APPLIED PHYSIOLOGY AND KINESIOLOGY

The department offers programs designed to prepare students as specialists in exercise physiology and fitness/wellness.

About this Program

- **College**: Health and Human Performance
- **Degree**: Bachelor of Science in Applied Physiology and Kinesiology
- **Specializations**: Exercise Physiology | Fitness/Wellness
- **Credits for Degree**: 120
- **Additional Information**

To graduate with this major, students must complete all university, college, and major requirements.

The University of Florida admits students as freshmen into the Department of Applied Physiology and Kinesiology. The exercise physiology specialization prepares students for careers in one of the health professions or graduate study in exercise science. Fitness/wellness prepares students to function as exercise technicians, exercise specialists and/or wellness instructors in hospital, corporate, private or government agencies.

The Bachelor of Science in Applied Physiology and Kinesiology offers specializations in exercise physiology and in fitness/wellness. Students will gain extensive understanding of the anatomical, physiological and psychological bases and consequences of human movement. Students will explore the relationship between physical activity and health and learn how to prevent and treat athletic injuries.

Before Graduating Students Must

- Pass a comprehensive critique performed by an approved professional in the field of applied physiology and kinesiology and as determined by the department’s grading rubric.
- Complete requirements for the baccalaureate degree, as determined by faculty.

Students in the Major Will Learn to

Student Learning Outcomes (SLOs)

Content

1. Integrate principles and methods of math, social sciences and arts and humanities to applied physiology and kinesiology, wellness and/or fitness environments.
2. Identify and relate the nomenclature, structures and locations of components of human anatomy to health, disease and physical activity.
3. Identify, examine and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).
4. Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.
5. Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training and physical activity.

Critical Thinking

6. Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.
7. Solve applied physiology and kinesiology problems from personal, scholarly and professional perspectives using fundamental concepts of health and exercise, scientific inquiry, and analytical critical and creative thinking.
8. Collect, compare and interpret qualitative or quantitative data in an applied physiology and kinesiology context.

Communication

9. Effectively employ written, oral, visual and electronic communication techniques to foster inquiry, collaboration and engagement among applied physiology and kinesiology peers and professionals as well as with patients, clients and/or subjects.

Curriculum Map

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Assessment Types

- Laboratory practical exam
- Internship evaluation