**Important Information For Exercise Science Applicants**

The Exercise Science program is housed in the Department of Educational and Psychological Studies in the College of Education (COEDU). If you wish to gain information regarding prerequisite and admission requirements for the exercise science program, it is strongly encouraged that you contact Student Academic Services (<https://www.usf.edu/education/about-us/advising.aspx> ) to schedule an advising appointment.

**The Exercise Science Program:**

Students who successfully complete the undergraduate Exercise Science program earn a Bachelor of Science (BS) in Physical Education with a Concentration in Exercise Science. *The Exercise Science* prepares students for a variety of entry level positions in the exercise science field and for professional school such as physical therapy, physician assistant, occupational therapy, and athletic training. In addition, successful completion of the program prepares students to complete professional certification exams such as ACSM’s Certified Exercise Physiologist (C-EP) and NSCA’s Certified Strength and Conditioning Specialist (CSCS).

The exercise science coursework is offered over a two-year period beginning in the fall semester of the student’s junior year as shown below. The summer session between the junior and senior year is mandatory. Students enter the program during the fall semester only and they progress through the program in a cohort.

**Exercise Science Coursework**

(All courses are 3 credit hours unless specified.)

**Semester 1 Fall (15 Hours)**

* PET 3211 - Stress, Health and Disease
* PET 3314 - A Survey in Exercise Science
* APK 3120 - Exercise Physiology
* PET 3361 - Nutrition for Fitness and Sport
* PET 3312 - Biomechanics

**Semester 2 Spring (15 Hours)**

* PET 4219 Exercise Psychology
* PET 3384 Exercise Testing and Prescription
* PET 4093 Strength and Conditioning
* PET 4413 Administration of Fitness/Wellness Centers
* PET 3370 Science of Weight Management

**Semester 3 Summer (6 - 9 Hours)**

* PHC 4472\* - Health and Wellness Coaching: Core Methods
* PET 3940 - Practicum in Fitness/Wellness
* APK 4138C - Applications of Strength and Conditioning

**Semester 4 Fall (12-15 Hours)**

* PHC 4941\* - Health and Wellness Coaching Practicum
* PET 3076 - Physical Activity in Diverse Populations (Global Citizens Course)
* PET 3713 - Theory and Practice of Teaching Group Exercise
* PET 4088 - Individualized Fitness/Wellness Programming
* PET 4550 - Clinical Exercise Testing and Prescription

**Semester 5 Spring (6 – 9 Hours)**

* PET 4941 Internship in Fitness/Wellness

\*Recommended Courses: These courses will be taught by Exercise Science faculty. Successful completion of both courses allows students to sit for wellness coaching certification exam.

**PLEASE NOTE:** Two courses (PET 3384 and PET 4550) are laboratory courses and include 3 hours each week in the laboratory in addition to the 3 hours in lecture each week.

The exercise science program is a **full-time program**. Students must be available for classes from 8:00 am – 5:00 pm, Monday through Thursday each semester. (These days/hours are subject to change). Additional time commitments including weekends may be necessary for PET 4941 - Internship.

The exercise science program is a limited access program meaning that enrollment is limited to 36 students each fall semester.

Because Exercise Science is a competitive program, students may want to have an alternate degree program they can pursue as a back-up plan.



**Requirements for Admission**

Students must:

1. Apply for admission to the University of South Florida.
2. An overall GPA of 2.50. This is a College of Education criterion.
3. Complete the General Education requirements for the University of South Florida or for  the Florida public college or university in which the student took his or her General  Education requirements.
4. Completion of all common statewide prerequisites for exercise science  program based on the admissions deadline. (See below.)
5. Submit a completed application including official  transcripts to the Exercise Science program beginning January 1st for fall admission.

**Common Statewide Prerequisites for Exercise Science Programs: 27-28 semester hours**

1) PSY 2012 Intro to Psychological Science (3 hours)

2) CHM 2045 General Chemistry I (3 hours) and CHM 2045L General Chemistry Lab I (1 hour) OR CHM 2030 Intro to Gen/Org/Bio Chemistry (4 hours) OR CHM 2023 Chemistry for Today (4 hours)

3) BSC 2085 (3 hours) and 2085L (1 hour) Anatomy and Physiology I

4) BSC 2086 (3 hours) and 2086L (1 hour) Anatomy and Physiology II

Note: USF students should enroll in the online Anatomy and Physiology courses for non-nursing majors.

5) HUN 2201 Nutrition (3 hours)

Note: HUN 2201 is offered in the Department of Educational and Psychological Studies as an online course. This is the preferred course. An alternate course is HUN 3932 (online course offered at the Lakeland campus).

6) MAC 1105 College Algebra (3 hours)

7) STA 2023 Introductory Statistics I (3-4 hours) or Pre-Calculus Course: MAC 1147 Pre- Calculus Algebra and Trigonometry (3-4 hours)

8) SPC 2608 Public Speaking (3 hours)

The following are recommended courses although the grades in these courses will not be used to calculate the composite GPA for admission.

