

IMPORTANT INFORMATION FOR EXERCISE SCIENCE APPLICANTS

The Exercise Science program is housed in the College of Education (COEDU). It is strongly encouraged that all prospective students register for a pre-education (pre-exercise science) advising session. To sign up for a pre-education advising session (some of which are online), please visit this link:

<http://www.coedu.usf.edu/main/sas/Pre-EdAdvisingSessions.htm>

If you wish to gain more information regarding prerequisite and admission requirements for the exercise science program, please attend a pre-education advising session or contact the Pre-Education Advising Office at 813-974-2979.

Exercise Science students MUST complete the Exercise Science Application – not the Teacher Prep College of Education Application. In order to be considered for fall admission, the completed Exercise Science application must be submitted between June 1st – July 15th to the Pre-Education Advising Office via U.S. mail or in person

The 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 & Exercise Science. 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://www.coedu.usf.edu/main/departments/physed/programs/progEs.html> for the types of jobs and job settings (under the “internships” link) available as well as other important information. Successful completion of the program qualifies students for national professional certifications such as ACSM’s Certified Health Fitness Specialist (CHFS) 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 (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) – Session C (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.

Full-time, Limited Access Program

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 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.

<p style="text-align: center;">Common Statewide Prerequisites for Exercise Science Programs: 24-25 semester hours</p>
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- 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
- 5) HUN 2201 Nutrition (3 hours)
- 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)

NOTE: HUN 2201 is offered in the School of Physical Education & Exercise Science in the spring semester as an online course. This is the “preferred” course. An alternate course is HUN 3932 (online course offered at the Lakeland campus). USF students should enroll in the online (web-based) Anatomy and Physiology courses for non-nursing majors.

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.

ALSO NOTE: Because the Exercise Science is a competitive program, e.g., the last 2-3 years, about ½ of the students that apply are accepted, students may want to have an alternate degree program they can pursue as a back-up.

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 or for the Florida public college or university in which the student took his or her General Education requirements.
4. Successfully meet exemption requirements for CLAST or successfully complete the exam. 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. Students accepted into the program must inform the College of Education advising office by August 15th that they will or will not be enrolling for fall classes. **Once accepted into the program, all students should realize that this is a “demanding” and “difficult” major and therefore may need to minimize outside activities in order to perform well 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 “Thursday” 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 in the School of Physical Education & Exercise Science described in the *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
 - c) Professional liability insurance
 - d) Student membership in at least one professional organization, either ACSM or NSCA
 - e) Transportation to and from practicum, clinical rotations, 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
 - g) 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.
 - h) 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. Complete 10 hours of volunteer community service for a non-profit health care organization.
6. Sign and submit an Assumption of Risk and Waiver document.

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 can contact Dr. JoAnn Eickhoff-Shemek, eickhoff@tempest.coedu.usf.edu or 813/974-4676, Professor and Coordinator of the Exercise Science program.