



**Department of Sports Medicine and
Human Performance**



**PROGRAMS AND
ADVISEMENT
PROCEDURES**

FALL 2024 & SPRING 2025

Sports Medicine and Human Performance Department Student Outcomes

RESPECT OTHERS

All students will be respectful of others.

All SMHP students will understand and demonstrate cultural competence; and, have an appreciation for the importance of creating welcoming and inclusive environments respectful of gender, race, ethnicity, socio-economic status, culture, ability, body size and sexual and gender identity.

COMMUNICATE EFFECTIVELY

All students will have effective communication skills.

All SMHP students will understand the need for and will demonstrate proficiency in written and oral communications and be able to utilize different forms of current technology.

REFLECT THOUGHTFULLY

All students will be reflective practitioners.

All SMHP students will use reflective practices to plan, implement and evaluate program, personal, community and professional goals.

THINK CRITICALLY

All students will engage in Evidence-Based Practices.

All SMHP students will demonstrate an ability to explain the relevance of scientific and theoretical knowledge appropriate to his/her chosen field of study to everyday problems.

All SMHP students will utilize critical inquiry to advance knowledge and apply that knowledge to practice.

BE PROFESSIONAL

All students will be professional.

All SMHP students will understand the importance of and will engage in professional behaviors including pursuit of appropriate credentials.

VALUE PHYSICAL ACTIVITY

All students will value Physical Activity.

All SMHP students will understand the role of Physical Activity in the Health and Wellness of individuals across the lifespan.

ENGAGE CIVICALLY

All students will be engaged citizens.

All SMHP students will value and participate in Civic Engagement.

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Westfield State University
Sports Medicine and Human Performance Department Communication

Faculty members regularly communicate with students in a variety of ways. Please note the following:

Department Instagram

- Go Follow! @wsusportsmedicine
- Contribute news, photos and other media

Email

- Students are expected to check their university email accounts regularly.
- Emails from Audrey Antosz (aantosz@westfield.ma.edu) should be read promptly.

Easel

- Location - Woodward Center, second floor, academic hallway
- Announcements are posted here.

Calendar and Bulletin Boards

- Important dates are put on the central bulletin board on the second floor in the Woodward Center.
- Other flyers and information are posted on individual concentration department bulletin boards.

Sports Medicine and Human Performance Department
IMPORTANT DATES
FALL 2024-SPRING 2025

| | |
|---|---|
| Wednesday, September 4 | Welcome Reception – All Students 3:00-5:00 p.m. |
| Monday, October 21 | Fall Advanced Standing Binders Due |
| Thursday, November 7 th | Fall Intermediate Standing Binders Due |
| Wednesday, December 4 th | Fall Symposium, Woodward Center Student Lounge, Conference Room and Classrooms 5:00-8:00 p.m. All students attend |
| Wednesday, March 20 th (<i>Tentative</i>) | Spring Advanced Standing Binders Due |
| Monday, April 7 th (<i>Tentative</i>) | Spring Intermediate Standing Binders Due |
| Thursday, April 17 th (<i>Tentative</i>) | Spring Symposium, Woodward Center Student Lounge, Conference Room and Classrooms 6:00-9:00 p.m. |

DEPARTMENT OF SPORTS MEDICINE AND HUMAN PERFORMANCE

I. Introduction

The purpose of this manual is to provide the students in the Sports Medicine and Human Performance Department (SMHP) or those interested in a minor program in the department an overview of the programs of study and advisement procedures. Further, it allows the student to track and assume responsibility for their progress throughout the undergraduate experience at Westfield State University. The information provided in this manual will detail the Movement Science Major and the available Concentrations, as well as the recommended sequencing of courses which will lead to successful completion of the degree requirements in a four-year time frame.

II. Scope of the Program

The SMHP Department offers a major in Movement Science, leading to a Bachelor of Science Degree (B.S.). Students in the Movement Science Major are required to choose one of four (4) concentrations and are required to complete the 27 credit *Major Core*. See detailed information in the pages that follow.

III. Application for Concentration Admission

Applicants for admission into a concentration must fulfill criteria for that concentration established by the department. Movement Science majors may choose to complete more than one concentration. All requirements in both concentrations must be completed in order to graduate with both concentrations indicated on the transcript. Students successfully completing the undergraduate degree program may also pursue graduate study in related fields (some graduate programs will require additional pre-requisite courses).

• Physical Education Concentration Admission

Students may begin taking 100-Level and 200-Level courses without application. In order to progress to 300-Level courses, upon completing 54 credits, candidates must complete an Application for Licensure within the PE Program (and be approved), as well as be approved for Intermediate Standing. The Application for Licensure includes verification of passing both the Communication Exam and Literacy Exams, an appropriate GPA, and declaration of level (Pk-8 OR 5-12). See PE Program Guidance Document and the PE Program Director for specifications. This application must be signed by the Physical Education Program Director and submitted to Barb Lucas in the Licensure Office (Parenzo).

• Exercise Science Concentration Admission

Requires submission of an application and acceptance in order to pursue the coursework. Students interested in this program are encouraged to communicate directly with the Exercise Science Program Director and review the Exercise Science Program Manual for information related to application procedures and specific program requirements.

• All Other Concentrations

Students interested in the following concentrations: Sports Medicine, and Preventive Health and Physical Activity only need to complete a concentration declaration form and should speak with a Program Director regarding advisement on course sequences, electives, and GPA requirements.

IV. Curriculum Requirements

Westfield State University has curriculum requirements in four (4) distinct categories: 1) General Education Courses, 2) Major Courses, 3) Elective Courses, and 4) Total Credits (120 credits). Each of these categories must be completed in order to graduate.

| |
|---|
| <ul style="list-style-type: none">• General Education Courses are universal requirements for all students regardless of their major. Some General Education requirements may also fulfill major requirements. General Education required areas and options may be found in the University Catalog. http://catalog.westfield.ma.edu/ |
| <ul style="list-style-type: none">• Major Courses are a listing of all courses required for a specific major/s and/or minors. The Movement Science major consists of two (2) parts: 1) the Movement Science Major Core, and 2) the Concentration. All students in Movement Science must successfully complete all courses in the majors' core with a minimum 2.5 GPA and successfully complete at least one of the concentrations/programs offered by the department with a GPA of 2.7 (3.0 GPA for PE). Concentrations include Physical Education, Exercise Science, Sports Medicine, Preventive Health and Physical Activity, and Adventure Education. |
| <ul style="list-style-type: none">• Elective Courses are courses the student has complete freedom to select out of personal interest, for graduate school prerequisites, and/or to provide additional credits towards graduation credit requirements. |
| <ul style="list-style-type: none">• Total Credits- Students must complete a total of 120 credits, along with all General Education and Major Course requirements, in order to graduate. |

A. MOVEMENT SCIENCE MAJOR PROGRAM REQUIREMENTS

All Movement Science Majors must satisfactorily complete the following, in order to be eligible for graduation with a degree in the major:

- **Major Core** -Twenty-Seven (27) credits, with a GPA of 2.5
 - Please note courses with (*) for each concentration.
- **Concentration** – all specified courses, with a GPA of 2.7 (3.0 for PE)
- **General Education**- all specified courses
- **Total of 120 credits**, with an overall GPA of 2.8

| Major Core Courses (27 credits) | | |
|--|--|-----------------------|
| Course Number | Course Name | Course Credits |
| <i>Scientific Foundations Area (21 Credits)</i> | | |
| MOVP 0100 | Science of Physical Activity and Health | 3 |
| MOVP 0194 | Musculoskeletal Structure and Function | 3 |
| MOVP 0202 | *Introduction to Motor Learning (PE, EXS) | 3 |
| MOVP 0203 | *Motor Development and Behavior (SM, PHPA, AE) | 3 |
| MOVP 0204 | Kinesiology and Lab | 3 |
| MOVP 0205 | Exercise Physiology and Lab | 3 |
| MOVP 0212 | Concepts of Nutrition | 3 |
| MOVP 0215 | Sport and Exercise Psychology | 3 |
| <i>Evidence-Based Practice Area (3 credits)</i> | | |
| MOVP 0266 | *Inquiry of Evidence-Based Practice (EXS, SM, AE) | 3 |
| MOVP 0302 | *Measurement and Evaluation in Physical Education (PE) | 3 |
| <i>Cultural Competence Area (3 credits)</i> | | |
| EGST 0260 | *Medical Anthropology [prerequisite EGST 0101/0102] (SM) | 3 |
| MOVP 0325 | *Women in Sport (SM, PHPA, AE, EXS) | 3 |
| EDUC 0215 | *Critical Multicultural Education (PE) | 3 |

Concentrations within the Major

To be formally accepted into a concentration the student must communicate directly with the director of the concentration, and successfully complete outlined entrance requirements. The courses and recommended sequences within each concentration are listed on the following pages. The concentrations offered as part of the Movement Science major are:

- Physical Education
- Exercise Science
- Sports Medicine
- Preventive Health and Physical Activity

- Adventure Education (*Currently not accepting Majors*)

Please note: Additional student manuals specific to each concentration may be available from the above Program Directors. Students should obtain one of these manuals when a concentration is chosen.

| Concentration Program Directors and/or Contact Information | | | |
|---|-----------------------|----------|------------------------------|
| Physical Education | Dr. Heidi Bohler | 572-5363 | hbohler@westfield.ma.edu |
| Exercise Science | Dr. Melissa Roti | 572-5665 | mroti@westfield.ma.edu |
| Sports Medicine | Dr. Holly Noun | 572-5364 | hnoun@westfield.ma.edu |
| Preventive Health and Physical Activity | Dr. Amanda Salacinski | 572-8803 | asalacinski@westfield.ma.edu |

About the Programs

Major in Movement Science with a Concentration in Physical Education, B.S.

Major in Movement Science with a Concentration in Sports Medicine, B.S.

Major in Movement Science with a Concentration in Exercise Science, B.S.

Major in Movement Science with a Concentration in Preventive Health & Physical Activity, B.S.

Physical Education Concentration-This concentration prepares you to become a licensed teacher, teaching physical education in a school setting, in Massachusetts. Licensure levels are PreK-8 (Elementary) and 5-12 (Secondary). *Coordinator - Dr. Heidi Bohler hbohler@westfield.ma.edu*

Sports Medicine Concentration- Sports Medicine is medical care of the physically active individual with a focus on the prevention, assessment and management of injuries and medical conditions arising from physical activity, exercise or sport participation. The specific goal of Sports Medicine goes beyond healing and restoration of function to return to participation, in particular to sport. This concentration provides a strong foundation in the prevention, assessment, treatment and management of these injuries and medical conditions. The concentration also provides flexibility to choose electives that fulfill graduate program, certification program, or direct employment requirements. In an ever expanding list of related professional fields, the current common pathways are: Athletic Training, Emergency Medical Technician, Physical Therapy, Occupational Therapy, Physician Assistant, and Nursing. Other related pathways include: Orthotist and Prosthetists (design and fabricate medical supportive devices and measure and fit to patients), Chiropractic medicine, Sports Nutrition, and Complementary Medicine specialties like Reiki and Craniosacral Therapy. *Coordinator- Dr. Holly Noun [currently on leave] hnoun@westfield.ma.edu*

Exercise Science Concentration- This concentration provides students with practical experience as well as academic preparation to become professionals in exercise science positions in commercial, corporate, community and hospital settings or to continue in related graduate work. This concentration prepares students for nationally recognized certifications (Personal Trainer, Group Exercise Instructor, Exercise Physiologist, Strength & Conditioning Specialist, Wellness/Health Coach); specifically, those offered by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). *Coordinator - Dr. Melissa Roti mroti@westfield.ma.edu*

Preventive Health and Physical Activity Concentration-This concentration prepares you for a variety of public health fields. In this concentration, you are able to tailor your interests to meet your specific credentials. Examples of certifications or board exam public health fields include but are not limited to: Certified Health Education Specialist (CHES) [Assess the health needs of people and communities. Develop and manage health education programs that help individuals, families, and communities maintain healthy lifestyles. Test the effectiveness of programs and educational materials. Help people find health services or information.], Comprehensive School Physical Activity Programmer (CSPAP) - help young people maintain healthy activity lifestyles outside of school and during school, Activity Program Director (YMCA, Long-Term Care Facilities, Recreation Leagues) - Organize education, health and movement activities in communities. *Coordinator- Dr. Amanda Salacinski asalacinski@westfield.ma.edu*

Coaching Minor-This minor provides students with fundamental coaching knowledge and skills needed for a variety of sporting environments. The minor addresses the following domains: (1) Philosophy and Ethics, (2) Safety and Injury Prevention, (3) Physical Conditioning, (4) Growth and Development, (5) Teaching and Communication, (6) Sport Skills and Tactics, (7) Organization and Administration, and (8) Evaluation. This minor requires the completion of 18-credits of course work. *Contact- Dr. Lynn Pantuosco-Hensch lhensch@westfield.ma.edu*

Preventive Health and Physical Activity Minor-This minor provide students in diverse majors across campus with an opportunity to obtain an added specialization of public health and brings together

students of a variety of career paths, knowledge bases, and ways of thinking, to learn and work together to improve the health of our population. The minor requires the completion of 18 credits of course work.

