Health and Physical Education

FSCPE - Fitness, Sport Coaching & Physical Education

<table>
<thead>
<tr>
<th>Building</th>
<th>Phone</th>
<th>Website</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building 72, Room 241</td>
<td>(850)474-2592</td>
<td><a href="https://uwf.edu/oh/departments/exercise-science-and-community-health/undergraduate-majors/fitness-and-conditioning/">https://uwf.edu/oh/departments/exercise-science-and-community-health/undergraduate-majors/fitness-and-conditioning/</a></td>
<td><a href="mailto:hhes@uwf.edu">hhes@uwf.edu</a></td>
</tr>
</tbody>
</table>

The B.S. in Health and Physical Education prepares students for positions in teaching, the health and fitness industry, recreation services and for graduate study.

Program Requirements

In addition to the university’s general requirements, students seeking the B.S. degree in Health and Physical Education must meet the requirements listed below.

Students interested in the Athletic Training program should check the Athletic Training section of this catalog.

Students interested in the Exercise Science program should check the Exercise Science section of this catalog.

Students in the Fitness and Sport Coaching specialization will complete an internship during their senior year. Requirements for admission to the internship are as follows:

- Grade of "C-" or higher in all courses used to fulfill major requirements
- At least a 2.50 major GPA in the major
- Recommendations of academic advisor and chairperson of the Exercise Science and Community Health Department

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

- Grade of "C-" or higher in all major related courses
- 2.50 or greater major GPA
- Passing scores on the Professional Education Test, General Knowledge Exam, and the Physical Education Subject Area test of the Florida Teacher Certification Exam
- Approval by the Physical Education Teacher Education Program Committee

Fitness and Sport Coaching Specialization

The Fitness and Sport Coaching Specialization prepares students with a foundation of health, coaching, and pedagogical knowledge to pursue careers in fitness and sport coaching. Employment settings include high school and collegiate sport coaching, community and recreational athletics, physical activity and sport enhancement programs, public and private fitness related organizations, and corporate wellness settings. Coursework within the Fitness and Sport Coaching Specialization will focus on developing sport coaching leadership skills, content related to physical and cognitive sport performance, and overall health and wellness. Courses will involve hands-on, activity-based learning and experiences which will culminate in an internship designed to develop specific employment related skills.

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**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENC 1101</td>
<td>English Composition I</td>
<td>3</td>
</tr>
<tr>
<td>ENC 1102</td>
<td>English Composition II</td>
<td>3</td>
</tr>
</tbody>
</table>

**Mathematics**

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

- 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

**Social Sciences**

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

- 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 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
Health and Physical Education

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
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

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 1200  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
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

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 Environmental Science
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
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
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

Fitness and Sport Coaching majors should take BSC 1085 Anatomy and Physiology I/BSC 1085L Anatomy and Physiology I Laboratory to fulfill the laboratory science component.

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.
### Civic 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:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Standard Score</th>
</tr>
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<tbody>
<tr>
<td>Civic Literacy Exam</td>
<td>60</td>
</tr>
<tr>
<td>Advanced Placement Government and Politics: United States</td>
<td></td>
</tr>
</tbody>
</table>
Major

Major-Related

Physical Education Teacher Education Specialization

General Education
University requirements through the General Education curriculum. For a complete listing of general degree requirements, refer to the "University Requirements" section of this catalog.

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  - MGF 1106  Mathematics for Liberal Arts I
  - MGF 1107  Mathematics for Liberal Arts II
  - STA 2023  Elements of Statistics

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  - MAC 1114  Trigonometry
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- **Group B**
  - AMH 2010  United States to 1877
  - ANT 2400  Contemporary Issues
  - CCJ 2002  Survey of Crime and Justice
  - CPO 2002  Comparative Politics
  - DEP 2004  Human Development Across the Lifespan
  - EUH 1000  Western Perspectives I
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with their advisors for alternative options. This list is continually updated and students are encouraged to check
**Passed by UWF Faculty Senate on 11/08/2002**
requirements.

