

## UCF Degree Programs

### Sport and Exercise Science (B.S.)

#### College of Education and Human Performance

#### Department of Educational and Human Sciences,

#### Education Building, Room: 209

<http://education.ucf.edu/sportexercisescience>

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The Sport and Exercise Science B.S. program offers students the option of two tracks, Coaching and Human Performance, offered at the Orlando campus. The Coaching track is appropriate for students interested in coaching at all levels of competition, in a variety of sports, including strength and conditioning. Students are provided with a combination of course content as well as practical field and laboratory experiences. The Coaching Track includes coursework leading to partial fulfillment of the Athletic Coaching Endorsement. Full eligibility for the endorsement may require additional criteria outlined by the Florida Department of Education (FLDOE). For further information regarding the Athletic Coaching Endorsement, visit <http://www.fldoe.org/edcert/>. The Human Performance track is appropriate for students interested in pursuing careers in sport science, health promotion, medicine, wellness, sports medicine, and allied health (i.e. physical therapy, occupational therapy, and cardiac rehabilitation). Students who may be continuing on to graduate school in a clinical or medical area should consider pre-requisites for graduate school when choosing certain classes. Students are advised to check the Graduate Program's website for updated information, as well as the Undergraduate Catalog for appropriate General Education courses.

#### Admission Requirements

- Complete the University General Education Requirements or its equivalent, i.e. an AA degree from a Florida College System or State University System institution.
- Have a minimum 2.5 overall GPA.
- Complete program prerequisite courses prior to admission to the major and upper level courses.
- Meet the Gordon Rule requirement
- Meet the Foreign Language Admission requirement

#### Degree Requirements

- Students should consult with an advisor on a regular basis.
- Students who change degree programs and select this major must adopt the most current catalog.
- Students should see an advisor prior to selecting this major, and at least every semester thereafter.
- Students must earn at least a "C" (2.0) in each required course and maintain an overall GPA of at least a 2.5.
- All pre-requisites for courses taught within the Sport and Exercise Science program will be enforced and a required grade of "C" (2.0) or better must be reflected on the degree audit.
- Students must meet with their advisor prior to enrollment in Sport and Exercise Science Practicum to complete the departmental application and approval process.

#### 1. UCF General Education Program (GEP) (37 hrs)

##### A: Communication Foundations (9 hrs)

Required	ENC 1101	Composition I	3 hrs
Required	ENC 1102	Composition II	3 hrs
Prefer	SPC 1608	Fundamentals of Oral Communication	3 hrs

##### B: Cultural & Historical Foundations (9 hrs)

General Education Program elective from section B1 to meet Gordon Rule Requirement	3 hrs
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##### Select 1:

Prefer	MUL 2010	Enjoyment of Music or	3 hrs
Prefer	THE 2000	Theatre Survey or	3 hrs

Prefer	PHI 2010	Introduction to Philosophy	3 hrs
General Education Program elective: Prefer a second course from GEP section B1			3 hrs

#### C: Mathematical Foundations (6 hrs)

##### Select 1: (3 hrs)

Prefer	MGF 1106	Finite Mathematics or	3 hrs
Prefer	MAC 1114C	College Trigonometry	3 hrs

##### Select 1: (3 hrs)

Prefer	STA 2014C	Principles of Statistics or	3 hrs
Prefer	STA 2023	Statistical Methods I	3 hrs

#### D: Social Foundations (6 hrs)

Prefer	POS 2041	American National Government	3 hrs
Prefer	PSY 2012	General Psychology	3 hrs

#### E: Science Foundations (7 hrs)

Required	BSC 2010C	Biology I	4 hrs
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##### Select 1: (3 hrs)

Prefer	PSC 1121	Physical Science or	3 hrs
Prefer	CHM 2045C	Chemistry Fundamentals I	4 hrs

#### 2. Common Program Prerequisites (CPP)

- See Transfer Notes for possible substitutes for the following course.

