HEALTH, LEISURE & EXERCISE SCIENCE

Degree: Bachelor of Science
Specializations: Athletic Training; Exercise Science; Physical Education; Sport Management

Division: Health, Leisure, and Exercise Science
Building 54, Room 119
(850) 474-2592
hles@uwf.edu

College: Professional Studies
Semester Hours Required for Degree: 120


Bachelor degree specializations in the Department of Health, Leisure, and Exercise Science prepare students for positions in teaching, the health and fitness industry, leisure services, and graduate study.

The Athletic Training Education Program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). It is designed to prepare students for an entry-level allied healthcare career in the athletic training profession (high school athletics, college/university athletics, professional sport teams, industrial, or sports medicine clinic/outreach settings). This program, specifically designed to meet national and state licensure requirements, includes a three-year comprehensive plan of study starting in the sophomore year that combines classroom and clinical education components to become board certified as a National Athletic Trainers' Association Board of Certification (NATABOC) Certified Athletic Trainer (ATC). Students graduating from this program are eligible to sit for the NATABOC Certification Examination and athletic training state licensure/certification in Florida (as well as other states). Effective January 1, 2004, only students who have graduated from a CAAHEP accredited undergraduate or entry-level master’s athletic training education program will be allowed to sit for the NATABOC Certification Examination.

The Exercise Science Specialization is designed for the student interested in pursuing a career in the fitness industry, cardiac rehabilitation, and other clinical fields, and graduate school. The program has specific courses (PET 4380, PET 4383C) that prepare students for certifications such as the ACSM Health & Fitness Specialists and the NSCA Certified Strength and Conditioning Specialists. The course work precedes an internship that allows students to receive great work experience just prior to graduating. The American College of Sports Medicine (ACSM) has endorsed the curricula for the University of West Florida’s undergraduate Exercise Science Specialization. This curriculum covers the knowledge, skills, and abilities expected of an ACSM Health/Fitness Instructor. This curriculum has been reviewed for the educational content and has been endorsed by ACSM. This does not reflect ACSM endorsement of the University or its other academic programs.

Students interested in becoming certified Physical Education teachers in grades K-12 will be able to do so by enrolling in the Physical Education Specialization, which prepares students to teach in public and private schools through participation in the State of Florida school district alternative certification program. Requirements for teacher education programs may change due to legislative mandates. Therefore, students should inquire with the Division of Health, Leisure, and Exercise Science to be made aware of any pertinent changes or requirements.

The Sport Management Specialization prepares students for entry level careers as leaders and administrators in the sports industry and for further study in graduate school. Possible positions include athletic director positions in municipal recreation and athletic departments; director of youth sports programs; managers in professional and amateur sports organizations; directors of activity centers such as YMCAs, sports camps, and private organizations. An internship in the field is a capstone experience for students in this specialization.

PROGRAM REQUIREMENTS

In addition to general University requirements, students seeking the B.S. degree in Health, Leisure, and Exercise Science must meet the requirements listed below.

Students in Exercise Science must complete 42 sh of major core courses and have 18 sh of electives related to the field. The major core courses include a 6 sh internship in the field.

Students may declare their major in Athletic Training, but may not enroll in the initial clinical course (PET 3670) in the program until the Fall semester of each year and must have met all minimal application requirements by established deadlines. Minimal application requirements are based on the prerequisites for entry into PET 3670 - Athletic Training Clinical I. After meeting entry criteria into PET 3670, the student must earn a grade of "B" or better in all Major courses and a "C" or better in all Major-Related courses to graduate. Additionally, students enrolled in the athletic training clinical courses must adhere to the program retention policies as outlined in the Athletic Training Student Handbook. For more information, contact the Director of Athletic Training Education.

Course descriptions are listed alphabetically by prefix in the back of this Catalog. For courses with a dash in the course number, contact the offering department for information.

ATHLETIC TRAINING SPECIALIZATION

General Studies (36 sh)

For additional information see the General Studies section of this Catalog. Students should take BSC 1085/L and 1086/L to satisfy the natural science component, PSY 2012 to meet the behavioral perspectives component, and STA 2023 to partially meet the mathematics component of General Studies.