Contact- Dr. Amanda Salacinski asalacinski@westfield.ma.edu

| Total Accumulated Credit Requirement (120 credits) [General Education + Major + Concentration + Electives] | | | |
|---|----------------|--|----------------|
| General Education University Requirements (40 Credits) | | | |
| Movement Science Core (27 credits) - Taken by all concentrations (completed with 2.5+ GPA) | | | Credits |
| MOVP 100 Science of Physical Activity & Health | | | 3 |
| MOVP 194 Musculoskeletal Structure & Function | | | 3 |
| MOVP 212 Concepts of Nutrition | | | 3 |
| MOVP 215 Sport & Exercise Psychology | | | 3 |
| MOVP 202 Motor Learning or MOVP 203 Motor Development (as specified by concentration) | | | 3 |
| MOVP 204 Kinesiology and Lab | | | 3 |
| MOVP 205 Physiology of Exercise and Lab | | | 3 |
| Evidence-Based Practice Requirement (as specified by concentration) MOVP 266; MOVP 302; MOVP 337 | | | 3 |
| Cultural Competence Requirement (as specified by concentration) EGST 260; MOVP 325; EDUC 215 | | | 3 |
| Must complete Intermediate Standing Sophomore Year/ Must complete Advanced Standing prior to Internship/Graduating | | | |
| Physical Education Courses (47 Credits) (Complete with a GPA 3.0+) | Credits | Sports Medicine Courses (42 Credits) (Complete with a GPA 2.7+) | Credits |
| <i>MTEL 001 – Communication & Literacy</i> | ~ | MOVP 101 Professional Issues in Exercise Science | 3 |
| MOVP 203 Motor Development | 3 | MOVP 225 Medical Terminology & Documentation | 3 |
| MOVP 103 Introduction to Teaching PE | 3 (f) | MOVP 234 Evaluation of Upper Ext Injury | 3 |
| MOVP 260 Theory & Practice Dance/Elementary | 3 (f) | MOVP 235 Evaluation of Lower Ext Injury | 3 (s) |
| MOVP 261 Theory & Practice Inv./ Striking (I) | 3 (f) | MOVP 319 General Medical Aspects | 3 (f) |
| MOVP 262 Theory & Practice Swimming/Gymnastics | 3 (s) | MOVP 323 Therapeutic Modalities | 3 |
| MOVP 264 Theory & Practice Net/Wall/Target (II) | 3 (s) | MOVP 327 Therapeutic Exercise | 3 |
| MOVP 302 Measurement & Eval in PE (<i>MOVP Core</i>) | 3 (f) | MOVP 328 Fitness Rehab for Special Populations | 3 |
| MOVP 311 Adapted PE | 3 (s) | MOVP 360 Senior Seminar in Sports Medicine | 3 |
| MOVP 314 Methods in Teaching PE | 3 (f) | BIO 237 & BIO 239 Anatomy & Physiology I & II | 8 |
| MOVP 316 Curriculum Plan/Implementation | 3 (s) | 7 credits of selectives from: | 7 |
| EDUC 215 Critical Multicultural Education (<i>MOVP Core</i>) | 3 | <i>PHSC 101, 115, 117, COMM 317, MOVP 211</i> | |
| EDUC 363 Sheltered English Immersion | 3 | <i>BIOL 129, 203, 205, 209, 223</i> | |
| 2 Activity/Skill Courses | 2 | <i>CHEM 101, 103, 109, 111, 201, 203, 313</i> | |
| <i>MTEL – Physical Education</i> | ~ | <i>PSYC 201, 202, 203, 207, 208, 303, 311</i> | |
| MOVP 355 Practicum Seminar in Physical Education | 3 | Must earn a Health Care Related Credential: | |
| MOVP Practicum in Physical Education | 12 | <i>(EMT, CNA, PCA, HHA, phlebotomy, scribe, etc.)</i> | |
| Exercise Science Courses (40-48 Credits) (Complete with a GPA 2.7+) | | Preventive Health & Physical Activity (36 Credits) (Complete with a GPA TBD) | |
| BIO 237 Anatomy & Physiology I | 4 | MOVP 101 Professional Issues in Exercise Science | 3 |
| BIO 239 Anatomy & Physiology II | 4 | MOVP 225 Medical Terminology & Documentation | 3 |
| MOVP 101 Professional Issues in Exercise Science | 3 | COMM 317 Health Communication | 3 |
| MOVP 107 Exercise Injury & Prevention | 3 | MOVP 303 Health Education for Elementary | 3 |
| MOVP 183 Relaxation Techniques | 1 | MOVP 321 Organization & Admin. in Exercise Science OR HESC 380 Public Health Intervention | 3 |
| MOVP 292 Group Exercise Programming | 3 | MOVP 396 Special Topics in Movement Science | 3 |
| MOVP 305 Principles of Strength & Conditioning | 3 | +18 Relevant Approved Credits OR Specified Minor | 18 |
| MOVP 320 Fitness Assessment | 3 | | |
| MOVP 321 Organization & Admin. for Exercise Science | 3 | | |
| MOVP 328 Fitness Rehab. for Special Populations | 3 | | |
| MOVP 331 Advanced Exercise Psychology | 3 | | |
| MOVP 390 Senior Seminar in Exercise Science | 3 | | |
| MOVP 397 Exercise Science Capstone OR | 4-12 | | |
| MOVP 399 Independent Study (research) | | | |
| Minor in Coaching (18 Credits) | | Minor in Preventive Health & Physical Activity (18-24 Credits) | |
| MOVP 100 Science of Physical Activity & Health | 3 | MOVP 101 Professional Issues in Exercise Science | 3 |
| MOVP 107 Exercise Injury Prevention & Treatment | 3 | MOVP 225 Medical Terminology & Documentation | 3 |
| MOVP 215 Sports & Exercise Psychology | 3 | COMM 317 Health Communication | 3 |
| MOVP 220 Coaching Principles & Practice | 3 | MOVP 396 Special Topics in Movement Science | 3 |
| MOVP 261 Theory & Practice Inv./ Striking (I) OR MOVP 264 Theory & Practice Net/Wall/Target (II) | 3 | MOVP 266 Inquiry for Evidence-Based Practice OR MOVP 302 Measurement & Evaluation in PE | 3 |
| MOVP 321 Organization & Administration for EXSC OR MOVP 334 Organization & Administration in AT | 3 | MOVP 321 Organization and Administration in EXS OR HESC 380 Public Health Intervention | 3 |
| Some courses have prerequisites or corequisites. 300-Level courses require Intermediate Standing. | | <i>*Health Related Credentials (Optional) Choose 6-Credits related to board exam, certification or skills to pursue.</i> | 6 |

B. ATHLETIC TRAINING Master's Degree Prerequisites

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. The athletic trainer's professional preparation is based on the development of specified educational competencies and clinical proficiencies through a combination of formal classroom and clinical instruction and clinical experience. Athletic trainers' work settings can include high schools, colleges, universities, professional sports teams, hospitals, rehabilitation clinics, physicians' offices, corporate and industrial settings, military and law enforcement, and the performing arts (NATA, 2008)

The Future of Athletic Training at Westfield State University

The Commission on Accreditation of Athletic Training Education has determined that the undergraduate degree (Bachelor of Science) in Athletic Training is no longer viable for those who desire to work in Athletic Training. The increased value, skill level and demand for Athletic Training to work in healthcare are several of the motivators behind the transition to the advanced degree (Master of Athletic Training, MAT; Master of Science in Athletic Training MSAT). Westfield State University is in a unique position, one that offers incoming students several avenues to pursue the graduate degree in Athletic Training. In the next few years, as the teach out of the current undergraduate Athletic Training students continues (through May of 2026), the incoming students can take the required courses for their pursue of the Master's degree in Athletic Training. Incoming students will major in Movement Science* while earning a concentration in Sports Medicine, Exercise Science or Preventive Health and Physical Activity.

Movement Science Core Classes

Scientific Foundations (21 credits)

- MOVP0100- Science of Physical Activity & Health - Credits: 3
- MOVP0202- Introduction to Motor Learning -**or**-
- MOVP0203- Motor Development and Behavior- Credits: 3
- MOVP0212- Concepts of Nutrition- Credits: 3
- MOVP0215- Sport and Exercise Psychology- Credits: 3
- MOVP0204- Kinesiology- Credits: 3
- MOVP0205- Exercise Physiology- Credits: 3
- MOVP0194- Musculoskeletal Structure and Function – Credits 3

From Below, Select the Courses Required for Your Concentration

Evidence-Based Practice – One course, concentration specific
MOVP0266-Inquiry of Evidence-Based Practice- Credits: 3

Cultural Competence - Select one course from the following list.
MOVP0325- Women in Sport - Credits: 3

***There are other options available to pursue the graduate degree in Athletic Training. If you would like to learn of these options, you should meet with the Athletic Training Program Director**

Master of Athletic Training Prerequisite Courses*

| | | |
|-----------|-------------------------------------|-----|
| BIOL 0104 | Human Biology with Lab | (4) |
| BIOL 0237 | Anatomy and Physiology I with Lab | (4) |
| BIOL 0239 | Anatomy and Physiology II with Lab | (4) |
| MOVP 0203 | Kinesiology with Lab | (3) |
| MOVP 0204 | Physiology of Exercise | (3) |
| CHEM 0103 | Chemistry of Life Science* with Lab | (4) |
| MATH 0108 | Elementary Statistics | (3) |
| MOVP 0205 | Physiology of Exercise | (3) |
| MOVP 0211 | Emergency Medical Technician | (4) |
| MOVP 0212 | Concepts of Nutrition | (3) |
| MOVP 0328 | Special Populations | (3) |
| PHYS 0115 | General Physics I with Lab | (4) |
| PSYC 0101 | Introduction to Psychology | (3) |
| SOCI 0101 | Principles of Sociology | (3) |

*These course prerequisites are consistent with the recommendations from the Commission on Accreditation of Athletic Training Education.

****Many area Master of Athletic Training Programs require EMT Certification for acceptance.**

MINOR PROGRAMS

The department offers minor programs in Adventure Education, Coaching, Preventive Health and Physical Activity, and an interdisciplinary minor in Commercial Recreation and Tourism. Please see the department chair to declare one of these minors.

Minor Declaration Form

<http://www.westfield.ma.edu/images/uploads/registrar/Declaration%20of%20Minor.pdf>

Adventure Education Minor

Introduces students to the technical and theoretical foundation of becoming a professional in the field of outdoor adventure leadership, including leisure theory and value, wilderness ethics, principles of survival, and camping and backpacking concepts.

| Adventure Education (19-22 credits) | | |
|--|--|----------------|
| Course Number | Course Name | Course Credits |
| Required: | | |
| MOVP 0190 OR MOVP 0210 | First Aid and Emergency Care Wilderness First Responder | 1 4 |
| MOVP 0117 | Introduction to Adventure Education | 3 |
| MOVP 0245 | Adventure Challenge Instructor | 3 |
| MOVP 0250 | Techniques of Wilderness Leadership | 3 |
| MOVP 0309 | Outdoor Recreation | 3 |
| Choose One: | | |
| GARP 0106/ENVS 0106 | Intro. Environmental Analysis | 3 |
| BIOL 0201 | General Ecology | 3 |
| Choose Three: | | |
| MOVP 0137 | Skin and Scuba Diving | 1 |
| MOVP 0138 | Boating and Canoeing | 1 |
| MOVP 0139 | Kayaking | 1 |
| MOVP 0155 | Ski Touring and Snowshoeing | 1 |
| MOVP 0164 | Bicycling | 1 |
| MOVP 0167 | Camping Skills | 1 |
| MOVP 0172 | Orienteering | 1 |
| MOVP 0173 | Initiative Games and Ropes | 1 |
| MOVP 0180 | Rock Climbing | 1 |
| MOVP 0182 | Lifeguard Training | 2 |
| MOVP 0184 | Water Safety Instructor | 2 |

Coaching Minor

The **Coaching Minor** (18 credits) provides students with fundamental coaching knowledge and skills needed for a variety of sporting environments. This minor was designed to address the following domains (as identified by the National Association for Sport and Physical Education):

- Philosophy and Ethics
- Safety and Injury Prevention
- Physical Conditioning
- Growth and Development
- Teaching and Communication
- Sport Skills and Tactics
- Organization and Administration,
- Evaluation.

| Coaching Minor (18 credits) | | |
|---|--|----------------|
| Course Number | Course Name | Course Credits |
| Required: | | |
| MOVP 0100 | Science of Physical Activity and Health | 3 |
| MOVP 0107 | Exercise Injury and Prevention | 3 |
| MOVP 0215 | Sport and Exercise Psychology | 3 |
| MOVP 0220 | Coaching Principles and Practice | 3 |
| Choose One: | | |
| MOVP 0261 | *Theory and Practice of Games I (fall) | 3 |
| MOVP 0264 | *Theory and Practice of Games II (spring) | 3 |
| <i>* Prerequisite MOVP 202 or MOVP 203 for Movement Science Majors & Non-Movement Science Majors, please use a permission to enroll form.</i> | | |
| Choose One: | | |
| MOVP 0321 | Organization and Administration of Exercise Science | 3 |
| MOVP 0334 | Organization and Administration of Athletic Training | 3 |

Preventive Health and Physical Activity Minor

The Preventive Health and Physical Activity Minor prepares students to be engaged citizens through impacting the health of individuals and groups in their communities. Students may complete the minor as a specialization to add to a declared major. The Preventive Health and Physical Activity Minor is accessible to all majors on campus. The goal of the specialization is to provide students in diverse majors across campus an opportunity to obtain an added minor of Preventive Health and Physical Activity to their own field of study. The Preventive Health and Physical Activity Specialization brings together students of a variety of career paths, knowledge bases and ways of thinking, to learn and work together to improve the health of our population.

| Preventive Health Minor (18 credits) | | |
|---|---|----------------|
| Course Number | Course Name | Course Credits |
| Required: | | |
| MOVP 0100 | Science of Physical Activity and Health | 3 |
| MOVP 0101 | Professional Issues in Exercise Science | 3 |
| MOVP 0225 | Medical Terminology and Documentation | 3 |
| COMM 317 | Health Communication | 3 |
| Choose One: | | |
| MOVP 0302 | Measurement and Evaluation in PE | 3 |
| MOVP 0266 | Inquiry for Evidence-Based Practice | |
| <i>* Other research courses may be accepted by Program Director</i> | | |
| Choose One: | | |
| MOVP 0321 | Organization and Administration of Exercise Science | 3 |
| HESC 0380 | Public Health Interventions | |

