

# 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 coursework 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) needed 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 51-54 semester hours (sh) of major courses and have 6-9 sh of electives related to the field. Students must maintain:

- Grade of "C" (73%) or higher in all courses used to fulfill major requirements.
- At least a 2.50 cumulative GPA in the major.
- Withdrawing from a course is considered the same as receiving below a "C" in a graded course.
- Students may repeat a major course one time only and must successfully pass the course on the second attempt in order to progress in the program.
- Students who receive less than a passing grade of "C" (73%) in a major course will receive academic advising to develop an individualized revised academic plan of study.

## General Education

In addition to the General Education requirements listed on this page, students must satisfy all additional University requirements, including the College-Level Communication and Computation, 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](#) section of this catalog.

### General Education Curriculum:

#### Communication

ENC 1101	English Composition I (Core)	3
ENC 1102	English Composition II (Breadth)	3

#### Humanities

Choose one course from Group A (Core) and one additional course from either Group A or Group B (Breadth) 6

##### Group A (Core)

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

THE 2000	Theatre Appreciation
Group B (Breadth)	
AML 2010	American Literature I
AML 2020	American Literature II
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	The Self, Creativity, Your Career and Visual Culture
CRW 2001	Introduction to Creative Writing
ENL 2010	History of English Literature I
ENL 2020	History of English Literature II
IDH 1040	Honors Core: Humanities
LIT 2030	Introduction to Poetry
MUH 2930	The Music Experience: Special Topics
PHI 2103	Critical Thinking
PHI 2603	Ethics in Contemporary Society
REL 1300	World Religions
SPC 2608	Public Speaking
THE 2300	Survey of Dramatic Literature

## Mathematics

Choose one course from Group A (Core) and one Additional course from either Group A or Group B (Breadth) 6

##### Group A (Core)

MAC 1105	College Algebra
MAC 1105C	College Algebra with Lab
MAC 2311	Analytic Geometry and Calculus I
MGF 1130	Mathematical Thinking
STA 2023	Elements of Statistics

##### Group B (Breadth)

MAC 1114	Trigonometry
MAC 1140	Precalculus Algebra
MAC 1147	Precalculus with Trigonometry
MAC 2233	Calculus with Business Applications
MAC 2312	Analytic Geometry and Calculus II
MGF 1131	Mathematics in Context
STA 2360	Introduction to Data Science

## Natural Sciences

Choose one course from Group A (Core) and one additional course from either Group A or Group B (Breadth) 6

##### Group A (Core)

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
GLY 2010	Physical Geology

PHY 1020	Conceptual Physics
PHY 2048	Calculus-Based Physics I <sup>*,**</sup>
PHY 2048C	Calculus-Based Physics I Studio <sup>***</sup>
PHY 2053	Algebra-Based Physics I <sup>*,**</sup>
Group B (Breadth)	
ANT 2511	Biological Anthropology <sup>*</sup>
AST 2037	Life in the Universe
BOT 2010	General Botany
BSC 1050	Fundamentals of Ecology
BSC 1086	Anatomy and Physiology II <sup>*</sup>
BSC 2011	Biology II
BSC 2311	Introduction to Oceanography and Marine Biology
CGS 2020	Introduction to Machine Learning
CHM 2046	General Chemistry II <sup>*</sup>
CIS 2530	Introduction to Cybersecurity
IDH 1043	Honors Core: Natural Sciences
MCB 1000	Fundamentals of Microbiology <sup>*</sup>
PHC 2082	Informatics and Your Health
PHY 2049	Calculus-Based Physics II <sup>*,**</sup>
PHY 2054	Algebra-Based Physics II <sup>*,**</sup>

\* May be taken with or without lab.

\*\*Algebra-Based Physics is usually recommended for non-science majors, while Calculus-Based Physics is 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.

