

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) 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 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](#)" 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 1147	Precalculus with Trigonometry	

MAC 2233	Calculus with Business Applications
MAC 2312	Analytic Geometry and Calculus II
STA 2360	Introduction to Data Science

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
SYG 2000	Introduction to Sociology
Group B	
AMH 2010	United States to 1877
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
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
SPM 2010	Sport in Global Society
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	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 1
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	Basic Communication Skills
THE 2300	Survey of Dramatic Literature

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	Conceptual Physics
PHY 2048	Calculus-Based Physics I **, **
PHY 2048C	Calculus-Based Physics I Studio ***
PHY 2053	Algebra-Based Physics I **, **
Group B	
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
GLY 2010	Physical Geology *
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.

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 Precalculus 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
AML 4640	Topics in Native American Literature	3
ANT 1001	Anthropology as a Profession	1

ANT 2000	Introduction to Anthropology	3	LAH 4131	'Atlantic Indians': How Indigenous and African Peoples Shaped Europe & the Americas	3
ANT 2301	Human Sexuality and Culture	3	LAH 4451	Greater Mexico: Central America from Conquest to the 20th Century	3
ANT 3212	Peoples and Cultures of the World	3	LAH 4728	Gender and Sexuality in Latin America from Colonization to Today	3
ANT 3312	North American Indians	3	LIT 2000	Introduction to Literature	3
ANT 3363	Japanese Culture	3	LIT 2030	Introduction to Poetry	3
ANT 3403	Cultural Ecology	3	LIT 3233	Postcolonial Literature	3
ANT 4006	Anthropology of Human Rights	3	LIT 4036	Topics in Poetry and Poetics	3
ANT 4025	Ritual Use of Human Remains	3	LIT 4385	Feminist Theory	3
ANT 4516	Modern Human Physical Variation	3	MAN 4102	Management of Diversity	3
ARH 1000	Art Appreciation	3	MAR 4156	Seminar in International Marketing	3
ARH 2050	Western Survey I: Prehistory to the Medieval Period	3	MMC 3743	Communicating Fear: Horror Films and Popular Culture	3
ARH 2051	Western Survey II: Renaissance to Contemporary	3	MMC 3745	Communicating Fear Abroad: International Horror Films & Popular Culture	3
ARH 3590	Non-Western Art	3	MUH 2930	The Music Experience: Special Topics	3
ARH 3607	Native American Art	3	MUL 2010	Music Appreciation	3
ARH 4302	Late Renaissance Art in Italy	3	NUR 4615	Community and Public Health Nursing	3
ARH 4412	The Age of Revolution to Romanticism in Europe: 1750-1850	3	NUR 4636	Population-based Public Health Nursing	3
ARH 4450	Modern Art: 1850-1980	3	PHI 3790	African Philosophy	3
ARH 4470	Contemporary Art	3	PUR 3404	International Public Relations	3
ARH 4563	Art of Japan	3	PSY 3860	Positive Psychology	3
CCJ 3678	Race, Gender, Ethnicity, and Crime	3	SOP 3730	Psychology, Culture, and Society	3
COM 3014	Gender Communication	3	SOW 4233	Human Diversity and Social Justice	3
COM 3461	Intercultural Communication	3	SPN 3400	Advanced Stylistics	3
COM 4242	Communication and Christianity	3	SPN 4520	Latin American Culture and Civilization	3
CPO 2002	Comparative Politics	3	SYO 4421	Sociology of Health, Illness and Health Care	3
CPO 4792	Geopolitics	3	SYO 4530	Inequality in America	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 3203	Modern Europe	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			
EUH 4563	The Other Germany: The Lands of the Austrian Monarchy, 1526-1918	3			
FRE 4955	Supervised Foreign Language Field Experience Abroad	1-3			
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			
HIS 2050	Explore! History	3			
HIS 4262	Rise and Fall of the Portuguese Empire	3			
IDH 1040	Honors Core 1	3			
IDH 1041	Honors Core 2	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 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 or exam
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 and exam

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.

*BOG 8.006; s.1007.25(4.a-b)

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 prerequisites courses

APK 2100C	Applied Human Anatomy and Physiology I with Laboratory	4
APK 2105C	Applied Human Anatomy and Physiology II 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	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
Total Hours		30

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

^ These the minimum grade is a D or better

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 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
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 3220+L	Biomechanical Basis of Movement (+Lab) +	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 +	
Total Hours		51-54

+ 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: 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)	
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