



GUARANTEED ADMISSION TO USF

COLLEGE OF EDUCATION
BACHELOR OF SCIENCE: PHYSICAL EDUCATION
CONCENTRATION: EXERCISE SCIENCE



Graduation Pathway Starting at



**COLLEGE of
CENTRAL
FLORIDA**

Students completing the following courses and requirements in combination with an AA from College of Central Florida will have automatically satisfied requirements to begin upper level coursework if admitted to this limited access program.

COLLEGE – EDUCATION

Intended Program of Study- B.S. Physical Education; Concentration: Exercise Science

- Limited Access Program- **Yes** (2.5 GPA, Prerequisite completion). This program is highly competitive. Only the top 36 students based on a GPA formula are admitted each year.
- College Application Required- **Yes** (<http://www.usf.edu/education/advising/undergraduate/coedu-applications.aspx>)
 - Please note that any college requiring an application will need it to be submitted following admission to the University.
- Tests Required- **No**
- (College) Foreign Language Exit Required- **No**, *yet beginning with students initially entering a Florida College System institution or state university in 2014-2015 and thereafter, coursework for an associate in arts degree shall include demonstration of competency in a foreign language.*

PREREQUISITE COURSES

(Common State Prerequisites) (C or Higher in all courses)

USF Courses

MAC 1105 or higher
 MAC 1147 or higher or STA XXXX
 BSC 2085/L
 BSC 2086/L
 CHM 2045/L or CHM 2023
 PSY 2012
 SPC 2608
 HUN 2201

CF Course Equivalent

MAC 1105
 MAC 1140 or MAC 1114 or STA2023 (recommended)
 BSC 2085/L
 BSC 2086/L
 CHM 2045/L or CHM 1025/L
 PSY 2012
 SPC 2608
 HUN 2201

Start College of Central Florida

The following course sequence is a guideline for completion of requirements of the A.A. and prerequisite courses. A unique plan developed in consultation with an advisor at both CF and USF may differ depending on student circumstances.

YEAR 1 CF

FALL

ENC 1101 3
 MGF 1106 3
 PSY 2012 3
 BSC 1080/L 4

TOTAL: 13

SPRING

ENC 1102 3
 MAC 1105 3
 BSC 2085/L 4
 Humanities (State Core) 3

TOTAL: 13

SUMMER

SPC 2608 3
 REL 2300 3
 HUN 2201 3

TOTAL: 9

YEAR 2 CF

FALL

BSC 2086/L 4
 EDF 2085 3
 STA 2023 3

TOTAL: 10

SPRING

CHM 1025/L 4
 HLP 1081 3
 EME 2040 3
 Elective 3

TOTAL: 13

Graduate with A.A. from CF

YEAR 2 Fall/Spring

USF application should be submitted by early spring of year 2 (or last term of year leading into intended transfer) to ensure timely review. Once student is admitted as a Bull, College application may be submitted.

USF START

YEAR 3 FALL USE

APK 3120 Exercise Physiology	3
PET 4219 Exercise Psychology	3
PET 3361 Nutrition for Fitness and Sport	3
PET 3211 Stress Management	2
PET 3314 Professional Development Seminar	1

TOTAL: 12

YEAR 3 SPRING USE

PET 3312 Biomechanics	3
PET 3404 Emergency Response and Planning	3
PET 3384 Exercise Testing and Prescription	3
WRIN FKL/Gen Ed Writing Intensive Capstone	3
PET 4402 Planning & Evaluating Fitness/Wellness Programs	3

Apply for final internship at the end of spring.

TOTAL: 15

YEAR 3 SUMMER USE

PET 3076 Fitness Across the Lifespan	3
PET 3364 Physical Activity Epidemiology	3
PET 4093 Strength and Conditioning	3

TOTAL: 9

YEAR 4 FALL USE

PET 4413 Administration of Fitness/Wellness Centers	3
PET 4550 Clinical Exercise Testing and Prescription	3
PET 4088 Individualized Fitness/Wellness Programming	3
PET 3713 Theory & Practice of Teaching Group Exercise	3

TOTAL: 12

YEAR 4 SPRING USE

PET 4941 Internship in Fitness/Wellness	9
PET Upper-Level Elective	3

TOTAL: 12

The following is additional information for the Exercise Science program:

- The College of Education has a SEPARATE APPLICATION PROCESS from that of the University of South Florida. Please allow enough time to apply and received acceptance to USF before applying to the College.
- The Exercise Science program admits in the fall term only.
- The Exercise Science program is limited access and highly competitive. Only the top 36 students based on a GPA formula are admitted each year.
- All applicants must have a cumulative GPA of 2.5
- The Exercise Science Program adopts an inclusive approach to address major health concerns affecting our country through the use of education, nutrition, and lifestyle management techniques. Students will explore the science of human movement through curriculum in the biology, psychological and social sciences, including health, nutrition, exercise psychology, anatomy, physiology, kinesiology, and biomechanics. In this program students participate in field-based experiences including clinical rotations at Tampa area worksites and a full-time internship during their final semester. Upon completion of this program, students qualify for national professional certifications such as the American College of Sports Medicine's Certified Health Fitness Specialist certification and the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist certification.

Students interested in Exercise Science may email edu-sasast@usf.edu

For general transfer advising inquiries please contact transfer-advising@usf.edu

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