### Social Sciences

Choose one course from Group A (Core) and one additional course from either Group A or Group B (Breadth) 6

Group A (Core)	
AMH 2010	United States to 1877
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
Group B (Breadth)	
ANT 2100	Introduction to Archaeology
ANT 2400	Current Cultural Issues
CCJ 2002	Survey of Crime and Justice
COM 2023	Death and Communication
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
HIS 2050	Explore History: Special Topics

IDH 1041	Honors Core: Social Sciences
INR 2002	International Politics
MMC 2000	Principles of Mass Communication
PLA 2013	Survey of American Law
SOW 2192	Understanding Relationships in the 21st Century
SPM 2010	Sport in Global Society
SYG 2000	Introduction to Sociology
SYG 2010	Current Social Problems

### General Education Electives

Choose an additional course from two of the five areas of Communication, Mathematics, Social Sciences, Humanities, 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 1106	College Algebra with Lab
or MAC 1140	Pre-calculus Algebra
Humanities/Values and Expressions:	3
SPC 2608	Public Speaking
Natural Science:	8
CHM 2045+L	General Chemistry I (+Lab)
BSC 2010+L	Biology I (+Lab)

**Total Hours 20-23**

### Multicultural Requirement

#### Multicultural Courses

An important component of a liberal education is the study of cultures other than one's own. As such, multiculturalism encompasses the appreciation of the values, expressions, and modes of organization of diverse cultural communities. To further such study, the University of West Florida requires all students pursuing a bachelor's degree to complete at least one course that explores one or more of the dimensions of another culture (language, religion, socio-economic structures, etc.). Students are exempt from this requirement if they have completed an A.A. degree, the general education program at a Florida public institution, or a baccalaureate degree.

The requirement is satisfied by the successful completion of a multicultural course designated on the following list. Several of the selections are General Education courses, and students may enroll in these to meet both the General Education and the multicultural requirements.

*\*\*Passed by UWF Faculty Senate on 11/08/2002*

This list is continually updated and students are encouraged to check with their advisors for alternative options.

AML 2010	American Literature I	3
AML 2020	American Literature II	3
AML 3604	African American Literature	3
AML 3624	Black Women Writers	3

AML 4015	Topics in Nineteenth-Century American Literature	3	LAH 4131	'Atlantic Indians': How Indigenous and African Peoples Shaped Europe & the Americas	3
AML 4640	Topics in Native American Literature	3	LAH 4451	Greater Mexico: Central America from Conquest to the 20th Century	3
ANT 1001	Anthropology as a Profession	1	LAH 4728	Gender and Sexuality in Latin America from Colonization to Today	3
ANT 2000	Introduction to Anthropology	3	LIT 2000	Introduction to Literature	3
ANT 2301	Human Sexuality and Culture	3	LIT 2030	Introduction to Poetry	3
ANT 3212	Peoples and Cultures of the World	3	LIT 4036	Topics in Poetry and Poetics	3
ANT 3312	North American Indians	3	LIT 4385	Feminist Theory	3
ANT 3363	Japanese Culture	3	MAN 4102	Management of Diversity	3
ANT 4006	Anthropology of Human Rights	3	MAR 4156	Seminar in International Marketing	3
ANT 4025	Ritual Use of Human Remains	3	MMC 3743	Communicating Fear: Horror Films and Popular Culture	3
ANT 4403	Environmental Anthropology	3	MMC 3745	Communicating Fear Abroad: International Horror Films & Popular Culture	3
ANT 4516	Modern Human Physical Variation	3	MMC 4601	Minorities and the Mass Media	3
ARH 1000	Art Appreciation	3	MUH 2930	The Music Experience: Special Topics	3
ARH 2050	Western Survey I: Prehistory to the Medieval Period	3	MUL 2010	Music Appreciation	3
ARH 3201	Art and Culture in The Global Middle Ages	3	NUR 4615	Patient Centered Population Health	3
ARH 2051	Western Survey II: Renaissance to Contemporary	3	NUR 4636	Population-based Public Health Nursing	3
ARH 3590	Non-Western Art	3	PHI 3790	African Philosophy	3
ARH 3607	Native American Art	3	PUR 3404	International Public Relations	3
ARH 4412	The Age of Revolution to Romanticism in Europe: 1750-1850	3	PSY 3860	Positive Psychology	3
ARH 4450	Modern Art: 1850-1980	3	SOP 3730	Psychology, Culture, and Society	3
ARH 4470	Contemporary Art	3	SOW 4233	Human Diversity and Social Justice	3
ARH 4563	Art of Japan	3	SPN 3400	Advanced Stylistics	3
CCJ 3678	Race, Gender, Ethnicity, and Crime	3	SPN 4520	Latin American Culture and Civilization	3
COM 3014	Gender Communication	3	SYO 4421	Sociology of Health, Illness and Health Care	3
COM 3461	Intercultural Communication	3	SYO 4530	Inequality in America	3
COM 4242	Communication and Christianity	3			
CPO 2002	Comparative Politics	3			
CRW 2001	Introduction to Creative Writing	3			
EDF 2085	Teaching Diverse Populations	3			
ENG 4013	Introduction to Literary Theory	3			
ENL 2020	History of English Literature II	3			
EUH 1000	Western Perspectives I	3			
EUH 1001	Western Perspectives II	3			
EUH 3334	Emperors, Sultans, Dictators, and Democrats: The Balkans	3			
EUH 3411	Rome and the Mediterranean World	3			
EUH 3576	Soviet Union since 1917	3			
FOL 3501	Global Cinema	3			
GEA 2000	Nations and Regions of the World	3			
GEB 4361	International Business	3			
GEO 3421	Cultural Geography	3			
GEO 3471	Geography of World Affairs	3			
HSC 2622	Introduction to Global Health Sciences	3			
HIS 2050	Explore History: Special Topics	3			
HIS 4262	Rise and Fall of the Portuguese Empire	3			
IDH 1040	Honors Core: Humanities	3			
IDH 1041	Honors Core: Social Sciences	3			
INR 2002	International Politics	3			
LAH 4135	Spanish Conquest of the Americas	3			

