleges and universities.

APK 2100C	Applied Human Anatomy with Laboratory	4
APK 2105C	Applied Human Physiology with Laboratory	4
CHM 2045+L	General Chemistry I (+Lab) *	4
HUN 2201	Fundamentals of Human Nutrition	3
PSY 2012	General Psychology	3
	or DEP 2004 Human Development Across the Lifespan	
SPC 2608	Basic Communication Skills *	3
MAC 1105	College Algebra *	3
	or MAC 1105CCollege Algebra with Lab	
	or MAC 1114 Trigonometry	
STA 2023	Elements of Statistics *	3
HSC 3406C	Advanced First Aid and Emergency Care *	3
Total Hours		30

* Indicates common prerequisites which can be used to satisfy General Education requirements.

Lower Division Electives

Students must complete sufficient 1000/2000 level electives to satisfy at least 60 sh in the lower division. Current UWF students may use elective courses at any level (1000-4000) to meet this elective requirement.

Recommend APK 2000 Introduction to Exercise Science to Exercise Science and ATR 2000 Basic Care and Prevention Principles of Athletic Training be taken at the lower division.

Major (Minimum grade of "C" or better required)

APK 2000	Introduction to Exercise Science	3
ATR 2000	Basic Care and Prevention Principles of Athletic Training +	3

ATR 3132	Functional Kinesiology ⁺	3
APK 3110+L	Exercise Physiology (+Lab) ⁺	4
APK 3220+L	Biomechanical Basis of Movement (+Lab) ⁺	4
APK 4901	Research Methods in Exercise Science ⁺	3
APK 4114C	Physiological Basis of Strength Development ⁺	3
APK 4119	Exercise Testing for Special Populations ⁺	3
APK 4163	Sports Nutrition ⁺	3
APK 4200	Motor Development and Skill Learning ⁺	3
APK 4125+L	Exercise Testing and Prescription (+Lab) ⁺	4
APK 4600C	Aging and Physical Performance ⁺	3
APK 4234C	Electrocardiogram Interpretation and Graded Exercise Testing ⁺	3
APK 4944	Exercise Science Practicum ⁺	3
APK 4941C	Senior Capstone Experience in Exercise Science ⁺	6
Total Hours		51

⁺ Courses included in the major GPA

Major-Related Electives

Choose a minimum of 9 semester hours:		9
ATR 4314	Rehabilitation of Athletic Injuries	
BCH 3033+L	Biochemistry I (+Lab)	
BCH 3034	Biochemistry II	
BSC 2011+L	Biology II (+Lab)	
CHM 2046+L	General Chemistry II (+Lab)	
CHM 2210+L	Organic Chemistry I (+Lab)	
CHM 2211+L	Organic Chemistry II (+Lab)	
CHM 3230	Organic Chemistry III	
CHM 3120+L	Analytical Chemistry (+Lab)	
CLP 3008	Psychology of Personal Growth	
CLP 3144	Abnormal Psychology	
CLP 4314	Health Psychology	
DEP 2004	Human Development Across the Lifespan	
EAB 4704	Introduction to Behavior Modification	
GEY 4001	Gerontology	
HSA 3551	Health Ethics and Professionalism	
HSC 3535	Medical Terminology	
HSC 3555	Pathophysiology	
HSC 4104	Health Aspects of Stress Management	
HSC 4300	Changing Health Behaviors	
HSC 4500	Epidemiology	
HSC 4572	Nutrition and Health	
MCB 3020+L	Microbiology (+Lab)	
PET 3556C	Designing Resistance Training Programs	
PHY 2048+L	Calculus-Based Physics I (+Lab)	
PHY 2049+L	Calculus-Based Physics II (+Lab)	
PHY 2053+L	Algebra-Based Physics I (+Lab)	
PHY 2054+L	Algebra-Based Physics II (+Lab)	
STA 3162C	Applied Statistics	
STA 4173	Biostatistics	
Total Hours		9