WELLNESS LEADERSHIP

COLLEGE: EDUCATION
SCHOOL: PHYSICAL EDUCATION, WELLNESS, AND SPORT STUDIES
DEGREE: BACHELOR OF ARTS OR BACHELOR OF SCIENCE
OPTION/TRACK: WELLNESS LEADERSHIP

LIMITED ACCESS PROGRAM: YES—THIS PROGRAM HAS ADDITIONAL ADMISSION REQUIREMENTS AS STATED BELOW.

CAMPUS(ES) WHERE OFFERED/CONTACT:
TAMPA only / Program Director, Undergraduate Advising, Education, (813) 974-2458

• Program of Study at a Florida Community/Junior College or SUS School for Students Planning to Transfer to USF
(State Mandated Common Prerequisites)
Complete the A.A. degree at the community college. Some courses required for the major may also meet General Education Requirements thereby transferring maximum hours to the university. A minimum of 60 semester hours must be completed at the university unless prior approval is secured.
If students transfer without an A.A. degree and have fewer than 60 semester hours of acceptable credit, they must meet the university’s entering freshman requirements including ACT or SAT test scores, GPA, and course requirements.
Students must complete the prerequisite courses listed below prior to be admitted to the upper-division major. Students who do not complete these prerequisites can be admitted to the University, but not to the upper-division major. Unless stated otherwise, a grade of “C” is the minimum acceptable grade.

  Anatomy & Physiology with Lab, 3-4 semester hours
  First Aid, 3 semester hours

• Admission Requirements to the University Program of Study
Please be aware of the immunization, foreign language, and continuous enrollment policies of the university, and qualitative standards required. Admission will require an overall GPA of 2.5 with a minimum score of 960 on the SAT (840 if taken before April 1, 1995) or 20 on the ACT. However, an overall 2.25 GPA will be acceptable with a minimum score of 1030 on the SAT (940 if taken before April 1, 1995) or 22 on the ACT. Official grade forgiveness will be used as appropriate.

• Requirements for the B.S. Degree
The two-year program is offered beginning in the junior year and includes mandatory attendance during the summer session between the junior and senior years.

CORE COURSES FOR ALL TRACKS:
PET 3010 Personal/Professional Development Seminar (3)
PET 3310 Kinesiology (3)
PET 3351 Exercise Physiology I (3)

ADDITIONAL COURSES REQUIRED FOR WELLNESS LEADERSHIP TRACK:
ADE 4384 Working with the Adult Learner (3)
GEY 3601 Behavior Change in Later Life (3)
HLP 4941 Wellness Internship (15)
HUN 3201 Nutrition (3)
Pep 3940 Practicum in Health Promotion/Wellness (4)
Pep 3951 Communications Skills for Wellness Leaders (3)
PEQ 3170 Aquatic Exercise (2)
PET 3080 Survey of Wellness Programs (3)
PET 4353 Exercise Physiology II (3)
PET 4384 Health Fitness Appraisal & Exercise Prescription (3)
PET 4404 Organization & Administration of Wellness Programs (3)

in addition to the above courses, students in Wellness Leadership must also take PEM 2131 Weight Training (for majors only) and PET 3931 Teaching Aerobic Dance/Exercise. These courses must be taken after acceptance into the Wellness Leadership Program.