## Civic Literacy Requirement

The 2017 Florida Legislature amended [Section 1007.25, Florida Statutes](#), to require students **initially entering a State University System (SUS) and/or Florida College System (FCS) institution in 2018-2019** and thereafter to demonstrate competency in civic literacy.

The 2021 Legislature further amended Florida Statutes, requiring students to complete both a civic literacy course and an exam. As a result, there are three cohorts of students currently matriculating at Florida public institutions subject to varying requirements. As demonstrated in the table below, the exact civic literacy requirements are based on the academic term in which a student first enrolled in a Florida public institution.

Students Included in Cohort	Civic Literacy Competency Requirement
Cohort 1: Students first entering the SUS or FCS prior to fall 2018	None
Cohort 2: Students first entering the SUS or FCS in fall 2018 – summer A 2021	Complete a course <b>or</b> exam (course options AMH 2020, POS 2041 )
Cohort 3: Students first entering the SUS or FCS in summer B 2021 (on or after July 1, 2021) and thereafter	Complete both a course <b>and</b> exam (course options AMH 2020, POS 2041)

Additionally, the 2021 Legislature made two additional exceptions: approving the use of accelerated mechanisms for meeting the course competency requirement and exempting high school students who pass the Florida Civic Literacy Exam in high school from the postsecondary exam requirement. These two changes are in effect for Cohort 3.

There are multiple ways to satisfy this requirement. Students should work with their academic advisor to determine which option is best for their degree requirements/degree plan.

Additional information can be found on our [Civic Literacy](#) website, SUS regulation [BOG 8.006](#) and Florida Statute [s.1007.25\(4,a-b\)](#).

## Mathematics Pathway

Students are advised to complete the following courses to fulfill the mathematics pathway that aligns with the mathematics skills needed for success in their program and their career goals. Students should refer to their academic advisor for questions about the math pathway for their program. For information about this requirement, refer to the catalog page for [Mathematics Pathways](#). These courses may also fulfill requirements for General Education and Common Prerequisites.

Algebra through Calculus

Students will be placed on a starting point based on their mathematics placement.

MAC 1105	College Algebra	3-4
	or MAC 1105CCollege Algebra with Lab	
STA 2023	Elements of Statistics	3

## 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](#) for course substitutions from Florida colleges and universities.

Minimum grade requirement of "C" or better in common prerequisite courses.

APK 2100+L	Applied Human Anatomy and Physiology I (+Lab)	4
APK 2105+L	Applied Human Anatomy and Physiology II (+Lab)	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	Public Speaking *^	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
<b>Total Hours</b>		<b>30</b>

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

^ For these courses, the minimum grade is a "D" or better

## Lower Division Electives

Students must complete sufficient 1000/2000 level electives to satisfy at least 60 semester hours 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 and ATR 2000 Basic Care and Prevention Principles of Athletic Training be taken at the lower division.

## Major

A minimum grade of "C" or better is required for all Major courses.