Commercial Recreation and Tourism Minor

The Commercial Recreation and Tourism minor is an interdisciplinary program shared by the departments of Economics, Management, Geography, Planning and Sustainability, and Sports Medicine and Human Performance. This minor is designed to acquaint students with the areas of travel and transportation, hospitality, local commercial recreation and entertainment industries. Students are encouraged to major in Economics, Management, Movement Science, or Geography, Planning and Sustainability, and to seek advisement from their advisor.

| Commercial Recreation and Tourism Minor (18 credits) | | |
|---|---|---|
| Required: | | |
| MGMT 0251 | Introduction to Commercial Recreation and Tourism | 3 |
| Choose One: | | |
| MOVP 0322 | Sports and the Law | 3 |
| MOVP 0330 | Sports Promotion | 3 |
| Choose One: | | |
| GPS 0213 | Travel and Tourism | 3 |
| GPS 0218 | Recreational Geography | 3 |
| Choose Three: | | |
| ECON 0322 | The Economics of Sport | 3 |
| GPS 0317 | Special Topics | 3 |
| MGMT 0221 | Business Management | 3 |
| MGMT0231 | Marketing Management | 3 |
| MGMT 0241 | Business Law | 3 |
| MGMT 0336 | Fundamentals of Retailing | 3 |
| MGMT 0350 | Special Topics | 3 |
| MGMT 0353 | Resort Management | 3 |
| MGMT 0354 | Fieldwork in Commercial Recreation and Tourism | 3 |
| MOVP 0322 | Sports and the Law | 3 |
| MOVP 0296 | Special Topics | 3 |

V. SUGGESTED SEQUENCES OF COURSES

To assist the student in completing the Movement Science degree requirements in a timely fashion (4 years), the department has developed a sequence of courses by semester. Concentration Sequences are found in the Appendices. Students should make every attempt to stay in sequence. A student who does not remain in sequence should understand that it might take longer than 8 semesters to complete all of the department requirements.

VI. ACADEMIC POLICIES FOR MOVEMENT SCIENCE MAJORS

In order to enroll in upper-level courses within the department, a student must complete the requirements for *Intermediate Standing* and submit documentation in an electronic portfolio. This should be submitted during Sophomore-Year, or once the student has completed the following courses:

- MOVP 0100 – Science of Physical Activity and Health
- MOVP 0194- Musculoskeletal Structure and Function
- English Composition I

A. INTERMEDIATE STANDING REQUIREMENTS

| Directions for Submitting Your Intermediate Standing E-Folio |
|--|
| 1. During the semester that you will submit Intermediate standing, you need to sign up for Intermediate Standing with the Curriculum Committee Chair in order to be enrolled in the submission platform. This also notifies the chair of your intention, so the committee can expect to see your work. |
| 2. Create a Google account |
| 3. Use the template provided to import your materials. You will be asked to make a copy. If you are not required to immediately make a copy, please select “make a copy” in the drop-down menu. TEMPLATE: https://docs.google.com/document/d/1R2kN056E8vBPKpHw1tKBN-v-a-yeUFC4RCp1tGvEeGY/copy?usp=sharing |
| *NOTE: You and your advisor should review your materials together and you should get all appropriate signatures <i>during the first week of the advising period</i>, before you submit your materials. |
| 4. Collect 12 Professional Development Points along the way (3 in each category). Hold onto paper copies and also make jpg or pdf of your PDPs. A recommended scanning application is <i>Notes</i> in your iPhone. This creates clean scans that look professional. |
| 5. Submit your “live” Google Link to your e-portfolio into the submission platform. |
| 6. Submit your “live” Google Link to your e-portfolio into the submission platform. |

7. If you are required to make edits/revisions, get those from your Advisor or the Departments Chair, make your revisions within a week of the request, and show them to your Advisor or the Department Chair for approval.

Intermediate Standing Content Requirements

Use this template:

<https://docs.google.com/document/d/1R2kNO56E8vBPKpHw1tKBN-v-a-yeUFC4RCp1tGvEeGY/copy?usp=sharing>

*Documents must be inserted in order. Headings should occur at the top of a page. All scanned documents should look professional. Consider using iPhone *Notes* to scan your PDPs and other documents. Other information can also be linked to a pdf or typed into the Google Doc E-Folio.

| | |
|--|--|
| Title Page | -Name, Title, Picture, and Table of Contents |
| Section I -Mandatory Documents | -Intermediate Standing Application (Must be signed by advisor) -English Composition Writing Sample (B- or better) -Signed copy of Initial Advisement Form -Copy of Full Degree Evaluation, having completed the following courses with a GPA of 2.5 or better: MOVP0100 Science of Physical Activity and Health (3) MOVP0194 Musculoskeletal Structure and Function (3) (MyWestfield > Academics > Degree Evaluation) -Current First Aid & CPR Card (Copy of Card and Date) -2 Two positive recommendations from department faculty (Form) |
| Section II-Professional Development | -3 Academic PDPs (explain department outcomes for each PDP) -3 Clinical PDPs (explain department outcomes for each PDP) -3 Professional PDPs (explain department outcomes for each PDP) -3 Social Justice PDPs (explain department outcomes for each PDP) *Note: PDP Application Forms must be signed by your advisor and by a Curriculum Committee Member for approval. **Acceptable PDP Documentation is provided in the PDP Matrix in the Appendices. |
| Section III- Concentration Specific Documents | <u>Physical Education</u> -Scores for Communication and Literacy Exams (Reading and Writing) -PE Program Application Form (aka Education Advanced Standing) |

Intermediate Standing Procedure and Format Review

1. The student must have completed and/or be currently enrolled in the following courses, with a minimum overall 2.5 GPA:
 - MOVP0100 Science of Physical Activity and Health (3)
 - MOVP0194 Musculoskeletal Structure and Function (3)
2. The student is required to submit their E-Portfolio materials to their advisor by the **First Day of the advising period.**
3. **During advising appointments, students must work with their advisors to make corrections to the E-Portfolio.** Students will make appropriate changes prior to final submission. The E-Portfolio will be submitted electronically during the student's 3rd or 4th semester, depending on course completion. (Transfers handled on an individual basis.)
4. Advisors will check that all the proper material is located in the E-Portfolio (uploaded electronically with a "live" link to Google Doc, and editing privileges turned on for viewers), **by the submission deadline.**
5. The E-Portfolio will then be evaluated by the Curriculum Committee electronically.
6. The Curriculum Committee will grant Intermediate Standing or recommend remediation. Official letters will be emailed to the student's WSU account and mailed to the student's home address indicating outcome of IS application.

Remediation for Intermediate Standing

If a student fails to meet the Intermediate Standing requirements (often due to insufficient GPA, PDPs or class scheduling conflicts), they are expected to participate in a Student Performance Evaluation Meeting at which the following will occur.

- The student will present a remediation plan (developed with their advisor) to meet the requirements; the plan must be in writing and a copy must be made available to each member of the Student Performance Evaluation Committee.
- The Committee must approve the remediation plan. The student will sign a contract indicating their commitment to the plan.
- The Student Performance Evaluation Meeting will take place prior to the final exam week of the semester in which the student applied for Intermediate Standing. The remediation period will continue until the requirements for Intermediate Standing are met. **If the student fails to meet the requirements within a one-semester period, they will no longer be permitted to sign up for (and/or be withdrawn from) 300 level classes until the requirements are met.** The student will be counseled regarding his/her potential for successful completion of the Movement Science major.

*Remediation is only for students who apply for Intermediate Standing. If a student does not submit an Intermediate Standing portfolio by the due date then they do not qualify for remediation or continuation in their course sequence, nor are they permitted to take upper level

courses until they have applied and earned Intermediate Standing. The student would have to apply for IS the following semester. Students not meeting Intermediate Standing may be withdrawn from upper level (300) classes.

B. ADVANCED STANDING REQUIREMENTS

| |
|--|
| NOTE: Advanced Standing is a requirement in order to participate in specific fieldwork, such as practicum, internship, research, or final clinical experiences. |
| NOTE: Advanced Standing is a requirement for recognition of a specific concentration on the student transcript. |
| NOTE: The student must have Intermediate Standing. If you transferred into the major with 54 credits or more, you may waive Intermediate Standing. In this case, submit an Intermediate Standing Waiver Form signed by the Department Chair and your advisor. |

| Directions for Submitting Your Advanced Standing E-Folio |
|---|
| 1. During the semester that you will submit Advanced Standing, you need to sign up for Advanced Standing with the Curriculum Committee Chair in order to be enrolled in the submission platform. This also notifies the chair of your intention, so the committee can expect to see your work. |
| 2. Create a Google account |
| 3. Use the template provided to import your materials. You will be asked to make a copy. If you are not required to immediately make a copy, please select “make a copy” in the drop-down menu. TEMPLATE: https://docs.google.com/document/d/1K6N9yp-S_I3NM-4LDGEDxXGvTS7HJ0YJb_eCHDDOYs/copy?usp=sharing |
| *NOTE: You and your advisor should review your materials together and you should get all appropriate signatures during the first week of the advising period, before you submit your materials. |
| 4. Collect 16 Professional Development Points along the way (4 in each category). Hold onto paper copies and also make jpg or pdf of your PDPs. A recommended scanning application is <i>Notes</i> in your iPhone. This creates clean scans that look professional. |
| 5. Submit your “live” Google Link to your e-portfolio into the submission platform. |
| 6. If you are required to make edits/revisions, get those from your Advisor or the Departments Chair, make your revisions within a week of the request, and show them to your Advisor or the Department Chair for approval. |

ADVANCED STANDING CONTENT REQUIREMENTS

Use this template: https://docs.google.com/document/d/1K6N9yp-S_J3NM-4LDGEDxXGvTS7HJ0YJb_eCHDDOYs/copy?usp=sharing

*Documents must be inserted in order, as shown below and as shown in the template above. Headings should occur at the top of a page. All scanned documents should look professional. Consider using iPhone *Notes* to scan your PDPs and other documents. Other information can also be linked to a pdf or typed into the Google Doc E-Folio.

| Title Page | -Name, Title, Picture, and Table of Contents |
|---|---|
| Section I – Mandatory Documents | <ul style="list-style-type: none"> -Advanced Standing Application Form (must be signed by your Advisor) - Intermediate Standing Approval Letter OR Intermediate Standing Waiver Form signed by the Department Chair and Advisor. (See NOTE above). -Personal Statement OR Cover Letter- addressed to SMHP Department Faculty. In this statement, the student must also include how they have met all Department Outcomes. -Professional Résumé -demonstrating experiences of effective communication, professionalism and civic engagement. -Current Copy of WSU Degree Evaluation Sheet -Current Copy of First Aid and CPR Certification Cards- must be current throughout field placement/internship. -Current Copy of Professional Membership Card -Five (5) Recommendation Forms (Appendix F) – the student must submit 3 from department faculty and 2 from outside the department. |
| Section II- Professional Development | <ul style="list-style-type: none"> -4 Academic PDPs (explain department outcomes for each PDP) -4 Clinical PDPs (explain department outcomes for each PDP) -4 Professional PDPs (explain department outcomes for each PDP) -4 Social Justice PDPs (explain department outcomes for each PDP) <p>*Note: PDP Application Forms must be signed by your advisor and by a Curriculum Committee Member for approval prior to being included in your Advanced Standing E-folio.</p> <p>**Acceptable PDP Documentation is provided in the PDP Matrix in the Appendices. Any PDPs submitted for, or dated before IS submission, may not be used toward Advanced Standing.)</p> |

| | |
|---|---|
| <p>Section III- Concentration Specific Documents</p> | <p><u>Physical Education</u> -Communication and Literacy (Reading and Writing Passing Scores) -PE MTEL Passing Scores -Measurement FITNESSGRAM Scores (3/5 passing) -Methods Lesson Plan Scores -Observation Hours Records (90 hours)- list site placement, etc. -Gateway Assessments (I & II; passing scores) 1. Theory and Practice of Games I 2. Theory and Practice of Games II 3. Methods of Teaching PE -Skills Assessment Scores (260, 261, 262, 264) 1. Dance Assessment 2. Fundamental Skills Assessment 3. Swimming Skills Assessment 4. Gymnastics Skills Assessment 5. Target Games Assessment 6. Net/Wall Games Assessment 7. Invasion Games Assessment 8. Field-Run-Score Games Assessment</p> |
|---|---|

Advanced Standing Procedure and Format Review

1. The student must have completed and/or be currently enrolled in required concentration specific courses.
2. The student must have completed and passed Intermediate Standing or have an Intermediate Standing Waiver completed by the Department Chair and the Advisor.
3. The student must have the following minimum GPAs:
 - a. 2.500 GPA in the Major's Core
 - b. 2.700 GPA in all Concentrations and 3.0 GPA in PE Certification
 - c. 2.800 GPA Overall
4. The student is required to submit the E-Folio, with all materials uploaded electronically, to their advisor no later than the **first day of the advising period**. The E-Folio will be submitted during the semester prior to their practicum, internship, research project or final clinical experience.
5. Advisors will check that all the proper material is located in the E-Folio and provide initial approval by signing the Application Form.
6. The E-Folio will then be available to the SMHP department faculty to be reviewed by a majority of all faculty members **by the last day of advising**.
7. Approval of Advanced Standing will be determined by a majority vote of the faculty in SMHP department. Official letters will be emailed to the student's WSU account and mailed to the student's home address indicating outcome of AS application.
8. Non-Approval Appeals: on a case-by-case basis. University academic appeal procedures apply.

