

Bachelor of Science in Health Exercise Science Concentration



Frequently Asked Questions

Before Admission

Is there a program application in addition to an application to the university?

There is no separate Exercise Science application at UNF. To apply one should submit the correct form electronically (if that method is available) or by hardcopy to the One Stop Student Services. The necessary application links and descriptions are provided on the Exercise Science program website (<http://www.unf.edu/brooks/clinical-applied-movement/ExSci.html>). Applicants must pay a \$30 fee to the university regardless of any previous application to the university. Transcripts should be directed always to the One Stop Student Services and never to Brooks College of Health.

Can I apply before I have completed all of the prerequisites for the program?

Yes; however, while applicants *may* apply before all of the prerequisite courses are completed, applicants will be required to complete **all** prerequisites before the *start* of the Exercise Science program. Final, official transcripts are necessary to confirm the successful completion of these courses in August 6.

Three of the following prerequisite courses must be completed with a **grade of B or higher** by May. Only one of them can be completed with a grade of B or higher in summer. An official transcript for the last grade is due August 6.

- MAC1105 – College Algebra or a higher math course (MAC1147- Pre-calculus)
- CHM2045/2045L – General Chemistry I with lab
- BSC2085c – Human Anatomy and Physiology I with lab
- BSC2086c – Human Anatomy and Physiology II with lab

Remaining prerequisite courses must be completed with a **grade of C or higher** prior to the start of the Exercise Science program in August.

- PSY2012 – Into to Psychology
- HUN2201 – Basic Principles of Human Nutrition
- STA2014 or STA2023 – Elementary Statistics
- SPC2608 – Fundamentals of Speech (*a new requirement starting fall 2009 semester*)

Can I retake prerequisites? If I retake prerequisites, which attempt is considered?

Yes, if planning to retake any prerequisites after applying to the program, applicants must inform BCH Advising office of the plan and submit a proof of enrollment to the advising office no later than May 14. BCH Advising office will use the best attempt of all credits that transfer to UNF.

Will I be able to take the prerequisite courses at another university, college, or community college, and will the courses transfer?

Applicants may take the prerequisite courses at any regionally accredited institution. All prerequisites must be completed before start of the Exercise Science program.

All required science courses must be accompanied by lab. Introductory science courses such as CHM1025c do not meet the Exercise Science program prerequisites. Any substitution must be approved by the Exercise Science program director. Please contact BCH advising office at 904.620.2812 for assistance.

Are spring grades considered for admission?

Spring grades earned prior to May 14 are considered for the admission. Applicants enrolled in required courses at another institution must provide BCH Advising office with a transcript reflecting spring grades no later than May 14.

Applicants are placed on *the waitlist* if still enrolled in coursework during the summer term. Applicants are notified of this and must complete all prerequisite requirements successfully and submit an official transcript reflecting summer grades to UNF no later than August 6.

What is the CLAS (formerly CLAST) requirement?

CLAS stands for the College Level Academic Skills, which is designed to determine whether students have mastered basic college-level skills in math, English, reading, and writing. If students successfully pass two (2) college-level English or Literature courses and two (2) college-level Math courses with a 2.5 GPA or higher in both subjects, they will be exempt and will not be required to take the exam. An Associate of Arts (AA) degree from any Florida community/state college or a baccalaureate degree from any regionally accredited institution will satisfy the CLAS requirement.

What is the Gordon Rule?

The rule requires students to complete 12 semester hours of coursework that demonstrates a substantial amount of college-level writing. No fewer than six (6) of these hours should come from English/Literature coursework. The other hours typically come from courses in the humanities (religion, art, history, music appreciation, philosophy, theater appreciate, additional literature, etc). Additionally, students must complete six (6) semester hours of mathematics coursework at the level of college algebra or higher and only one course may be selected from Elementary Statistics or Symbolic Logic. All courses must be completed with a grade of "C" or higher. This requirement is considered satisfied if a student transfers to UNF with an AA degree from any Florida community/state college or a baccalaureate degree from any regionally accredited institution.

This statement is to serve only as a brief summary of the UNF Gordon Rule requirement. The full requirement is outlined online at www.unf.edu in the Undergraduate Catalog.

Must foreign language be completed as an admission requirement to the major?

While a foreign language is **not** required for admission *into* the Exercise Science program, students must complete the foreign language requirement before they graduate from the University of North Florida. The foreign language requirement can be met in one of three ways:

- 1) Two consecutive years of one foreign or sign language in high school;
- 2) Eight credit hours of one college-level foreign or sign language; or,
- 3) Receive certification as a bi- or multilingual student.

Do I need letters of recommendation or personal essays for admission into the Exercise Science program?

Letters of recommendation are not required for admission. While we appreciate your efforts, the letters will not influence the admission process in any manner.

Who should I contact regarding the receipt of my application materials and/or my application status?

Candidates can confirm the receipt of applications, transcripts, and application fees with the UNF One Stop Student Services at 904.620.5555.

Supplemental materials requested from candidates via the mailed audit should be directed, per the letter, to BCH Advising office. Receipt of those materials and application status can be confirmed by contacting BCH Advising office at cohadv@unf.edu or at 904.620.2812.

