	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH	3 SH
Program SLOs	PET 3351C Applied Exercise Physiology	PEO 2510 Theory & Practice Coaching Soccer	ATR 2000 Basic Care & Prevention Principles of AT	PET 4310C Mechanics of Human Motion	PET 2001 Introduction to Sport Performance Studies	PET 2501 Sports Performance Analytics	PET 3556C Designing Resistance Training Programs	PET 4820 Adoles cent Sport Pedagogy	PET 3640 Adaptive PE & Sport	PET 4434 Youth Sport Pedagogy	PET 4801 Sport Skil Acquisition and Motor Development	HLP 3300 Org & Administration of Prof Programs	PET 3123 Historical Foundations	ATR 3132 Functional Kinesiology	HUN 2201 Fundamentals of Human Nutrition	PET 3344C Athletic Coaching Methods	PET 4765 Theory & Practice of Coaching	HSC 4300 Changing Health Behaviors	HSC 4581 Health Promotion & Planning	PET 4940 Internship
Content												_								
1.1 Identify and apply concepts and principles of exercise, fitness and sport coaching, wellness, and teaching.	х	x	x	x	x		x	x	x	x	x			x	x	x	x			х
1.2 Demonstrate professional knowledge of current trends, developments, guidelines, recommendations, and research in the field.	х	х			х	х	х			х		х				х	х			
1.3 Analyze behavioral strategies to enhance exercise, health and athletic behavior change (e.g., reinforcement, goal setting, and social support).									x			x			x	x		x	x	х
Critical Thinking							1			I			I							
2.1 Identify and use relevant data/information as a tool to develop and prioritize interventions (e.g., policies, promote physical activity, sport performance).			х			х	х	х	х					х				х	х	х
2.2 Evaluate athletic/sport skills and abilities in order to provide instructive feedback and guidance.		х		х				х			x					x				х
Communication																				
Combine oral and written scientifically sound health and fitness related information to enhance participants' knowledge, enjoyment, and adherence to physical activity behaviors.				x		x	х						x							х
3.2 Illustrate effective coaching communication, including active listening, cueing, monitoring, and providing constructive feedback.		x		х			х	х		х	х					х	x			х
Integrity / Values																				
4.1 Demonstrate healthy lifestyle practices in order to be a professional role model.					х	х		х											х	х
4.2 Describe and adhere to relevant professional and ethical standards.	х		x		x				x			x	x			x	х			х
Movement Sciences and Health								Program Name											Approved	April 2024

Movement Sciences and Health https://uwf.edu/ukcoh/departments/movement-sciences-and-health/ Program Name: B.S. in Fitness and Sport Coaching Creation Date: