

Bachelor of Science in Health

Concentration: Exercise Science

The Department of Athletic Training and Physical Therapy offers an Exercise Science concentration. This concentration culminates in a Bachelor of Science in Health (B.S.H.) degree. Of major concern to society is the health and well-being of its citizens. Exercise Scientists are health care professionals that utilize knowledge of the human body's adaptive responses to exercise to address an individual's health, fitness, or performance goals.

Exercise Science students who wish to continue their academic studies will benefit from a well rounded curriculum designed to prepare students for admission into graduate programs in Exercise Physiology or other Health Care professions. Exercise Science is often cited as the preferred undergraduate program of study for students interested in the advanced degree of Physical Therapy. Other graduate programs that are of interest to Exercise Science students are: Occupational Therapy, Chiropractics, Medicine, Physicians Assistant, Sports Psychology, and Pharmacy.

Exercise Science students who seek employment after receiving the undergraduate degree are successful in 4 distinct areas of employment:

- Clinical Exercise Physiology: health care based positions that incorporate exercise testing, prescription, and supervision for a wide spectrum of patients such as cardiac rehabilitation, elderly care, and weight management.
- Fitness/Recreation field: positions in personal training, fitness instruction, corporate wellness, wellness coach, and recreation.
- Human Performance: strength coach, performance coach, and athletic exercise testing.
- Other Related fields: medical supply reps (pacemakers, artificial joints, medical instruments) and pharmaceutical representatives.

UNF admits one group of Exercise Science students per year each fall semester. Applicants must be junior status (earned 60 semester hours) prior to start of the Exercise Science curriculum at UNF. Application deadline is June 15th every year.

Application to Exercise Science program must be submitted to the university by the general admission deadline (this also applies to current UNF students). Please visit the Admissions website at <http://www.unf.edu/admissions/applying/deadlines.html> for specific dates.

Prerequisites

(24 Semester Hours)

*BSC 2085C	Human Anatomy & Physiology I w/Lab	4
*BSC 2086C	Human Anatomy and Physiology II w/Lab	4
*MAC 1105	College Algebra or higher (MAC 1147 Pre-Calculus)	3/4
*CHM 2045C	General Chemistry I with Lab	4
* Minimum grade of B from the four prerequisites is required for admission.		
STA 2014 or 2023	Elementary Statistics	3
PSY 2012	Introduction to Psychology	3
HUN 2201	Basic Principles of Human Nutrition	3

Core Requirements		(12 Semester Hours)
HSC 3500	Epidemiology	3
HSA 4553	Health Law and Ethics	3
PET 4625	Research in Sports Medicine	3
HSC 3555	Disease: Prevention, Intervention & Treatment	3

Major Requirements		(39 Semester Hours)
HSC 4612	Exercise Physiology for Health Science	3
HSC 4615L	Lab Methods Exercise Physiology for Health Science	3
PET 3080	Physical Activity & Epidemiology	3
PET 4550	Physical Fitness Assessment & Exercise Prescription	3
PEP 4135	Principles in Strength/Conditioning	3
APK 4120C	Clinical Exercise Physiology	3
PET 3312C	Biomechanics	3
PET 3620	Introduction to Athletic Injuries	3
HUN 4414	Sports Nutrition	3
PET 3311	Kinesiology and Motor Behavior	3
PET4943	Pre-internship in Exercise Science	3
PET4942	Internship in Exercise Science	6

Free Electives: Select 3 courses at any level (1000-4000) and with any **(9 Semester Hours)** prefix (If you are considering the Doctor of Physical Therapy, complete DPT prerequisites for free electives. See prerequisites at www.unf.edu/brooks)

Total Program Hours **(60 Semester Hours)**



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This fact sheet is intended to be a description of the degree requirements in effect for the 2008-2009 academic year. It should not be construed as an irrevocable contract between the student and the program, the Brooks College of Health, and/or the University of North Florida. The University of North Florida reserves the right to change any policies, academic programs, procedures or fees described in this fact sheet and to apply these changes to any or all of its students as required by the University, Board of Trustees, or Florida Legislative mandate. The University of North Florida is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award the Baccalaureate, Master's, and Doctor of Education Degrees. Questions about fact sheet information should be directed to the Advising Office, University of North Florida, Brooks College of Health at (904) 620-2812.