



Program Handbook
B.S. in Exercise and Sport Science
2021 – 2022 Academic Year

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On behalf of the Department of Health and Movement Sciences, welcome to Southern and the Exercise and Sport Science (ESS) degree program! As the program coordinator, I am excited to meet and teach you as you develop yourselves as exercise science professionals. As you make your way through this handbook, you will discover that the faculty of the ESS program are diverse in background and teaching specialty, and have carefully created a program that will prepare you for professional careers in the areas of sport science or allied health. Those disciplines- Sport Science and Allied Health- make up the two concentration from which you will choose as an Exercise and Sport Science major. Whether your interest lies in personal training, physical therapy or occupational therapy school, strength & conditioning coaching, working with a clinical population like geriatric, pediatric, obese, cancer recovery, or cardiac or pulmonary rehabilitation, the concentrations in our program have something for you. The 4-year planned programs near the end of this handbook can even show you how your specific academic needs can be tailor-made and met in just four years. You will also find that there are crucial events occurring throughout your progress in the ESS program designed to optimize your preparation as a professional:

- Academic standards on 1st- and 2nd-year coursework
- Professional application and personal interview process for program acceptance
- Opportunities for personal development in student club
- Completion of an internship in a professional setting

We encourage you to make relationships early with your faculty. The best way to gain the notice of potential employers or graduate school advisors is through networking. We faculty are committed to producing excellent future exercise science professionals, but the first step must be taken by you! So please take the time to get to know us, and familiarize yourself with the Exercise and Sport Science program.

Again, welcome to Southern and ESS!

William R. Lunn, PhD, FACSM

LunnW1@southernct.edu

203-392-6129

Office: MFH 169 (Human Performance Laboratory)

EXERCISE AND SPORT SCIENCE PROGRAM MISSION STATEMENT

Consistent with the statements established by Southern Connecticut State University, the College of Health & Human Services and the Department of Health & Movement Sciences, the faculty composing the Exercise and Sport Science Program adheres to the concept of undergraduate students engaged in study of the Health & Movement Sciences striving to accomplish the following:

- Professional excellence in academic knowledge and the practical application thereof based on the Competencies of the American College of Sports Medicine (ACSM), the National Strength & Conditioning Association (NSCA) and the Guidelines of the American Society of Exercise Physiologists (ASEP).
- Fundamental, advanced, and contemporary exercise science knowledge applied in state, regional and national professional settings of disease prevention, healthful lifestyle, clinical rehabilitation, promotion of physical activity, and fitness maintenance.
- Adherence to the ACSM published Code of Ethics and maintain the highest moral standards in professional activity.
- Exemplary leadership in personal and professional lifestyle behaviors demonstrating the concept “fit body – fit mind” and the Exercise is Medicine® global health initiative.
- Active participation in serving the professional needs of peers, the local community and the society in general.

Exercise is Medicine®: A Global Health Initiative!



The Exercise is Medicine (EIM) initiative was started by the American College of Sports Medicine in 2007 to encourage health care providers to include physical activity as a part of the prescriptive treatment plan for patients. Through EIM, healthcare providers can refer their patients to credentialed exercise professionals who use evidence-based exercise interventions to prevent and treat many medical conditions.

There are three “legs” on which the EIM initiative is founded and delivers its message of physical activity promoting optimal health:

Healthcare Providers

EIM encourages primary care providers to assess physical activity as a vital sign during patient visits, and to provide actual exercise prescription or referral to an EIM-based exercise professional. EIM has provided healthcare provider summary sheets and action guides to effectively aid the provider in using physical activity to reduce chronic health problems.

Exercise Professionals

Patients with sedentary behavior and/or chronic, metabolic diseases (diabetes, obesity, hypertension, hyperlipidemia, etc.) need healthcare providers who can refer patients to properly-credentialed exercise professionals. These professionals should carry certification to work with special populations from professional organizations such as the American College of Sports Medicine (ACSM) and the National Strength & Conditioning Association (NSCA). Further, these professionals should hold the **EIM Credential**, which demonstrates achievement of both education and certification to become part of the extended healthcare management team.

Exercise is Medicine on Campus (EIM-OC)

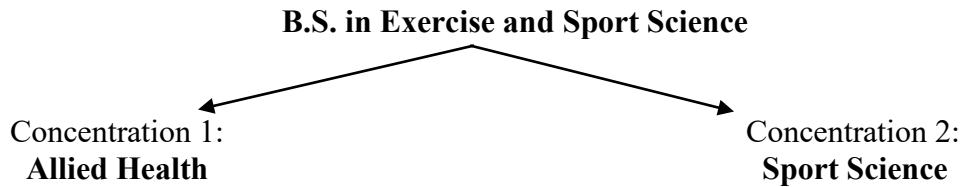
This program encourages colleges and universities to promote physical activity and health broadly among the campus community. The program lists the following as what faculty, students, and staff should consider as they promote the EIM initiative:

- Making movement a part of the daily campus culture
- Assessing physical activity at every student health visit
- Providing students with the tools necessary to strengthen healthy physical activity habits that can last a lifetime
- Connecting university health care providers with university health fitness specialists to provide a referral system for exercise prescription.

*****Southern Connecticut State University is proud to be recognized as a EIM-OC Gold Campus in its efforts to promote wellness and physical activity as a vital sign!**

**SOUTHERN CONNECTICUT STATE UNIVERSITY
DEPARTMENT OF HEALTH & MOVEMENT SCIENCES
EXERCISE AND SPORT SCIENCE PROGRAM**

In order to attract and hold a superior quality of major students, the faculty of the Department of Health & Movement Sciences (HMS) has established minimum admission and retention standards for all students who desire to major in Exercise and Sport Science (ESS). **There are two concentrations in the ESS degree program from which to choose:**



The **Allied Health concentration** is geared toward students interested in pursuing a career in clinical exercise physiology as a cardiac or pulmonary rehabilitation physiologist, geriatric or pediatric exercise specialist, cancer exercise specialist, cardiac sonographer or ultrasound technician, or further graduate school for physical therapy, occupational therapy, physician assistant, medical school, or chiropractic.