C. Professional Development Policy

Purpose: The purpose of implementing the Professional Development Policy is threefold:

1. To help you build a resume by providing a system to help keep track of your professional involvement.
2. To emphasize the importance of professional activity.
3. To empower you to become a well-round professional.

Description

As a member of the Sports Medicine and Human Performance Department at Westfield State University you will be required to maintain a record of your professional involvement. The Professional Department Policy involves the accumulation of Professional Development Points (PDP's) representative of involvement in, or attendance at professional activities, obtaining required credentials and related work experience, and supplementing academic work. The SMHP Curriculum Committee, in accordance with each activity's professional value, reserves the right for final approval on all PDPs and their categorization. PDP opportunities will regularly be posted on SMHP department bulletin boards.

It is the **student's responsibility to maintain these records**, which will consist of documentation (outlined in PDP matrix) representing proof of participation in professional activities. If a student is involved in professional activity that is not included on the PDP matrix, a PDP Application Form must be completed (signed) and returned to the SMHP Curriculum Committee after the activity. The PDP Application form must be approved by SMHP Curriculum Committee prior to inclusion in the IS or AS portfolio. Each activity will be assigned a PDP value (outlined in PDP matrix). PDP's are grouped into four categories (Academic, Clinical, Professional and Social Justice & Inclusion). You will be expected to accumulate the following minimum number of PDPs in each category:

| | <u>IS</u> | <u>AS</u> |
|----------------------------|-----------|-----------|
| Academic | 3 | 4 |
| Clinical | 3 | 4 |
| Professional | 3 | 4 |
| Social Justice & Inclusion | 3 | 4 |
| <i>TOTAL</i> | 12 | 16 |

A student unable to earn the required PDPs will be required to schedule a meeting with the SMHP Curriculum Committee as per the remediation policy for Intermediate Standing.

PDP Values

Professional Development Point Values were assigned based on one or more of the following criteria: the perceived quality of the experience, the number of hours involved (preparation and event), or the professional value of the credential. The total PDPs required for each category were based on the minimum involvement deemed appropriate for professional development. The totals were established with the understanding that many students have

outside responsibilities that also add to their professional development. These outside responsibilities may be eligible for professional development credit if they are related to Sports Medicine and Human Performance.

Documentation of PDPs

Documentation is to be maintained by the student. It is recommended the student save all paper copies of PDPs AND use a system such as iPhone *Notes* to keep electronic copies of PDPs. It is also recommended that electronic copies of PDPs be immediately uploaded to the student's E-Folio and that the E-Folio be continuously maintained. These PDPs are to be submitted in the E-Folio at a specific time, as part of the application for Intermediate and/or Advanced Standing. The following are descriptions of the forms used as part of this policy:

| Form | Description |
|---|---|
| PDP Matrix | Chart indicating the assigned PDPs and acceptable documentation for the most common professional activities. Each student will be given a copy and should keep it in their portfolio. (Appendix E) |
| Professional Activity Form | A form to be completed after each professional activity represented on the PDP matrix. This form serves as proof of participation and PDPs earned and should be kept in the appropriate section of the portfolio. (Appendix M) |
| PDP Application Form | A form that must be completed after engaging in professional activity not represented in the PDP matrix. PDPs will be assigned after submission of this form to SPEC. Must be approved prior to IS or AS application. (Appendix N) |
| PDP Summary Sheet | A form used to cite specific activities completed, and to keep a running total of PDPs earned. This form must be signed by the student's advisor and kept in section 1 of the student's portfolio. (Appendix O) |
| *All questions regarding the accumulation of PDPs should be directed to members of the SMHP Curriculum Committee or the Department Chair. | |

D. Acceptance into Concentration

Please refer to concentration program manuals for specific requirements.

E. Fieldwork Experiences

Students cannot undertake a Clinical Experience, Internship, or Practicum unless all courses in the majors' core and in the concentration have been satisfactorily completed and Advanced Standing has been granted by the department. Students must achieve a minimum GPA of 2.5 in the Majors Core, a 2.7 in the concentration (3.0 in PE certification courses) and a 2.8 overall, by the end of the semester preceding the fieldwork experience.

F. Physical Education Program: Massachusetts State Department of Education Requirements

Students seeking certification to teach physical education must also meet any standards established by the Massachusetts State Department of Education and Westfield State University. Pre-practicum and practicum placements must take place within a 30-mile radius of the University.

G. Preventive Health and Physical Activity Program

Students in the PHPA should seek advisement on specific coursework related to credentialing.

H. Exercise Science Program

Students in the Exercise Science Program must also meet any requirements established by Commission on Accreditation of Allied Health Education Programs (CAAHEP) and Commission of Accreditation of Exercise Science (CoAES). Please refer to the Exercise Science Program Manual.

I. Course Repeat Policy for Intermediate and Advanced Standing

1. Majors who have not achieved the required GPA of 2.500 in the MOV5 Majors' Core Courses may repeat courses (as per the University repeat policy) until the end of their final semester as the required GPA to graduate as a Movement Science Major is met. The policy may be found at <http://catalog.westfield.ma.edu>, go to academic policies, course repeat policy.
2. Movement Science Majors must follow the University Course Repeat Policy to achieve Advanced Standing. Majors who do not achieve Intermediate Standing within this framework will not be permitted to enroll in 300 level MOV5 courses. Majors who do not achieve Advanced Standing within this framework will not be permitted to enroll in a clinical experience, internship or practicum (field experience).
3. Majors may not apply for a field experience until all requirements for Advanced Standing have been met or there is a reasonable expectation that they will be met in the semester preceding the semester they plan to enroll in the field experience. In the case of a

pending Advanced Standing status, fieldwork placement will be decided at the discretion of the concentration specific placement coordinator.

VII. ADVISEMENT PROCEDURES

Academic advising is provided to all students to assist in understanding and interpreting University academic policies and requirements, major requirements, course selection and registration, and related academic opportunities and objectives. **This does not remove the obligation from students, however, to be knowledgeable and responsible about the academic requirements they have to meet.**

1. During the student's first semester on campus as a Major, the student will attend the Mandatory Meeting, at which they will declare their intended program of study. From this information, an advising list is created and is posted on the Bulletin Board outside of the Sports Medicine and Human Performance Department office in the Woodward Center.
2. The student will meet with their advisor during the appropriate scheduled advising times (as per Registrar schedule). At this initial advising meeting, the advisor will review points of question regarding the Program Manual. The programs and appeal procedures should be discussed with the student.
3. At the completion of the meeting, both the student and faculty advisor should sign and date the Student Acknowledgment Form (Appendix A). This form should be kept by the advisor in the student's file. A copy shall be provided to the student upon request.
4. At all subsequent meetings (**during scheduled advising weeks** each semester) between the student and the advisor, the advisor should prepare a written summary of the meeting. The summary should be dated and signed by both the student and the advisor and retained in the student's folder.
5. The faculty advisor may maintain a copy of the Advisement Record (**Appendix A**) in the advisee's file. **Since the final responsibility for meeting degree requirements rests with the student**, it is strongly suggested that the student also maintain an academic file containing grade reports, advisement records, registration records and copies of other important information. This information is also kept in each student's electronic file on-line as part of the degree evaluation.
6. When a student has satisfactorily completed the selected courses in the major's core (see p. 9), they should complete and submit the paperwork necessary to apply for Intermediate Standing (**See Appendix B, D & E**).
7. Prior to acceptance into the Practicum, Internship, or Clinical Experience, the student must complete and submit the paperwork necessary to apply for Advanced Standing (**See Appendix C, D & E**).
8. **Students desiring to petition for Intermediate or Advanced Standing must inform their advisor and successfully meet the required criteria per the published deadlines.**

9. When applying for Intermediate or Advanced Standing, the student is responsible for and required to submit an E-Folio to their advisor per the established deadline (first day of advising).
10. The student is also responsible for distributing required evaluation forms **(Appendix F)** to selected faculty and site supervisors in a timely manner to allow for completion prior to established deadlines. Evaluators should submit completed evaluation forms to the student's advisor.
11. The student will electronically submit their E-Folio to the SMHP Curriculum Committee to a specified platform. Prior to the advising period, students must sign up for Intermediate and Advanced Standing so the student can be loaded into the platform and have access to the submission area. Students will be directed where to sign up via the SMHP Chair.
12. The student will be notified in writing of approval for Intermediate or Advanced Standing and/or if any other conditions must be met. Students should provide the Intermediate Standing Approval Letter in their Advanced Standing E-Folio.
13. Students pursuing an Internship, Practicum, or Clinical Experience are **required to meet with the assigned Program Placement Coordinator** by October 1st or April 1st of the semester preceding that in which s/he plans to participate in the off-campus experience.

VIII. APPEAL PROCEDURES

1. The student is to submit a formal letter describing reasons as to why they should be considered for waiver of Intermediate Standing and/or Advanced Standing criteria.
2. The appeal is to be presented to the department chairperson.
3. The department chairperson will then present the appeal to the department faculty for consideration.
4. The student has the option of appearing before the department during the appeal in order to state their case.
5. The decision of the department will be given to the student in writing with the conditions relating to the appeal.
6. Students denied a waiver may then follow the University academic appeals procedure.

APPENDICES

APPENDIX A

STUDENT ACKNOWLEDGEMENT FORM

Student Name _____ CWID# _____

MOVS program start date: _____

The following was discussed at an advising meeting held on _____
(date).

- ___ University Core Requirements (pre-requisites, courses that count in two areas)
- ___ Major Core Requirements (and must have a 2.5 to graduate with a MOVS degree)
- ___ GPA Requirements for entry into the MOVS concentration, program, advanced standing and graduation (as stated in SMHP manual)
- ___ Appropriate course sequence for my concentration
- ___ Appropriate activities to enhance my professional portfolio (ex. employment opportunities, professional associations on campus)
- ___ Intermediate and Advanced Standing
- ___ Membership in professional organizations for a minimum of 2 years
- ___ First Aid and CPR certification for internships or clinical experiences
- ___ PE only – Understand concentration requirements versus certification/licensure requirements
- ___ **Student needs to come prepared to their advising meetings with the Manual of Programs and Advisement Procedures (to help track progress) and should have course selections outlined for the following semester.**

Comments:

My advisor and I discussed the areas checked off above. I am also aware and have examined the requirements, policies, and procedures as outlined in the Westfield State University Bulletin and the Manual of Programs and Advisement Procedures published the year of my entry into Westfield's Department of Sports Medicine and Human Performance. I am also aware that it is my responsibility to keep track of my progress towards successful completion of my degree.

Student's Signature

Date

Advisor's Signature

Date

**Appendix B
Intermediate Standing Application**

| | | | |
|-----------------------|--|----------------------------------|--|
| Name: | | Advisor: | |
| Concentration: | | Semester/Year Submitting: | |

| Documents Included in Portfolio | | | |
|--|-------|-------------------------------|--|
| | Grade | √ | |
| I have taken MOVP 100 Science of Physical Activity and Health | | | Student Acknowledgement/Advising Form with Faculty Signature (Appendix A) |
| I have taken MOVP 194 Musculoskeletal Structure and Function | | | Current WSU Degree Evaluation Download from your MyWestfield |
| I have taken English Composition I | | | Current First Aid/CPR Card |
| Writing Sample (Eng. Comp I or II; Graded; B- or Higher) | | | 2 Faculty Recommendations (Appendix F) |
| WSU GPA: List 2.5 or higher | | | Concentration GPA List: |
| 3 Academic Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| 1. | | | 4. |
| 2. | | | 5. |
| 3. | | | 6. |
| 3 Clinical Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| 1. | | | 4. |
| 2. | | | 5. |
| 3. | | | 6. |
| 3 Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| 1. | | | 4. |
| 2. | | | 5. |
| 3. | | | 6. |
| 3 Social Justice Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| 1. | | | 4. |
| 2. | | | 5. |
| 3. | | | 6. |
| Student Signature Line | | Advisor Signature Line | |
| All documents listed above are included in my E-Portfolio, and I have met the requirements listed: | | <u>date</u> | The Advisor verifies that the information provided is complete and correct: |
| X: | | X: | |

**Appendix C
Advanced Standing Application**

| | | | |
|-----------------------|--|----------------------------------|--|
| Name: | | Advisor: | |
| Concentration: | | Semester/Year Submitting: | |

| Documents Included in Portfolio | | | |
|---|-------------|---|--------------------------------|
| | Grade | √ | |
| WSU GPA (2.8+) | | | Personal Statement |
| Movement Science GPA (2.5+) | | | Professional Resume |
| Concentration GPA (2.7+; PE 3.0) | | | Current Degree Evaluation |
| PE – Writing MTEL passed? | | | Current First Aid/CPR Card |
| PE- Reading MTEL passed? | | | Professional Membership Card |
| PE – PE MTEL passed? | | | 5 Recommendations (Appendix F) |
| 4 Academic Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| | PTS | | PTS |
| 1. | | 4. | |
| 2. | | 5. | |
| 3. | | 6. | |
| 4 Clinical Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| 1. | | 4. | |
| 2. | | 5. | |
| 3. | | 6. | |
| 4 Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| 1. | | 4. | |
| 2. | | 5. | |
| 3. | | 6. | |
| 4 Social Justice Professional Development Points (Listed Below/ Signed by Advisor and SPEC) | | | |
| 1. | | 4. | |
| 2. | | 5. | |
| 3. | | 6. | |
| The student verifies all documents listed above are included in my E-Portfolio, and I have met the requirements listed: | <u>date</u> | The Advisor verifies that the information provided is complete and correct: | <u>date</u> |
| X: | | X: | |