APK 2000	Introduction to Exercise Science	3
APK 4901	Research Methods in Exercise Science +	3
APK 3110+L	Exercise Physiology (+Lab) +	4
If not taken at the lower division		0-3
MAC 1114	Trigonometry	
ATR 2000	Basic Care and Prevention Principles of Athletic Training +	3
ATR 3132	Functional Kinesiology +	3
APK 4200	Neuromechanics of Human Movement +	3
APK 4125+L	Exercise Testing and Prescription (+Lab) +	4
APK 4163	Sports Nutrition +	3
APK 3220C	Biomechanical Basis of Movement with Laboratory +	4
APK 4119	Exercise Testing for Special Populations +	3
APK 4114C	Physiological Basis of Strength Development +	3
APK 4944	Exercise Science Practicum +	3
APK 4941C	Senior Capstone Experience in Exercise Science +	6
Choose one of the tracks below:		6
Clinical or Preprofessional Track:		
APK 4600C	Aging and Physical Performance +	
APK 4234C	Electrocardiogram Interpretation and Graded Exercise Testing +	
Strength and Conditioning Track:		
PET 3556C	Designing Resistance Training Programs +	
APK 4610C	Applied Resistance Training and Conditioning +	
<b>Total Hours</b>		<b>51-54</b>

+ Courses included in the major GPA.

## Major-Related Electives

Choose a minimum of 6 semester hours, at least 3 semester hours must be at the 3000/4000 level:

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 3144	Abnormal Psychology
CLP 4314	Health Psychology
DEP 2004	Human Development Across the Lifespan
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** **6-9**

## Accelerated Bachelor's (BS) in Exercise Science and Master's (MS) in Exercise Science (Accelerated BS/MS) Program

Minimum Requirements for admission include:

- Minimum overall undergraduate GPA of 3.25/4.0.
- Minimum GPA of 3.5 in major at UWF.
- One letter of recommendation from a faculty member.

### Process

A prospective student who meets the minimum requirements for admission to the Accelerated Bachelor's (BS) in Exercise Science and Master's (MS) in Exercise Science Program must schedule a meeting with their undergraduate faculty advisor and graduate advisor to discuss and develop a degree plan for the student's Accelerated BS/MS program. The student must then submit an Accelerated BS/MS program application and letter of recommendation to the graduate advisor.

### Eligibility and Restrictions

Students must have completed 75 undergraduate credit hours, including credits earned from advanced placement, prior to applying to the Accelerated BS/MS program. Transfer students must have completed a minimum of two semesters and at least 24 credit hours at the University of West Florida prior to application to the Accelerated BS/MS program.

For admission into the Accelerated BS/MS program in the summer semester, application materials must be submitted by April 1. For admission into the Accelerated BS/MS program in the fall semester, application materials must be submitted by July 1. For admission into the Accelerated BS/MS program in the spring semester, application materials must be submitted by November 15.

Admission into the Accelerated BS/MS program does not guarantee admission into the MS program upon completion of the BS. Students

must still submit an Express Admission application for the MS program. Students who are a part of the Accelerated BS/MS program cannot be provisionally or conditionally admitted into the MS program.

### Program Requirements

Upon admission into the MS, the 12 graduate credit hours completed as an undergraduate student will count for 12 semester hours in Exercise Science coursework for the MS. Students in the Accelerated BS/MS program must earn a grade of "B" (3.0/4.0) or better in each of the graduate level courses that are being applied to both degrees. Courses completed with a grade of "B-" or below cannot be applied to the MS degree.

Students accepted into the MS program must complete all MS requirements within 24 months of completing the BS degree. If the MS program requirements are not completed within 24 months; the student is no longer eligible to apply the graduate credit hours toward both degrees (i.e., the student can only apply the graduate credit hours either toward completion of the bachelor's degree or toward a future master's degree) and is automatically terminated from the Accelerated BS/MS program.

If a student in the Accelerated BS/MS program completes the BS degree requirements with an overall GPA of less than 3.25/4.0, the student is no longer eligible to apply the graduate credit hours to both degrees (i.e., the student can only apply the credit hours towards completion of the BS degree or toward a future master's degree) and is automatically terminated from the Accelerated BS/MS program.

A student who becomes ineligible to continue participating in or withdraws from the Accelerated BS/MS program cannot apply any graduate credit hours toward both degrees.

Students who are enrolled in the Accelerated BS/MS program are eligible for graduate assistantship positions only after completing the BS degree.

### General Education

In addition to the General Education requirements listed on this page, students must satisfy all additional University requirements, including the College-Level Communication and Computation, 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](#) section of this catalog.