The **Sport Science concentration** is geared toward students interested in pursuing a career as a personal trainer, strength & conditioning coach, biomechanist, or sport nutrition researcher.

Students who declare a major in Exercise and Sport Science with either concentration will be given a “*Pre-Allied Health*” or “*pre-Sport Science*” designation by the registrar.

IMPORTANT: *When you have completed almost all of our core prerequisite courses for program acceptance, you must formally apply for admission into the Exercise and Sport Science program. This typically happens during the second semester of the sophomore year.*

This process will be described in the following pages.

How do you get a faculty advisor assigned to you?

- **Reach out to** Dr. Lunn at lunnw1@southernct.edu
- **If you need to change your major to Exercise and Sport Science, use the link at** <https://apps.southernct.edu/owls/sop/main>

Faculty in Exercise and Sport Science



Dr. William Lunn

Undergraduate Program Coordinator
Director, Human Performance Laboratory
Courses: Exercise Physiology, Exercise & Nutrition



Dr. Robert Axtell

Graduate Program Coordinator
Courses: Exercise Testing & Prescription,
Exercise Physiology



Dr. Robert Gregory

Director, CT Running Injury Clinic
Courses: Biomechanics, Strength & Conditioning



Dr. Peter Latchman

Courses: Anatomy & Physiology



Dr. Marc Robertson

Courses: Functional Anatomy,
Pathophysiology & Pharmacology, Org &
Admin in ESS, Exercise Physiology



Dr. Kristie Rupp

Courses: Exercise Physiology,
Measurement & Statistics, Exercise for
Special Populations

What are your responsibilities as a Pre-Allied Health student? Achieve the academic requirements!

During your first few semesters at Southern, you must do the following:

- 1) **Overall university GPA: minimum 2.70, which equates to a B- average (a 2.69 will not be accepted)**
- 2) **Successful completion of the following core courses (GPA of 2.70 or higher for these 8 courses and no single grade lower than C-), which you will need to complete before program acceptance:**

Introductory courses

- **HMS 160 – Intro to Exercise and Sport Science**
 - Minimum grade expectation: B+
- **PCH 200 – Intro to Nutrition**
 - Minimum grade expectation: B+
- **PSY 100 – Intro to Psychology**
 - Minimum grade expectation: B+

Anatomy & Physiology courses

- **BIO 200 – Human Anatomy & Physiology I with lab**
 - Minimum grade expectation: B
- **BIO 201 – Human Anatomy & Physiology II with lab**
 - Minimum grade expectation: B

General Science courses

- **BIO 100 – Zoology or BIO 120 – Microbiology**
 - Minimum grade expectation: C
- **CHE 120 – General Chemistry with lab**
 - Minimum grade expectation: C

Mathematics courses

- **MAT 107 – Intro to Statistics or MAT 122 – Precalculus**
 - Minimum grade expectation: C

What are your responsibilities as a Pre-Sport Science student? Achieve the academic requirements!

During your first few semesters at Southern, you must do the following:

- 1) Overall university GPA: minimum 2.50, which equates to a C+/B- average (a 2.49 will not be accepted)**
- 2) Successful completion of the following core courses (GPA of 2.70 or higher for these 8 courses and no single grade lower than C-), which you will need to complete before program acceptance:**

Introductory courses

- **HMS 160 – Intro to Exercise and Sport Science**
 - Minimum grade expectation: B+
- **PCH 200 – Intro to Nutrition**
 - Minimum grade expectation: B+
- **PSY 100 – Intro to Psychology**
 - Minimum grade expectation: B+

Anatomy & Physiology courses

- **BIO 200 or HMS 281 – Human Anatomy & Physiology I**
 - Minimum grade expectation: B
- **BIO 201 or HMS 282 – Human Anatomy & Physiology II**
 - Minimum grade expectation: B

General Science courses

- **BIO 100 – Zoology or BIO 120 – Microbiology**
 - Minimum grade expectation: C
- **PHY 103 – Physics for Technology & Healthcare Professions**
 - Minimum grade expectation: C

Mathematics courses

- **MAT 107 – Intro to Statistics or MAT 122 – Precalculus**
 - Minimum grade expectation: C

How do you get accepted into the Exercise and Sport Science Program? You make formal application!

Once the last of the above coursework is in the process of completion (typically, during the second semester of the 2nd year of courses), you will make formal application to the Exercise and Sport Science program, which includes the following:

- a. Introductory 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 program entry.
- b. Résumé
- c. Letters of recommendation (2); can come from employers, coaches, high school teachers, guidance counselors, or college faculty OUTSIDE of the Exercise and Sport Science program. **No friends or family members.**
- d. SCSU transcript (unofficial copy from Banner Web is acceptable)
- e. Official transcript from other institutions (if applicable)
- f. Interview with faculty panel to express proper attitudes and dispositions for the professional Exercise and Sport Science program

How to apply: You will apply electronically by submitting the above materials through our application portal, Tk20, **free of charge**. This portal can be found at the following web site: <https://southernct.tk20.com/>

Instructions for online submission of the application via Tk20 are provided on the following pages.