Common Prerequisites (27 sh)

State mandated common prerequisites must be completed prior to graduation, but are not required for admission to the program. Courses in brackets indicate substitutes from Florida public community/junior colleges and universities.

+ BSC 1005 General Biology for Non-Majors/Lab ............... 4
+ BSC 2085 Anatomy & Physiology I ........................... 3
        [BSC 1005, BSC 2085, PET 2320, PET 3301C, ZOO 3731, ZOO 3733]
Graduation requirements for the program are:

- Grade of “B” or better in all major courses
- Grade of “C” or better in all major-related courses
- Sufficient 1000/2000 level electives to complete at least 60 semester hours in the lower division. Current UWF students may use elective courses at any level (1000-4999) to meet this elective requirement.

Major (37 sh)

Students with an interest in the Athletic Training Specialization Program should contact the Director of Athletic Training Education to discuss this rigorous program before declaring this major or beginning upper division course work.

The initial athletic training clinical course (PET 3670 - Athletic Training Clinical I) has numerous prerequisites:

- Grade of “C” or better in BSC 1085/L and BSC 1086/L;
- Complete Hepatitis B vaccination (or waiver), negative Tuberculosis (TB) Skin Test, physical examination by a licensed physician, verification that technical standards of the program are met, and fingerprint identification between May 20 and June 20; and
- Fifty hours of supervised observational experience under an NATABOC Certified Athletic Trainer prior to August 1.

- In the event of the potential program enrollment exceeding the JRC-AT recommended ratio of students to ACI’s, permission to enroll in the first Athletic Training Clinical (PET 3670) will be based on the candidate’s relative ranking as determined by a review committee comprised of the Athletic Training Staff and HLES faculty. Ranking of the application candidates, when necessary, will be determined using the following criteria with the maximum point value of each listed: (1) Successful completion of all required documents - 20 points; (2) Pre-Admission Evaluation - 75 points; (3) Actual Over-all GPA, e.g., 3.65 GPA = 3.65 points - 4 points; and (4) GPA in BSC 1085, BSC 1086, PET 2604, and PET 2622 - 16 points for a maximum total of 115 points.

All students enrolled in the athletic training clinical courses must adhere to the program retention policies as outlined in the Athletic Training Student Handbook. The following policies apply to all students enrolled in any of the four athletic training clinical courses (PET 3670; PET 3671; PET 4672; PET 4673):

- Lack of attendance, excessive tardiness, failure to follow policies and procedures of the program, or the inability to function safely in a clinical setting is cause for dismissal from the athletic training clinical course(s) (see current policies and procedures outlined in the Athletic Training Student Handbook);

- Students must meet the technical standards of the program in order to remain enrolled in any of the four athletic training clinical courses. Any student who withdraws from an athletic training clinical course due to his/her inability to meet the technical standard of the program is eligible to retake the athletic training clinical course (and related non-clinical major courses), provided proper documentation is submitted to the Director of Athletic Training Education during the semester of withdrawal. Students who do not meet the technical standards of the program may not take non-clinical major courses without taking related clinical courses in any given academic year without the written permission of the Director of Athletic Training Education and the Chair of the Division of Health, Leisure, and Exercise Science; and

- Students who violate codes of moral/ethical conduct will be dismissed from the Athletic Training Specialization Program (see current policies and procedures outlined in the Athletic Training Student Handbook and the Code of Ethics of the National Athletic Trainers’ Association).

Any student requesting readmission to the Athletic Training Specialization Program must complete a formal appeal process. Students are referred to the appeal process outlined in the current Athletic Training Student Handbook.

For detailed information about this program contact the department or the Director of Athletic Training Education.

University of West Florida 2004-2005

Lower Division Electives (0-10 sh)

Sufficient 1000/2000 level electives to complete at least 60 semester hours in the lower division. Current UWF students may use elective courses at any level (1000-4999) to meet this elective requirement.
**Upper Division Electives (0-3 sh)**
Sufficient 3000/4000 level electives to meet UWF's requirement of 48 semester hours in the upper division or completion of all departmental requirements at the 3000/4000 level, whichever is greater.

