

## **Health & Physical Education, B.S.**

### ***Fitness and Sport Coaching Specialization***

#### **Mission Statement**

The Fitness and Sport Coaching Specialization prepares students with a foundation of health, coaching, and pedagogical knowledge to pursue careers in fitness and sport coaching.

#### **Student Learning Outcomes**

Fitness and Sport Coaching graduates 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.

#### **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.

#### **Integrity/Values**

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

#### **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. Annual program evaluation based on programmatic assessment using the curriculum map.

### **Job Prospects for Fitness and Sport Coaching Graduates**

Employment settings include high school and collegiate sport coaching, community and recreational athletics, physical activity and sport enhancement programs, public and private fitness related organizations, and corporate wellness settings. Coursework within the Fitness and Sport Coaching Specialization will focus on developing sport coaching leadership skills, content related to physical and cognitive sport performance, and overall health and wellness. Courses will involve hands-on, activity-based learning and experiences which will culminate in an internship designed to develop specific employment related skills.

***Find out more about Fitness and Sport Coaching at UWF:***

***[https://catalog.uwf.edu/undergraduate/healthleisureandexercisescience/#specialization\\_physical\\_educationtext](https://catalog.uwf.edu/undergraduate/healthleisureandexercisescience/#specialization_physical_educationtext)***