Application deadlines:

*If you are applying during the **FALL** semester, materials in criteria a-e must be submitted online via Tk20 **by 5:00pm ET on October 1st**.*

*If you are applying during the **SPRING** semester, materials in criteria a-e must be submitted online via Tk20 **by 5:00pm ET on March 1st***

****These deadlines are important! No applications will be accepted after the deadline. If you miss the deadline, it will delay your acceptance into the Exercise and Sport Science program, and will prevent you from registering for upper-level HMS courses.*

Individual Interviews

Personal interviews will be scheduled during the week following application deadlines. These interviews will be conducted by at least one faculty member and one graduate student. Interview tips:

- **Students should report to the interview with appropriate, business professional dress.**
- **Prepare questions for the interviewers.**
- **Be prepared with knowledge about the faculty, program, and required coursework.**
- **The purpose of the interview is for the student to demonstrate to the faculty the appropriate attitude and disposition needed for success in the exercise and sport sciences.**



Student Quick Guide – Creating a FREE Admission Application

Go to the Tk20 login page at: <https://southernct.tk20.com>

You need to create a **free** Tk20 Admissions account (not the same as a purchased student account)

1. At the bottom of the login page, click on **Admissions** and
2. **“Click here to create your account”**

1. 2.

Username

Password

LOG INTO YOUR ACCOUNT →

[forgot your username or password?](#)
[Click here to purchase or register your student account.](#)

Resources

Welcome to Tk20 at Southern Connecticut State University!



Graphite, the newest version of Tk20, is here.
The look is new but the steps are the same, and your username and password remain the same.

For questions regarding this system, please contact your system administrator.

Administrator: User Support
Email: tk20support@southernct.edu
Phone:

Admissions

Username

Password

LOG INTO YOUR ACCOUNT →

[forgot your username or password?](#)
[Click here to purchase or register your student account.](#)

Resources

Admissions

Please contact: tk20support@southernct.edu if you need help with your account.

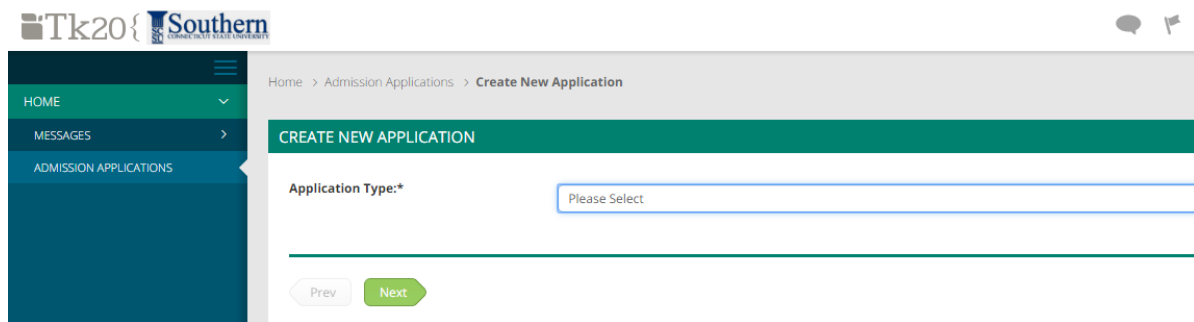
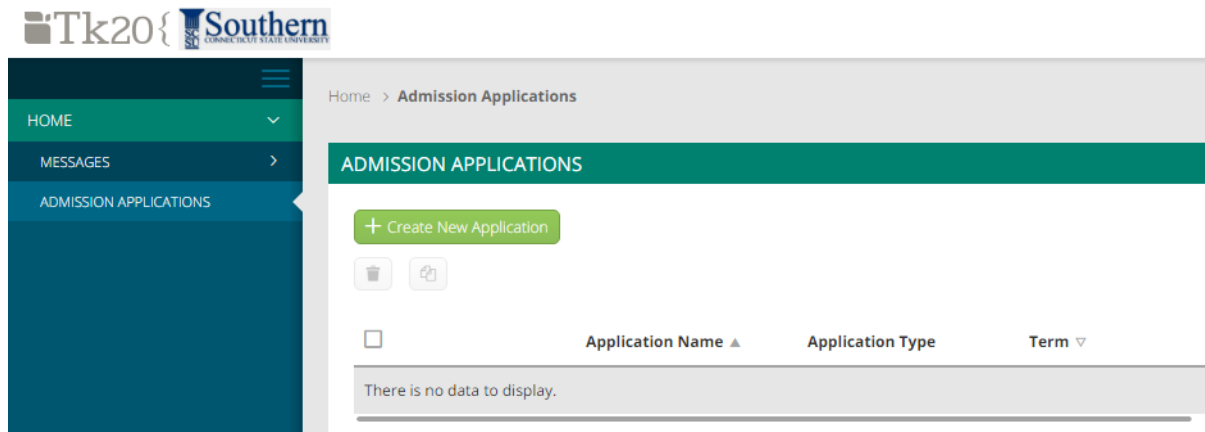
[Click here to create your account.](#)

Create an Applicant Account

- Create an applicant account by completing the form shown and click on the green **“Submit”** button at the bottom of the page.
- You will be given a username on the following screen. **Write down your username and password.** Return to the Login page and login with the username and the password you just created.

Create an Application

- Click on the green **+ Create New Application** button and click **Please Select** in the drop-down box.
- Select application for the program you are applying for and click on the green **Next** button.



- There is no Checklist to be completed, so click on the green **Next** button again.
- Complete the application. Any fields with an asterisk (*) must be filled in before you submit.
- To attach a file click on the **Select Files** button to search for file(s) on your computer.
- You do not have to complete the application at one time. You can save your work and return to it at a later time. There is a **Save** button at the bottom of the application.
- When the application is complete, click on the green **Create** button at the bottom of the page to submit your application for final review.

Return to a Saved Application

- Click on **ADMISSION APPLICATIONS** in the left side menu to display a list of all application forms you have created.
- Click the blue name of the application you wish to edit.

Recall a Submitted Application

If you need to make a change to a submitted application, you can recall it until it enters the review stage and is locked by a reviewer.

- Click on **ADMISSION APPLICATIONS** in the left side menu to display a list of all application forms you have created.
- Click the blue name of the application you wish to recall.
- Click the **Recall** button in the top right-hand corner of the page to re-open the application.