**EXERCISE SCIENCE SPECIALIZATION**

**General Studies (36 sh)**
Exercise Science majors should take PSY 2012 or DEP 2004 to satisfy the social science/behavioral perspective component, STA 2023 and MAC 1105 to satisfy the mathematics component, PHI 2100 or SPC 2016 to satisfy the humanities/values and expressions component, and BSC 1085/L and BSC 1086/L to satisfy the natural sciences component of General Studies.

For additional information see the General Studies section of this Catalog.

**Common Prerequisites (24 sh)**
State mandated common prerequisites must be completed prior to graduation, but are not required for admission to the program. Courses in brackets indicate substitutes from Florida public community/junior colleges and universities.

- BSC 1085/L Anatomy and Physiology I/Lab ..................... 4
  [Human Anatomy I/Lab]
- BSC 1086/L Anatomy and Physiology II/Lab ..................... 4
  [Human Anatomy II/Lab]
- CHM 1020/L Concepts in Chemistry/Lab .......................... 4
  [Survey of Chemistry or higher]
- MAC 1105 College Algebra .......................................... 3
- PET 4361 Sports Nutrition & Weight Control ..................... 3
  [PET x361, PET 2014, HUN x201, HUM 2002]
- PSY 2012 General Psychology ....................................... 3

**Choose one:**
- MAC 1140 Precalculus Algebra ...................................... 3
- STA 2023 Elements of Statistics .................................... 3

+ Indicates common prerequisites which can be used to satisfy General Studies requirements.

**Lower Division Electives (0-16 sh)**
Sufficient 1000/2000 level electives to complete at least 60 semester hours in the lower division. Current UWF students may use elective courses at any level (1000-4999) to meet this elective requirement.

Recommend PET 2622 and either PEO 2031 or PET 2060 be taken at the lower division.

**Major (42 sh)**

- HLP 3510 Measurement & Evaluation in Health, Leisure & Sports ........................................... 3
- HLP 4940 Internship .................................................. 6
- PEP 4113 Exercise & Physical Performance ...................... 3
- PET 2622 Advanced Prevention and Care of Injuries in Health, Leisure, and Sports .......................... 3
- PET 3351/L Exercise Physiology/Lab ............................. 4
- PET 4061 Motor Development & Skill Learning ................... 3
- PET 4213 Success in Sports ........................................ 3
- PET 4310/L Mechanics of Human Motion/Lab ...................... 4
- PET 4361 Sports Nutrition and Weight Control .................. 3
- PET 4380/L Exercise Testing & Prescription/Lab ............... 4
- PET 4383C Physiological Basis of Strength Development .............................................. 3
- PET 4691 Exercise Testing for Special Populations ......... 3

**Major-Related Courses (18 sh)**

**Choose one:**
- ADV 3000 Introduction to Advertising .......................... 3
- MAN 3025 Management Fundamentals ............................ 3
- MAN 4102 Management of Diversity .............................. 3
- PUR 3000 Principles of Public Relations ....................... 3

**Choose one:**
- COM 4110 Business & Professional Communication .......... 3
- SPC 3301 Interpersonal Communication .......................... 3
- SPC 3425 Group and Team Communication ....................... 3

*Choose a minimum of 12 sh from the following:*

- BCH 3033/L Biochemistry I/Lab .................................... 4
- CHM 2210/L Organic Chemistry I/Lab ........................... 4
- HLP 3300 Organization & Administration of Professional Programs .............................................. 4
- HSC 3550 Pathophysiology ........................................... 3
- HSC 4104 Health Aspects of Stress Management ............... 3
- HSC 4120 Consumer Health Education .......................... 3
- HSC 4143 Drugs in Society ......................................... 3
- HSC 4300 Changing Health Behaviors ............................ 3
- HSC 4551 Communicable and Degenerative Diseases ........... 3
- HSC 4572 Nutrition and Health ..................................... 3
- HSC 4581 Health Promotion and Planning ....................... 3
- HSC 4633 Current Issues in School-Community Health ...... 3
- PET 3905 Directed Study ............................................ 1-3
- PET 4623 Rehabilitation of Athletic Injuries ................. 3

*either of:*
- PEO 2031 Analysis of Individual Sports ....................... 3
- PEO 2824 Analysis of Team Sports ................................ 3

**Upper Division Electives (0 sh)**

**PHYSICAL EDUCATION SPECIALIZATION**
This program may meet the requirements for Florida temporary certification. Additional requirements would subsequently be necessary to obtain a professional certificate. Students are advised that this program may not be accepted for certification in other states because it is not a state approved program. Since requirements for teacher certification change, students should contact the advisor to obtain current certification requirements.

