Program Course Sequence – Exercise Science

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 (Session C which is 10 weeks) 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 4219 -- Exercise Psychology (3 hours)
- PET 3361 -- Nutrition for Fitness and Sport (3 hours)

Semester 2 Spring (15 hours)

- PET 3312 -- Biomechanics (3 hours)
- PET 3384 -- Exercise Testing and Prescription (3 hours)
- PET 4402 -- Planning and Evaluating Fitness/Wellness Programs (3 hours)
- PET 3404 -- Emergency Response and Planning (3 hours)
- XXX XXXX -- Liberal Arts Exit (3 hours)

Semester 3 Summer (9 hours) – Offered during Session C which is 10 weeks

- PET 3940 -- Practicum in Fitness/Wellness (3 hours)
- PET 4093 -- Strength and Conditioning (3 hours)
- PET 3365 -- Physical Activity Epidemiology (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 3713 -- Theory and Practice of Teaching Group Exercise (3 hours)
- PET 4406 -- Individualized Fitness/Wellness Programming (3 hours)

Semester 5 Spring (12 hours)

- PET 4941 -- Internship in Fitness/Wellness (9 hours)
- PET 3252 -- Issues in Sport -- Recommended Liberal Arts Exit (3 hours)

PLEASE NOTE: Two courses (PET 3384 and PET 4550) are “laboratory” courses and include 3 hours each week in the lab in addition to the 3 hours each week in lecture. Also, PET 3940 is under revision to become a lecture course along with clinical rotations – visits to various exercise/fitness settings in the Tampa Bay area.