EXERCISE SCIENCE: EXERCISE SCIENCE, B.S.

Mission Statement
The mission of the Exercise Science specialization is to build a foundation of health, leisure, and exercise science knowledge and to prepare students with professional skills and analytical abilities to assume prominent positions in health, leisure, and exercise science.

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 to the general population
• Identify opportunities for professional life in the health and fitness industry
• Interpret EKG’s involving the recognition of the most common abnormalities

Critical Thinking
• Identify and assess performance characteristics related to human movement and exercise
•Prescribe exercise programs to improve performance and health
• Design and conduct research to solve problems in exercise performance of apparently health, at higher risk, or those individuals with known disease or disorders.
• Employ appropriate statistical analyses or instrumentation to assess health related issues
• Conduct and interpret a complete 12-lead ECG.

Communication
• Create and deliver effective oral presentations.
• Write using professional standards.
• Demonstrate effective interpersonal interaction
Integrity/Values
- Recognize the ethical dilemmas encountered in sports and exercise.
- Adhere to professional ethical standards when applying concepts of exercise testing and prescription in various settings (internship, classroom, and laboratory)
- Make and defend decisions based on appropriate ethical principles.

Project Management
- Collaborate effectively with team members and community agencies when designing, implementing, and assessing exercise performance and programs.
- Design, implement and assess projects using specific criteria within given time constraints.
- Demonstrate back-up planning skills.

Assessment of Student Learning Outcomes:
Exercise science faculty members are committed to assessing students’ progress toward fulfillment of Student Learning Outcomes for the Bachelors Degree in the following ways: examinations, individual and group projects, in-class presentations, and demonstration of skills in clinical settings. Additional assessment includes a capstone experience that is completed as an internship.

Job Prospects for Graduates of the Exercise Science Program:
- Health/Fitness centers
- Cardiac Rehabilitation
- U.S. Governmental Research Centers (National Institutes of Health, Centers for Disease Control)
- Professional Sports Teams
- Sports Medicine Clinics
- U.S. Olympic and Paralympic Training Centers
- Affiliated Sports Teams
- Industrial/Corporate Settings

Find Out More about Exercise Science: