

Exercise Science – B.S.

Mission Statement

The Exercise Science degree at the University of West Florida Usha Kundu, MD College of Health provides students with the knowledge, skills, and experiences necessary to be leaders in clinical settings and human performance settings. Success is evaluated by the academic and professional placement of graduates and by National certification Exams passing rates (ACSM, NSCA)

Student Learning Outcomes

UWF Exercise Science graduates should be able to do the following:

Content

- Identify and apply concepts and principles of exercise testing and prescription
- Identify professional opportunities for career development within the health, clinical and strength and conditioning field.

Critical Thinking

- Assess and prescribe exercise programs to improve performance and health in healthy and population with controlled disease
- Design and conduct research to explore exercise performance of apparently healthy and special populations

Communication

- Create and deliver effective oral presentations
- Demonstrate professional writing skills within the field of Exercise Science

Integrity/Values

- Adhere and apply professional ethical standards regarding exercise testing and prescription and program design in various settings (internship, classroom, and laboratory)

Project Management

- Collaborate effectively within the time constraint with peers, faculty and community agencies when designing, implementing, and assessing, testing and prescribing exercise programs
- Participating in HIP experiences throughout their Exercise Science curriculum experience

Assessment of Student Learning Outcomes

Exercise Science faculty members are committed to assessing students' progress toward fulfillment of Student Learning Outcomes for the Bachelor's Degree in the following ways:

Examinations, individual and group projects and in-class presentations. At least one presentation that has been proposed by the student and presented before a scholarly audience, a conference related to the field of exercise science; student symposium and demonstration of skills in clinical settings. Successful examination of the ACSM certification exam (EP-C) or the NSCA CSCS exams.

Additional assessment includes a capstone experience that is completed as an internship.

Job Prospects for Exercise Science B.S. Graduates

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

- Strength and conditioning coaches
- Professional Sports Teams
- Health/Fitness Centers
- Cardiac/pulmonary rehabilitation
- Electrocardiography/ 12-lead stress testing and telemetry
- Sports Medicine Clinics
- U.S. Olympic Training Centers and Affiliated Sports Teams
- Industrial/Corporate Fitness
- Human Performance Facilities

Find out more about Exercise Science B.S. at:

<https://uwf.edu/ukcoh/departments/movement-sciences-and-health/undergraduate-majors/exercise-science/>