**General Studies (36 sh)**
Physical Education majors should take BSC 1085/L to fulfill the laboratory science component.

For additional information see the General Studies section of this Catalog.

**Common Prerequisites (23-25 sh)**

**Choose one:**

- BSC 1085/L Anatomy & Physiology I/Lab ............................ 4
- EDF 1005 Introduction to Education .................................. 3
- EDG 2701 Teaching Diverse Populations .......................... 3
- EME 2040 Introduction to Educational Technology ............ 3
- PEM xxxx Skill Development Courses in Physical Activities .................................................. 4-5
- XXX xxxx Conditioning, Fitness & Wellness Courses in Physical Activities .................................. 3
**SPECIALIZATION IN SPORT MANAGEMENT**

**Choose one:**

- BSC 1086/L Anatomy & Physiology I/Lab ......................... 4
- PET 2622 Advanced Prevention & Care of Injuries in Health, Leisure & Sports (Preferred Course) ........................................ 3

+ Indicates common prerequisites which can be used to satisfy General Studies requirements.

**Lower-Division Electives (0-11 sh)**

Sufficient 1000/2000 level electives to complete at least 60 semester hours in the lower division. Current UWF students may use elective courses at any level (1000-4999) to meet this elective requirement.

**Major Courses (38 sh)**

- HLP 3300 Organization and Administration of Professional Programs .................................................. 3
- HLP 3510 Measurement and Evaluation in Health, Leisure, and Sports ............................................... 3
- HLP 4922 Field Experience .............................................. 1
  Course offered 1-6 sh per semester
- HLP 4940 Internship ....................................................... 6
  Course offered 1-6 sh per semester
- LEI 4300 Strategic Leadership in Hospitality, Recreation & Resorts .................................................. 3
- LEI 4321 Sport, Adventure and Ecotourism ....................... 3
- MAN 3240 Organizational Behavior ................................ 3
- P E T 2622 Advanced Prevention and Care of Injuries in Health, Leisure, and Sports ......................... 3
- MAR 3023 Marketing Fundamentals .................................. 3
- PSY 4832 Sport and Exercise Psychology .......................... 3

**Major-Related Courses (18 sh)**

- ACG 3082 Accounting for Non-Majors ............................... 3
- COM 4110 Business and Professional Communications .... 3
- MAN 3240 Organizational Behavior ................................ 3
- MAR 3023 Marketing Fundamentals .................................. 3
- PSY 4832 Sport and Exercise Psychology .......................... 3

**Choose One:**

- ADV 3000 Introduction to Advertising .............................. 3
- PUR 3000 Principles of Public Relations ........................... 3

**Upper-Division Electives (4 sh)**

Sufficient 3000/4000 level electives to meet UWF’s requirement of 48 semester hours in the upper division or completion of all departmental requirements at the 3000/4000 level whichever is greater.

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**SPECIALIZATION IN PHYSICAL EDUCATION**

**General Studies (36 sh)**

Same as Exercise Science Specialization.

**Common Prerequisites (23-25 sh)**

- + BSC 1085/L Anatomy & Physiology I .............................. 4
- + PET xxxxx Skill Development Courses in Physical Activities ......................................................... 4-5
- + XXX xxxxx Conditioning, Fitness & Wellness Courses in Physical Activities ........................................ 3
- + XXX xxxxx Courses with a business emphasis ................... 9

عدل: [ACGxxx, COMxxx, ECOxxx, FINxxx, GEBxx, HFTxxx, MANxxx, SPFxxx]