* 1)  PEM 2131 Weight Training (2 hours)
* 2)  HLP 2081 Personal Wellness (3 hours)
* 3) Proficiency in computer applications (such as MS applications)

**Guidelines for Applying to the College of Education Exercise Science Program**

These guidelines apply to all students seeking admission to the program regardless of whether they are seeking **General** or **Early Admission.**

**Overview of Admissions Process**

* Students seeking admission to the program must be admitted to USF - Tampa.
* The Exercise Science program is a **limited access program**. As such, students are not guaranteed admission.
* Exercise Science admits only 36 students each fall, and general admission to the program is competitive. After Early Admission, election of the remaining 36 students to be admitted is based on the composite GPA. (A composite GPA score is equal to 30 percent of the overall GPA plus 70 percent of the common statewide prerequisite GPA.)
* Admissions are available through two mechanisms: early admissions and regular admissions. Both are detailed below.
* Completed applications should be submitted to Student Academic Services, EDU 106/Fax 813-974-3391.
* Transfer students applying to the program should submit transcripts along with the College of Education Exercise Science Application.

**Criteria for Early Admission**

Students must apply by June 1 and fulfill the following criteria to be considered for **Early Admission**:

1. Attainment of minimum of 3.0 composite GPA.
2. Completion of at least 6 of the 8 prerequisite courses and attainment of a minimum grade of a B or higher in each course; finishing all prerequisite courses with a cumulative GPA of 3.0 or higher.
   * BSC2085/BSC2085L - Anatomy and Physiology I and Lab
   * BSC2086/BSC2086L - Anatomy and  Physiology II and Lab
   * CHM2045/CHM2045L - College Chemistry and Lab (or equivalent course)
   * MAC1105 College Algebra (or equivalent) and an additional mathematics course (e.g. MAC 1147 – Pre-Calculus Algebra and Trigonometry. STA 2023 – Introductory Statistics may be used to satisfy this requirement) in the area of quantitative reasoning/methods. \*See academic advisor for other course options.
   * PSY 2012 - Intro to Psychological Science
   * HUN2201 – Human Nutrition
   * SPC2608 –  Public Speaking
   * STA2023 – Introductory Statistics
3. All remaining prerequisites must be completed no later than the second Friday in August prior to the first day of fall classes.

**Transfer students must submit transcripts for remaining prerequisites by second Friday in August.**

**Criteria for General Admission**

Students must apply by July 25 and fulfill the following minimum requirements to be considered for **General Admission:**

1. Attainment of minimum 2.5 GPA overall
2. Completion of and attainment of a minimum of a “C-” grade or higher in the following prerequisite courses no later than summer term prior to fall admission

* BSC2085/BSC2085L - Anatomy and Physiology I and Lab
* BSC2086/BSC2086L - Anatomy and  Physiology II and Lab
* CHM2045/CHM2045L - College Chemistry and Lab (or equivalent course)
* MAC1105 College Algebra (or equivalent) and an additional mathematics course (e.g. MAC 1147 – Pre-Calculus Algebra and Trigonometry. STA 2023 – Introductory Statistics may be used to satisfy this requirement) in the area of quantitative
* PSY 2012 - Intro to Psychological Science
* HUN2201 – Human Nutrition
* SPC2608 –  Public Speaking
* STA2023 – Introductory Statistics

1. Completion of all prerequisite courses no later than the second Friday in August prior to the first day of fall classes.
2. Selection of the remaining students not admitted via Early Admissions is based on the composite GPA. Those students with the highest GPAs will be admitted first and a wait list will be formed.

**After Admission:**

For early admission, applicants will be notified as applications are processed of admissions status. For general admission, By early August, students will be informed if they have been accepted into the program. Students accepted into the program must inform the College of Education advising office by August 15th if they will be enrolling for fall classes. **Students should know that this is a demanding and difficult major and therefore may need to minimize outside activities in order to be successful in the program.**

Once admitted, students must meet the following requirements:

1. Complete the College of Education’s Online Orientation and attend the Exercise Science Orientation (scheduled on **Wednesday** of the week before classes begin) prior to the beginning of the fall semester.

* Details regarding these orientations will be provided in the acceptance letter.
* Procedures for enrolling in fall classes will be distributed in the Exercise Science Orientation.

2. Sign an agreement to abide by the standards set forth by the Exercise Science program described in the *Student Handbook on Professional Behavior and Ethical Conduct.*

3. Pay specific exercise science fees such as: .

* a)  Material and supply fee for PET 3384
* b)  Membership in the Exercise Science student organization
* c) Professional liability insurance
* d)  Student membership in at least one professional organization - either ACSM or NSCA
* e)   Possible requirements of internship sites such as a health/medical exam,  immunizations/vaccines, criminal background check, finger printing, drug/alcohol screening,  personal health insurance, uniforms, and parking

Students are also responsible for transportation to and from clinical rotations and internship sites

* f)  Possible costs associated with obtaining physician clearance (e.g., medical exam and/or tests)  prior to participation in physical activity/exercise.
* In the first semester, students complete a Pre- Activity Screening Questionnaire (PASQ) based on American College of Sports Medicine guidelines to determine if physician clearance is needed.
* g)  Assignments in some classes (e.g., printing/binding of group project reports, academic and professional portfolio, etc.)

4. Receive a grade of C- or higher in all required courses and maintain a 2.5 GPA (overall and in major) in order to progress to the next semester.

5. Sign and submit an Assumption of Risk and Waiver document.

**Note: Prospective students who have additional questions about the Exercise Science program or require further information can contact Dr. Candi Ashley, Professor and Coordinator of the Exercise Science program , at cashley@usf.edu or 813-974-3443,**