

Program SLOs	PET3351C – Applied Exercise Physiology	PEO 2510 – Theory & Practice Coaching Soccer	ATR 2000 – Basic Care & Prev Athletic Injury	HUN 2201 – Fundamentals of Nutrition	PET4310C – Mechanics of Human Motion	PET 2XX1-2 – Intro to Sport Performance Studies	PET 2XX1-1 – Sport Performance Analytics	PET3556C– Des Resistance Training Programs	PET4820 –Adolescent Sport Pedagogy
Content									
Identify and apply concepts and principles of exercise, fitness and sport coaching, wellness, and teaching.	x	x	x	x	x	x		x	x
Demonstrate professional knowledge of current trends, developments, guidelines, recommendations, and research in the field.	x	x				x	x	x	
Analyze behavioral strategies to enhance exercise, health and athletic behavior change (e.g., reinforcement, goal setting, and social support).				x					
Critical Thinking									
Identify and use relevant data/information as a tool to develop and prioritize interventions (e.g., policies, promote physical activity, sport performance).			x				x	x	x
Evaluate athletic/sport skills and abilities in order to provide instructive feedback and guidance.		x			x				x
Communication									
Combine oral and written scientifically sound health and fitness related information to enhance participants’ knowledge, enjoyment, and adherence to physical activity behaviors.					x		x	x	

Illustrate effective coaching communication, including active listening, cueing, monitoring, and providing constructive feedback		x			x			x	x
Integrity / Values									
Demonstrate healthy lifestyle practices in order to be a professional role model.						x	x		x
Describe and adhere to relevant professional and ethical standards	x		x			x			

Department Name Movement Sciences & Health

Department URL <https://uwf.edu/ukcoh/departments/movement-sciences-and-health/>

Program Name:

Creation Date:

Revised Fall 2022

PET 3640 –Adaptive PE & Sport	PET 4434 – Pediatric Sport Pedagogy	PET 4801 – Sport Skills and Motor Develop	HLP3300 – Org & Administration of Prof Programs	PET3123 – Historical Foundations of Sport	ATR3132 - Functional Kinesiology	PET3344C – Athletic Coaching Methods	PET4765 - Theory & Practice of Coaching	HSC4300 – Changing Health Behaviors	HSC4581 – Health Promotion Planning	PET4940 - Internship
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x	x	x			x	x	x			x
	x		x			x	x			x
x			x			x		x	x	x

x					x			x	x	x
		x				x				x

				x						x
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	x	x				x	x			x
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									x	x
x			x	x		x	x			x

B.S. in Fitness and Sport Coaching
6/9/2023