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/](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)

<table>
<thead>
<tr>
<th>Core Requirements for Sport and Exercise Science</th>
<th>(22 hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select 1:</td>
<td></td>
</tr>
<tr>
<td>Prefer MGF 1106 Finite Mathematics or</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Prefer MAC 1114C College Trigonometry</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Select 1:</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Prefer STA 1063C Basic Statistics Using Microsoft</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Excel or</td>
<td></td>
</tr>
<tr>
<td>Prefer STA 2023 Statistical Methods I</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Select 1:</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Prefer POS 2041 American National Government</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Prefer PSY 2012 General Psychology</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Select 1:</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Prefer PSC 1121 Physical Science or</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Prefer CHM 2045C Chemistry Fundamentals I</td>
<td>4 hrs</td>
</tr>
<tr>
<td>Select 1:</td>
<td>4 hrs</td>
</tr>
<tr>
<td>ZOO 3736C Exercise Physiology Anatomy or</td>
<td>4 hrs</td>
</tr>
<tr>
<td>ZOO 3733C Human Anatomy</td>
<td>4 hrs</td>
</tr>
<tr>
<td>Select 1:</td>
<td>3 hrs</td>
</tr>
<tr>
<td>PET 4321C Kinesiology/Biomechanics or</td>
<td>3 hrs</td>
</tr>
<tr>
<td>PET 4325 Functional Kinesiology for Sport and</td>
<td>3 hrs</td>
</tr>
<tr>
<td>Exercise Science</td>
<td></td>
</tr>
</tbody>
</table>

### 2. Common Program Prerequisites (CPP)
- See Transfer Notes for possible substitutes for the following course.
  - BSC 2010C Biology I 
  - GEP

### 3. Core Requirements: Basic Level (22 hrs)

<table>
<thead>
<tr>
<th>Core Requirements for Sport and Exercise Science</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select 1:</td>
</tr>
<tr>
<td>ZOO 3736C Exercise Physiology Anatomy or</td>
</tr>
<tr>
<td>ZOO 3733C Human Anatomy</td>
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<td>Select 1:</td>
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<tr>
<td>PET 4325 Functional Kinesiology for Sport and</td>
</tr>
<tr>
<td>Exercise Science</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Select one of the following tracks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Track 1 - Coaching</td>
</tr>
<tr>
<td>ATR 4132 Human Injuries: Mechanisms &amp; Prevention</td>
</tr>
<tr>
<td>PET 3765 Coaching Theory</td>
</tr>
<tr>
<td>PET 3771 Strength and Conditioning Concepts</td>
</tr>
<tr>
<td>PET 4050C Motor Development and Learning</td>
</tr>
<tr>
<td>PET 4215 Motivational Aspects of Athletic</td>
</tr>
<tr>
<td>Performance</td>
</tr>
<tr>
<td>PET 4763 Coaching Methods And Principles</td>
</tr>
<tr>
<td>SPM 3204 Sports and Ethics</td>
</tr>
<tr>
<td>SPM 4723 Legal Issues in Sport and Exercise Science</td>
</tr>
<tr>
<td>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 <a href="http://www.fldoe.org/edcert/">http://www.fldoe.org/edcert/</a>.</td>
</tr>
</tbody>
</table>

### 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/sportexscience](http://education.ucf.edu/sportexscience)

**Email: SESadvising@ucf.edu**
Dr. David Fukuda, David.Fukuda@ucf.edu
Phone: 407-823-0623

The University of Central Florida
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.
- Select preferred electives with advisor approval. A minimum of nine (9) hours must be selected from the list below:

**5. Restricted Electives (25 hrs)**

- **B. Track 2 - Human Performance 24 hrs**
  - PET 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

- **C. Track 3 - Special Populations 3 hrs**
  - PET 4312K Kinesiology/Biomechanics 3 hrs
  - PET 4325 Functional Kinesiology for Sport and Exercise Science 3 hrs

- **6. Capstone Requirements (12 hrs)**
  - PET 4901 Capstone in Sport and Exercise Science 3 hrs
  - **Select 1:***
    - **9 hrs**
      - PET 4926 Sport and Exercise Science Practicum or Take 3 additional electives in the program approved by the advisor 9 hrs

- **During the final year of the program, students will complete Practicum requirements 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. These experiences 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. The UCF Faculty Supervisor will maintain periodic contact with the Practicum Site Supervisor to check performance status.**

**6. Capstone Requirements (12 hrs)**

- PET 4901 Capstone in Sport and Exercise Science 3 hrs

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

- **During the final year of the program, students will complete Practicum requirements 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. These experiences 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. The UCF Faculty Supervisor will maintain periodic contact with the Practicum Site Supervisor to check performance status.**

- **Students in the 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.**

**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.**

**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

**Advising Notes**

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

**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 1053C: Basic Statistics Using Microsoft Excel 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

### 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  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
  - 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 3988: 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
    - PET 4312C: Kinesiology/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

#### Senior Year - Summer
- **Take 3 additional electives in the program approved by advisor**

### Program Academic Learning Compacts
- Program Academic Learning Compacts (student learning outcomes) for undergraduate programs are located at: [http://www.oeas.ucf.edu/alc/academic_learning_compacts.htm](http://www.oeas.ucf.edu/alc/academic_learning_compacts.htm)