Important information for students who are applying for the Wellness Leadership program in 2005 or 2006

1) Students must have all prerequisites completed to be accepted into the program. Students having trouble registering for HUN 2201 General Nutrition should email Dr. Eickhoff-Shemek (eickhoff@tempest.coedu.usf.edu). (As the Program Coordinator, she may be able to assist in the enrollment process). For the Anatomy and Physiology I and II courses, it is recommended to take the online USF HSC 2933 courses (A & P I is 3 hours, A & P II is 5 hours). Applications are due between June 1st and July 15th each summer.

2) Proposed for Fall 2005: The name of the program will change from Wellness Leadership to Exercise Science pending approval by the USF Board of Trustees. In addition, all course work has been revised and submitted for approval to meet the competencies of the American College of Sports Medicine. (See proposed course work on page 3). Students should understand that this is a demanding program with difficult course work. Therefore, it is recommended that students NOT have jobs that interfere with classes, labs, and homework. NOTE: Any student receiving a grade lower than a C- in any required course in their junior or senior years will be dropped from the program. In addition, any student whose overall GPA falls below a 2.5 at anytime during the program will also be dropped from the program. Students dropped from the program can reapply.

3) Proposed for Fall 2006: Due to the high interest among students to enter this program, the 30 students with the highest GPAs will be selected. Both the overall GPA and the GPA for prerequisite courses will be considered. Given this, students must have all prerequisite courses completed prior to submitting their application.

Frequent Questions and Answers

1. Which chemistry courses suffice for the Chemistry requirement?

A 3-hour lecture and 1-hour lab are required. CHM 2045 and 2045L are recommended. CHM 2021 Chemistry for Today and CHM 2030 Intro to Gen/Org/Biochem I will also be accepted. NOTE: CHM 2040 Intro to General Chemistry will NOT be accepted.

2. What about the CLAST requirement?

Wellness Leadership students are exempt from the CLAST requirement that is necessary for other students in the College of Education. However, USF has a CLAST requirement that all students must meet. To determine if you are exempt from the USF CLAST requirement, go to the USF Evaluation and Testing website (www.usf.edu/testing) and scroll down to CLAST under the Table of Contents and click on Exemption Rules for CLAST. For more information or questions, contact the USF Testing and Evaluation office.

3. What do I need to know about the Liberal Arts Exit course requirements and the Gordon Rule Writing course requirements?

See page 3 for information about the Liberal Arts Exit courses and page 4 for information about the Gordon Rule courses.

4. Can I take any of the courses required during the junior and senior years prior to being accepted into the program?

No. All prerequisite courses are required prior to taking any of the courses the first semester. Also, the sequence of courses is designed to be progressive in nature, e.g., the knowledge, skills and abilities learned in the first semester of the junior year are necessary for courses taken in the second semester.

5. Do I need a First Aid course prior to applying to the program?

No. In PET 3403 Emergency Response and Planning, students earn their First Aid/CPR/AED certifications. Students possessing these certifications will be re-certified in this class so they are current throughout the last semester internship.
# Proposed Exercise Science Course Work – to begin Fall 2005 (60 hours)

**Semester 1 – Fall (12 hours)**

1. PET 3353 -- Exercise Physiology (3 hours)  
   M and W (8:00 – 9:50 am)  
2. PET 3211 -- Stress Management (2 hours)  
   T (1:00 -- 3:15 pm)  
3. PET 3314 -- Professional Development Seminar (1 hour)  
   Th (1:00 – 2:00 pm)  
4. PET 3315 -- Biomechanics (3 hours)  
   T and Th (8:00 – 9:50 am)  
5. PET 3363 -- Nutrition for Fitness and Sport (3 hours)  
   M and W (11:00 – 12:50 pm)

**Proposed Schedule for Fall Semester I**

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>PET 3353 -- Exercise Physiology</td>
<td>M and W</td>
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<td>M and W</td>
<td>11:00 – 12:50 pm</td>
</tr>
</tbody>
</table>

**Semester 2 – Spring (15 hours)**

6. PET 3713 -- Theory and Practice of Teaching Group Exercise (3 hours)  
7. PET 3384 – Exercise Testing and Prescription (3 hours)  
8. PET 3365 -- Physical Activity Epidemiology (3 hours)  
9. PET 3403 -- Emergency Response and Planning (3 hours)  
   Liberal Arts Exit (3)

**Semester 3 – Summer (9 hours)**

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

**Semester 4 – Fall (12 hours)**

13. PET 4416 – Administration of Fitness/Wellness Centers (3 hours)  
14. PET 4550 -- Clinical Exercise Testing and Prescription (3 hours)  
15. PET 4219 -- Exercise Psychology (3 hours)  
16. PET 4405 -- Individualized Fitness/Wellness Programming (3 hours)

**Semester 5 – Spring (12 hours)**

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

**Information about the Liberal Arts Exit Courses:**

Students need a Liberal Arts Exit course in their junior year and in their senior year, as shown in the above schedule. Students do not need any Liberal Arts “Literature and Writing” Exit courses, but need any two Liberal Arts “Major Works/Major Issues” Exit courses (6 hours). Students can also take these exit courses prior to entering the Exercise Science program. We recommend the PET 3252 Issues in Sport because it is offered in our department and because it relates to the course work. It is also an online course, so it can easily be taken during the internship semester (Semester 5) if the student does his/her internship outside the Tampa Bay area.
Meeting the General Education Requirements During the First Two Years:

The following list of courses demonstrates how the General Education requirements are met. All of these can be completed in the first two years as demonstrated on the following page.

