**APPLIED PHYSIOLOGY AND KINESIOLOGY | EXERCISE PHYSIOLOGY**

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.

**Exercise Physiology**

The exercise physiology specialization prepares students for a career in the health professions, including medical, nursing, dental, physical or occupational therapy, and physician assistant, or for graduate study in exercise science or biomedical health fields. The curriculum provides a strong basic science background and requires additional coursework in the biological aspects of exercise. Students are required to complete a one semester internship as a capstone experience. All required courses must be completed before the internship. A maximum of two Cs can be earned in tracking courses. All other tracking grades must be B or better.

**Critical Tracking**

Critical Tracking records each student’s progress in courses that are required for entry to each major. Please note the critical-tracking requirements below on a per-semester basis.

Equivalent critical-tracking courses as determined by the State of Florida Common Course Prerequisites may be used for transfer students.

**Semester 1**
- Complete 2 of 9 critical-tracking courses with a 3.0 GPA on tracking coursework
- 2.0 UF GPA required

**Semester 2**
- Complete 2 additional critical-tracking courses with a 3.0 GPA on tracking coursework
- 2.0 UF GPA required

**Semester 3**
- Complete 2 additional critical-tracking courses with a 3.0 GPA on tracking coursework
- 2.0 UF GPA required

**Semester 4**
- Complete 2 critical-tracking courses with a 3.0 GPA on all tracking coursework
- 2.0 UF GPA required

**Semester 5**
- Complete all 9 critical-tracking courses with a 3.0 GPA on all tracking coursework
- 2.0 UF GPA required

**Model Semester Plan**

To remain on track, students must complete the appropriate critical-tracking courses, which appear in bold. These courses must be completed by the terms as listed above in the Critical Tracking criteria.

This semester plan represents an example progression through the major. Actual courses and course order may be different depending on the student’s academic record and scheduling availability of courses. Prerequisites still apply.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CHM 2045 &amp; 2045L</td>
<td>General Chemistry 1 and General Chemistry 1 Laboratory (Critical Tracking: State Core Gen Ed Physical Sciences)</td>
<td>4</td>
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<tr>
<td>MAC 2311</td>
<td>Analytic Geometry and Calculus 1 (Critical Tracking: State Core Gen Ed Mathematics)</td>
<td>4</td>
</tr>
<tr>
<td>State Core Gen Ed Composition; Writing Requirement</td>
<td></td>
<td>3</td>
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<tr>
<td>Elective</td>
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**Semester Two**

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<tbody>
<tr>
<td>CHM 2046 &amp; 2046L</td>
<td>General Chemistry 2 and General Chemistry 2 Laboratory (Critical Tracking: Gen Ed Physical Sciences)</td>
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<tr>
<td>IUF 1000</td>
<td>What is the Good Life (Gen Ed Humanities)</td>
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<tr>
<td>PSY 2012</td>
<td>General Psychology (Critical Tracking; State Core Gen Ed Social and Behavioral Sciences)</td>
<td>3</td>
</tr>
<tr>
<td>Gen Ed Composition; Writing Requirement</td>
<td></td>
<td>3</td>
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<tr>
<td>STA 2023</td>
<td>Introduction to Statistics 1 (recommended; Gen Ed Mathematics)</td>
<td>3</td>
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**Semester Three**

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<tr>
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<tbody>
<tr>
<td>APK 2100C</td>
<td>Applied Human Anatomy with Laboratory (Critical Tracking: Gen Ed Biological Sciences)</td>
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<tr>
<td>BSC 2010 &amp; 2010L</td>
<td>Integrated Principles of Biology 1 and Integrated Principles of Biology Laboratory 1 (Critical Tracking: Gen Ed Biological Sciences)</td>
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<tr>
<td>State Core Gen Ed Humanities</td>
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<tr>
<td>Gen Ed Social and Behavioral Sciences with Diversity or International</td>
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<td>3</td>
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<tr>
<td>Elective (Writing Requirement: 6,000 words)</td>
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**Semester Four**

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<th>Credits</th>
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<tbody>
<tr>
<td>State Core Gen Ed Social and Behavioral Sciences with Diversity or International</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Elective (Writing Requirement: 6,000 words)</td>
<td></td>
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**Semester Five**

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<tbody>
<tr>
<td>State Core Gen Ed Social and Behavioral Sciences with Diversity or International</td>
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<td>3</td>
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<tr>
<td>Elective (Writing Requirement: 6,000 words)</td>
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<td>3</td>
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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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\begin{array}{|c|c|c|c|c|c|c|c|c|c|}
\hline
\text{Course} & \text{SLO 1} & \text{SLO 2} & \text{SLO 3} & \text{SLO 4} & \text{SLO 5} & \text{SLO 6} & \text{SLO 7} & \text{SLO 8} & \text{SLO 9} \\
\hline
\text{APK 3110C} & I & I & I & I & I & I & I & I & I \\
\text{APK 32} & R & R & R & R & R & R & R & R & R \\
\text{APK 32BOS} & R & R & R & R & R & R & R & R & R \\
\text{APK 34R} & R & R & R & R & R & R & R & R & R \\
\text{APK 34R5} & R & R & R & R & R & R & R & R & R \\
\text{APK 40R} & R & R & R & R & R & R & R & R & R \\
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\end{array}
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Academic Learning Compact

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.

Assessment Types
- Laboratory practical exam
- Internship evaluation