Help Resources: Please email any questions you have to: tk20support@southernct.edu

Instructions for Submitting an Application

Remember that the application MUST be submitted electronically! Please follow the information below to submit your ESS admission application electronically:

1. Once you have created your free Tk20 account, you can create a new application. From the drop-down list of applications, the application you want is called **“Exercise and Sport Science undergraduate program application”**. Once you access this, there are fields to upload the materials of your application:
 - **Personal essay** highlighting your short- and long-term academic and professional goals, a brief story of how you became interested in the field, and a statement justifying why you are deserving to be accepted into the Exercise and Sports Science professional program.
 - **Professional resume**
 - **Transcripts** (from SCSU and any transferred institutions)

Please note that the 2 letters of recommendation are the only items you will not upload into Tk20. You must have them emailed directly to Dr. Lunn at lunnw1@southernct.edu.

Remember to actually **Submit** the Tk20 form once you have uploaded and entered all required information., including your preferred interview times.

Be aware of the due dates and times: **typically, March 1, 5:00pm ET for spring applications, and October 1, 5:00pm ET for fall applications.** You will NOT be able to submit an application after that time!

Note that if March 1 or October 1 falls on a weekend, the due date will be extended to the following Monday.

***** If you miss the application deadline, and there is not a legitimate, documented reason, you must wait until the next semester to apply. There are no exceptions.**

What happens if you are rejected from the ESS Program?

Yes, that is a possibility- rejection from the program. This can happen for a few reasons:

- **Unable to achieve minimum overall GPA** (2.50 for Sport Science concentration; 2.70 for Allied Health concentration)
- **Unable to achieve minimum core course GPA** (2.70 for both concentrations)
- **Unable to achieve minimum grade for core courses** (C-)
- **Failure to demonstrate proper attitude and disposition** needed for success in professional Movement Science environment, *evaluated by the faculty during the interview process.* Examples of this deficiency include:
 - failure to answer questions from the interview panel
 - very poorly-written essay with no attention to the theme of the essay
 - missing the interview with no reasonable explanation
 - demonstration of apathy during interview

In any of the above cases, **you still have the opportunity to gain acceptance into the ESS program.** Below are the steps to take in each situation:

- 1) **Overall GPA is insufficient:** you may retake courses for a grade replacement in order to increase your overall GPA.
- 2) **Core course GPA is insufficient:** you may retake courses for a grade replacement to increase the core course GPA.
- 3) **Individual core course grade is insufficient:** you may retake courses for a grade replacement.
- 4) **Improper attitude and disposition:** you may reapply the following semester and complete the application and interview process again.

Note that only in scenario #4 would you need to actually reapply and re-interview. For scenarios 1-3, since you had already performed a successful interview, you need only retake courses to gain acceptance- you do NOT need to reapply.

If I successfully interview, but I don't achieve the overall GPA, core course GPA, or core course minimum grade standards that semester, can I still take upper-level HMS courses the next semester?

Yes, but with restrictions: if you do not meet the course grade or GPA standards when you apply, you are allowed one probationary semester (the following semester) during which you can take some upper-level HMS courses while you retake courses to correct the grade deficiency. **Your HMS courses are limited to HMS 301, HMS 380, HMS 383, HMS 384, and HMS 387.** If you still have not corrected the grade deficiency by the end of that probationary semester, you will not be able to take any more upper-level HMS courses as an ESS major.

Now that you are accepted into the ESS Program, now what? Maintain your grades and develop yourself professionally!

If accepted into the Exercise and Sport Science program, the program coordinator will notify the registrar of accepted students, and the registrar will change the student's designation to full "Allied Health" or full "Sport Science" status. *This status must be attained in order to register for 300- and 400-level Exercise and Sport Science-required courses. You will not be allowed to register for those upper-level courses until you have applied and are accepted into the program.*

- 1) **Once formally accepted, you must be aware of two very important academic requirements in order to graduate:**
 - a. **Maintaining minimum overall university GPA of 2.50 (Sport Science), or 2.70 (Allied Health)**
 - b. **No 300- and 400-level HMS course grades lower than C**

- 2) **Near the end of your degree program, you will complete the Exercise and Sport Science Internship:**
 - a. Requires successful completion of HMS 387: Standard First Aid and Personal Safety (both concentrations) and HMS 455: Conditioning for Strength & Human Performance II (Sport Science program) or HMS 488: Exercise Testing & Prescription (Allied Health program)
 - b. Involves 300 hours of shadowing a professional in the field
 - c. More details on following page and in Internship Handbook

- 3) **Become active in the student Exercise Physiology Club, where you'll be encouraged to increase professional activity such as workshop or regional/national conference attendance**

The Exercise Physiology Club meets every Monday or Wednesday (depending on the semester) from 1:00-2:00pm

Club faculty advisor: Dr. Axtell (axtellr1@southernct.edu)

PURPOSE OF EXERCISE AND SPORT SCIENCE INTERNSHIP

The purpose of the Exercise and Sport Science (ESS) Internship experience is to provide students with practical situations under the skilled supervision of a fitness, performance, or clinical professional. During the Internship period, the students will be involved in both the instructional and administrative aspects of a fitness, performance, or clinical program. Upon completion of the experience, the students will have been exposed to as many phases of the program as possible. The Health & Movement Sciences / ESS student should have a comprehensive understanding of the responsibilities of the professional within the professional 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 ESS or leave it for other endeavors. The directed Internship 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, performance, or rehabilitation progress.
3. The development of communication skills with clients through individual and group activities.
4. An application of scientific theory in a supervised environment.
5. A better understanding of the total professional environment, including the cooperative responsibilities of the student from an administrative and the fitness specialist's point of view.

