

## **HUMAN PERFORMANCE**

# HUMAN PERFORMANCE EDUCATION PROGRAM

## MISSION STATEMENT

Consistent with the statements established by Southern Connecticut State University, the School of Education and the Exercise Science Department, the faculty composing the Human Performance Program adheres to the **SAILS** concept of: **S** – Scholarship, **A** – Attitudes and dispositions, **I** – Integrity, **L** – Leadership, and **S** – Service. Both undergraduate and graduate students engaged in study of the Exercise Sciences will strive to accomplish:

- S** – Professional excellence in academic knowledge and the practical application thereof based on the Competencies of the American College of Sports Medicine (ACSM) and the Guidelines of the American Society of Exercise Physiologists (ASEP).
- A** – Fundamental, advanced, and contemporary exercise science knowledge applied in state, regional and national professional settings of disease prevention, healthful lifestyle, clinical rehabilitation and fitness maintenance.
- I** – Adherence to the ACSM Code of Ethics published by such organization and maintain the highest moral standards in performance of professional activity.
- L** – Exemplary leadership in personal and professional lifestyle behaviors demonstrating the concept “fit body – fit mind.”
- S** – Active participation in serving the professional needs of peers, the local community and the society in general.

SOUTHERN CONNECTICUT STATE UNIVERSITY  
SCHOOL OF EDUCATION  
EXERCISE SCIENCE DEPARTMENT  
HUMAN PERFORMANCE EDUCATION PROGRAM

Gate #1: Admission into Department and Sophomore Year Experience

- 1) Over-all GPA of 2.5
- 2) Successful\* completion of EXS 191, EXS 281, EXS 282, BIO 100\*, PSY 100, MAT 107, PHY 111\*, and PCH 200 with a minimum letter grade of C- in these courses.

*\*NOTE: Successful is defined as a GPA of 2.7 or higher for these 8-9 courses.  
BIO 110 & 111 can be used in place of BIO 100.  
PHY 200, 210, or 230 can be used in place of PHY 111.*

- 3) Introductory Essay
- 4) Letters of Recommendation (2)
- 5) Interview with faculty panel
- 6) Written reflection on how knowledge gained in EXS 281 and/ or EXS 282 will assist you in your chosen profession.

Due Date: October 1<sup>st</sup> or March 1<sup>st</sup> (same as application for acceptance into professional program)

Gate #2:

- 1) Over-all GPA of 2.5
- 2) Successful completion of the following academic courses: EXS 184, 383, & 384 and aquatics class.
- 3) Written assignments from EXS 383 & 384 including lab assignments, papers or other class assignments (minimum of one assignment from each course).
- 4) Written documentation of leadership role in: Mentoring, Organization of an event, after school program, coaching, etc.
- 5) Professional activity such as student membership in Physiology Club, other University club, or other Professional Association, etc.

Due Date: 1<sup>st</sup> Friday in May, Junior year

Gate #3:

- 1) Over-all GPA of 2.5
- 2) Successful completion of EXS 308 and EXS 386.
- 3) Written assignments from EXS 386 including lab assignments or class projects (minimum of 2 assignments).
- 4) Written assignment or other class project from EXS 308 (minimum of 2 assignments).
- 5) Leadership role in: Mentoring, Organization of an Event, After School Program, Coaching etc.
- 6) Student membership in Physiology Club or other University club, or other professional association.
- 7) Professional activity such as conference or workshop attendance.

Due Date: Friday, last week of classes upon completion of courses

Gate #4:

- 1) Over-all GPA of 2.5
- 2) Successful completion of EXS 497: Human Performance Practicum.
- 3) Written reflections on the practicum experience (minimum 3 pages).
- 4) Successful completion of all courses.
- 5) Written reflections on the four year Human Performance program and how the knowledge gained will provide you with a background for employment.
- 6) Exit interview with faculty.
- 7) Leadership role in: Mentoring, Organization of an Event, After School Program, Coaching etc.
- 8) Student membership in Physiology Club or other University club, or other professional association.
- 9) Professional activity such as conference or workshop attendance.

