Important Information For Exercise Science Applicants

The Exercise Science program is housed 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 attend a pre-education advising session (http://www.usf.edu/education/advising/undergraduate/index.aspx) or contact the College of Education’s Student Academic Services Office at 813-974-2979.

In order to be considered for fall admission, the completed Exercise Science application must be submitted to the Pre-Education Advising Office. Please see this link for application due dates. http://testsite.usf.edu/education/advising/undergraduate/coedu-applications.aspx

The Exercise Science Program:

Students who successfully complete the undergraduate Exercise Science Major earn a B.S. degree in Physical Education with a Specialization in Exercise Science. This program is offered in the Department of Educational and Psychological Studies. The Exercise Science program is endorsed by the American College of Sports Medicine (ACSM) and prepares students for a variety of entry level positions in the exercise science field. In addition, successful completion of the program qualifies students for Professional certifications 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. The summer session (Session C) between the junior and senior year is mandatory. Students begin the program during the fall semester only and they progress through the program in a cohort.

Semester 1 Fall (12 hours)

· APK 3120: Exercise Physiology (3 credit hours)
· PET 3211: Stress Management (2 credit hours)
· PET 3314: Professional Development Seminar (1 credit hour)
· PET 4219: Exercise Psychology (3 credit hours)
· PET 3361: Nutrition for Fitness and Sport (3 credit hours)

**Semester 2 Spring (15 hours)**

· PET 3312: Biomechanics (3 credit hours)
· PET 3384: Exercise Testing and Prescription (3 credit hours)
· PET 4402: Planning and Evaluating Fitness/Wellness Programs (3 credit hours)
· PET 3404: Emergency Response and Planning (3 credit hours)

One capstone course that satisfies writing intensive requirements (3 credit hours)

**Semester 3 Summer (9 hours) – Session C (10 weeks)**

· PET 3076: Fitness Across the Lifespan (3 credit hours)
· PET 4093: Strength and Conditioning (3 credit hours)
· PET 3365: Physical Activity Epidemiology (3 credit hours)

**Semester 4 Fall (12 hours)**

· PET 4413: Administration of Fitness/Wellness Centers (3 credit hours)
· PET 4550*: Clinical Exercise Testing and Prescription (3 credit hours)
· PET 3713: Theory and Practice of Teaching Group Exercise (3 credit hours)
· PET 4088: Individualized Fitness/Wellness Programming (3 credit hours)
One capstone course that satisfies capstone requirements (3 credit hours)

**Semester 5 Spring (12 hours)**

- PET 4941: Internship in Fitness/Wellness (9 credit hours)
- One elective course (3 credit hours)

**Please note:** PET 3384 and PET 4550 are laboratory courses and include 3 hours each week in the lab in addition to 3 hours each week in lecture.

The exercise science program is a **full-time program**. Students must be available for classes from 8:00 a.m. – 5:00 p.m., Monday through Thursday and from 9:00 a.m. – 12 noon on Friday 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**. Enrollment is limited to 36 students each fall semester, and admission to the program is competitive. Selection of the 36 students to be admitted is based on the composite GPA. (A composite GPA score will be calculated for each student by adding 30 percent of the overall GPA and 70 percent of the common statewide prerequisite GPA.)

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**Requirements for Admission and Completion of CLAS and Gordon Rule Exit Requirements**

Students must:

1. Apply for admission to the University of South Florida.
2. Possess an overall GPA of 2.5 (per the College of Education)
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 “common statewide prerequisites” for exercise science program by the spring semester prior to fall admission with a C- or higher.

5. Submit a completed application including official transcripts to the Exercise Science program beginning June 1 for fall admission.

6. Successfully meet exemption requirements for CLAS. It is recommended that students successfully meet exemption requirements for the CLAS prior to applying to the program; however, this requirement may be met once the student is admitted to the program. Students must complete the exemption prior to graduation.

7. Gordon Rule: Six (6) semester hours of English coursework and six (6) semester hours of additional coursework in which the student is required to demonstrate college-level writing skills through multiple assignments. Each institution shall designate the courses that fulfill the writing requirements of this section. These course designations shall be submitted to the Statewide Course Numbering System. An institution to which a student transfers shall accept courses so designated by the sending institution as meeting the writing requirements outlined in this section.

8. Six (6) semester hours of mathematics coursework at the level of college algebra or higher. For the purposes of this rule, applied logic, statistics and other such computation coursework which may not be placed within a mathematics department may be used to fulfill three (3) hours of the six (6) hours required by this section.

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

- PSY 2012: Intro to Psychological Science (3 credit hours)
• CHM 2045: General Chemistry I (3 credit hours) and CHM 2045L: General Chemistry Lab I (1 credit hour) OR CHM 2030: Intro to Gen/Org/Bio Chemistry (4 credit hours) OR CHM 2023: Chemistry for Today (4 credit hours)

• BSC 2085: Human Anatomy and Physiology I (3 credit hours) and 2085L: Human Anatomy and Physiology I Lab (1 credit hour)

• BSC 2086: Human Anatomy and Physiology II (3 credit hours) and BSC 2086L: Human Anatomy and Physiology II Lab (1 credit hour)

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

• HUN 2201: Nutrition (3 credit hours)

• MAC 1105: College Algebra (3 credit hours)

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

8) SPC 2608: Public Speaking (3 credit hours)

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

• PEM 2131: Weight Training (2 credit hours)

• HLP 2081: Personal Wellness (3 credit hours)

• Proficiency in computer applications (such as MS applications)

Review the Exercise Science Program application to review prerequisites and requirements of the program.

**After 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 15 if they will be enrolling for fall classes.
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:
   - Material and supply fee for PET 3384: Exercise Testing and Prescription (binder to be purchased at ProCopy)
   - Membership in the Exercise Science student organization
   - Professional liability insurance
   - Student membership in at least one professional organization (either ACSM or NSCA)
   - 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
   - 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.

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