******A written project related to responsibilities at the internship site is required of all students.***

You will apply to the internship through Tk20, similarly to applying to the ESS program. Much more detail is found in the Exercise and Sport Science Internship Handbook, which is available to you through Prof. Amanda Strong, the internship coordinator (stronga4@southernct.edu).

POTENTIAL INTERNSHIP SITES

A wide variety of internship sites are available choices for Exercise and Sport Science students. These facilities include fitness centers, medical clinics, corporate wellness sites and agencies.

Some examples are:

SCSU Human Performance Laboratory, New Haven, CT

SCSU Fitness Center, New Haven, CT

John B. Pierce Laboratory, New Haven, CT

Yale-New Haven Hospital- Pediatric Cardiology, New Haven, CT

US Army Research Institute for Environmental Medicine, Natick, MA

Bright Bodies Weight Management Program for Children, New Haven, CT

Ranfone Training Systems, Hamden, CT

St. Francis Hospital, Hartford, CT

Griffin Hospital, Derby, CT

MB Sports, North Branford, CT

Connecticut Speed School, Milford, CT

CT Orthopedic Specialists, New Haven, CT

Alhbin Center of Rehabilitation, Stratford, CT

Yale University Strength & Conditioning, New Haven, CT

SCSU Strength & Conditioning, New Haven, CT

Quinnipiac Strength & Conditioning, Hamden, CT

Yale School of Medicine Cancer Centre, New Haven, CT

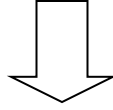
Amity Physical Therapy, Woodbridge, CT

Jewish Community Center, Woodbridge, CT

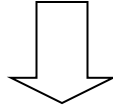
St. Vincent's Medical Center, Bridgeport, CT

Summary Flow Chart of your Academic Path in ESS

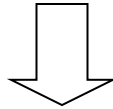
Begin Exercise and Sport Science program (as a first-year student, transfer, or change of major)



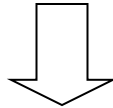
Select concentration (pre-Allied Health or pre-Sport Science)



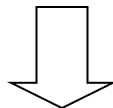
Complete HMS 160 course to familiarize yourself with our program, faculty, and professional opportunities in our field



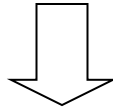
Complete remaining core coursework and achieve academic standards



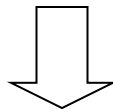
Formally apply to program



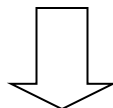
Interview with faculty



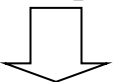
Achieve formal acceptance!



Maintain academic standards (complete upper-level HMS courses)



Apply to and complete internship



Graduate!

FOUR-YEAR PLANNED PROGRAM – SPORT SCIENCE CONCENTRATION

*Depending on results of placement into English composition, foreign language, and mathematics, up to one English class, two foreign language classes, and two mathematics classes may be necessary before registering for ENG 112, WDL 200, and MAT 122. If ENG 112, WDL 200, and MAT 122 can be completed earlier in the planned program, other LEP courses suggested in the 3rd and 4th years can be completed earlier.

1. Remember “W” course requirement (3 courses total; 1 is included in ESS curriculum)
2. All students should take the English, foreign language, and math placement exams early.
3. Admission to the Exercise and Sport Science program is required before ESS-required 300- or 400-level HMS courses are taken (except HMS 380 and HMS 387).

Year 1, Fall	Credits (15)	Year 1, Spring	Credits (15-16)
HMS 160 – Intro to Exercise & Sport Science	(3)	PCH 200 – Intro to Nutrition	(3)
LEP Tier 1: INQ 101	(3)	LEP Tier 1: MAT 107 or MAT 122 – Stats/Precal	(3-4)
LEP Tier 1: Critical Thinking	(3)	LEP Tier 1: ENG 112 – English Composition	(3)
elective	(3)	LEP Tier 2: PSY 100 – Intro to Psychology	(3)
elective	(3)	elective	(3)
***formally apply to Exercise and Sport Science program here			
Year 2, Fall	(13-15)	Year 2, Spring	(15-16)
HMS 204 – Field Exp in Group Ex Instruction	(1)	HMS 282 or BIO 201 – Anatomy & Phys II	(3-4)
HMS 281 or BIO 200 – Anatomy & Phys I	(3-4)	HMS 283 – Functional Anatomy	(3)
LEP Tier 1: PHY 103 – Physics:Tech&Health	(3)	LEP Tier 1: WDL 200	(3)
LEP Tier 2: BIO 100 or 120 – Zoology/Micro	(3-4)	LEP Tier 2	(3)
LEP Tier 2	(3)	LEP Tier 2	(3)

Year 3, Fall	(15)	Year 3, Spring	(16)
HMS 383 - Biomechanics	(3)	HMS 308 – Cond. For Strength & Human Perf I	(3)
HMS 384 – Exercise Physiology I	(3)	HMS 387 – Stand. First Aid/Personal Safety	(1)
HMS 421 – Organization & Admin. in HP	(3)	HMS 401 – Exercise for Special Populations	(3)
HMS 485 – Measurement & Stats in EXS	(3)	LEP Tier 2	(3)
LEP Tier 2	(3)	LEP Tier 2	(3)
		elective	(3)
Year 4, Fall	(15)	Year 4, Spring	(12)
HMS 301 – Exercise and Nutrition	(3)	LEP Tier 3: HMS 497 – Internship	(6)
HMS 380W – Sport Psychology	(3)	PSY 228 - Personality	(3)
HMS 455 – Cond. For Strength&Hum Perf II	(3)	elective	(3)
elective	(3)		
elective	(3)		

Total credits: 120

FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION

*Depending on results of placement into English composition, foreign language, and mathematics, up to one English class, two foreign language classes, and two mathematics classes may be necessary before registering for ENG 112, WDL 200, and MAT 122. If ENG 112, WDL 200, and MAT 122 can be completed earlier in the planned program, other LEP courses suggested in the 3rd and 4th years can be completed earlier.

