

Mission

The mission of the Exercise Science Program is to provide students with the knowledge, skills, and experiences to enhance physical performance and health necessary to be leaders in clinical settings and human performance settings. The program disseminates scientific knowledge and its application through classroom, laboratory, research and field experiences. Success is evaluated by the academic and professional placement of graduates and by National certification Exams passing rates (ACSM, NSCA)

Vision

The Exercise Science Program is and will continue to build a nationally recognized program of excellence by exposing our students to high impact practices that extend beyond the classroom and offer hands-on clinical experiences.

The goal of the Exercise Science Program is to prepare competent entry-level Exercise Science Professionals in the cognitive (knowledge), psychomotor (skills) and affective (abilities) learning domains. The goals of the program are further delineated and assessed via an “Academic Learning Compact (ALC).” The ALC is a Florida state and University of West Florida (UWF) requirement which includes the assessment of four domains (Content, Critical Thinking, Communication, and Integrity/Values) with student learning outcomes (SLO) specific to Exercise Science for each domain. The ALC and SLOs for the UWF Exercise Science Program follows:

a. Content

- Identify and apply concepts and principles of exercise testing and prescription to the general population, of the apparently healthy, at higher risk, or those individuals with known diseases or disorders.
- Identify opportunities for professional life in the health and fitness industry
- Interpret EKG’s involving the recognition of the most common abnormalities

b. Critical Thinking

- Identify and assess performance characteristics related to human movement and exercise
- Prescribe exercise programs to improve performance and health
- Design and conduct research to solve problems in exercise performance of the apparently healthy, at higher risk, or those individuals with known diseases or disorders.
- Employ appropriate statistical analyses or instrumentation to assess health related issues
- Conduct and interpret a complete 12-lead ECG.

c. Communication

- Create and deliver effective oral presentations.

- Write using professional standards
 - Demonstrate effective interpersonal interaction
- d. **Integrity/Values**
- Recognize the ethical dilemmas encountered in sports and exercise
 - Adhere to professional ethical standards when applying concepts of exercise testing and prescription in various settings (e.g., internship, classroom, and laboratory)
 - Make and defend decisions based on appropriate ethical principles.

These curriculum outcomes are measured by assessments in numerous courses in the Exercise Science program. More information about program outcomes related to accreditation are available here: <https://uwf.edu/programs/ukcoh/exercise-science-bs/>