

FITNESS & SPORT COACHING, B.S.

Mission Statement

The mission of the Fitness and Sport Coaching program at UWF is to build a foundational knowledge of health, coaching, and pedagogy to prepare students with the professional and analytical skills necessary to seek employment within the field.

Student Learning Outcomes

Students that graduate with a degree in Fitness and Sport Coaching from UWF should be able to do the following:

Content

- Identify and apply concepts and principles of exercise physiology, fitness and sport coaching, wellness, and teaching.
- Demonstrate professional knowledge of current trends, developments, guidelines, recommendations, and research in the field.
- Analyze behavioral strategies to enhance exercise, health and athletic behavior change (e.g., reinforcement, goal setting, and social support).

Critical Thinking

- Identify and use relevant data/information as a tool to develop and prioritize interventions (e.g., policies, promote physical activity, sport performance).
- Evaluate athletic/sport skills and abilities in order to provide instructive feedback and guidance.
- Demonstrate a professional, equitable, and safe environment using appropriate fitness and sport coaching principles, conflict management, and coaching strategies set forth by professional guidelines.

Communication

- Combine oral and written scientifically sound health and fitness related information to enhance participants' knowledge, enjoyment, and adherence to physical activity behaviors.
- Illustrate effective coaching communication, including active listening, cueing, monitoring, and providing constructive feedback.
- Show appropriate health, fitness and sport coaching content and concepts to intended audiences through a variety of technologies.

Integrity/Values

- Demonstrate healthy lifestyle practices in order to be a professional role model.
- Describe and adhere to relevant professional and ethical standards.

Project Management

- Integrate and engage with a variety of health disciplines to promote physical activity in multiple settings with a variety of populations.
- Design, implement, and assess best and evidence-based practices and procedures for fitness and sport coaching.

Assessment of Student Learning Outcomes

Fitness and Sport Coaching 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; in-class presentations, and demonstration of skills in practical settings. Additional assessment includes an internship as a capstone experience.

Job Prospects for Graduates of Fitness & Sport Coaching

Graduates of Fitness and Sport Coaching have options for direct employment or further education in the following areas:

- High School & Collegiate Sport Coaching
- Community & Private Wellness and Sport Coaching
- Athletic/Sport Performance Facilities
- Professional Sports Teams
- Industrial/Corporate Wellness Coaching
- Recreational Facilities
- Advanced Academic Degrees in Sports Performance and Physical Education

Find out more about Fitness and Sport Coaching B.S. at:

<https://uwf.edu/ukcoh/departments/movement-sciences-and-health/undergraduate-majors/fitness-and-sport-coaching/>