4. Remember “W” course requirement (3 courses total; 2 are included in ESS curriculum)
5. All students should take the English, foreign language, and math placement exams early.
6. Admission to the Exercise and Sport Science program is required before ESS-required 300- or 400-level HMS courses are taken (except HMS 380 and HMS 387).

Year 1, Fall	Credits (15)	Year 1, Spring	Credits (15-16)
HMS 160 – Intro to Exercise & Sport Science	(3)	PCH 200 – Intro to Nutrition	(3)
LEP Tier 1: INQ 101	(3)	LEP Tier 1: MAT 107 or MAT 122 – Stats/Precal	(3-4)
LEP Tier 1: Critical Thinking elective	(3) (3)	LEP Tier 1: ENG 112 – English Composition	(3)
elective	(3)	LEP Tier 2: PSY 100 – Intro to Psychology elective	(3) (3)
<hr/>			
Year 2, Fall	(14)	Year 2, Spring	(16-17)
BIO 200 – Anatomy & Physiology I	(4)	BIO 201 – Anatomy & Phys II	(4)
LEP Tier 1: Tech Fluency	(3)	HMS 283 – Functional Anatomy	(3)
LEP Tier 2	(3)	LEP Tier 1: WDL 200	(3)
LEP Tier 2: CHE 120 – General Chemistry	(4)	LEP Tier 2: BIO 100 or 120 – Zoology/Microbio LEP Tier 2	(3-4) (3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	(16)	Year 3, Spring	(16)
HMS 384 – Exercise Physiology I	(3)	HMS 383 – Biomechanics	(3)
HMS 421 – Organization & Admin. in HP	(3)	HMS 389 – Exercise Physiology II	(3)
HMS 485 – Measurement & Stats in EXS	(3)	HMS 488W – Exercise Testing & Prescription	(4)
PHY 200/210/230 – General Physics	(4)	LEP Tier 2	(3)
LEP Tier 2	(3)	LEP Tier 2	(3)
<hr/>			
Year 4, Fall	(15)	Year 4, Spring	(12)
HMS 301 – Exercise and Nutrition	(3)	LEP Tier 3: HMS 497 – Internship	(6)
HMS 387 – Stand. First Aid/Personal Safety	(1)	HMS 308 - Cond. For Strength & Human Perf	(3)
HMS 411 – Pathophysiology & Pharmacology	(3)	elective	(3)
HMS 380W – Sport Psychology	(3)		
elective	(3)		

Total credits: 120

**FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION
PRE-PHYSICAL THERAPY**

Year 1, Fall	Credits (17)	Year 1, Spring	Credits (16)
HMS 160 – Intro to Exercise & Sport Science	(3)	PCH 200 – Intro to Nutrition	(3)
LEP Tier 1: INQ 101	(3)	CHE 121 – General Chemistry II	(4)
LEP Tier 1: Critical Thinking	(3)	LEP Tier 1: ENG 112 – English Composition	(3)
LEP Tier 1: MAT 122 – Precalculus	(4)	LEP Tier 2: PSY 100 – Intro to Psychology	(3)
LEP Tier 2: CHE 120 – General Chemistry I	(4)	LEP Tier 1: WDL 200	(3)

Year 2, Fall	Credits (17)	Year 2, Spring	Credits (16)
BIO 200 – Anatomy & Physiology I with lab	(4)	BIO 201 – Anatomy & Phys II with lab	(4)
LEP Tier 1: Tech Fluency	(3)	HMS 283 – Functional Anatomy	(3)
LEP Tier 2	(3)	LEP Tier 2	(3)
LEP Tier 2: BIO 102 – General Biology	(4)	LEP Tier 2	(3)
PSY elective	(3)	LEP Tier 2	(3)

***formally apply to Exercise and Sport Science program here

Year 3, Fall	Credits (16)	Year 3, Spring	Credits (17)
HMS 384 – Exercise Physiology I	(3)	HMS 383 – Biomechanics	(3)
HMS 421 – Organization & Admin. in HP	(3)	HMS 389 – Exercise Physiology II	(3)
HMS 485 – Measurement & Stats in EXS	(3)	HMS 488W – Exercise Testing & Prescription	(4)
PHY 200/210/230 – General Physics I	(4)	PHY 201 – General Physics II	(4)
LEP Tier 2	(3)	LEP Tier 2	(3)

Year 4, Fall	Credits (13)	Year 4, Spring	Credits (12)
HMS 301 – Exercise and Nutrition	(3)	LEP Tier 3: HMS 497 – Internship	(6)
HMS 387 – Stand. First Aid/Personal Safety	(1)	HMS 308 - Cond. For Strength & Human Perf elective	(3) (3)
HMS 411 – Pathophysiology & Pharmacology	(3)		
HMS 380W – Sport Psychology	(3)		
LEP Tier 2	(3)		

Total credits: 124

Bold & italicized = physical therapy school prerequisite

*** The four-year planned program for Pre-Physical Therapy is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 107 or 122).

