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.

Fitness/Wellness
The fitness/wellness specialization emphasizes the practical and applied aspects of exercise science. Students in this specialization become exercise technicians and specialists in hospitals and corporate, private or state agencies. Many students in this specialization also pursue careers in health professions. Students are required to complete a one semester internship as a capstone experience. All required courses must be completed before the internship.

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 8 critical-tracking courses with a 2.5 GPA on tracking coursework
- 2.0 UF GPA required

Semester 2
- Complete 2 additional critical-tracking courses with a 2.6 GPA on tracking coursework
- 2.0 UF GPA required

Semester 3
- Complete 2 additional critical-tracking courses with a 2.7 GPA on tracking coursework
- 2.0 UF GPA required

Semester 4
- Complete all 8 critical-tracking courses with a 2.8 GPA on 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>
</tr>
</thead>
<tbody>
<tr>
<td>Semester One</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IUF 1000</td>
<td>What is the Good Life (Gen Ed Humanities)</td>
<td>3</td>
</tr>
<tr>
<td>Select one:</td>
<td></td>
<td>3-4</td>
</tr>
<tr>
<td>MAC 1140</td>
<td>Precalculus Algebra ([Critical Tracking]; Gen Ed Mathematics)</td>
<td></td>
</tr>
<tr>
<td>MAC 1147</td>
<td>Precalculus Algebra and Trigonometry ([Critical Tracking]; Gen Ed Mathematics)</td>
<td></td>
</tr>
<tr>
<td>MAC 2311</td>
<td>Analytic Geometry and Calculus 1 ([Critical Tracking]; Gen Ed Mathematics)</td>
<td></td>
</tr>
<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>State Core Gen Ed Biological or Physical Sciences:</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>CHM 2045</td>
<td>General Chemistry 1 (State Core Gen Ed Biological or Physical Sciences)</td>
<td></td>
</tr>
<tr>
<td>BSC 2005</td>
<td>Biological Sciences (State Core Gen Ed Biological or Physical Sciences)</td>
<td></td>
</tr>
<tr>
<td>BSC 2010</td>
<td>Integrated Principles of Biology 1 (State Core Gen Ed Biological or Physical Sciences)</td>
<td></td>
</tr>
<tr>
<td>State Core Gen Ed Composition; Writing Requirement</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

Credits 15-16

Semester Two
Select one: 3-4

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>AEB 2014</td>
<td>Economic Issues, Food and You ([Critical Tracking]; Gen Ed Social and Behavioral Sciences)</td>
<td></td>
</tr>
<tr>
<td>ECO 2023</td>
<td>Principles of Microeconomics ([Critical Tracking]; Gen Ed Social and Behavioral Sciences)</td>
<td></td>
</tr>
<tr>
<td>STA 2023</td>
<td>Introduction to Statistics 1 ([Critical Tracking]; State Core Gen Ed Mathematics)</td>
<td>3</td>
</tr>
<tr>
<td>Gen Ed Composition; Writing Requirement</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Select one elective:</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>AEC 3030C</td>
<td>Effective Oral Communication</td>
<td></td>
</tr>
<tr>
<td>SPC 2608</td>
<td>Introduction to Public Speaking</td>
<td></td>
</tr>
<tr>
<td>State Core Gen Ed Humanities</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

Credits 15-16
**Semester Three**
- **APK 2100C** Applied Human Anatomy with Laboratory (Critical Tracking; Gen Ed Biological Sciences) 4
- **HUN 2201** Fundamentals of Human Nutrition (Critical Tracking; Gen Ed Biological Sciences) 3
- Electives (Gen Ed International; Writing Requirement) 8
- **Credits** 15

**Semester Four**
- **APK 2105C** Applied Human Physiology with Laboratory (Critical Tracking; Gen Ed Biological Sciences) 4
- **ATR 2010C** Prevention and Care of Athletic Injuries (Critical Tracking) 3
- **HSC 3102** Personal and Family Health (Gen Ed Social and Behavioral Sciences) 3
- **Gen Ed Diversity; Writing Requirement** 3
- **Elective** 2
- **Credits** 16

**Semester Five**
- **APK 3113** Principles of Strength and Conditioning 3
- **APK 4050** Research Methods 3
- **APK 4125C** Physical Fitness Assessment and Exercise Prescription 3
- **Approved electives** 7
- **Credits** 16

**Semester Six**
- **APK 3220C** Biomechanical Basis of Movement 3
- **APK 3400** Introduction to Sport Psychology or **APK 3405** Exercise Psychology 3
- **MAN 3025** Principles of Management (Gen Ed Social and Behavioral Sciences) 4
- **Elective** 3
- **Credits** 16

**Semester Eight**
- **APK 4940C** Internship 12
- **Credits** 12
- **Total Credits** 120

### 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.

---

### 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

<table>
<thead>
<tr>
<th>SLO</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>APK 3110C</td>
<td>I</td>
<td>I</td>
<td>I</td>
<td>I</td>
<td>I</td>
<td>I</td>
<td>I</td>
<td>I</td>
<td>I</td>
</tr>
<tr>
<td>APK 32</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
</tr>
<tr>
<td>APK 32B0C</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
</tr>
<tr>
<td>APK 34R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
</tr>
<tr>
<td>APK 34B5</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
</tr>
<tr>
<td>APK 40R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
<td>R</td>
</tr>
</tbody>
</table>

### Assessment Types
- Laboratory practical exam
- Internship evaluation

---