BSC 2010C	Biology I	GEP
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#### 3. Core Requirements: Basic Level (22 hrs)

##### Core Requirements for Sport and Exercise Science (22 hrs)

##### Science:

PET 3005	Introduction to Sport and Exercise Science	3 hrs
PET 3097	Health and Wellness	3 hrs
PET 3361	Nutrition and Metabolism in Sport and Exercise Science	3 hrs
APK 4110C	Exercise Physiology	3 hrs
PET 4550C	Assessment and Evaluation in Exercise Science	3 hrs

##### Select 1: (4 hrs)

ZOO 3736C	Exercise Physiology Anatomy or	4 hrs
ZOO 3733C	Human Anatomy	4 hrs

##### Select 1: (3 hrs)

PET 4312C	Applied Biomechanics or	3 hrs
PET 4325	Functional Kinesiology for Sport and Exercise Science	3 hrs

#### 4. Core Requirements: Advanced Level (24 hrs)

- Select one of the following tracks

##### A. Track 1 - Coaching (24 hrs)

ATR 4132	Human Injuries: Mechanisms & Prevention	3 hrs
PET 3765	Coaching Theory	3 hrs
PET 3771	Strength and Conditioning Concepts	3 hrs
PET 4050C	Motor Development and Learning	3 hrs
PET 4215	Motivational Aspects of Athletic Performance	3 hrs
PET 4763	Coaching Methods And Principles	3 hrs
SPM 3204	Sports and Ethics	3 hrs
SPM 4723	Legal Issues in Sport and Exercise Science	3 hrs

Select one of the following courses under electives if you intend to apply for the Athletic Coaching Endorsement with the FLDOE: PEO 3624, PEO 3644, PEO 3324, PEO 3514 or PEO 3041. For further information regarding the Athletic Coaching Endorsement, visit <http://www.fldoe.org/edcert/>

##### B. Track 2 - Human Performance (24 hrs)

ATR 4132	Human Injuries: Mechanisms & Prevention	3 hrs
PET 3771	Strength and Conditioning Concepts	3 hrs
PET 4050C	Motor Development and Learning	3 hrs
PET 4215	Motivational Aspects of Athletic Performance	3 hrs
PET 4552	Exercise Prescription for Special Populations	3 hrs
PET 4143	Current Issues & Trends in Sport and Exercise Science	3 hrs
PET 3125	Fitness and Weight Management	3 hrs
PET 4088	Physical Activity & Preventive Medicine	3 hrs

## UCF Degree Programs

### 5. Restricted Electives (34 hrs)

■ Students have the opportunity to add learning experiences by earning a double major or minor. In addition, many students will use these electives to take the required courses necessary for graduate studies, for example in medicine, physical therapy and other allied health graduate programs.

■ Courses are required to be 2000 level or higher.  
 ■ Courses completed and already used to satisfy General Education Program, Basic Level, Advanced Level and selected Track requirements may not be used to meet the Restricted Elective requirement.

■ Sport and Exercise Science students must select 18 credits of preferred elective courses OR PET 4926 Practicum (9 hrs) AND 9 credits of preferred elective courses.

■ If students choose to complete Practicum as part of their restricted electives, it must be done during the final semester of the program. Students may choose to complete a Practicum in an area that is specific to their desired career goals. In order to be placed into practicum, students will need to have a 2.75 GPA.

■ Select preferred electives with advisor approval. A minimum of eighteen (18) hours must be selected from the list below:

PET 4926	Sport and Exercise Science Practicum	9 hrs
PET 4083	Personal Training Methods	3 hrs
PET 4710	Methods for Physical Activity for Children and Adolescents	3 hrs
PET 3765	Coaching Theory	3 hrs
PET 4763	Coaching Methods And Principles	3 hrs
PET 3771	Strength and Conditioning Concepts	3 hrs
PET 4215	Motivational Aspects of Athletic Performance	3 hrs
SPM 3204	Sports and Ethics	3 hrs
SPM 4723	Legal Issues in Sport and Exercise Science	3 hrs
PET 4552	Exercise Prescription for Special Populations	3 hrs
PET 4143	Current Issues & Trends in Sport and Exercise Science	3 hrs
PET 3125	Fitness and Weight Management	3 hrs
PET 4088	Physical Activity & Preventive Medicine	3 hrs
PET 3820	Teaching Sports Skills I	3 hrs
SPM 3504	Fiscal and Facilities: Issues in Sport and Exercise Science	3 hrs
BSC 2011C	Biology II	4 hrs
CHM 2045C	Chemistry Fundamentals I	4 hrs
CHM 2046	Chemistry Fundamentals II	3 hrs
PHY 2053C	College Physics I	4 hrs
PHY 2054C	College Physics II	4 hrs
HSC 3110	Medical Self Assessment	3 hrs
HSC 3537	Medical Terminology	3 hrs
HSC 3147	Introduction to Pharmacology	3 hrs
APK 3400	Sports Psychology	3 hrs
PET 4312C	Applied Biomechanics	3 hrs
PET 4325	Functional Kinesiology for Sport and Exercise Science	3 hrs
PEO 3324	Coaching Volleyball	3 hrs
PEO 3514C	Coaching Soccer	3 hrs
PEO 3624	Coaching Basketball	3 hrs
PEO 3644	Coaching Football	3 hrs