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</tr>
<tr>
<td>and Politics: United States</td>
<td></td>
</tr>
<tr>
<td>Advanced Placement United States History</td>
<td>4</td>
</tr>
<tr>
<td>CLEP American Government</td>
<td>50</td>
</tr>
</tbody>
</table>

*BOG 8.006

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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>BSC 1085</td>
<td>Anatomy and Physiology I</td>
</tr>
<tr>
<td>BSC 1085L</td>
<td>Anatomy and Physiology I Laboratory</td>
</tr>
<tr>
<td>BSC 1086</td>
<td>Anatomy and Physiology II</td>
</tr>
<tr>
<td>EDF 1005</td>
<td>Introduction to Education</td>
</tr>
<tr>
<td>PEO 2031</td>
<td>Analysis of Individual Sports</td>
</tr>
<tr>
<td>PET 2824</td>
<td>Analysis of Team Sports</td>
</tr>
<tr>
<td>PET 3351C</td>
<td>Applied Exercise Physiology</td>
</tr>
<tr>
<td>PET 3123</td>
<td>Historical Foundations of Sport and Fitness</td>
</tr>
<tr>
<td>HLP 3300</td>
<td>Organization and Administration of Professional Programs</td>
</tr>
<tr>
<td>PET 4434</td>
<td>Physical Education in the Elementary School</td>
</tr>
<tr>
<td>PET 4092</td>
<td>Skills and Tactics of Movement and Sport</td>
</tr>
<tr>
<td>PEP 3505</td>
<td>Non-Traditional Sports</td>
</tr>
<tr>
<td>PET 3344C</td>
<td>Athletic Coaching Methods</td>
</tr>
<tr>
<td>PET 4310C</td>
<td>Mechanics of Human Motion</td>
</tr>
<tr>
<td>PET 4820</td>
<td>Physical Education and Activities for Adolescents</td>
</tr>
<tr>
<td>PET 4765</td>
<td>Theory and Practice of Coaching</td>
</tr>
<tr>
<td>PET 4948</td>
<td>Physical Education and Coaching Field Experience with PK - 12</td>
</tr>
<tr>
<td>PET 3840</td>
<td>Adapted Physical Education and Sport</td>
</tr>
</tbody>
</table>

Total Hours 36

Major-Related

<table>
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<tr>
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<th>Title</th>
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<tbody>
<tr>
<td>EDF 3234</td>
<td>Applied Foundations of Education</td>
</tr>
<tr>
<td>EDG 3323</td>
<td>Methods of K-12 Literacy Instruction</td>
</tr>
<tr>
<td>TSL 4080</td>
<td>ESOL Principles and Practices</td>
</tr>
<tr>
<td>EEX 3070</td>
<td>Methods in Inclusion and Collaboration</td>
</tr>
<tr>
<td>PET 4744</td>
<td>Student Teaching in Physical Education</td>
</tr>
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</table>

Choose one of the following:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>ATR 2000</td>
<td>Basic Care and Prevention Principles of Athletic Training</td>
</tr>
<tr>
<td>ATR 3132</td>
<td>Functional Kinesiology</td>
</tr>
<tr>
<td>HUN 2201</td>
<td>Fundamentals of Human Nutrition</td>
</tr>
<tr>
<td>HSC 2100</td>
<td>Personal Health</td>
</tr>
<tr>
<td>HLP 2081</td>
<td>Health, Nutrition and Physical Fitness</td>
</tr>
<tr>
<td>HSC 4300</td>
<td>Changing Health Behaviors</td>
</tr>
<tr>
<td>HSC 4581</td>
<td>Health Promotion and Planning</td>
</tr>
<tr>
<td>PSY 4832</td>
<td>Sport and Exercise Psychology</td>
</tr>
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<td>-------------------------------</td>
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<tr>
<td>Total Hours</td>
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+ Courses included in the major GPA

**Upper Division Electives**

Student must complete sufficient 3000/4000 level electives to meet UWF's requirement of 48 semester hours in the upper division or complete all departmental requirements at the 3000/4000 level, whichever is greater.

<table>
<thead>
<tr>
<th>Total Hours</th>
<th>0-4</th>
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</table>