*** NOTE: PE Majors must also submit FITNESSGRAM Scores, Skills Assessments (260/261/262/264), Methods Lesson Plan (best score), Documentation of Observation Hours (Intro., Adapted, Methods, SEI), Gateway Assessment (Theory/Methods), and MTELS**

APPENDIX D

ADVISOR PORTFOLIO CHECKLIST INTERMEDIATE/ ADVANCED STANDING

| <i>Structure</i> | Intermediate | Advanced |
|---|---------------------|-----------------|
| Section 1 – Mandatory Documents | | |
| Application Form -signed by advisor Intermediate Standing – specific form Advanced Standing – specific form and Intermediate Standing Approval Letter | | |
| Statement - Intermediate Standing – Writing Sample (B- or better grade from English Comp. I) - Advanced Standing – Statement that addresses how you have met departmental outcomes or a professional cover letter | | |
| Resume - Intermediate Standing – Copy of signed initial advisement form - Advanced Standing – Professional Resume | | |
| Grade Audit Sheet - Intermediate Standing -2.5 overall, (inclusive of MOVP0100 and MOVP0194 must be part of this GPA) - Advanced Standing - 2.5 major’s core, 2.7 concentration (PE 3.0), 2.8 overall | | |
| Current First Aid/CPR Certification Cards - Card must be current and for Advanced Standing, it must be current through dates of internship. | | |
| Professional Membership Card - Current; for Advanced Standing only | NA | |
| Evaluations (Appendix F) - Intermediate – 2 SMHP faculty - Advanced – 3 SMHP faculty; 2 outside department supervisors | | |
| PDP Summary Sheet - Intermediate Standing – 12 (3/each category) - Advanced Standing – Additional 16 (4/each category) dates must be beyond IS approval date. | | |
| Section 2 Professional Development* ** | | |
| For acceptable documentation see PDP Matrix | | |
| -Academic PDP (IS 3/ AS 4) | | |
| -Clinical PDP (IS 3/AS 4) | | |
| -Professional PDP (IS 3/AS 4) | | |
| -Social Justice & Inclusion PDP (IS 3/AS4) | | |
| Section 3 – Concentration Specific Documents | | |
| For PE only – IS has proof of registration for MTEL (reading and writing) or score(s) from test. AS has completed assessments and passed req. MTELS | | |

Advisor (signature): _____ Date: _____
 SPEC (signature): _____ Date: _____

APPENDIX E - SMHP PROFESSIONAL DEVELOPMENT POINT MATRIX

| Activity | PDP's | Documentation |
|---|------------|--|
| ACADEMIC – 3 for IS, 4 for AS | | |
| Use of Academic Support | 1 | Verification from center (form) *One type of academic support in any one area i.e. career services, reading and writing center = 1 PDP up to a max of 2 in any one area |
| Lecture attendance | 1 | Professional Activity form |
| Lecture (assist) | 2 | Professional Activity form/Copies of duties performed |
| Webinars | 1 | Professional Activity form – no more than 2 PDPs (must summarize webinar & submit with yellow form) |
| CLINICAL/PRACTICUM – 3 for IS, 4 for AS | | |
| EMT | 2 | Copy of card |
| Volunteer/community service | 1 per 2 hr | PDP application form – maximum of 2 from any one area |
| Observation hours | * | <10 hrs = .5 PDP, 10 hr = 1 PDP PDP application form – maximum of 2 |
| Cadaver workshop | 2 | Professional Activity Form |
| Relevant work experience | * | PDP Application Form 1 PDP for 10 hours paid work – max 2 PDP's |
| PROFESSIONAL – 3 for IS, 4 for AS | | |
| SGA CLUB | | |
| Officer | 2/yr | Professional Activity form |
| Meeting attendance | 1 | Professional Activity form (minimum 1 hour) |
| Committee | 1 | Professional Activity form |
| Professional Event | * | Professional Activity form (on campus or facilitated by MOVF faculty) or PDP application form |
| Conference (assist) | 2 | Professional Activity Form and Copy of program (with your presentation) |
| Conference (lead) | 3 | Professional Activity Form and Copy of program (with your presentation) |
| Conference attendance | 1 | Copy of registration form – 1 PDP half day, 2 PDP full day (have signature sheet for sessions) |
| Writing for publication | * | PDP application form with copy of publication |
| Misc. professional activities (grant work, research study etc.) | * | PDP application form with support documentation |
| A second year of appropriate professional membership | 1 | Copy of Card/Registration – this only applies for a second year of membership, or an additional professional organization |
| SOCIAL JUSTICE & INCLUSION – 3 for IS, 4 for AS | | |
| Campus Sanctioned Event | 1 | Copy of PDP form |
| Off-Campus Event | 1 | Copy of PDP Application form with permission from member of Social Justice and Inclusion Committee prior to attendance |

APPENDIX F
WESTFIELD STATE UNIVERSITY
SMHP DEPARTMENT
INTERMEDIATE AND ADVANCED STANDING EVALUATION (circle one)

Student Name: _____ CWID: _____
 Address: _____ Telephone: _____
 Evaluator: _____ Student's Advisor: _____

DIRECTIONS TO STUDENT: Fill in **ALL** of the above and submit to the individual from whom you are requesting an evaluation.

DIRECTIONS TO EVALUATOR: Place your rating in the blank to the left of each characteristic. Additional comments may be written on the back of this sheet. Once completed, sign the form and return it to the SMHP Student's Advisor indicated above at the following address: Sports Medicine and Human Performance Department, Westfield State University, Westfield, MA 01086

The following ratings are to be used:**

- 5 - Quite Strong
- 4 - Above Average
- 3 - Average
- 2 - Below Average
- 1 - Generally Weak
- 0 - No Basis to Judge

****Three of the four responses must be non-zero and the mean of the responses must equal 3.0 for a favorable evaluation.**

RATINGS

_____A. Potential as a leader: Has leadership qualities; expresses self well; explains concepts in a logical manner; warm personality rather than cold.

_____B. Work Habits: Attends to duties; is on time; seeks more responsibility; completes assignments and tasks on time.

_____C. Professional attitude and interest: Enthusiastic and eager to enter the profession; seriously trying to do an excellent job; responds well to constructive criticism.

_____D. Appropriate, neat dress and appearance.

Comments: (may also write on back)

 Evaluator's Signature _____ Date _____
 Address: _____ Phone: _____

APPENDIX G
SPORTS MEDICINE CONCENTRATIONS
SUGGESTED GENERAL COURSE SEQUENCES

| FIRST YEAR | | | |
|--|--------------|---|--------------|
| FALL | | SPRING | |
| Biology (MOVP 0129): GE | 4 | Anatomy and Physiology I (BIOL 0237) | 4 |
| English Comp I (ENGL 101): GE | 4 | Musculoskeletal Structure (MOVP 0112) | 3 |
| Intro to Psychology (PSYC 0101): GE | 3 | Medical Terminology (MOVP 0225) | 3 |
| Sci. of Phys. Activity & Hlth (MOVP 0100) | 3 | Professional Issues (MOVP 0101) | 3 |
| First Year Journey | 3 | General Education Requirement | 3 |
| TOTAL | 17 | TOTAL | 16 |
| SECOND YEAR | | | |
| FALL | | SPRING | |
| Anatomy and Physiology II (BIOL 0239) | 4 | Motor Learn/Motor Dev. (MOVP 0202/203) | 3 |
| SMED selective* | ¾ | Exercise Physiology (MOVP 0205) | 3 |
| Kinesiology (MOVP 204) | 3 | Nutrition (MOVP 0212) | 3 |
| Elementary Statistics (MATH 0108) | 3 | Sport and Exercise Psych (MOVP 0215) | 3 |
| Intro to Sociology (SOCI 0101) | 3 | SMED selective* | ¾ |
| | | ☞ Intermediate Standing Application | |
| TOTAL | 16/17 | TOTAL | 15/16 |
| THIRD YEAR | | | |
| FALL | | SPRING | |
| Evaluation of Lower Ext. Inj. (MOVP 0235) | 3 | Evaluation of Upper Ext. Inj. (MOVP 0234) | 3 |
| Inq. Evidence Based Prac. (MOVP 0266) | 3 | Gen. Med. Aspects of Phy. Act. (MOVP319) | 3 |
| Elective* | ¾ | Cultural Competence course | 3 |
| Lifespan Development (MOVP 0207) | 3 | General Education Requirement | 6 |
| TOTAL | 15/16 | TOTAL | 15 |
| FOURTH YEAR | | | |
| FALL | | SPRING | |
| Fitness Rehab for Special Pop. (MOVP 0328) | 3 | General Education Requirement | 3 |
| Therapeutic Exercise (MOVP 0327) | 3 | General Education Requirement | 3 |
| Sr. Seminar in Sports Medicine (MOVP 0360) | 3 | General Education Requirement | 3 |
| Therapeutic Modalities (MOVP 0323) | 3 | General Education Requirement | 3 |
| Integrative Experience (Advanced Standing) | 1 | Wellness | 1.5 |
| Wellness | 1.5 | Elective** | 3 |
| TOTAL | 14.5 | TOTAL | 16.5 |
| <i>AS Application</i> - * SMED selectives are typically used to complete graduate school prerequisites for PT, OT, PA and other healthcare related programs. These course selections MUST come from the list provided and must total at least 7 credits. ** Electives can be used to complete graduate school prerequisites for PT, OT, PA and other healthcare related programs. These course selections do not have restrictions but should be chosen to complement the student's chosen pathway. | | | |

APPENDIX H
PHYSICAL EDUCATION CONCENTRATION (TEACHER CERTIFICATION)
SUGGESTED COURSE SEQUENCE

| FIRST YEAR | | | |
|--|-------------|--|-----------|
| FALL | | SPRING | |
| English Comp. I (ENG 0100) RI GE | 4 | Musculosklt Str. & Funct. (MOVP 0194) | 3 |
| Biology (consult advisor): GE | 4 | Introduction to Teaching PE (MOVP 0103) | 3 |
| Sci of Phys Acty& Hlth (MOVP 0100): GE | 3 | Intro to Psychology (PSYCH 0101): GE | 3 |
| First Year Journey: GE | 3 | General Education Requirement | 3 |
| MOVP Activity Choice I | 1 | General Education Requirement | 3 |
| ☞ Take Communication/ Literacy EXAM | | | |
| TOTAL | 15 | TOTAL | 15 |
| SECOND YEAR | | | |
| FALL | | SPRING | |
| Motor Learning (MOVP 0202) | 3 | TP Gymnastics & Aquatics (MOVP 0262) | 3 |
| TP Games I (MOVP 0261) | 3 | TP Games II (MOVP 0264) | 3 |
| TP Games & Dance (MOVP 0260) | 3 | Sport & Exercise Psychology (MOVP 0215) | 3 |
| General Education Requirement | 3 | Concepts of Nutrition (MOVP 0212) | 3 |
| Kinesiology (MOVP 204) | 3 | General Education Requirement | 3 |
| Wellness | 1.5 | ☞ Intermediate Standing Application | |
| TOTAL | 16.5 | TOTAL | 15 |
| THIRD YEAR | | | |
| FALL | | SPRING | |
| Motor Development (MOVP 0203) | 3 | Physiology of Exercise (MOVP 0205) | 3 |
| PE Methods (MOVP 0314) | 3 | Curriculum Planning (MOVP 0316) | 2 |
| Sheltered English Immers (EDUC 0363) | 3 | Adaptive PE (MOVP 0311) | 3 |
| Mst & Eval in PE (MOVP 0302; writing) | 3 | Critical Multicultural Educ. (EDUC 0215): GE | 3 |
| Wellness | 1.5 | Integrative Experience (AS Application) | 1/2 |
| MOVP Activity Choice 2 | 1 | MOVP Activity | 1 |
| ☞ Take Subject Matter Test-PE MTEL | | Elective | 3 |
| TOTAL | 14.5 | TOTAL | 16 |
| FOURTH YEAR | | | |
| FALL | | SPRING | |
| Health Education (MOVP 0303) | 3 | Practicum in PE (MOVP 0352 or 349) | 12 |
| Elective/ Gen Ed | 3 | Practicum Seminar (MOVP 355) | 3 |
| Elective/ Gen Ed | 3 | | |
| Elective/ Gen Ed | 3 | | |
| Elective/ Gen Ed | 3 | | |
| TOTAL | 15 | TOTAL | 15 |

Consult with advisor regarding Activity Choices 1 & 2 and Options for Coaching or PHPA Minors