Due Date: Coinciding with submission of Final Practicum Evaluation paperwork

**NOTE:** Accomplish some of Gates 3 through 5 in class assignments described in course outlines.

## ACCEPTANCE INTO THE PROFESSIONAL PROGRAM: HUMAN PERFORMANCE

In order to attract and hold a superior quality of major students, the faculty of the Exercise Science Department has established minimum admission and retention standards for all students who desire to major in Exercise Science.

During the second semester of the Sophomore year, the student must obtain an application for admission into the professional program. Transfer students should obtain this form at Southern Connecticut State University during their second semester at Southern. These forms will be made available to students in one of their classes, from the department, or a copy of these forms can be found in this handbook. Applications must be submitted by October 1<sup>st</sup> or March 1<sup>st</sup>.

### Admission

Admission to the Exercise Science Department as a major student is achieved by adhering to the following:

### Human Performance

1. Over-all GPA of 2.5
2. Successful completion of professional preparation courses:  
EXS 191            EXS 281            EXS 282            PCH 200
3. Successful completion of the All-University Requirement in the following SPECIFIC courses:  
BIO 100 or 110-111            PHY 111, or 200, or 210, or 230  
MAT 107                            PSY 100
4. Minimum Quality Point Ratio of 2.7 AND a minimum letter grade of C- in the 8/9 courses listed in 2 and 3 above. Students not meeting these minimum standards must repeat unacceptable course work.
5. Copy of Official Transcript.
6. Typed essay presented to the faculty demonstrating a command of the English language. This essay MUST include long and short-term career/professional goals, and a statement of justification for department entry.
7. Resume.
8. Two letters of reference from non-faculty professionals.

### Retention

An Exercise Science major must maintain the above standards in order to be retained in the Professional Program. Lack of any of the above criteria can be sufficient cause for rejection from the Human Performance Program.

## PURPOSE OF HUMAN PERFORMANCE PRACTICUM

The purpose of the Human Performance Practicum experience is **to provide students with practical situations under the skilled supervision of a fitness professional**. During the Practicum period the students will be involved in both the instructional and administrative aspects of a fitness program. Upon completion of the experience the students will have been exposed to as many phases of the program as possible.

The Exercise Science / Human Performance student should have a comprehensive understanding of the responsibilities of the professional within the fitness setting. Every effort will be made to assure the student a successful experience. The degree of satisfaction and success may influence a student's decision to remain in Human Performance or leave it for other endeavors.

The directed Practicum experience has been planned so that the student will have experiences which lead to the following:

1. The utilization of effective exercise procedures through observation and practice.
2. The ability to plan, execute and evaluate personal fitness progress.
3. The development of communication skills with clients and others through individual and group activities.
4. An application of scientific theory in a supervised fitness environment.
5. A better understanding of the total fitness environment, including the cooperative responsibilities of the student from an administrative and the fitness specialist's point of view.

## PRACTICUM SITES

A wide variety of practicum sites are available choices for Human Performance students. These facilities include fitness centers, medical clinics, corporate wellness sites and agencies.

John B. Pierce Laboratory, New Haven, CT  
St. Francis Hospital, Hartford, CT  
Velocity Sports Performance, Trumbull, CT  
Ultimate Martial Arts, Ellington, CT  
Griffin Hospital, Derby, CT  
Downtown Health & Racquet Club, New Haven, CT  
Dancing Thru Pregnancy, StonyCreek, CT  
CT Orthopedic Specialists, New Haven, CT  
Alhbin Center of Rehabilitation, Stratford, CT  
Temple Physical Therapy, New Haven, CT  
Yale University Strength & Conditioning, New Haven, CT  
SCSU Football Coaching, New Haven, CT  
UConn Strength & Conditioning, Storrs, CT  
Yale School of Medicine Cancer Centre, New Haven, CT  
Amity Physical Therapy, Woodbridge, CT  
Jewish Community Center, Woodbridge, CT  
Breakthru Fitness Studio, Pasadena, CA  
St. Vincent's Medical Center, Bridgeport, CT  
Lotusea, Wallingford, CT  
US Army Research Institute for Environmental Medicine, Natick, MA  
Yale-New Haven Hospital- Pediatric Cardiology, New Haven, CT  
New Britain General Hospital, New Britain, CT

**Application for Admission to Junior Year  
Human Performance**

I, \_\_\_\_\_ hereby apply for admission to the Junior Year at Southern Connecticut State University.