### General Education Curriculum:

#### Communication

ENC 1101	English Composition I (Core)	3
ENC 1102	English Composition II (Breadth)	3

#### Humanities

Choose one course from Group A (Core) and one additional course from either Group A or Group B (Breadth)

Group A (Core)		
ARH 1000	Art Appreciation	
LIT 2000	Introduction to Literature	
MUL 2010	Music Appreciation	
PHI 2010	Introduction to Philosophy	
THE 2000	Theatre Appreciation	
Group B (Breadth)		

AML 2010	American Literature I
AML 2020	American Literature II
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	The Self, Creativity, Your Career and Visual Culture
CRW 2001	Introduction to Creative Writing
ENL 2010	History of English Literature I
ENL 2020	History of English Literature II
IDH 1040	Honors Core: Humanities
LIT 2030	Introduction to Poetry
MUH 2930	The Music Experience: Special Topics
PHI 2103	Critical Thinking
PHI 2603	Ethics in Contemporary Society
REL 1300	World Religions
SPC 2608	Public Speaking
THE 2300	Survey of Dramatic Literature

## Mathematics

Choose one course from Group A (Core) and one Additional course from either Group A or Group B (Breadth) 6

### Group A (Core)

MAC 1105	College Algebra
MAC 1105C	College Algebra with Lab
MAC 2311	Analytic Geometry and Calculus I
MGF 1130	Mathematical Thinking
STA 2023	Elements of Statistics

### Group B (Breadth)

MAC 1114	Trigonometry
MAC 1140	Precalculus Algebra
MAC 1147	Precalculus with Trigonometry
MAC 2233	Calculus with Business Applications
MAC 2312	Analytic Geometry and Calculus II
MGF 1131	Mathematics in Context
STA 2360	Introduction to Data Science

## Natural Sciences

Choose one course from Group A (Core) and one additional course from either Group A or Group B (Breadth) 6

### Group A (Core)

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
GLY 2010	Physical Geology
PHY 1020	Conceptual Physics
PHY 2048	Calculus-Based Physics I *, **

PHY 2048C	Calculus-Based Physics I Studio ***
PHY 2053	Algebra-Based Physics I *, **
Group B (Breadth)	
ANT 2511	Biological Anthropology *
AST 2037	Life in the Universe
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 2020	Introduction to Machine Learning
CHM 2046	General Chemistry II *
CIS 2530	Introduction to Cybersecurity
IDH 1043	Honors Core: Natural Sciences
MCB 1000	Fundamentals of Microbiology *
PHC 2082	Informatics and Your Health
PHY 2049	Calculus-Based Physics II *, **
PHY 2054	Algebra-Based Physics II *, **

\* May be taken with or without lab.

\*\* Algebra-Based Physics is usually recommended for non-science majors, while Calculus-Based Physics is 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.

## Social Sciences

Choose one course from Group A (Core) and one additional course from either Group A or Group B (Breadth) 6

### Group A (Core)

AMH 2010	United States to 1877
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

### Group B (Breadth)

ANT 2100	Introduction to Archaeology
ANT 2400	Current Cultural Issues
CCJ 2002	Survey of Crime and Justice
COM 2023	Death and Communication
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
HIS 2050	Explore History: Special Topics
IDH 1041	Honors Core: Social Sciences
INR 2002	International Politics

MMC 2000	Principles of Mass Communication	
PLA 2013	Survey of American Law	
SOW 2192	Understanding Relationships in the 21st Century	
SPM 2010	Sport in Global Society	
SYG 2000	Introduction to Sociology	
SYG 2010	Current Social Problems	

## General Education Electives

Choose an additional course from two of the five areas of Communication, Mathematics, Social Sciences, Humanities, 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 1105 College Algebra with Lab	
	or MAC 1140 Precalculus Algebra	
Humanities/Values and Expressions:		3
SPC 2608	Public Speaking	
Natural Sciences:		8
CHM 2045+L	General Chemistry I (+Lab)	
BSC 2010+L	Biology I (+Lab)	
<b>Total Hours</b>		<b>20-23</b>

## Multicultural Requirement

### Multicultural Courses

An important component of a liberal education is the study of cultures other than one's own. As such, multiculturalism encompasses the appreciation of the values, expressions, and modes of organization of diverse cultural communities. To further such study, the University of West Florida requires all students pursuing a bachelor's degree to complete at least one course that explores one or more of the dimensions of another culture (language, religion, socio-economic structures, etc.). Students are exempt from this requirement if they have completed an A.A. degree, the general education program at a Florida public institution, or a baccalaureate degree.