APPENDIX I
EXERCISE SCIENCE CONCENTRATION
SUGGESTED COURSE SEQUENCE

| FIRST YEAR | | | |
|--|-------------|--|--------------|
| FALL | | SPRING | |
| English Composition I (ENGL 0101): GE | 4 | Musculoskeletal Structure (MOVP 0112) | 3 |
| Anatomy and Physiology Prerequisite: GE | 4 | Anatomy and Physiology I (BIOL 0237) | 4 |
| Intro to Psychology (PSYC 0101): GE | 3 | Elementary Statistics (MATH 0108) | 3 |
| Sci. of Phys. Activity & Hlth (MOVP 0100) | 3 | Professional Issues in ES (MOVP 0101) | 3 |
| First Year Journey | 3 | General Education Requirement | 3 |
| TOTAL | 17 | TOTAL | 16 |
| | | ESP Application | |
| SECOND YEAR | | | |
| FALL | | SPRING | |
| Anatomy and Physiology II (BIOL 0239) | 4 | Physiology of Exercise (MOVP 0205) | 3 |
| Kinesiology (MOVP 0204) | 3 | Concepts of Nutrition (MOVP 0212) | 3 |
| Motor Learning (MOVP 0202) | 3 | Inq. To Evid. Based Pract. (MOVP 0266) | 3 |
| Sport & Exercise Psychology (MOVP 0215) | 3 | Exercise Injuries (MOVP 0107) | 3 |
| Elective or Prof. Issues (MOVP 0101) | 3 | Relaxation Techniques (MOVP 0183) | 1 |
| Wellness | 1.5 | ☞ Intermediate Standing Application | |
| TOTAL | 17.5 | TOTAL | 15 |
| THIRD YEAR | | | |
| FALL | | SPRING | |
| Women in Sport (MOVP 0325) | 3 | Org. & Admin ES (MOVP 0321) | 3 |
| Prin. of Group Ex. Program (MOVP0292) | 3 | Strength & Conditioning (MOVP0305) | 3 |
| Fitness Assess. & Prescript. (MOVP0320) | 3 | Advanced Ex. Psych. (MOVP0306) | 3 |
| General Education Requirement | 3 | General Education Requirement | 3 |
| General Education Requirement | 3 | Wellness | 1.5 |
| TOTAL | 15 | TOTAL | 15 |
| FOURTH YEAR | | | |
| FALL | | SPRING | |
| Fit. Rehab. For Special Pops (MOVP0328) | 3 | ES internship (MOVP 0397/399) | 4-12 |
| Senior Seminar ES (MOVP0390) | 3 | Electives | 6 |
| General Education Requirement | 3 | | |
| Integrative Experience (Adv. Standing) | 1 | | |
| Elective | 3 | | |
| Elective | 3 | | |
| TOTAL | 16 | TOTAL | 10-18 |
| Other recommended courses/Graduate school prerequisites: General Chemistry I&II; Biochemistry; Physics I&II Psychology: Health Psychology, Behavior Modification <u>Economics & Business Management</u> : Introduction to Business; Business Law; Marketing; Management; Software App. | | | |

APPENDIX J
PREVENTIVE HEALTH AND PHYSICAL ACTIVITY CONCENTRATION
SUGGESTED COURSE SEQUENCE

| FIRST YEAR | | | |
|--|-------------|--|--------------|
| <u>FALL</u> | | <u>SPRING</u> | |
| English Comp. I (ENG 0101): GE | 4 | Musculoskt Str. & Funct. (MOVP 0194) | 3 |
| Biology (consult advisor): GE | 4 | Medical Terminology (MOVP 0225) | 3 |
| Sci of Phys Acty & Hlth (MOVP 0100): GE | 3 | Prof. Issues in Exercise Sci (MOVP 0101) | 3 |
| First Year Journey: GE | 3 | Intro to Psychology (PSYCH 0101): GE | 3 |
| | | *Anatomy & Phys. I (BIOL 0237) recommended | 4 |
| TOTAL | 14 | TOTAL | 16 |
| SECOND YEAR | | | |
| <u>FALL</u> | | <u>SPRING</u> | |
| Motor Learning (MOVP 0202) | 3 | Hlth Ed in El School (MOVP 0303) | 3 |
| Health Communication (COMM 0317) | 3 | Special Topics in MOVP (MOVP 0396) | 3 |
| Organ. and Admin for Ex Sc (MOVP 0321)* | 3 | Sport & Exercise Psychology (MOVP 0215) | 3 |
| General Education Requirement | 3 | Concepts of Nutrition (MOVP 0212) | 3 |
| Kinesiology (MOVP 204) | 3 | General Education Requirement | 3 |
| Wellness | 1.5 | ☞ Intermediate Standing Application | |
| TOTAL | 16.5 | TOTAL | 15 |
| THIRD YEAR | | | |
| <u>FALL</u> | | <u>SPRING</u> | |
| *Anatomy and Phys. II (BIOL 238) recommended | 4 | Physiology of Exercise (MOVP 0205) | 3 |
| General Education Requirement | 3 | Required Minor Course/Elective | 3 |
| Required Minor Course/Elective | 3 | Required Minor Course/Elective | 3 |
| Required Minor Course/Elective | 3 | General Education Requirement | 3 |
| General Education Requirement | 3 | Evidence-Based Practice Course (writing) | 3 |
| | | Wellness | 1.5 |
| TOTAL | 16 | TOTAL | 16.5 |
| FOURTH YEAR | | | |
| <u>FALL</u> | | <u>SPRING</u> | |
| Required Minor Course/Elective | 3 | Required Minor Course/Elective | 3 |
| General Education Requirement | 3 | *Motor Development (MOVP 0203) | 3 |
| General Education Requirement | 3 | Elective | 3 |
| General Education Requirement | 3 | Elective | 3 |
| Integrative Experience (AS Application) | 3 | Elective | 1/3 |
| TOTAL | 15 | TOTAL | 13-15 |

- Courses with asterisk are not required; only recommended.

APPENDIX K

MOVEMENT SCIENCE REQUIRED AND ELECTIVE COURSE DESCRIPTIONS

MOVP 0100 SCIENCE OF PHYSICAL ACTIVITIES AND HEALTH (3) Fall/Spring

Through observation and experimentation, students will examine the cardiorespiratory, musculoskeletal and nervous systems of the body and the impact of exercise on their functioning. The effect of changing one's own personal exercise habits on risk factors for cardiovascular disease, longevity and quality of life will be explored.

MOVP 0101 PROF. ISSUES IN EXERCISE SCIENCE (3) Fall

Exercise Science program course designed as an introduction to professional preparation in exercise science and to career choices in the sport fitness and exercise sciences. Students will gain an understanding of the scope and practice, educational requirements and opportunities involved in exercise related professions. Students will be introduced to and will apply the concepts of: professionalism, professional communication (oral and written), self-reflection, information literacy, evidence based practice, professional ethics and personal responsibility. Access to transportation is required for completion of observation hours. Prerequisite: MOVP 0100 and MOVS Major.

MOVP 0102 INTRODUCTION TO ATHLETIC TRAINING (3) Spring

This course is designed to expose the student to the general principles of athletic training. The primary focus of the course will be the prevention and management of injuries and illnesses to athletes and those engaged in physical activity.

MOVP 0103 INTRODUCTION TO TEACHING PHYSICAL EDUCATION (3) Fall/Spring

In this course, teacher candidates will have initial exposure to school physical education programs via a pre-practicum experience, and reflect on those experiences during seminar. Candidates will have the opportunity to collaborate with physical education practitioners to plan and implement lessons, as well as to learn about and engage in reliable, ethical and responsible teaching routines that make knowledge accessible for all students. For seminar, candidates will read about, reflect upon, and discuss characteristics of quality physical education programming and instruction, as well as develop professional skills related to the field. Candidates will also examine the influences of foundational historical content and philosophical perspectives on today's physical education practices. Students are required to complete 30-hours of classroom observation. Prerequisite: Physical Education Concentration

MOVP 0107 EXERCISE INJURIES: PREVENTION AND TREATMENT (3) Fall/Spring

Provides the student with the knowledge of the general principles of athletic training. The emphasis of the course will be the prevention and management of exercise/sport injuries and conditions.

MOVP 0108 PRINCIPLES OF HEALTH AND WELLBEING (3)

Designed to assist the student in developing a lifestyle conducive to good health and wellbeing. Identification of risk factors which affect longevity will be discussed. Included will be substance abuse, emotional and environmental factors, diet and exercise.

MOVP 0117 INTRODUCTION TO ADVENTURE EDUCATION (3) This course is an introduction to the field of adventure education. Students will learn basic survival principles; basic camping and backpacking concepts such as nutrition, clothing, wildlife, lightning, and maps; and wilderness ethics. Students will examine leisure theory, value and incorporate adventure education activities, and apply wilderness ethics throughout the course. Learning experiences will be focused on application through civic engagement.

MOVP 0130 TAPING, WRAPPING & PADDING (1)
Students will engage in basic taping, wrapping and padding techniques used for injury prevention and treatment. These skills are essential for students interested in Athletic Training, Sports Medicine and other health related professions.

MOVP 0132 INTRODUCTORY ATHLETIC TRAINING SKILLS I (.5)
Athletic Training Education program course with a focus on skill development in the immediate care and prevention of athletic injuries and illness through class discussions, structured hands-on laboratory activities and clinical experiences.

MOVP 0133 INTRODUCTORY ATHLETIC TRAINING SKILLS II (.5)
Athletic Training Education program course with a focus on skill development in the immediate care and prevention of athletic injuries and illness through class discussions, structured hands-on laboratory activities and clinical experiences.

MOVP 0162 STRENGTH TRAINING AND CONDITIONING (1)
An introductory level course designed to familiarize students with the basic skills and principles of strength training and conditioning. The instruction in this course is geared toward fostering a commitment to lifelong participation in strength training physical activity in general.

MOVP 0182 LIFEGUARD TRAINING (2)
Designed to give students a complete course in preparation for Lifeguarding. It will give the students training in American Red Cross Standard First Aid, CPR for the Professional Rescuer, Automated External Defibrillation (AED), and Lifeguarding. It will also promote responsibility for protecting the safety of a patron in an assigned aquatic area. It is to instill a moral and professional obligation to prevent hazards and enforce rules regulations of an aquatic area.

MOVP 0183 RELAXATION TECHNIQUES (1)
Provides students with practical application of relaxation theory. Students will learn relaxation techniques ranging from proper breathing to progressive relaxation methods to autogenics. The application of relaxation techniques as a method of stress management will also be addressed.

MOVP 0190 FIRST AID AND EMERGENCY CARE (1) Fall/Spring
Provides the fundamental principles, knowledge and skills of first aid and accident prevention. Prepares the individual to care for most injuries and emergencies when medical assistance is delayed. Certification from the National Safety Council will be available upon successful completion of the course.

MOVP 0191 ATHLETIC TRAINING SKILLS (1) Fall/Spring

Athletic Training Education Program course with focus on skill development in the immediate care and prevention of athletic injuries and illness through structured laboratory exercises and clinical experiences. This course must be repeated once and may be repeated more than once, but no more than 2 credits may be applied to the major. Prerequisites: Permission of instructor.

MOVP 0194 MUSCULOSKELETAL STRUCTURE AND FUNCTION (3)

The regional study of musculoskeletal function involved in human movement and exercise activities. This course will enable students to identify the structure and function of bones, joints and supporting ligaments. Superficial muscles will be studied in terms of isometric, concentric and eccentric function and that knowledge will be applied to functional activities/strengthening.

MOVP 0202 INTRODUCTION TO MOTOR LEARNING (3) Fall/Spring

The study of significant variables which influence motor learning, i.e., transfer, cues, practice, reminiscences, perception, reaction time, motivation, reinforcement, etc. and the analysis of selective variables which affect the acquisition of motor skills. Prerequisite: PSYC 0101.

MOVP 0203 MOTOR DEVELOPMENT AND BEHAVIOR (3) Fall/Spring

The scientific study of developmental patterns (psychomotor, cognitive and affective domains) of basic motor skills and structural components, growth processes and interrelationships/interactions of structure to function that influence motor behavior - infancy to old age. Prerequisite: PSYC 0101.

MOVP 0204 KINESIOLOGY (3) Fall/Spring

Science of human motion, analysis of leverage in body movement and problems of readjustment in relationship to body mechanics and to physical activity as it is related to an understanding of skillful, efficient and purposeful human motion. A lab component is included. Prerequisite: BIOL 0237

MOVP 0205 PHYSIOLOGY OF EXERCISE (3) Fall/Spring

Designed to investigate and understand the role that exercise (muscle activity) plays on the functioning of the human body and how the body responds to exercise. A laboratory component is included. Prerequisite: BIOL 0239

MOVP 0210 WILDERNESS FIRST RESPONDER (4) This course will help the students to identify and demonstrate an understanding of wilderness medicine issues. It will address issues of medical and legal concerns as well as blood borne pathogens and infectious diseases. It will train students to determine injuries and illnesses in backcountry patients. It will provide instruction in traumatic situations as well as medical emergencies. Environmental emergencies such as hypothermia, altitude sickness, and heat injuries will be discussed and practiced. Backcountry leadership and rescue skills will be practiced through reality-based outdoor scenarios and labs. Upon successful completion of this course the student has the option to obtain national certification as a wilderness first responder.

MOVP 0211 EMERGENCY MEDICAL TECHNICIAN (4) Fall/Spring

This course is designed to provide the student with the theoretical understandings and practical experiences in dealing with medical emergencies. Topics included are rescue breathing, cardiopulmonary resuscitation, airway obstruction, oxygen therapy, soft tissue and internal injuries, ambulance operations, and emergency extrication. Class meets for two (2) hours of lecture and (4) hours of laboratory. (Upon successful completion of the course students will be able to sit for the EMT-M certification examination conducted by the Massachusetts Department of Public Health Offices of Emergency Services.) Costs associated with required equipment/materials and certification fees are additional and are the responsibility of the student.

MOVP 0212 CONCEPTS OF NUTRITION (3) Fall/Spring

Includes basic principles of nutrition and the body's use of nutrients. Emphasis on the effect of diet on selected health problems as well as the relationship between diet and athletic habits using a variety of established guidelines including the use of a computerized diet analysis.

Prerequisite: Any lab science course.

MOVP 0215 SPORT AND EXERCISE PSYCHOLOGY (3) Fall/Spring

This course will require students to examine the theoretical foundations of sport and exercise psychology, as well as introduce students to the psychological skills commonly utilized in applied sport and exercise psychology. The research methods commonly utilized in sport and exercise psychology also will be considered. Prerequisite: PSYC 0101

MOVP 0220 COACHING PRINCIPLES AND PRACTICE

This course is designed to provide students with the opportunity to explore the principles and practice of coaching at multiple levels. Coaching philosophies and ethics will be examined throughout this course. At the completion of this course, students will be able to identify sporting experiences that encourage the positive growth and development of participants. Students are required to complete 20 hours of observation during this course.