1. Remember “W” course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

**FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION
PRE-OCCUPATIONAL THERAPY**

Year 1, Fall	Credits (15)	Year 1, Spring	Credits (16)
HMS 160 – Intro to Exercise & Sport Science	(3)	PCH 200 – Intro to Nutrition	(3)
LEP Tier 1: INQ 101	(3)	LEP Tier 2	(3)
LEP Tier 1: Critical Thinking	(3)	LEP Tier 1: ENG 112 – English Composition	(3)
LEP Tier 1: <i>MAT 107 – Elementary Stats</i>	(3)	LEP Tier 2: PSY 100 – <i>Intro to Psychology</i>	(3)
elective	(3)	LEP Tier 1: WDL 200	(3)
<hr/>			
Year 2, Fall	Credits (17)	Year 2, Spring	Credits (17)
BIO 200 – <i>Anatomy & Physiology I with lab</i>	(4)	BIO 201 – <i>Anatomy & Phys II with lab</i>	(4)
LEP Tier 1: Tech Fluency	(3)	HMS 283 – Functional Anatomy	(3)
LEP Tier 2	(3)	LEP Tier 2: CHE 120 – General Chemistry I	(4)
LEP Tier 2: BIO 102 – <i>General Biology</i>	(4)	LEP Tier 2	(3)
<i>PSY elective</i>	(3)	LEP Tier 2	(3)
***formally apply to Exercise and Sport Science program here			
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Year 3, Fall	Credits (16)	Year 3, Spring	Credits (16)
HMS 384 – Exercise Physiology I	(3)	HMS 383 – Biomechanics	(3)
HMS 421 – Organization & Admin. in HP	(3)	HMS 389 – Exercise Physiology II	(3)
HMS 485 – Measurement & Stats in EXS	(3)	HMS 488W – Exercise Testing & Prescription	(4)
PHY 200/210/230 – General Physics I	(4)	<i>PSY elective</i>	(3)
<i>PSY elective</i>	(3)	LEP Tier 2	(3)
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Year 4, Fall	Credits (13)	Year 4, Spring	Credits (12)
HMS 301 – Exercise and Nutrition	(3)	LEP Tier 3: HMS 497 – Internship	(6)
HMS 387 – Stand. First Aid/Personal Safety	(1)	HMS 308 - Cond. For Strength & Human Perf	(3)
HMS 411 – Pathophysiology & Pharmacology	(3)	elective	(3)
HMS 380W – Sport Psychology	(3)		
LEP Tier 2	(3)		

Total credits: 122

Bold & italicized = occupational therapy school prerequisite

*** The four-year planned program for Pre-Occupational Therapy is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 107 or 122).

1. Remember “W” course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION PRE-PHYSICIAN ASSISTANT

**NOTE: Students in the pre-PA track must declare a BIO minor in order to register for
BIO 102, 103, and 220**

Year 1, Fall	Credits (16)	Year 1, Spring	Credits (16)
HMS 160 – Intro to Exercise & Sport Science	(3)	PCH 200 – Intro to Nutrition	(3)
LEP Tier 1: INQ 101	(3)	CHE 121 – General Chemistry II	(4)
LEP Tier 1: Critical Thinking	(3)	LEP Tier 1: ENG 112 – English Composition	(3)
LEP Tier 1: MAT 107 – Elementary Stats	(3)	LEP Tier 2: PSY 100 – Intro to Psychology	(3)
LEP Tier 2: CHE 120 – General Chemistry I	(4)	LEP Tier 1: WDL 200	(3)
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Year 2, Fall	Credits (17)	Year 2, Spring	Credits (17)
BIO 200 – Anatomy & Physiology I with lab	(4)	BIO 201 – Anatomy & Phys II with lab	(4)
LEP Tier 1: Tech Fluency	(3)	HMS 283 – Functional Anatomy	(3)
LEP Tier 2	(3)	BIO 103 – General Biology II	(4)
LEP Tier 2: BIO 102 – General Biology I	(4)	LEP Tier 2	(3)
LEP Tier 2	(3)	LEP Tier 2	(3)

*****formally apply to Exercise and Sport Science program here**

Year 3, Fall	Credits (17)	Year 3, Spring	Credits (17)
HMS 384 – Exercise Physiology I	(3)	HMS 383 – Biomechanics	(3)
HMS 421 – Organization & Admin. in HP	(3)	HMS 389 – Exercise Physiology II	(3)
HMS 485 – Measurement & Stats in EXS	(3)	HMS 301 – Exercise and Nutrition	(3)
PHY 200/210/230 – General Physics I	(4)	CHE 261 – Organic Chemistry II	(4)
CHE 260 – Organic Chemistry I	(4)	BIO 120 - Microbiology	(4)
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Year 4, Fall	Credits (16)	Year 4, Spring	Credits (12)
HMS 488W – Exercise Testing & Prescription	(4)	LEP Tier 3: HMS 497 – Internship	(6)
HMS 387 – Stand. First Aid/Personal Safety	(1)	HMS 308 - Cond. For Strength & Human Perf	(3)
HMS 411 – Pathophysiology & Pharmacology	(3)	HMS 380W – Sport Psychology	(3)
CHE 450 - Biochemistry	(4)		
BIO 220 - Genetics	(4)		

Total credits: 123

Bold & italicized = physician assistant school prerequisite

*** The four-year planned program for Pre-Physician Assistant is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 107 or 122).

1. Remember “W” course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

**FOUR-YEAR PLANNED PROGRAM – ALLIED HEALTH CONCENTRATION
PRE-CHIROPRACTIC**

Year 1, Fall	Credits (16-17)	Year 1, Spring	Credits (16)
HMS 160 – Intro to Exercise & Sport Science	(3)	PCH 200 – Intro to Nutrition	(3)
LEP Tier 1: INQ 101	(3)	CHE 121 – General Chemistry II	(4)
LEP Tier 1: Critical Thinking	(3)	LEP Tier 1: ENG 112 – English Composition	(3)
LEP Tier 1: MAT 107 or 122 – Stats/Precal	(3-4)	LEP Tier 2: PSY 100 – Intro to Psychology	(3)
LEP Tier 2: CHE 120 – General Chemistry I	(4)	LEP Tier 1: WDL 200	(3)

Year 2, Fall	(16-17)	Year 2, Spring	(16)
BIO 200 – Anatomy & Physiology I with lab	(4)	BIO 201 – Anatomy & Phys II with lab	(4)
LEP Tier 1: Tech Fluency	(3)	HMS 283 – Functional Anatomy	(3)
LEP Tier 2	(3)	LEP Tier 2	(3)
LEP Tier 2: BIO 100 or 120 – Zoology/Micro elective	(3-4) (3)	LEP Tier 2	(3)
		LEP Tier 2	(3)

