

MASTER OF SCIENCE IN EXERCISE SCIENCE

Mission Statement

The vision of the Division of Health, Leisure and Exercise Science is to distinguish the department as a premier creative, student-centered academic division focused on service-learning. The strength of the Division is the complimentary relationships between academic programs represented through creative, traditional and non-traditional curricula and course delivery. This cooperative unity positions our Division as a nationally recognized model in the health and physical education, leisure, and exercise science fields. The mission of the Department of Health, Leisure and Exercise Science is to build a foundation of health, leisure, and exercise science knowledge and to prepare students with professional skills and analytical abilities to assume prominent positions in health, leisure, and exercise science across the state and nation.

Student Learning Outcomes

Students with a UWF Masters in Exercise Science should be able to do the following:

Content

- Identify and apply concepts and principles related to Exercise Science
- Apply a variety of concepts from disciplinary knowledge (motor learning; exercise testing and prescription, exercise physiology, biomechanics, and related course work) when planning and implementing exercise protocols

Critical Thinking

- Identify and assess performance characteristics
- Prescribe treatments to improve performance
- Design and conduct research to solve problems related to Exercise Science
- Critically evaluate research related to Exercise Science

Communication

- Present ideas clearly, effectively, and elegantly in written and oral communications
- Demonstrate effective interpersonal interaction

Integrity/Values

- Recognize the ethical dilemmas encountered in sport and fitness settings
- Describe and adhere to relevant professional ethical standards
- Make and defend decisions based on appropriate ethical principles

Project Management

- Complete a thesis or project in lieu of thesis in the final semesters before achieving the masters degree
- Submit a proposal for and make at least one public presentation of an academic paper or teaching practice before an audience of scholars and peers prior to completion of the degree
- Collaborate effectively with colleagues

Assessment Plan

We are committed to providing learning opportunities of the highest possible quality. Our internationally recognized faculty members will assess students' progress in a number of ways including the following: Group projects, examinations, in-class presentations, at least one presentation that has been proposed by the student and presented before a scholarly audience, and a project or internship in lieu of thesis. Before graduation students will be asked to formally present to the faculty and their peers a report on their experiences throughout the program and to provide evidence of the knowledge and skills obtained throughout their masters work. In return we expect students' attendance, preparedness, and active participation in coursework, projects, and professional activities.

Job Prospects for Masters of Exercise Science

Masters of Exercise Science have many options after graduation for employment or further education including the following:

Professional Sports Teams
Health/Fitness Centers
Sports Medicine Clinics
U.S. Olympic Training Centers and Affiliated Sports Teams
Industrial/Corporate Fitness
Human Performance Facilities
Research Institutions and/or Doctoral Programs

*Find out more about the Master of Science in Exercise Science at
UWF: <http://uwf.edu/hles>.*