How will I know my application status?

All applicants reviewed by BCH Advising office will receive a letter in mail notifying that online audit is ready to be viewed by the applicant. The applicant will then log into the myWings portal at www.unf.edu to review the status letter, degree evaluation, and other applicable forms noted in the online status letter. Upon this notification, it is the applicant's responsibility to ensure that all requested information is received by the University of North Florida. *It generally takes the main admission processing department 4-6 weeks to handle all received items before BCH Advising office reviews the candidate.*

*Candidates should contact the Advising office **before** the application deadline to verify that an application is being considered if the candidate has not otherwise heard from BCH Advising office.*

It is also **imperative** for applicants to verify that the information listed on the documents is accurate and up-to-date. Maintaining up-to-date contact information (address, phone, and email) is also very important to the application process. This information should be updated with the UNF Student One Stop Student Services at 904.620.5555. Questions regarding the status letter, audit, and Transfer Evaluation may be directed to BCH Advising office, at cohadv@unf.edu or at 904.620.2812. After the application deadline, all applicants will be notified via mail of the decision by mid-June. Letters will include offers to enter the program, waitlist notices, and denial notices.

Is an interview a part of the admission process?

There is no interview requirement for the admission unless the program director feels necessary to meet a candidate prior to making admission decision.

How much does the program cost? Is there financial aid available?

Currently (2009-2010 academic year) in-state tuition is about \$135 per credit hour, while out-of-state tuition is about \$580 per credit hour.

Yes; loans and some scholarships are available to students who qualify. Individuals are highly encouraged to contact the UNF One Stop Student Services directly at 904.620.5555 once they have applied.

Can I have a job while I am an exercise science student?

The Exercise Science program does not have a rule against students working while enrolled in the program; however, due to the program sequence schedule and limited course availability, students are expected to be available to come to UNF campus when major courses are scheduled. Therefore, if at all possible, we recommend that students do not work full-time and that students who choose to work part-time obtain employment with a *flexible* schedule.

Will I be allowed to take Exercise Science courses before I am admitted into the program?

No; only exercise science students admitted to the program are allowed to register and take UNF's exercise science courses.

Does Exercise Science program prepare me for a physical therapy program?

Yes, the Exercise Science curriculum provides a strong foundation for students interested in the advanced degree of Physical Therapy. The following is an example of some of the knowledge, skills and abilities students obtain in the Exercise Science program that apply to physical therapy:

- An in depth knowledge of human anatomy and physiology
- The ability to perform hands-on health and fitness assessments
- Understanding proper patient/health care provider relationships
- Knowledge of the mechanisms and prevention strategies of common human injuries
- The ability to prescribe and demonstrate proper exercise interventions
- The ability to apply exercise modalities in the prevention and treatment of chronic disease

The Exercise Science undergraduate program also provides students interested in physical therapy with the knowledge skills and ability to become credentialed as Certified Strength and Conditioning Specialists and/or Certified Clinical Exercise Specialists as a dual credential to complement the Physical Therapy license.

Does Exercise Science prepare me for other graduate school programs?

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. Some of the other graduate programs that are of interest to Exercise Science students are: Occupational Therapy, Medical School, Physicians Assistant, Chiropractic, Sports Psychology, and Pharmacy.

After admission

Mission Statement

The mission of the Brooks College of Health is "to educate students in the health profession through excellence and innovation in teaching, scholarship and service." The additional mission of the Exercise Science program is to prepare students with professional skills and analytical abilities to assume prominent positions in health, fitness, and strength and conditioning across the state and nation.

What can I do with a Major in Health Science with Exercise Science concentration?

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

1. **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.
2. **Fitness/Recreation field:** positions in personal training, fitness instruction, corporate wellness, wellness coach, and recreation.
3. **Human Performance:** strength coach, performance coach, and athletic exercise testing.
4. **Other Related fields:** medical supply reps (pacemakers, artificial joints, medical instruments) and pharmaceutical representatives

What can I expect in my Exercise Science classes?

Students can expect a combination of lecture and hands-on experiential learning opportunities in the areas of Exercise Physiology, Strength and Conditioning, Fitness Assessment and Exercise Prescription, Kinesiology, and Biomechanics.

Will I have the opportunity to complete an internship?

Yes, a minimum of 360 hours of professional experience (internship) is required during your last semester at UNF. All other graduation requirements must be completed prior to start of the internship.

Will I be able to pursue a master's degree?

Yes, graduates of the Exercise Science program are prepared for admission into a broad range of graduate level programs. Unfortunately, UNF does not offer a master's degree program in Exercise Science at this time.

Do you prepare students for any professional certification examinations?

Yes, The Exercise Science program prepares students to sit for one or more of the following professional certification exams:

ACSM Certified Health and Fitness Specialist
ACSM Certified Clinical Exercise Specialist
NSCA Certified Strength and Conditioning Specialist

***For additional information on this major and its career opportunities, the following resource and websites are recommended:**

1. Rachel Martin, Career Coordinator: Brooks College of Health Career Services.
(904) 620-3497, r.martin@unf.edu.
2. American College Sports Medicine – www.acsm.org
3. National Strength and Conditioning Association – www.nasca-lift.org

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