The requirement is satisfied by the successful completion of a multicultural course designated on the following list. Several of the selections are General Education courses, and students may enroll in these to meet both the General Education and the multicultural requirements.

*\*\*Passed by UWF Faculty Senate on 11/08/2002*

This list is continually updated and students are encouraged to check with their advisors for alternative options.

AML 2010	American Literature I	3
AML 2020	American Literature II	3
AML 3604	African American Literature	3
AML 3624	Black Women Writers	3
AML 4015	Topics in Nineteenth-Century American Literature	3

AML 4640	Topics in Native American Literature	3
ANT 1001	Anthropology as a Profession	1
ANT 2000	Introduction to Anthropology	3
ANT 2301	Human Sexuality and Culture	3
ANT 3212	Peoples and Cultures of the World	3
ANT 3312	North American Indians	3
ANT 3363	Japanese Culture	3
ANT 4006	Anthropology of Human Rights	3
ANT 4025	Ritual Use of Human Remains	3
ANT 4403	Environmental Anthropology	3
ANT 4516	Modern Human Physical Variation	3
ARH 1000	Art Appreciation	3
ARH 2050	Western Survey I: Prehistory to the Medieval Period	3
ARH 3201	Art and Culture in The Global Middle Ages	3
ARH 2051	Western Survey II: Renaissance to Contemporary	3
ARH 3590	Non-Western Art	3
ARH 3607	Native American Art	3
ARH 4412	The Age of Revolution to Romanticism in Europe: 1750-1850	3
ARH 4450	Modern Art: 1850-1980	3
ARH 4470	Contemporary Art	3
ARH 4563	Art of Japan	3
CCJ 3678	Race, Gender, Ethnicity, and Crime	3
COM 3014	Gender Communication	3
COM 3461	Intercultural Communication	3
COM 4242	Communication and Christianity	3
CPO 2002	Comparative Politics	3
CRW 2001	Introduction to Creative Writing	3
EDF 2085	Teaching Diverse Populations	3
ENG 4013	Introduction to Literary Theory	3
ENL 2020	History of English Literature II	3
EUH 1000	Western Perspectives I	3
EUH 1001	Western Perspectives II	3
EUH 3334	Emperors, Sultans, Dictators, and Democrats: The Balkans	3
EUH 3411	Rome and the Mediterranean World	3
EUH 3576	Soviet Union since 1917	3
FOL 3501	Global Cinema	3
GEA 2000	Nations and Regions of the World	3
GEB 4361	International Business	3
GEO 3421	Cultural Geography	3
GEO 3471	Geography of World Affairs	3
HSC 2622	Introduction to Global Health Sciences	3
HIS 2050	Explore History: Special Topics	3
HIS 4262	Rise and Fall of the Portuguese Empire	3
IDH 1040	Honors Core: Humanities	3
IDH 1041	Honors Core: Social Sciences	3
INR 2002	International Politics	3
LAH 4135	Spanish Conquest of the Americas	3

LAH 4131	'Atlantic Indians': How Indigenous and African Peoples Shaped Europe & the Americas	3
LAH 4451	Greater Mexico: Central America from Conquest to the 20th Century	3
LAH 4728	Gender and Sexuality in Latin America from Colonization to Today	3
LIT 2000	Introduction to Literature	3
LIT 2030	Introduction to Poetry	3
LIT 4036	Topics in Poetry and Poetics	3
LIT 4385	Feminist Theory	3
MAN 4102	Management of Diversity	3
MAR 4156	Seminar in International Marketing	3
MMC 3743	Communicating Fear: Horror Films and Popular Culture	3
MMC 3745	Communicating Fear Abroad: International Horror Films & Popular Culture	3
MMC 4601	Minorities and the Mass Media	3
MUH 2930	The Music Experience: Special Topics	3
MUL 2010	Music Appreciation	3
NUR 4615	Patient Centered Population Health	3
NUR 4636	Population-based Public Health Nursing	3
PHI 3790	African Philosophy	3
PUR 3404	International Public Relations	3
PSY 3860	Positive Psychology	3
SOP 3730	Psychology, Culture, and Society	3
SOW 4233	Human Diversity and Social Justice	3
SPN 3400	Advanced Stylistics	3
SPN 4520	Latin American Culture and Civilization	3
SYO 4421	Sociology of Health, Illness and Health Care	3
SYO 4530	Inequality in America	3

## Mathematics Pathway

Students are advised to complete the following courses to fulfill the mathematics pathway that aligns with the mathematics skills needed for success in their program and their career goals. Students should refer to their academic advisor for questions about the math pathway for their program. For information about this requirement, refer to the catalog page for [Mathematics Pathways](#). These courses may also fulfill requirements for General Education and Common Prerequisites.