### 6. Capstone Requirements (3 hrs)

PET 4901 Capstone in Sport and Exercise Science 3 hrs

### 7. Foreign Language Requirements

#### Admissions

■ (0-8 hrs.) State University System foreign language admission requirement: two years in high school or one year of college instruction in a single foreign language. (This requirement applies to those students admitted to the University without the required two units of foreign language in high school.)

#### Graduation

■ None

### 8. Electives

■ Restricted Electives as listed above.

### 9. Additional Requirements

■ None

### 10. Required Minors

■ None

### 11. Departmental Exit Requirements

■ A minimum overall GPA of 2.5.

### 12. University Minimum Exit Requirements

■ A 2.0 UCF GPA

■ 60 semester hours earned after CLEP awarded

■ 48 semester hours of upper division credit completed

■ 30 of the last 39 hours of course work must be completed in residency at UCF.

■ A maximum of 45 hours of extension, correspondence, CLEP, Credit by Exam, and Armed Forces credits permitted.

■ Complete the General Education Program, the Gordon Rule, and nine hours of Summer credit.

### Total Semester Hours Required

■ 120

### Honors In Major

■ None

### Related Programs

■ None

### Certificates

■ None

### Related Minors

■ Coaching

■ Fitness Training

■ Community Sport and Fitness

### Advising Notes

■ Students must meet with their advisor before enrolling each term.

■ The Practicum experience will provide the student with actual professional experiences and practical hands-on application. The students will be working directly with a Practicum Site Supervisor in the organization and their UCF Faculty Supervisor.

■ Students who choose to complete Practicum will be representing not only themselves while on site but also the Sport and Exercise Science Program, the College, and UCF. Therefore, professionalism in manner, ethics, job performance, and dress will be expected at all times. Should there be any question of the performance of the students during their practicum experience, they will be required to meet with their UCF Faculty Supervisor and their Faculty Advisor for a performance evaluation before returning to the Practicum site. The performance concerns will be addressed and a plan of action regarding expectations and improvements will be developed. If the problems persist and the situation warrants, the students may be removed from their Practicum experience.

### Transfer Notes

■ Courses transferred from private and out-of-state institutions must be evaluated for equivalency credit. The student must provide all documentation.

### Acceptable Substitutes for Transfer Courses

■ The following substitutions are acceptable if taken at a Florida College System institution:

■ BSC 1010C (4 credit hours with lab) will satisfy the BSC2010C Biology I requirement.

■ BSC 2085C OR BSC 2093C (4 credit hours with lab) will satisfy the ZOO 3736C Exercise Physiology Anatomy requirement.

## UCF Degree Programs

### Plan of Study

■ The Coaching and Human Performance Tracks follow the same Plan of Study for the Freshman and Sophomore Semesters.

**Freshman Year - Fall** **12 hrs**  
 ENC 1101 Composition I 3 hrs  
 PSY 2012 General Psychology 3 hrs

**Select 1:**

MUL 2010 Enjoyment of Music or 3 hrs  
 THE 2000 Theatre Survey or 3 hrs  
 PHI 2010 Introduction to Philosophy 3 hrs

**Select 1:** **3 hrs**  
 PSC 1121 Physical Science or 3 hrs  
 CHM 2045C Chemistry Fundamentals I 4 hrs

**Freshman Year - Spring** **13 hrs**  
 BSC 2010C Biology I 4 hrs  
 ENC 1102 Composition II 3 hrs  
 POS 2041 American National Government 3 hrs

**Select 1:** **3 hrs**  
 MGF 1106 Finite Mathematics or 3 hrs  
 MAC 1114C College Trigonometry 3 hrs

**Sophomore Year - Fall** **15 hrs**  
 GEP B1 Elective 3 hrs  
 PET 3005 Introduction to Sport and Exercise Science 3 hrs  
 Elective Courses (2000 level or higher) 6 hrs

