

# Cover Sheet: Request 10882

## Exercise Physiology

### Info

Process	Specialization New/Modify/Close Ugrad
Status	Tabled
Submitter	Eberhart, Sarah seberhart@hhp.ufl.edu
Created	3/31/2016 9:46:05 AM
Updated	5/16/2016 1:01:12 PM
Description of request	Curriculum revisions for the APK-EP specialization include changing tracking requirements (non-GPA related), required courses and approved electives.

### Actions

Step	Status	Group	User	Comment	Updated
Department	Approved	HHP - Applied Physiology and Kinesiology 012603000	Clanton, Thomas Lindsay		4/12/2016
Added APK-EP curriculum revisions_03.30.16.pdf					3/31/2016
College	Approved	HHP - College of Health and Human Performance	Janelle, Christopher M		4/12/2016
No document changes					
University Curriculum Committee	Comment	PV - University Curriculum Committee (UCC)	Case, Brandon	Added to the May agenda.	4/23/2016
No document changes					
University Curriculum Committee	Tabled	PV - University Curriculum Committee (UCC)	Case, Brandon	Removed from May agenda and tabled by request of Dr. Lindner.	5/16/2016
No document changes					
University Curriculum Committee	Tabled	PV - University Curriculum Committee (UCC)			5/16/2016
No document changes					
Office of the Registrar					
No document changes					
Student Academic Support System					
No document changes					
Catalog					
No document changes					
College Notified					
No document changes					

# Specialization | Modify for request 10882

## Info

**Request:** Exercise Physiology

**Description of request:** Curriculum revisions for the APK-EP specialization include changing tracking requirements (non-GPA related), required courses and approved electives.

**Submitter:** Eberhart, Sarah seberhart@hhp.ufl.edu

**Created:** 3/31/2016 9:46:05 AM

**Form version:** 1

## Responses

**Specialization Name** Exercise Physiology

**Specialization Code** EP

**Effective Term** Earliest Available

**Effective Year** Earliest Available

**Proposed Changes**Semester 1: Change 3 credits of Social and Behavioral Science, 3/4000 level (GE-S) (GE-D/N) (WR) to 2 credits of Elective

Semester 2: Add a 3 credit Composition (GE-C) (6000) course

Semester 3: Change the Composition course to a GE-D/N; Change the Elective from a 2 credit 3/4000 level to a

GE-S; Remove the D/N designation from them Humanities course

Semester 4: Change ATR 2010c (Prevention and Care of Athletic Injuries) from REQUIRED to APPROVED

ELECTIVE; Change HSC 3537 (Health and Medical Terminology) from REQUIRED to APPROVED ELECTIVE; Add Elective (GE-B/P); Add GE-S, N/D designation to the writing elective

Semester 5: Change APK 3400 (Sport Psychology) or APK 3405 (Exercise Psychology) to APK 4050 (Research Methods in Exercise Science)

Semester 6: Change APK 3113 (Principles of Strength and Conditioning) from REQUIRED to APPROVED ELECTIVE, and replace it with APK 3400 or APK 3405 (Sport or Exercise Psychology, respectively); Move APK 4120 (clinical Exercise Physiology) to a later semester and replace with APK 3200 (Biomechanics); Move APK 4125c (Physical Fitness Assessment & Exercise Prescription w/ Lab) to a later semester and replace it with APK 4112 (Advanced Exercise Physiology); Decrease approved electives by 3 credits and add APK 4115 (Neuromuscular aspects of Exercise)

Semester 7: Replace APK 3220 (Biomechanical Basis of Human Movement) with APK 4120 (Clinical Exercise

Physiology; Replace APK 4050 (Research methods) with APK 4144 (Movement Neuroscience)—APK 4114 will be

moved from an APPROVED ELECTIVE to REQUIRED; Replace APK 4112 (Advanced Ex Physiology) with APK 4125c (Fitness Assessment & Exercise Prescription w/ Lab)