### Algebra through Calculus

Students will be placed on a starting point based on their mathematics placement.

MAC 1105	College Algebra	3
	or MAC 1105CCollege Algebra with Lab	
STA 2023	Elements of Statistics	3

## 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](#) for course substitutions from Florida colleges and universities.

Minimum grade requirement of "C" or better in common prerequisite courses.

APK 2100+L	Applied Human Anatomy and Physiology I (+Lab)	4
APK 2105+L	Applied Human Anatomy and Physiology II (+Lab)	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	Public Speaking *	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
<b>Total Hours</b>		<b>30</b>

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

## Lower Division Electives

Students must complete sufficient 1000/2000 level electives 0-23 to satisfy at least 60 semester hours 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 and ATR 2000 Basic Care and Prevention Principles of Athletic Training be taken at the lower division.

## Major

A minimum grade of "C" or better is required.

APK 2000	Introduction to Exercise Science	3
APK 4901	Research Methods in Exercise Science <sup>+, #</sup>	3
	or APK 5702 Statistics in Exercise Science	
APK 3110+L	Exercise Physiology (+Lab) <sup>+</sup>	4
If not taken at the lower division:		0-3
MAC 1114	Trigonometry	
ATR 2000	Basic Care and Prevention Principles of Athletic Training <sup>+</sup>	3
ATR 3132	Functional Kinesiology <sup>+</sup>	3
APK 4200	Neuromechanics of Human Movement <sup>+, #</sup>	3
	or APK 5204 Applied Motor Learning/Control in Exercise Science	
APK 4125+L	Exercise Testing and Prescription (+Lab) <sup>+</sup>	4
APK 4163	Sports Nutrition <sup>+</sup>	3
APK 3220C	Biomechanical Basis of Movement with Laboratory <sup>+</sup>	4
APK 4119	Exercise Testing for Special Populations <sup>+</sup>	3
APK 4114C	Physiological Basis of Strength Development <sup>+</sup>	3
APK 4944	Exercise Science Practicum <sup>+</sup>	3
APK 4941C	Senior Capstone Experience in Exercise Science <sup>+</sup>	6
Choose one of the tracks below:		6
Clinical or Preprofessional Track:		
APK 4600C	Aging and Physical Performance <sup>+, #</sup>	



	or APK 560 Preventative Health in the Aging Population	
APK 4234C	Electrocardiogram Interpretation and Graded Exercise Testing <sup>+</sup>	
	or APK 6172C Cardiac Electrophysiology	
Strength and Conditioning Track:		
PET 3556C	Designing Resistance Training Programs <sup>+</sup>	
APK 4610C	Applied Resistance Training and Conditioning <sup>+, #</sup>	
<b>Total Hours</b>		<b>51-54</b>

+ Courses included in the Major GPA.

# Students must earn a "B" or better in ABM graduate course substitution.

APK 5204	Applied Motor Learning/Control in Exercise Science	3
APK 5601	Preventative Health in the Aging Population	3
APK 5702	Statistics in Exercise Science	3
APK 6127C	Clinical Exercise Testing and Interpretation	3
APK 6172C	Cardiac Electrophysiology	3
APK 6226	Analysis of Human Movement	3
HLP 6535	Research Procedures	3

## Major-Related Electives

Choose a minimum of 6 semester hours, at least 3 semester hours must be at the 3000/4000 level: 6-9

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 3144	Abnormal Psychology	
CLP 4314	Health Psychology	
DEP 2004	Human Development Across the Lifespan	
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)	
PHY 2048+L	Calculus-Based Physics I (+Lab)	
PAS 2054	Introduction to the Physician Assistant Profession	
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	
<b>Total Hours</b>		<b>6-9</b>

## Graduate Courses

Up to 12 credit hours of advisor-approved 5000 and 6000-level courses below will be allowed to substitute for the undergraduate degree requirements. Other 5000-level courses may be allowed to substitute with advisor approval. 3-12

APK 5116C	Applied Physiology in Muscular Development	3
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