MASTER OF SCIENCE IN EXERCISE SCIENCE

Mission Statement

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

- Evaluate concepts and principles related to Exercise Science for implication in human development and performance
- 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

- Summarize and critique performance characteristics of exercise science principles
- Design and prescribe treatments to improve physical 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 among colleagues and between practitioner and participants in sport and fitness settings

Integrity/Values

- Critique and evaluate the ethical dilemmas encountered in sport and fitness settings and the exercise science community.
- Articulate and practice relevant professional ethical standards for exercise science professionals in clinical settings and while performing scholarly activities.
- Formulate and critically judge decisions based on appropriate ethical principles in clinical settings and while engaging in scholarly activities.
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 in sport and fitness settings

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:

EXERCISE SCIENCE

College of Health

9/21/15