***formally apply to Exercise and Sport Science program here

Year 3, Fall	(16)	Year 3, Spring	(17)
HMS 384 – Exercise Physiology I	(3)	HMS 383 – Biomechanics	(3)
HMS 421 – Organization & Admin. in HP	(3)	HMS 389 – Exercise Physiology II	(3)
HMS 485 – Measurement & Stats in EXS	(3)	HMS 488W – Exercise Testing & Prescription	(4)
PHY 200/210/230 – General Physics I	(4)	PHY 201 – General Physics II	(4)
LEP Tier 2	(3)	elective	(3)

Year 4, Fall	(13)	Year 4, Spring	(12)
HMS 301 – Exercise and Nutrition	(3)	LEP Tier 3: HMS 497 – Internship	(6)
HMS 387 – Stand. First Aid/Personal Safety	(1)	HMS 308 - Cond. For Strength & Human Perf elective	(3) (3)
HMS 411 – Pathophysiology & Pharmacology	(3)		
HMS 380W – Sport Psychology	(3)		
elective	(3)		

Total credits: 122-124

Bold & italicized = chiropractic school prerequisite

*** The four-year planned program for Pre-Chiropractic is designed for students who do NOT need to satisfy all prerequisites for the English, foreign language, and mathematics requirements** (i.e., they have tested into and can immediately register for ENG 112, WDL 200, and MAT 107 or 122).

1. Remember “W” course requirement
2. All students should take the English, foreign language, and math placement exams early
3. Application for admission to the human performance program is required

EXERCISE AND SPORT SCIENCE PROGRAM COURSE OVERVIEW

UNIVERSITY LIBERAL EDUCATION PROGRAM (LEP) REQUIREMENTS:

<u>TIER 1</u>	<u>CREDITS</u>
First-Year Experience	3
Critical Thinking	3
Multilingual Communication	3
Quantitative Reasoning	3-4
Technological Fluency	3
Written Communication	3
<u>TIER 2</u>	
American Experience	3
Creative Drive	3
Cultural Expression	3
Global Awareness	3
Mind & Body	3
Natural World I: Physical	3-4
Natural World II: Life & Environment	3-4
Conflict & Consensus	3
Time & Place	3
<i>Note: only 6 of the 7 Tier 2 categories (not including the Natural World and Mind & Body categories) need to be satisfied.</i>	
<u>TIER 3</u>	
HMS 497 – Exercise and Sport Science Internship	6
	44-47 Total

HMS – EXERCISE AND SPORT SCIENCE MAJOR COURSES

<u>SHARED BY BOTH CONCENTRATIONS:</u>	<u>CREDITS</u>
HMS 160 – Intro to Exercise and Sport Science	3
HMS 283 – Functional Anatomy	3
HMS 301 – Exercise & Nutrition	3
HMS 308 – Conditioning for Strength & Human Performance	3
HMS 380W – Sport Psychology	3
HMS 383 – Biomechanics	3
HMS 384 – Exercise Physiology I	3
HMS 387 – Standard First Aid and Personal Safety	1
HMS 421 – Organization & Administration in Human Performance	3
HMS 485 – Measurement & Statistics in Exercise Science	3
HMS 497 – Exercise and Sport Science Internship	6
BIO 200 – Human Anatomy & Physiology I	4
BIO 201 – Human Anatomy & Physiology II	4
PCH 200 – Intro to Nutrition	3
 <u>COURSES SPECIFIC TO SPORT SCIENCE:</u>	
HMS 204 – Field Experience in Group Exercise Instruction	1
HMS 281 – Anatomy & Physiology I (if not choosing BIO 200)	3
HMS 282 – Anatomy & Physiology II (if not choosing BIO 201)	3
HMS 401 – Exercise for Special Populations	3
HMS 455 – Conditioning for Strength & Human Performance II	3
PSY 228 – Personality	3
 <u>COURSES SPECIFIC TO ALLIED HEALTH:</u>	
HMS 389 – Exercise Physiology II	3
HMS 411 – Pathophysiology & Pharmacology	3
HMS 488W – Exercise Testing & Prescription	4
PHY 200/210/230 – General Physics	4

University LEP credits: 44 minimum

Exercise and Sport Science Major Credits: 44-46 (Sport Science); 53 (Allied Health)

Free Elective credits: 12 minimum

Total Credits Required to Complete Program: 120

Program Handbook Quiz

- 1) What is the name of the Exercise and Sport Science (ESS) program coordinator?
- 2) What is the goal of EIM?
- 3) What are the names of the two concentrations from which you must choose as an ESS student?
- 4) What is the minimum **overall GPA** needed to be accepted into the ESS-Allied Health concentration? How about the ESS-Sport Science concentration? (Your answers should have three digits.)
- 5) What is the minimum **core course GPA** needed to be accepted into either ESS concentration? (Your answer should have three digits.)
- 6) At what point in your coursework do you formally apply for acceptance into the ESS program?
- 7) When you are ready to formally apply to the ESS program, list the items you will submit electronically:
- 8) How do you prepare yourself for the professional interview for program acceptance?
- 9) How much does it cost to create a Tk20 account in order to apply to the ESS program?
- 10) What are the deadlines for application submission?
- 11) What is one way you can be rejected from the program?
- 12) When are you allowed to take upper-level HMS courses?
- 13) Once accepted into the program, what is the **minimum letter grade** you must achieve in upper-level HMS courses?
- 14) Once accepted into the program, what is the **minimum overall GPA** you must maintain in the ESS-Allied Health concentration? How about the ESS-Sport Science concentration?
- 15) What is the purpose of the Exercise and Sport Science Internship?