For Exercise Science Major:

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 School of Physical Education, Wellness, and Sport Studies in the College of Education. 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. See our website (http://pe.usf.edu/exsci) for the types of jobs and job settings available as well as other important information.

Successful completion of the program qualifies students for national professional certifications such as ACSM’s Health/Fitness Instructor (H/FI) and the National Strength and Conditioning Association’s (NSCA’s) Certified Strength and Conditioning Specialist (CSCS).

The course work 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 can enter the program during the fall semester only and they progress through the program in a cohort.

**Semester 1 Fall (12 hours)**

- PET 3353 -- Exercise Physiology (3 hours)
- PET 3211 -- Stress Management (2 hours)
- PET 3314 -- Professional Development Seminar (1 hour)
- PET 3312 -- Biomechanics (3 hours)
- PET 3361 -- Nutrition for Fitness and Sport (3 hours)

**Semester 2 Spring (15 hours)**

- PET 3713 -- Theory and Practice of Teaching Group Exercise (3 hours)
- PET 3384 -- Exercise Testing and Prescription (3 hours)
- PET 3365 -- Physical Activity Epidemiology (3 hours)
- PET 3404 -- Emergency Response and Planning (3 hours)
- Liberal Arts Exit (3)

**Semester 3 Summer (9 hours)**

- PET 3940 -- Practicum in Fitness/Wellness (3 hours)
- PET 4093 -- Strength and Conditioning (3 hours)
- PET 4402 -- Planning and Evaluating Fitness/Wellness Programs (3 hours)

**Semester 4 Fall (12 hours)**

- PET 4416 -- Administration of Fitness/Wellness Centers (3 hours)
- PET 4550 -- Clinical Exercise Testing and Prescription (3 hours)
- PET 4219 -- Exercise Psychology (3 hours)
- PET 4406 -- Individualized Fitness/Wellness Programming (3 hours)

**Semester 5 Spring (12 hours)**

- PET 4941 -- Internship in Fitness/Wellness (9 hours)
The exercise science program is a full-time program. Students must be available for classes from 8:00 am – 4:00 pm, Monday through Thursday each semester. Additional time commitments may be necessary for course work such as PET 3940 (Practicum) and PET 4941 (Internship). The exercise science program is a limited access program meaning that enrollment is limited to 30 students each fall semester. Selection of the 30 students is based on the following criteria:

1. An overall GPA of 2.50. This is a College of Education criterion.
2. Completion of all the following “common statewide prerequisites” for exercise science programs by the spring semester prior to fall admission with a C- or higher.
3. Students with the top 30 composite GPAs will be selected for admission into the program. A composite GPA score will be calculated for each student by adding 30% of the overall GPA and 70% of the common statewide prerequisite GPA.

**Common Statewide Prerequisites for Exercise Science Programs:**

<table>
<thead>
<tr>
<th>25 semester hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) PSY 2012 Intro to Psychological Science (3 hours)</td>
</tr>
<tr>
<td>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 2021 Chemistry for Today (4 hours)</td>
</tr>
<tr>
<td>3) BSC 2085 and 2085L Anatomy and Physiology I</td>
</tr>
<tr>
<td>4) BSC 2086 and 2086L Anatomy and Physiology II</td>
</tr>
<tr>
<td>5) HUN 2201 Nutrition (3 hours)</td>
</tr>
<tr>
<td>6) MAC 1105 College Algebra (3 hours)</td>
</tr>
<tr>
<td>7) STA 2023 Introductory Statistics I (4 hours) or Pre-Calculus Course: MAC 1147 Pre-Calculus Algebra and Trigonometry (4 hours)</td>
</tr>
</tbody>
</table>

The following are “recommended” prerequisite courses and the grades in these courses will not be used to calculate the “common statewide prerequisite” GPA for admission.

1. PEM 2131 Weight Training (2 hours)
2. SPC 2600 Public Speaking (3 hours)
3. HLP 2081 Personal Wellness (3 hours)

NOTE: Though no computer course is recommended, students need to possess excellent computer skills, e.g., MS applications.

**Additional Requirements for Admission**

Students must:

1. Apply for admission to the University of South Florida.
2. Submit a completed application to the Exercise Science program, including official transcripts between June 1st and July 15th for fall admission.
3. Complete the General Education requirements for the University of South Florida.
4. It is recommended that students successfully meet exemption requirements for the CLAST or complete the exam prior to admission; however, this requirement may be met once the student is admitted to the program. Students must complete the exemption or the exam prior to graduation.

**Requirements, After Admission**

By August 1st, students will be informed if they have been accepted into the program. Once admitted, students will need to meet the following requirements:

1. Attend a College of Education Orientation prior to the beginning of the fall semester.

2. Sign an agreement to abide by the standards set forth in the School of Physical Education, Wellness, and Sport Studies *Student Handbook on Professional Behavior and Ethical Conduct*.

3. Pay for costs in addition to tuition, fees, and books such as:
   a) Material and supply fee for PET 3384
   b) Student membership for the Exercise Science student organization -- PRESS
   c) Professional liability insurance
   d) Student membership in at least one professional organization
   e) Transportation to and from practicum and internship sites
   f) Possible requirements of practicum/internship sites such as a health/medical exam, immunizations/vaccines, criminal background check, finger printing, drug/alcohol screening, personal health insurance, uniforms, and parking

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

5. Complete 10 hours of volunteer community service for a non-profit health care organization.

6. Complete Continuing Education Credit (CEC) tests published in exercise science refereed journals.

**PLEASE NOTE:** Prospective students who have questions about the Exercise Science program after reading all of the above information as well as all the information provided on the Exercise Science website ([http://pe.usf.edu/exsci](http://pe.usf.edu/exsci)) can contact Dr. JoAnn Eickhoff-Shemek, eickhoff@tempest.coedu.usf.edu or 813/974-4676, Professor and Coordinator of the Exercise Science program.