MOVP 0225 MEDICAL TERMINOLOGY AND DOCUMENTATION (3)

Facilitates the development and application of an extensive medical vocabulary, including terms associated with structure, function, and pathology of the body systems. Terminology of diagnosis, treatment, and medical procedures is also covered. Basic guidelines for systems of documentation used in allied health and medicine are examined. Prerequisite: BIOL 0237.

MOVP 0234 EVALUATION OF UPPER EXTREMITY INJURIES (3) Spring

This course addresses the skills and knowledge needed to conduct a thorough clinical evaluation of injuries that commonly occur to the upper extremity in a sports/fitness environment. Two hour lecture and two hour lab. Prerequisite: BIOL 0237.

MOVP 0235 EVALUATION OF LOWER EXTREMITY INJURIES (3) Fall

This course addresses the skills and knowledge needed to conduct a thorough clinical evaluation of injuries that commonly occur to the lower extremity in a sports/fitness environment. Two hour lecture and two hour laboratory. Prerequisite: BIOL 0237.

MOVP 0237 ATHLETIC TRAINING CLINICAL EXPERIENCE (2) Fall/Spring

Athletic Training Education Program course with focus on the application of skills and clinical decision-making in diagnosis and immediate care of athletic injuries and illness through class discussions, structured laboratory exercises and clinical experiences. This course must be repeated once and may be repeated more than once, but no more than 4 credits may be applied to the major. Prerequisites: Permission of instructor.

MOVP 0245 ADVENTURE CHALLENGE INSTRUCTOR (3) Fall

The operation, management and design of an Adventure Challenge Ropes Course. This includes liability responsibilities, group process, construction and maintenance, safety procedures and technical skill. Satisfactory completion will result in one year certification of Adventure Challenge Instructor at Westfield State University.

MOVP 0250 ADVENTURE EDUCATION LEADERSHIP (3)

In this course students will examine the psychological and social-psychological aspects of leading a group in and through adventure education activities. Students will learn about and develop skills related to: group dynamics; experiential learning; communication; leadership; power; controversy; team development; group, individual, and social diversity; as well as decision-making. In this course students will practice leading groups in adventure education activities in the natural environment. Prerequisite: MOVP 0117

MOVP 0260 THEORY AND PRACTICE OF TEACHING EDUCATIONAL GAMES AND DANCE IN ELEMENTARY AND SECONDARY PHYSICAL EDUCATION. (3) Fall

This course provides the student with the pedagogy for and knowledge of selected activities appropriate for the elementary and secondary student. The course emphasizes the skill theme approach to teaching that includes locomotor, non-locomotor, manipulative, body management and specific sport skills through educational games. Various dance/rhythms that are developmentally appropriate for selected grade levels will be covered. The course will consist of lecture on theory and content. Through micro-teaching pre-service teachers reflect on teaching experiences and write detailed lesson plans that address management, safety, goals/objectives, informal assessment and planning for learner variability. Prerequisites: MOVP 0202 and MOVP 0203 Co-requisite: MOVP 0261

MOVP 0261 THEORY AND PRACTICE OF GAMES I: ANALYSIS OF INVASION GAMES AND STRIKING /FIELDING GAMES IN ELEMENTARY AND SECONDARY PHYSICAL EDUCATION. (3) Fall

Using a variety of instructional, managerial and reflective strategies, teacher candidates will plan and implement well-structured lessons that have high learner expectations. Through Game Centered Approaches, candidates will: (1) learn to create safe, collaborative, and developmentally appropriate game environments through games modification, (2) analyze, and reflect on instruction and task design, as well as (3) assess student game performance. Emphasis will be placed on developing problem-solving strategies, skill execution, and social-emotional competencies for diverse learners of all levels to challenge themselves and take ownership of learning in invasion games and field-run-score games. Prerequisites: MOVP 0202 or MOVP 0203 Corequisites: MOVP 0260.

MOVP 0262 THEORY AND PRACTICE OF TEACHING GYMNASATICS AND AQUATICS IN ELEMENTARY AND SECONDARY PHYSICAL EDUCATION (3) Spring
This course will include theory, content and micro-teaching for developmentally appropriate gymnastics and aquatic activities. Emphasis will be placed on analysis of performance and progression of skills. Students will reflect on teaching experiences and write detailed lesson plans that address management, safety, goals/objectives, informal assessment and planning for learner variability. An additional focus will be on the effective and progressive pedagogy for the Sport Education approach. Prerequisites: MOVP 0202 or MOVP 0203 Corequisites: MOVP 0264.

MOVP 0264 THEORY AND PRACTICE OF GAMES II: ANALYSIS OF NET/WALL AND TARGET GAMES IN ELEMENTARY AND SECONDARY PHYSICAL EDUC. (3) Spring
Using a variety of instructional, managerial and reflective strategies, teacher candidates will plan and implement well-structured lessons that have high learner expectations. Through Game Centered Approaches, candidates will: (1) learn to create safe, collaborative, and developmentally appropriate game environments through games modification, (2) analyze, and reflect on instruction and task design, as well as (3) assess student game performance. Emphasis will be placed on developing problem-solving strategies, skill execution, and social-emotional competencies for diverse learners of all levels to challenge themselves and take ownership of learning in net/wall games and target games. Prerequisites: MOVP 0202 or MOVP 0203 Corequisite: MOVP 0262

MOVP 0266 INQUIRY OF EVIDENCE-BASED PRACTICE
Selected research techniques and designs, with emphasis on planning, conducting, and reporting of research; applied statistical analysis and interpretation of data from the fields related to physical activity and health. Prerequisites: MATH 0108

MOVP 0292 PRINCIPLES OF GROUP EXERCISE PROGRAMMING (3) Fall
This course will highlight exercise leadership and programming through the process of teaching and instruction within various group exercise science settings. Theoretical principles related to group exercise class programming; teaching methods, class management and control, instructional media and materials, and self-evaluation are presented. In addition, a variety of group exercise modalities will be explored. This course prepares the student to take a nationally recognized group exercise certification exam. Prerequisite: MOVP 0101 or Permission of Instructor.

MOVP 0301 PHYSICAL EDUCATION IN THE ELEMENTARY SCHOOL (3) Fall/Spring
Philosophy, program planning and methods of teaching children, guided observational experiences of children in schools, presentation of activities suitable in elementary school programs.

MOVP 0302 MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (3) Fall
In this course teacher candidates will learn to develop and use a variety of informal and formal methods of assessment to measure learning, to understand learner's growth and knowledge development, for the development of differentiated and enhanced learning experiences, and to inform and improve future instruction. Candidates will learn to analyze assessment data, draw conclusions, and share results applicably. In addition, candidates will examine the relationship

between objectives, instruction, assessment, evaluation, and grading. Prerequisites: Intermediate Standing and either (MOVP 0260 and MOVP 0261) or (MOVP 0262 and MOVP 0262).

MOVP 0303 HEALTH EDUCATION IN THE ELEMENTARY SCHOOL (3) Fall/Spring

An investigation of current content and practices necessary for implementation of effective, integrated early childhood and elementary school health education programs. This course provides an exploration of child health status and the vital role the elementary teacher plays in enabling children to acquire healthful lifestyle behaviors as they grow and develop.

Prerequisites: Permission of Instructor.

MOVP 0305 PRINCIPLES OF STRENGTH AND CONDITIONING (3)

This course examines scientific theories and principles of the physical conditioning process. Emphasis is placed on the design and implementation of effective strength and conditioning programs for enhanced health and fitness. Topics include analysis of sport-specific performance demands, physiological adaptation to training, power and force production, functional strength training across the life span, theory of periodization and application, plyometric training, speed development. This course will prepare the student to take the Certified Strength and Conditioning Specialist exam through NSCA. Prerequisite: MOVP 0204, MOVP 0205 and Intermediate Standing.

MOVP 0306 ADVANCED EXERCISE PSYCHOLOGY (3)

This course is designed to provide students with the opportunity to examine the theoretical foundations of exercise psychology and how this theory is integrated into practice. Students will be required to approach topics from a critical perspective to gain a better understanding of the link between theory and practice. Civic engagement projects have been incorporated into the course to assist students in developing the knowledge and skills needed to engage in evidence-based practice with diverse populations. Prerequisites: MOVP 0215 or PSYC 0101

MOVP 0308 PHYSICAL EDUCATION IN THE SECONDARY SCHOOL (3)

This course will explore content offered in the secondary curriculum (5-12). Students seeking certification at the elementary level (includes middle school) are encouraged to enroll. The content explores the teaching of various invasion, net/wall, target, and striking games by introducing strategies and skills through modified game play, as opposed to the drill, practice, and play of more traditional physical education teaching styles. An emphasis will be placed on incorporating the teaching of skills into strategies through drills and modified games. Evaluate procedures for performance (rubrics, standardized skill tests, videotape) will be introduced.

Prerequisites: MOVP 0103 or MOVP 0260/0261, MOVP 0262 or permission.

MOVP 0309 ADVENTURE EDUCATION PROGRAMMING (3)

The students will engage in an in-depth analysis of programming adventure education activities. The students will explore the history and future of adventure education, administrative risk management, legal considerations, marketing, budgeting, obtaining permits for, and staffing of adventure education programs. Prerequisites MOVP 0250 and Intermediate Standing.

MOVP 0310 GEROKINESIOLOGY (3)

Designed to focus on the physiological processes of aging and the impact of specific exercise programming for the older adult population. Students will gain an understanding of common orthopedic and cardiovascular considerations and develop an ability to employ modifications in exercise testing and prescription through service-learning experiences with the older adult population. Other topics include common health problems and illnesses, drugs/medications, psychological and sociological needs, and activities of daily living relevant for the older adult population. Prerequisites MOVP 0204 and MOVP 0205

MOVP 0311 ADAPTIVE PHYSICAL EDUCATION (3) Spring

The course will cover best practices used in assessment, identification, skill analysis and program implementation for special needs students. Consideration will be given to characteristics associated with intellectual and learning disabilities, behavioral disorders, orthopedic disabilities, sensory disorders, chronic illnesses, and their integration into physical education programs. Special attention will be given to the impact of federal and state regulations as they relate to adapted and mainstreamed physical education. Twenty (20) hours of field work required. Prerequisites: Intermediate Standing and MOVP 0202 or MOVP 0203

MOVP 0312 INTERDISCIP. LEARNING THROUGH MOVEMENT AND DANCE (3)

Interdisciplinary learning through the medium of movement and dance, that applies creative movement principles (self-expression and body awareness) and rhythms across other disciplines (e.g. math, social studies, science, language arts, music/theater arts). Movement and dance provide not only hands-on learning, but minds-on, bodies-on learning as well as opportunities for teaching both curricula and dance as art. Designed for pre-service teachers who plan to work with children at the elementary level, this course supports teachers who want to bring a cross-disciplinary approach to their learning environment.

MOVP 0314 PHYSICAL EDUCATION TEACHING METHODOLOGY: ELEMENTARY AND SECONDARY (3) Fall

In this course pre-service teachers will develop well-structured lessons with appropriate sequencing and standards-based outcomes, plan and employ various teaching and assessment methodologies. This course provides the opportunity for reflection, classroom management, communication with parents, professional development and safety considerations, with respect to elementary/secondary levels and diverse populations and how they learn. A 40-hour pre-practicum at the elementary or secondary level is required. Prerequisites: Intermediate Standing and either (MOVP 0260 and MOVP 0261) or (MOVP 0262 and MOVP 0264).

MOVP 0316 CURRICULUM PLANNING & IMPLEMENTATION (2) Spring

This course will explore the influence of current trends on curricular design of effective unit plans that accommodate all students, with rigorous goals and objectives aligned with state and national standards, management, safety, and well-developed assessments to address student learning outcomes. Prerequisites: Intermediate Standing and MOVP 0302.

MOVP 0319 GENERAL MEDICAL ASPECTS OF PHYSICAL ACTIVITY (3) Fall/Spring

This course focuses on the recognition, immediate treatment and referral of common non-orthopedic injuries and illnesses that may occur during or be exacerbated by physical activity. Medical terminology, documentation, pre-participation physical examinations, diagnostic imaging, pharmacology, standard practices for counseling intervention, and position statements regarding participation in physical activity will also be discussed. Prerequisite: Intermediate Standing.

MOVP 0320 FITNESS ASSESSMENT & EXERCISE PRESCRIPTION (3)

Analysis of the facets of fitness assessment and exercise prescription, based on the guidelines and certification requirements established by the American College of Sports Medicine. Students will participate in, administer, and analyze: exercise stress tests, body composition assessment, muscular strength, endurance and flexibility tests. Concepts, principles and theories based on research from the fields of exercise physiology, kinesiology, nutrition, and tests and measurement will be applied to fitness assessment and exercise prescription.

Prerequisites: MOVP 0204, MOVP 0205 and Intermediate Standing.

MOVP 0321 ORG. AND ADMIN. IN EXERCISE SCIENCE (3) Fall

An overview of the objectives, strategies and policies regarding the managing of sports/fitness programs. Specific learning experience will be designed to enhance the individual's technical, human, and conceptual skills. Prerequisite: Intermediate Standing.

MOVP 0322 SPORTS AND THE LAW (3)

An analysis of the legal considerations in the administration of physical education, health, and sports/athletic programs. Specific law relevant to these programs and how to incorporate consideration of the law into instruction, curriculum development, supervision, staffing policy formulation, facility design and maintenance, equipment selection and maintenance will be examined.

MOVP 0323 THERAPEUTIC MODALITIES (3)

Examines the use of therapeutic modalities as a component of athletic injury reconditioning programs. Theory, clinical applications and legal aspects are considered. Two lectures, two hour laboratory, weekly. Prerequisite: MOVP 0204, 0205 and Intermediate Standing.

