

Physical Education and Human Performance, MS

Mission Statement

The Physical Education and Human Performance Master's degree specialization is an advanced educational program designed to prepare one to lead individuals in areas of physical education, physical activity, fitness, wellness, and health. Each of these areas requires leaders who can successfully and effectively plan, motivate, communicate, explain, connect, demonstrate, and reflect. These professional behaviors are all developed through subject-specific pedagogy.

Student Learning Outcomes

UWF Masters in Physical Education and Human Performance graduates should be able to do the following:

Content

- Critically evaluate and utilize instructional behaviors for physical activity performance to maximize successful participation in physical activity and learning new physical activity skills on a regular basis
- Apply a variety of concepts from disciplinary knowledge (pedagogy; motor development and learning; exercise science, sociology and psychology of movement; history and philosophy) when planning and implementing physical activity enhancing interventions.
- Demonstrate knowledge based expertise in multiple forms of physical activity including, but not limited to games, sports, dance, gymnastic activities, adventure activities, aquatics, and fitness activities

Critical Thinking

- Examine, evaluate, and apply research on developing skills and learning in physical education, coaching, and physical activity domains

Communication

- Communicate instructional behavior evaluation results and intervention plan for improvement with professionals observed in physical activity settings
- Use technological resources (e.g., internet web-sites, email discussion groups) to interact with other professionals interested in enhancing physical activity participation and performance

Integrity/Values

- Identify relevant public policies and proposed legislation and actively advocate for more enlightened policies and guidelines that directly affect physical activity enhancement programs

Assessment of Student Learning Outcomes

- Written tests
- Projects
- Portfolios
- Literature Review
- Data recording and analysis

Job Prospects for Master of Exercise Science Graduates

- College instructor/adjunct professor
- College/university recreation
- College/university recreation
- County curriculum specialist
- Fitness director
- Government/military physical activity specialist
- Physical Activity Specialist
- Physical Education Teacher
- Recreation center professional
- Sport and fitness coaching

***Find out more about the Master Science Physical Education
and Human Performance***

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