**Pedagogical Rationale/Justification** Semester 1: This change was needed to implement other changes to the curriculum in later semesters

Semester 2: This change was needed to implement other changes to the curriculum in later semesters

Semester 3: These changes were needed to implement other changes to the curriculum

in later semesters

Semester 4: ATR 2010c is better suited for our Fitness Wellness majors and its removal allows room for other required courses in later semesters; HSC 3537 was removed to allow room for more in-major courses later in the curriculum. Both these courses will be listed as approved electives; The other changes were made to keep in alignment with state core and gen ed policies. earlier in their curriculum in order to better appreciate and discuss research-based components of higher level coursework, projects, and experiential learning in laboratories.

Semester 6: APK 3113 lends itself more nicely to the vision we have for our Fitness Wellness specialization and we removed APK 3400/3405 from semester 5, so we put it back into the curriculum here.; The change from Clinical Ex Phys to Biomechanics and the change from Fitness Assessment to Advanced Exercise Physiology are simply for a better curricular flow; APK 4115 (Neuromuscular aspects of exercise) is part of the EP specialization

Semester 7: All course exchanges in this semester are simply rearrangements; APK 4114 is currently an approved elective, but should be REQUIRED as it has been identified as important for students with clinical postbac goals; Approved electives were increased from 3 to 6 credits to account for the removal of APK 4115, which was moved to a previous semester.

**Impact on Other Programs** The intended impact of these changes will be to better distinguish our two specializations (Exercise Physiology and Fitness Wellness) from one another, leading to better retention in each. Making APK 4114 required will increase enrollment in that course, forcing it to be offered more frequently. This has been addressed by the department administration and is feasible. Similarly, the removal of APK 3113 as required will result in decreased enrollment for that course, allowing smaller class size and potentially more hands-on experiential learning activities for the students who will take that course.

**Assessment Data Review** The proposed changes are not being put forward to enhance student performance on any of the program goals or SLOs, but will make it easier for us to better advise and academically place students within our program based on their professional/career goals.

**Academic Learning Compact and Academic Assessment Plan** These have been reviewed and there are no changes. We are simply rearranging our current core and more clearly defined specializations. All students will still take all the courses outlined in our current curriculum map and will be assessed in APK 4125c (final practical exam) as well as at their capstone internship.

This process should be used to change the required or elective coursework in a graduate or professional major, or the eight-semester plan or critical tracking in an undergraduate major. To change the total credits, limited access status, major name, delivery platform or funding model, follow the procedures at <http://approval.ufl.edu>. Instructions for completing this form are on the last page.

**Major to be Modified**

- |                        |   |               |     |
|------------------------|---|---------------|-----|
| 1. Major Name          | Applied Physiology & Kinesiology – Exercise Physiology  | 2. Major Code | APK |
| 3. Degree Program Name | Bachelor of Science in Applied Physiology & Kinesiology |               |     |
| 4. Effective Term      | Fall 2016   |               |     |

**5. Proposed Changes**

Semester 1: Change 3 credits of Social and Behavioral Science, 3/4000 level (GE-S) (GE-D/N) (WR) to 2 credits of Elective

Semester 2: Add a 3 credit Composition (GE-C) (6000) course

Semester 3: Change the Composition course to a GE-D/N; Change the Elective from a 2 credit 3/4000 level to a GE-S; Remove the D/N designation from them Humanities course

Semester 4: Change ATR 2010c (Prevention and Care of Athletic Injuries) from REQUIRED to APPROVED ELECTIVE; Change HSC 3537 (Health and Medical Terminology) from REQUIRED to APPROVED ELECTIVE; Add Elective (GE-B/P); Add GE-S, N/D designation to the writing elective

Semester 5: Change APK 3400 (Sport Psychology) or APK 3405 (Exercise Psychology) to APK 4050 (Research Methods in Exercise Science)

