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

**Select 1:**
- Prefer MUL 2010 Enjoyment of Music or 3 hrs
- Prefer THE 2000 Theatre Survey or 3 hrs

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

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

**Select 1:**
- 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

**Select 1:**
- 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

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

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

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

**Select 1:**
- 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 3514 or PEO 3324, PEO 3514 or PEO 3514. 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
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 2010C: Biology I (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 Football (3 hrs)
  - PEO 3514C: Coaching Basketball (3 hrs)
  - PEO 3624: Coaching Volleyball (3 hrs)
  - PEO 3644: Coaching Soccer (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
### 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
  - 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:
  - 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:
  - 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

#### 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:**
- 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:**
- PET 4325 Functional Kinesiology for Sport and Exercise Science 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:**
- PET 4926 Sport and Exercise Science Practicum or 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.oeas.ucf.edu/alc/academic_learning_compacts.htm](http://www.oeas.ucf.edu/alc/academic_learning_compacts.htm)