I select as my field of specialization, Exercise Science – Human Performance.

I have fulfilled the following requirements:

1. Over-all GPA of 2.5
2. Successful completion of professional preparation courses:  
EXS 191      EXS 281      EXS 282      PCH 200
3. Successful completion of the All-University Requirement in the following specific courses:  
BIO 100 or (BIO 110 & 111), MAT 107, PSY 100, PHY 111 or (PHY 200 ,210 or 230).  
(necessary before admission though not before applying).
4. Minimum Quality Point Ratio of 2.7 AND a minimum letter grade of C- in the 8/9 courses listed in 2 and 3 above. Students not meeting these minimum standards must repeat unacceptable course work.
- \*5. Copy of Official Transcript.
- \*6. Typed essay presented to the faculty demonstrating a command of the English language. This essay MUST include long and short term career/professional goals and a statement of justification for department entry.
- \*7. Resume.
- \*8. Two letters of reference from non-faculty professionals.

Please complete the following information:

Cumulative Q.P.R. \_\_\_\_\_ for semester ending \_\_\_\_\_  
Q.P.R. for seven courses listed in 1 and 2 above \_\_\_\_\_

LOCAL ADDRESS _____	SIGNED _____
LOCAL PHONE _____	HOME ADDRESS _____
	TOWN/STATE _____
	ZIP CODE _____
	PHONE NUMBER _____
	SOCIAL SECURITY NO. _____

**\*SUBMIT WITH THIS FORM**

Approved \_\_\_\_\_  
Pending \_\_\_\_\_  
Reason(s) \_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_  
(Department Chairperson)

Name \_\_\_\_\_  
Please Print

Advisor \_\_\_\_\_  
Please Print

ACKNOWLEDGEMENT OF INFORMATION RECEIVED

**Human Performance**

This is to verify that I have been made aware of the requirements necessary for acceptance into the Exercise Science Department – Human Performance. I understand that if I do not fulfill these requirements I will **NOT** be accepted and will need to declare a new major. This process is initiated second semester – sophomore year and for transfer students, their second semester on campus.

The following are the requirements for acceptance:

1. Over-all GPA of 2.5
2. Successful completion of professional preparation course:  
EXS 191    EXS 281    EXS 282    PCH 200
3. Successful completion of the ALL-University Requirements in the following SPECIFIC courses:  
BIO 100 or BIO 110 and BIO 111            PHY 111, or 200, or 210, or 230  
MAT 107    PSY 100
4. Minimum Quality Point Ratio of 2.7 AND a minimum letter grade of C- in the 8/9 course listed in 2 and 3 above. Students not meeting these minimum standards must repeat unacceptable course work.
5. Copy of Official Transcript
6. Typed essay presented to the faculty demonstrating a command of the English language. This essay **MUST** include long term career/professional goals and a statement of justification for department entry.
7. Resume
8. Two letters of reference from non-faculty professionals

I have the Exercise Science Student Handbook and understand that it is my responsibility to know its contents.

\_\_\_\_\_

Student's Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Advisor's Signature

\_\_\_\_\_

Date

**FOUR-YEAR PLANNED PROGRAM**  
**EXERCISE SCIENCE HUMAN PERFORMANCE**

<b>Freshman Fall</b>	<b>(15)</b>	<b>Freshman Spring</b>	<b>(15)</b>
EXS 191 Intro. to Ex. Sci.	(3)	Fine Arts Requirement	(3)
PSY 100	(3)	PCH 200	(3)
BIO 100 or BIO 110*	(3)	MAT 107	(3)
PCH 201 Health Science	(3)	ENG 112	(3)
AmPolFoun	(3)	PHI 100	(3)