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Semester 7: Replace APK 3220 (Biomechanical Basis of Human Movement) with APK 4120 (Clinical Exercise Physiology); Replace APK 4050 (Research methods) with APK 4144 (Movement Neuroscience)—APK 4114 will be moved from an APPROVED ELECTIVE to REQUIRED; Replace APK 4112 (Advanced Ex Physiology) with APK 4125c (Fitness Assessment & Exercise Prescription w/ Lab); Remove APK 4115 (Neuromuscular Aspects of Exercise); Increase approved electives from 3 to 6 credits

**6. Pedagogical Rationale/Justification**

Semester 1: This change was needed to implement other changes to the curriculum in later semesters

Semester 2: This change was needed to implement other changes to the curriculum in later semesters

Semester 3: These changes were needed to implement other changes to the curriculum in later semesters

Semester 4: ATR 2010c is better suited for our Fitness Wellness majors and its removal allows room for other required courses in later semesters; HSC 3537 was removed to allow room for more in-major courses later in the curriculum. Both these courses will be listed as approved electives; The other changes were made to keep in alignment with state core and gen ed policies.

Semester 5: This change was made based on feedback that students would like to take a research methods class earlier in their curriculum in order to better appreciate and discuss research-based components of higher-level coursework, projects, and experiential learning in laboratories.

Semester 6: APK 3113 lends itself more nicely to the vision we have for our Fitness Wellness specialization and we removed APK 3400/3405 from semester 5, so we put it back into the curriculum here.; The change from Clinical Ex Phys to Biomechanics and the change from Fitness Assessment to Advanced Exercise Physiology are simply for a better curricular flow; APK 4115 (Neuromuscular aspects of exercise) is part of the EP specialization

Semester 7: All course exchanges in this semester are simply rearrangements; APK 4114 is currently an approved elective, but should be REQUIRED as it has been identified as important for students with clinical post-bac goals; Approved electives were increased from 3 to 6 credits to account for the removal of APK 4115, which was moved to a previous semester.

#### **7. Projected Impact on Initial Enrollment, Retention, Graduation**

The intended impact of these changes will be to better distinguish our two specializations (Exercise Physiology and Fitness Wellness) from one another, leading to better retention in each. Making APK 4114 required will increase enrollment in that course, forcing it to be offered more frequently. This has been addressed by the department administration and is feasible. Similarly, the removal of APK 3113 as required will result in decreased enrollment for that course, allowing smaller class size and potentially more hands-on experiential learning activities for the students who will take that course.

- Prepare a document showing the catalog copy with the current and proposed curricula either in a side-by-side comparison or edited using the “track changes” feature in Word.
- Prepare supporting documentation from other colleges indicating availability of seats in courses that are affected by the change in credits and support for the proposed application, if overlap is a concern.

**APK - Exercise Physiology 8-Semester Plan  
Effective Fall 2016**

**Lower Division**

<b>Semester 1</b>	Credits
MAC 2311 Calc 1 (State Core: M)	4
CHM 2045 + 2045L Chem 1 w/ Lab (State Core: B/P)	4
Composition (State Core: C) (6000)	3
Elective	2
<b>Total</b>	<b>13</b>

<b>Semester 2</b>	Credits
PSY 2012 Gen Psychology (State Core: S)	3
CHM 2046 and 2046L Chem 2 w/ Lab	4
IUF 1000 Good Life (UF Core: H, GE-H)	3
Math (rec: STA 2023 Intro to Stats, GE-M)	3
Composition (GE-C) (6000)	3
<b>Total</b>	<b>16</b>

<b>Semester 3</b>	Credits
APK 2100c Anatomy w/ Lab (GE-B/P)	4
BSC 2010 and 2010L Bio 1 w/ Lab	4
Humanities (State Core: H)	3
GE-N or GE-D (6000)	3
Elective (GE-S)	3
<b>Total</b>	<b>17</b>

