

Accelerated B.S. Exercise Science/M.S. Exercise Science

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

Fitness and Sport Coaching graduates should be able to do the following:

Content

Undergraduate

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

Graduate

- Evaluate and apply concepts and principles related to Exercise Science for implication in human development and performance.

Critical Thinking

Undergraduate

- Assess and prescribe exercise programs to improve performance and health.
- Design and conduct research to explore exercise performance of apparently healthy and special populations.

Graduate

- Design and conduct original research to solve problems related to Exercise Science.
- Critically evaluate research related to Exercise Science.

Communication

Undergraduate

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

Graduate

- Present ideas clearly, effectively, and elegantly in written and oral communications relevant in Exercise Science.

Integrity/Values

Undergraduate

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

Graduate

- Articulate and practice relevant professional ethical standards for exercise science professionals in clinical settings and while performing scholarly activities.

Project Management

Undergraduate

- Collaborate effectively within the time constraints with peers, faculty and community agencies when designing, implementing, and assessing exercise performance and programs.
- Participate in HIP experiences throughout their Exercise Science curriculum experience.

Graduate

- Create a proposal for and make at least one public presentation of an academic paper or teaching practice before an audience of scholars and peers prior to completion of the degree.

Assessment of Student Learning Outcomes

Student learning will be assessed through academic performance on quizzes/exams, written assignments, lab/clinical assignments, individual & written projects, and/or research projects.

Job Prospects

- Exercise Physiologist at clinical settings
- Cardiopulmonary Rehabilitation Specialist
- Personal Fitness Instructor
- Strength (Sport) and Conditioning Coach at the College Level
- Biomechanist
- Gerokinesiologist

Find out more about Accelerated B.S. Exercise Science/M.S. Exercise Science at UWF: <https://uwf.edu/programs/ukcoh/exercise-science-bs/>