<b>Sophomore Fall</b>	<b>(15)</b>	<b>Sophomore Spring</b>	<b>(15)</b>
CHE 100 or 120 or PHY 111 or 200)	(3)	Communication	(3)
EXS 281 Anatomy & Phys. I	(3)	EXS 282 Anatomy & Phys. II	(3) (Gate 1)
Foreign Language	(3)	PHY 111 or 200 or CHE 100 or 120	(3)
Soc Sci A	(3)	HIS World History	(3)
ELECTIVE	(3)	ELECTIVE	(3)

<b>Junior Fall</b>	<b>(14.5)</b>	<b>Junior Spring</b>	<b>(15)</b>
EXS ___ Aquatics	(.5)	EXS 308 Strength & Conditioning	(3)
EXS 383 Kinesiology	(3) (Gate 2)	EXS 389 Exercise Physiology II	(3)
EXS 384 Exercise Physiology	(3)	EXS 410 Pathophysiology	(3)
EXS 301 Exercise Nutrition	(3)	EXS 184 Care & Prevention A I	(3)
EXS 310 Pharmacology	(2)	ELECTIVE	(3)
ELECTIVE	(3)		

<b>Senior Fall</b>	<b>(15)</b>	<b>Senior Spring</b>	<b>(18)</b>
ENG Literature	(3)	EXS 497 Practicum	(6) (Gate 4)
EXS 386 Fitness Management	(3) (Gate 3)	EXS 485 Tests and Measurement	(3)
EXS 380 Sports Psychology	(3)	ELECTIVE	(3)
ELECTIVE	(3)	ELECTIVE	(3)
ELECTIVE	(3)	ELECTIVE	(3)

**122.5 CREDITS**

\* Students choosing BIO 110, must also complete BIO 111 to satisfy the All-University Biology requirement.

- NOTE: 1. Remember "L" course requirement.  
 2. All students should take English and Math placement exams early.  
 3. Application for Admission to the Department is required (Gate 1).

**HUMAN PERFORMANCE PROGRAM**  
**COURSE OVERVIEW**

**UNIVERSITY REQUIREMENTS:**

<u>Subject</u>	<u>Cr.</u>
1. American History	3
2. Communications/ENG 112	6
3. Fine Arts	3
4. Foreign Language	3
5. Health (PCH 201)	3
6. World History	3
7. "L" courses (three)	3
8. Literature	3
9. Math (MAT 107)	3
10. Nat. Sci.A BIO 100 or 110&111	3
11. Nat. Sci.B CHE 100 or 120	3
12. Philosophy	3
13. Physical Education (Not Required)	3
14. Social Science A	3
15. Social Science B (PSY 100)	3

**COGNATE COURSES**

16. PCH 200 (Nutrition)	3
16. PHY ____ (Physics 111, 200 210, or 230)	3

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**CREDITS** **48**

**EXS MAJOR THEORY COURSES**

<u>Course</u>	<u>Cr.</u>
1. EXS – Aquatics	3
2. EXS 184 – Intro to Athletic Inj. Care and Prev.	3
3. EXS 191 – Intro to Exercise Science	3
4. EXS 281 – Anatomy and Physiology I	3
5. EXS 282 – Anatomy and Physiology II	3
6. EXS 301 – Exercise Nutrition	3
7. EXS 308 – Principles of Strength and Conditioning	3
8. EXS 310 – Pharmacology in AT	2
9. EXS 380 – Sport Psychology	3
10. EXS 383 – Kinesiology	3
11. EXS 384 – Exercise Physiology	3
12. EXS 386 – Fitness Management	3
13. EXS 389 – Exercise Physiology	3
14. EXS 410 – Pathophysiology	3
15. EXS 485 – Tests and Measurements	3
16. EXS 497 – Human Performance Practicum.	6

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**CREDITS** **47**

<b>All University Requirements</b>	<b>48 Cr.</b>
<b>Human Performance Major</b>	<b>47.5 Cr.</b>
<b>Free Electives</b>	<b>27 Cr.</b>

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**TOTAL CREDITS NECESSARY TO COMPLETE PROGRAM** **122.5 Cr.**