**Select 1:** **3 hrs**  
 STA 2014C Principles of Statistics or 3 hrs  
 STA 2023 Statistical Methods I 3 hrs

**Sophomore Year - Spring** **15 hrs**  
 PET 3097 Health and Wellness 3 hrs  
 GEP B3 Elective (Prefer course from section B1) 3 hrs  
 Elective Course (2000 level or higher) 6 hrs  
 SPC 1608 Fundamentals of Oral Communication 3 hrs

### Coaching Track

**Junior Year - Fall** **16 hrs**  
 Elective Course (2000 level or higher) 3 hrs  
 PET 3361 Nutrition and Metabolism in Sport and Exercise Science 3 hrs  
 PET 3765 Coaching Theory 3 hrs  
 ZOO 3736C Exercise Physiology Anatomy 4 hrs  
 PET 4050C Motor Development and Learning 3 hrs

**Junior Year - Spring** **15 hrs**  
 Elective Course (2000 level or higher) 3 hrs  
 APK 4110C Exercise Physiology 3 hrs  
 ATR 4132 Human Injuries: Mechanisms & Prevention 3 hrs  
 PET 3771 Strength and Conditioning Concepts 3 hrs  
 PET 4215 Motivational Aspects of Athletic Performance 3 hrs

**Junior Year - Summer** **7 hrs**  
 Elective Courses (2000 level or higher) 4 hrs  
 PET 4550C Assessment and Evaluation in Exercise Science 3 hrs

**Senior Year - Fall** **15 hrs**  
 SPM 4723 Legal Issues in Sport and Exercise Science 3 hrs  
 Elective Course (2000 level or higher) 3 hrs  
 PET 4763 Coaching Methods And Principles 3 hrs  
 SPM 3204 Sports and Ethics 3 hrs

**Select 1:** **3 hrs**  
 PET 4325 Functional Kinesiology for Sport and Exercise Science or 3 hrs  
 Applied Biomechanics 3 hrs  
 PET 4312C Applied Biomechanics 3 hrs

**Senior Year - Spring** **12 hrs**  
 PET 4901 Capstone in Sport and Exercise Science 3 hrs

**Select 1:** **9 hrs**  
 PET 4926 Sport and Exercise Science Practicum or 9 hrs  
 Take 3 additional electives in the program approved by advisor 9 hrs

### Human Performance Track

**Junior Year - Fall** **16 hrs**  
 Elective Course (2000 level or higher) 3 hrs  
 PET 3361 Nutrition and Metabolism in Sport and Exercise Science 3 hrs  
 PET 4050C Motor Development and Learning 3 hrs  
 PET 4143 Current Issues & Trends in Sport and Exercise Science 3 hrs

**Select 1:** **4 hrs**  
 ZOO 3736C Exercise Physiology Anatomy or 4 hrs  
 ZOO 3733C Human Anatomy 4 hrs

**Junior Year - Spring** **15 hrs**  
 Elective Course (2000 level or higher) 3 hrs  
 PET 3771 Strength and Conditioning Concepts 3 hrs  
 APK 4110C Exercise Physiology 3 hrs  
 ATR 4132 Human Injuries: Mechanisms & Prevention 3 hrs  
 PET 4215 Motivational Aspects of Athletic Performance 3 hrs

**Junior Year - Summer** **7 hrs**  
 Elective Courses (2000 level or higher) 4 hrs  
 PET 4550C Assessment and Evaluation in Exercise Science 3 hrs

**Senior Year - Fall** **15 hrs**  
 Elective Course (2000 level or higher) 3 hrs  
 PET 4088 Physical Activity & Preventive Medicine 3 hrs  
 PET 4552 Exercise Prescription for Special Populations 3 hrs  
 PET 3125 Fitness and Weight Management 3 hrs

**Select 1:** **3 hrs**  
 PET 4325 Functional Kinesiology for Sport and Exercise Science or 3 hrs  
 Applied Biomechanics 3 hrs  
 PET 4312C Applied Biomechanics 3 hrs

**Senior Year - Spring** **12 hrs**  
 PET 4901 Capstone in Sport and Exercise Science 3 hrs

**Select 1:** **9 hrs**  
 PET 4926 Sport and Exercise Science Practicum or 9 hrs  
 Take 3 additional electives in the program approved by advisor 9 hrs

### Program Academic Learning Compacts

■ Program Academic Learning Compacts (student learning outcomes) for undergraduate programs are located at:  
[http://www.oas.ucf.edu/alc/academic\\_learning\\_compacts.htm](http://www.oas.ucf.edu/alc/academic_learning_compacts.htm)