<b>Semester 4</b>	Credits
APK 2105c Physiology w/ Lab	4
BSC 2011 and 2011L Bio 2 w/ Lab	4
GE-S (N or D, 6000)	3
Elective (GE-B/P)	3
<b>Total</b>	<b>14</b>

**Upper Division**

<b>Semester 5</b>	Credits
APK 3110c – Exercise Physiology	3
APK 3200 – Motor Learnig	3
PHY 2053 + L – Physics 1 w/ Lab	5
APK 4050 – Research Methods	3
Approved Elective	3
<b>Total</b>	<b>17</b>

<b>Semester 6</b>	Credits
APK 3400 or APK 3405 – Ex or Sport Psychology	3
APK 3220 - Biomechanics	3
APK 4112 – Advanced Ex Physiol	3
APK 4115 – Neuromuscular	3
Approved Elective	4
<b>Total</b>	<b>16</b>

<b>Semester 7</b>	Credits
APK 4120 – Clinical Ex Physiology	3
APK 4144 – Movement Neuro	3
APK 4125c – Fitness Assessment and Exercise Prescription w/ Lab	3
Approved Elective	6
<b>Total</b>	<b>15</b>

<b>Semester 8</b>	Credits
APK 4940c – Internship	12
<b>Total</b>	<b>12</b>

## Applied Physiology and Kinesiology

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

### About This Major

- **College:** Health and Human Performance
- **Degree:** Bachelor of Science in Applied Physiology and Kinesiology
- **Specializations:** [Exercise Physiology](#); [Fitness/Wellness](#)
- **Credits for Degree:** 120
- **Minor:** No
- **Academic Learning Compact**
- **Website**

Commented [A1]: Change to: <http://apk.hhp.ufl.edu/>

### Overview

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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

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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

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

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: APK 2100C, APK 2105C, APK 3110C, BSC 2010/2010L, BSC 2011/2011L, CHM 2045/2045L, CHM 2046/2046L, MAC 2311, PSY 2012

- 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

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### Recommended Semester Plan

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To remain on track, students must complete the appropriate critical-tracking courses, which appear in bold.

Semester 1	Credits
<b>CHM 2045 and 2045L General Chemistry 1 (3) and General Chemistry 1 Laboratory (1) (State Core GE-P)</b>	<b>4</b>
<b>MAC 2311 Analytic Geometry and Calculus 1 (4) (State Core GE-M)</b>	<b>4</b>
Composition (State Core GE-C) (WR)	3
<del>Social and Behavioral Science, 3/4000 level (GE-S) (GE-D/N) (WR) Elective</del>	<del>3</del>
Total	<b>14</b>



Semester 2

Credits

CHM 2046 and 2046L General Chemistry 2 (3) and General Chemistry 2 Laboratory (1) (GE-P)

4

IUF 1000 What is the Good Life (GE-H)

3

PSY 2012 General Psychology (State Core GE-S)

3

Mathematics (GE-M; recommend STA 2023 Introduction to Statistics I)

3

Composition (GE-C) (6000)

3

Total 163

Semester 3

Credits

APK 2100C Applied Human Anatomy with Laboratory (GE-B)

4

BSC 2010 and 2010L Integrated Principles of Biology 1 (3) and Integrated Principles of Biology 1 Laboratory (1) (GE-B)

4

Composition (GE-C, GE-D/N) (WR6000)

3

Elective, 3/4000 level (GE-S)

23

Humanities (State Core GE-H, GE-D/N)

3

Total 167

Semester 4

Credits

APK 2105C Applied Human Physiology with Laboratory (GE-B)

4

<a href="#">ATR 2010C Prevention and Care of Athletic Injuries</a>	3
<b>BSC 2011 and 2011L Integrated Principles of Biology 2 (3) and Integrated Principles of Biology 2 Laboratory (1) (GE-B)</b>	<b>4</b>
<a href="#">HSC 3537 Health and Medical Terminology Elective (GE-B/P)</a>	3
Elective ( <del>WR</del> )(GE-S, N/D) (6000)	3
Total	17

