APPLIED PHYSIOLOGY AND KINESIOLOGY | FITNESS/WELLNESS

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.

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: APK 2100C, APK 2105C, ATR 2010C, ECO 2023 or AEB 2014, HUN 2201, MAC 1140 or MAC 1147 or calculus, PSY 2012, STA 2023. Minimum grades of C are required in APK 2100C, APK 2105C and ATR 2010C.
  - 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

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.
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