**English I and English II**

1) ENC 1101 Composition I (3 hours)
2) ENC 1102 Composition II (3 hours)

**Quantitative Methods**

1) MAC 1105 College Algebra (3 hours)
2) STA 2023 Introductory Statistics (3 hours) or Pre-Calc

**NOTE:** These two courses suffice for the Gordon Rule Math requirements. USF Pre-Calc courses are: MAC 1114 Precalculus Trigonometry and MAC 1140 Precalculus Algebra

**Natural Sciences**

1) HSC Anatomy & Physiology for Health Professionals I (3 hours)
2) HSC Anatomy & Physiology for Health Professionals II (3 hours)
3) HSC Anatomy & Physiology for Health Professionals II Lab (2 hours)

**Africa, Latin American, Middle Eastern, or Asian Perspectives**

1) XXX XXXX Africa, Latin American, Middle Eastern, or Asian Perspectives (ALAMEA) Elective (3 hours)

**Social Sciences**

1) XXX XXXX Social Sciences Elective (3 hours)
2) PSY 2012 Introduction to Psychological Studies (3 hours)

**Gordon Rule Electives**

1) XXX XXXX Gordon Rule Elective (3 hours)
2) XXX XXXX Gordon Rule Elective (3 hours)

**Historical Perspectives**

1) XXX XXXX Historical Perspectives Elective (3 hours)
2) XXX XXXX Historical Perspectives Elective (3 hours)

**Fine Arts**

1) XXX XXXX Fine Arts Elective (3 hours)

**Information about the Gordon Rule Writing courses:**

The student needs 12 hours of Gordon Rule courses during the freshman and sophomore years. The English Composition courses meet 6 hours of this requirement, so the student needs an additional 6 hours. Therefore, to help ensure that students meet this requirement, two additional Gordon Rule Writing Elective courses are listed above. Many Liberal Arts courses suffice for the Gordon Rule Writing requirement and are indicated with a “6A” code behind them in the listing of Liberal Arts Requirements in the USF Schedule of Classes.
PROPOSED RECOMMENDED COURSE SEQUENCE FOR FIRST TWO YEARS FOR FULL TIME STUDENTS

DEPARTMENT: School of Physical Education, Wellness, and Sport Studies
PROGRAM TITLE: Wellness Leadership (proposed name change is Exercise Science)
DEGREE LEVEL: BS

NOTE: The bolded courses are state-mandated prerequisite courses for this program.

<table>
<thead>
<tr>
<th>Year</th>
<th>Fall Term</th>
<th>Spring Term</th>
<th>Summer Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>ENC 1101 Composition I (3)**&lt;br&gt;MAC1105 College Algebra (3)&lt;br&gt;PSY 2012 Introduction to Psychological Science (3)&lt;br&gt;XXX XXXX Historical Perspectives Elective (3)&lt;br&gt;XXX XXXX Social Sciences Elective (3)</td>
<td>ENC 1102 Composition II (3)<strong>&lt;br&gt;STA 2023 Introductory Statistics (3) or Pre-Calc&lt;br&gt;CHM 2045 General Chemistry I (3)&lt;br&gt;CHM 2045L General Chemistry Lab I (1)&lt;br&gt;PEM 2131 Weight Training (2)</strong>&lt;br&gt;XXX XXXX Gordon Rule Elective (3)</td>
<td>Total Hours = 15</td>
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<td>Total Hours = 15</td>
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<tr>
<td>II</td>
<td>HUN 2201 General Nutrition (3)&lt;br&gt;HSC 2933 Anatomy &amp; Physiology for Health Professionals I (3)*&lt;br&gt;SPC 2600 Public Speaking (3)**&lt;br&gt;XXX XXXX ALAMEA Elective (3)&lt;br&gt;XXX XXXX Historical Perspectives Elective (3)</td>
<td>HSC 2933 Anatomy &amp; Physiology for Health Professionals II (3)<em>&lt;br&gt;HSC 2933 Anatomy &amp; Physiology for Health Professionals II Lab (2)</em>&lt;br&gt;XXX XXXX Gordon Rule Elect. (3)&lt;br&gt;XXX XXXX Fine Arts Elec. (3)&lt;br&gt;HLP 2081 Personal Wellness (3)**&lt;br&gt;XXX XXXX Elective of Choice (1)</td>
<td>Total Hours = 15</td>
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<td>Total Hours = 15</td>
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</tbody>
</table>

* Will be assigned permanent course numbers by the end of the 2004-2005 academic year
** Will become “recommended” pre-requisites, beginning fall, 2005

Total Hours Freshman and Sophomore Years: 60
Total Hours Junior and Senior Years: 60
Total 120