<b>Semester 5</b>	<b>Credits</b>
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<b>APK 3110C Physiology of Exercise and Training</b>	<b>3</b>
APK 3200 Motor Learning	3
<a href="#">APK 3400 Sport Psychology</a> or <a href="#">APK 3405 Exercise Psychology</a> <a href="#">APK4050 Research Methods in Exercise Science</a>	3
PHY 2053 and 2053L Physics 1 (4) and Physics 1 Laboratory (1)	5
Approved elective (refer to list below)	3
Total	17

<b>Semester 6</b>	<b>Credits</b>
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<a href="#">APK 3113 Principles of Strength and Conditioning</a> <a href="#">APK 3400 (Sport Psychology)</a> or <a href="#">APK 3405 (Exercise Psychology)</a>	3
<a href="#">APK 4120 Clinical Exercise Physiology</a> <a href="#">APK 3200 – Biomechanical Basis of Human Movement</a>	3
<a href="#">APK 4125C Physical Fitness Assessment and Exercise Prescription</a> <a href="#">APK 4112 Advanced Exercise Physiology</a>	3
<a href="#">APK 4115 Neuromuscular Aspects of Exercise</a>	<u>3</u>
Approved electives (refer to list below)	<u>7</u>
Total	16

Semester 7	Credits
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<a href="#">APK 3220C Biomechanical Basis of Movement</a> <a href="#">APK 4120 Clinical Exercise Physiology</a>	3
<a href="#">APK 4050 Research Methods in APK</a> <a href="#">APK 4144 Movement Neuroscience</a>	3
<a href="#">APK 4112 Advanced Exercise Physiology</a> <a href="#">APK 4125c Physical Fitness Assessment &amp; Exercise Prescription with Lab</a>	3
<a href="#">APK 4115 Neuromuscular Aspects of Exercise</a>	<u>3</u>
Approved elective (refer to list below)	<u>3</u>
Total	15

Semester 8	Credits
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APK 4940C Internship	12
Total	12

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### Approved Electives for Exercise Physiology (13 credits)

These electives may not be offered every semester. Refer to the course descriptions section for prerequisites.

AGR 3303 Genetics	3
APK 3163 Sport Nutrition	3
APK 3400 Introduction to Sport Psychology	3
<del>APK 4144 Movement Neuroscience</del>	<del>3</del>
APK 4912 APK Undergraduate Research	0-5
<del>APK 4943 Teaching Experience in APK</del>	<del>1</del>
<del>APK 4103C Kinetic Anatomy</del>	<del>3</del>
<del>ATR 2010c Prevention and Care of Athletic Injuries</del>	<del>3</del>
<del>APK 3113 Principles of Strength and Conditioning</del>	
BCH 3025 Fundamentals of Biochemistry	4
BCH 4024 Introduction to Biochemistry and Molecular Biology	4
CHM 2200 Fundamentals of Organic Chemistry	3

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CHM 2210 Organic Chemistry 1	3
CHM 2211 Organic Chemistry 2	3
CHM 2211L Organic Chemistry Laboratory	2
CLP 3144 Abnormal Psychology	3
DEP 3053 Developmental Psychology	3
HSC 4233 Patient Health Information	3
<a href="#"><u>HSC 3537 Health and Medical Terminology</u></a>	<u>3</u>
HUN 2201 Fundamentals of Human Nutrition	3
MCB 3020 Basic Biology of Microorganisms	3
MCB 3020L Laboratory for Basic Biology of Microorganisms	1
MDU 4003 Introduction to the Professions of Medicine	3
MDU 4031 Medicine and the Law	3
MDU 4061 Introduction to Medical Bioethics	3
MDU 4850 Diseases of Eating	3
PCB 3063 Genetics	4
PET 4948C Practicum in Exercise and Sport Sciences	1-5