MOVP 0325 WOMEN AND SPORT (3)

Provides an overview of the concerns of women within the social institution of sport. The historical, socio-psychological, and physiological aspects of female sport participation will be examined and discussed. Issues related to the impact of social change within sport upon the female athlete will be addressed. Prerequisite: WSTP 0101, PSYC 0101, or SOCI 0101.

MOVP 0326 CHILDREN IN COMPETITIVE SPORTS (3)

This course examines the cognitive, behavioral, biological, and environmental factors having important implications for competitive sport participants from early childhood through high school. Special attention will be placed on the practical application of sport science research for

teachers, coaches, and administrators. Prerequisites: MOVP 0202 and MOVP 0203, or permission of instructor.

MOVP 0327 THERAPEUTIC EXERCISE (3)

A study of the principles and techniques associated with planning and implementation of exercise programs designed to restore and improve musculoskeletal function. Students will learn how to develop reconditioning and rehabilitation programs including the components of range of motion, strength, stretching, joint mobilization, neuromuscular facilitation, and cardiovascular exercise. Emphasis on practical decision making related to the setting of program goals and the selection of appropriate exercises to achieve those goals. Two hour lecture and two hour lab. Prerequisites: MOVP 0204, MOVP 0205 and Intermediate Standing.

MOVP 0328 FITNESS/REHAB FOR SPECIAL POPULATIONS (3)

This course will explore fitness assessment and exercise prescription for special populations. The effects of exercise on the process of aging will be examined. The special needs of those individuals with various medical conditions will be explored. Research in the areas of exercise physiology and medicine will serve as resources for the development of safe and effective exercise programs for individuals with special needs. Prerequisites: MOVP 0204, MOVP 0205 and Intermediate Standing.

MOVP 0329 BASIC EKG AND STRESS TESTING (1)

Through observation and experimentation, students will examine the anatomy and physiology, electrical conduction, and arrhythmias of the cardiovascular system and its relationship to activity tolerance and its chemic burden. Prerequisites BIOL 0237 or permission of instructor.

MOVP 0330 SPORTS PROMOTION (3)

An introduction to the issues, principles, and skills of sports promotion pertaining to the educational, recreational, and professional sports arenas. Focus will be on the structure and economic impact of the sports industry and the acquisition of skills required to effectively promote a sports program. Prerequisite: Junior standing.

MOVP 0334 ORGANIZATION AND ADMINISTRATION IN ATHLETIC TRAINING (3)

Students will explore leadership, management, and organizational theoretical foundations as applied to Athletic Training and related healthcare fields. Specific emphasis is placed on emergency planning and risk management, Athletic Training advocacy, inter-professional communication, insurance and reimbursement, human resources management, facility design, and legal issues in the practice of Athletic Training. Learning experiences will be focused on application through civic engagement. Prerequisites: Athletic Training Intermediate Standing

MOVP 0337 ATHLETIC TRAINING RESEARCH & CLINICAL DECISION MAKING (3-6)

Athletic Training Education Program course with focus on clinical decision making and research in prevention, evaluation, immediate care, treatment and rehabilitation of athletic injuries and illness through clinical experiences and research projects. This course must be repeated once and may be repeated more than once, but no more than 12 credits may be applied to the major. Prerequisites: Advanced Standing and Permission of instructor.

MOVP 0348 PRACTICUM IN PHYSICAL EDUCATION: ELEMENTARY PreK-8 (6)
Fall/Spring

The half-semester practicum is a supervised experience for pre-service teachers in an elementary school. The experience requires that they demonstrate professionalism, teach classes, develop an understanding of school and community and the links to student learning. Emphasis is on the continuity of well-structured lessons, units, and daily evaluation; meeting rigorous standards that inform practice; inclusivity and safety for all; and addressing needs of all students. Supervision and evaluation is conducted by the school practitioner and physical education faculty from the university. Individual visits and conferences will be a part of the evaluation and reflective practice. Prerequisites: Permission of instructor and advanced standing. Co-requisite is Practicum Seminar, MOVP 0355.

MOVP 0349 PRACTICUM IN PHYSICAL EDUCATION ELEMENTARY PreK-8 (12)
Fall/Spring

The full semester practicum is a supervised experience for pre-service teachers in an elementary school. The experience requires that they demonstrate professionalism, teach classes, develop an understanding of school and community and the links to student learning. Emphasis is on the continuity of well-structured lessons, units, and daily evaluation; meeting rigorous standards that inform practice; inclusivity and safety for all; and addressing needs of all students. Supervision and evaluation is conducted by the school practitioner and physical education faculty from the university. Individual visits and conferences will be a part of the evaluation and reflective practice. Prerequisites: Permission of instructor and advanced standing. Co-requisite: Practicum Seminar, MOVP 0355.

MOVP 0350 PRACTICUM IN PHYSICAL EDUCATION: SECONDARY 5-12 (6) Fall/Spring

The half semester practicum is a supervised experience for pre-service teachers in a secondary school. The experience requires that they demonstrate professionalism, teach classes, develop an understanding of school and community and the links to student learning. Emphasis is on the continuity of well-structured lessons, units, and daily evaluation; meeting rigorous standards that inform practice; inclusivity and safety for all; and addressing needs of all students. Supervision and evaluation is conducted by the school practitioner and physical education faculty from the university. Individual visits and conferences will be a part of the evaluation and reflective practice. Prerequisites: Permission of instructor and advanced standing. Corequisite: Practicum Seminar, MOVP 0355.

MOVP 0352 PRACTICUM IN PHYSICAL EDUCATION SECONDARY 5-12 (12) Fall/Spring

The full semester practicum is a supervised experience for pre-service teachers in a secondary school. The experience requires that they demonstrate professionalism, teach classes, develop an understanding of school and community and the links to student learning. Emphasis is on the continuity of well-structured lessons, units, and daily evaluation; meeting rigorous standards that inform practice; inclusivity and safety for all; and addressing needs of all students. Supervision and evaluation is conducted by the school practitioner and physical education faculty from the university. Individual visits and conferences will be a part of the evaluation and reflective practice. Prerequisites: Permission of instructor and advanced standing. Co-requisite: Practicum Seminar, MOVP 0355.

MOVP 0355 PRACTICUM SEMINAR: PHYSICAL EDUCATION (3) Fall/Spring

The practicum seminar is taken concurrently with the practicum and offers a series of formal meetings that provide the candidates an opportunity to reflect on their experiences. Candidates will collaborate to review, critique, and evaluate assignments and assessments linked to student learning. They will explore creative solutions to situations in their teaching, consider ongoing research in the field, and develop professional relationships. Identification of educational innovations, problems and suggestions for the present and future needs of candidates, school personnel, the community and physical education curricula are a pertinent of the seminar experience. Prerequisites: Permission of instructor and advanced standing. Corequisite: Concurrent enrollment in Practicum (MOVP 0348, 0349, 0350 or 0352).

MOVP 0360 SENIOR SEMINAR IN SPORTS MEDICINE (3)

Provides students an opportunity to examine contemporary issues and explore an area of selected interest relevant to the sports medicine field. Requirements include completion of a portfolio documenting the student's academic and professional development and presentation of a research project. Students will also be required to participate in dialogue session with MOVP 0213. Prerequisites: Intermediate Standing and Senior Standing.

MOVP 0390 SENIOR SEMINAR IN EXERCISE SCIENCE (3)

Provides an opportunity for senior-level Exercise Science students to discuss current issues in the field as well as transition to professional practice or graduate school. Students will participate in a Civic Engagement Program aimed at increasing physical activity and wellness of community. Preparation for professional certification examinations and post-graduate professional development will also be examined. Minimum Overall GPA 2.8. Prerequisite or Co-requisite MOVP 0320.

MOVP 0395 INTERNSHIP IN SPORTS MEDICINE (6)

Provides the student enrolled in the Sports Medicine Concentration with an opportunity to do in service work with public and private agencies/institutions in the community. The students will work under the supervision of the agency/institution director and will be supervised by a faculty member from the SMHP Department. Students will be expected to assist in the development as well as conduct of Sports Medicine programs offered. Students are expected to fulfill a minimum of 280 clock hours. Individual conferences and group seminars are held in addition to the 280 clock hours. Prerequisites: Permission of Instructor.

MOVP 0397 EXERCISE SCIENCE CAPSTONE INTERNSHIP (4-12)

Provides the student enrolled in the Exercise Science Concentration with an opportunity to do in service work with public and private agencies/institutions in the community. The students will work under the supervision of the agency/institution director and will be supervised by a faculty member from the SMHP Department. Students will be expected to assist in the development as well as conduct of Exercise Science programs offered. Students are expected to fulfill a minimum of 280 clock hours. Individual conferences and group seminars are held in addition to the 280 clock hours. Prerequisites: Permission of Instructor.

MOVP 0398 INTERNSHIP ADVENTURE EDUCATION (6)

Provides the student enrolled in the Adventure Education concentration with an opportunity to work with public and/or private agencies/institutions in the community wilderness programs. The student will work under the supervision of the agency/institution director and will be supervised by a member from the SMHP department. Students will be expected to assist in the development as well as the conduct of the Adventured Education programs offered. Students are expected to fulfill a minimum of 280 clock hours. Prerequisites: Advanced standing and completion of courses in the Adventure Education concentration with a minimum GPA of 2.5 and current First Aid certificate.

MOVP 0399 INDEPENDENT STUDY (1-6)

Individual research and independent study related to a particular phase of Sports Medicine and Human Performance, health or recreation with approval from the Sports Medicine and Human Performance Department. Prerequisite: Sports Medicine and Human Performance Major with Advanced Standing.

SKILLS

| | |
|---------------------------------------|-----|
| MOVP 0109 AEROBICS | (1) |
| MOVP 0110 ARCHERY | (1) |
| MOVP 0111 BADMINTON | (1) |
| MOVP 0112 BADMINTON II | (1) |
| MOVP 0113 FITNESS FOR ADULTS: WALKING | (1) |
| MOVP 0114 FITNESS FOR ADULTS: JOGGING | (1) |
| MOVP 0115 BOWLING | (1) |
| MOVP 0116 FRISBEE GAMES | (1) |
| MOVP 0118 STEP AEROBICS | (1) |
| MOVP 0119 PICKLEBALL | (1) |
| MOVP 0120 SOCCER | (1) |
| MOVP 0122 SOFTBALL | (1) |
| MOVP 0124 BASKETBALL | (1) |
| MOVP 0127 VOLLEYBALL | (1) |
| MOVP 0128 VOLLEYBALL II | (1) |
| MOVP 0129 FIELD HOCKEY | (1) |
| MOVP 0131 BEGINNERS' SWIMMING | (1) |
| MOVP 0132 INTERMEDIATE SWIMMING | (1) |
| MOVP 0133 SWIMMERS | (1) |
| MOVP 0137 SKIN AND SCUBA DIVING | (1) |
| MOVP 0138 BOATING AND CANOEING | (1) |
| MOVP 0139 KAYAKING | (1) |
| MOVP 0140 SQUARE DANCE | (1) |
| MOVP 0141 FOLK DANCE | (1) |
| MOVP 0142 MODERN DANCE | (1) |
| MOVP 0143 BALLROOM DANCE | (1) |
| MOVP 0144 MODERN JAZZ DANCE | (1) |
| MOVP 0145 BALLET I | (1) |

| | | |
|-----------|------------------------------------|-----|
| MOVP 0146 | BALLET II | (1) |
| MOVP 0147 | BASIC RHYTHMIC ACTIVITIES | (1) |
| MOVP 0148 | TAP DANCE | (1) |
| MOVP 0149 | TENNIS | (1) |
| MOVP 0150 | TENNIS II | (1) |
| MOVP 0151 | TRACK AND FIELD | (1) |
| MOVP 0152 | GOLF I | (1) |
| MOVP 0153 | GOLF II | (1) |
| MOVP 0154 | DOWNHILL SKIING | (1) |
| MOVP 0155 | SKI TOURING AND SNOW SHOEING | (1) |
| MOVP 0156 | GYMNASTICS I | (1) |
| MOVP 0162 | STRENGTH TRAINING AND CONDITIONING | (1) |
| MOVP 0163 | BALLROOM DANCE II | (1) |
| MOVP 0164 | BICYCLING | (1) |
| MOVP 0165 | RACQUETBALL AND HANDBALL | (1) |
| MOVP 0167 | CAMPING SKILLS | (1) |
| MOVP 0170 | TOUCH FOOTBALL | (1) |
| MOVP 0171 | DIVING | (1) |
| MOVP 0172 | ORIENTEERING | (1) |
| MOVP 0173 | INITIATIVE GAMES AND ROPES | (1) |
| MOVP 0180 | ROCK CLIMBING | (1) |
| MOVP 0181 | AQUA AEROBICS | (1) |
| MOVP 0182 | LIFEGUARD TRAINING | (2) |
| MOVP 0183 | RELAXATION TECHNIQUES | (1) |
| MOVP 0184 | WATER SAFETY INSTRUCTOR | (2) |
| MOVP 0185 | SWIMMING FOR FITNESS | (1) |

APPENDIX L

SMHP Department Professional Activity Form

Student Name: _____

Activity: _____

Date: _____ Time: _____

#PDPs(s): ____ Type PDP: ____ Academic ____ Clinical ____ Professional ____ SJ&I

Faculty/Staff/Physician/etc. (signature): _____ Date: _____

Print Name of Faculty/Staff/Physician/etc.: _____

Explain what Departmental Outcome this activity meets and why.

REMINDER: Keep this form (yellow) as proof of involvement in the above activity and PDP's earned AND load it into PLATO under appropriate category.

SMHP Department Professional Activity Form

Student Name: _____

Activity: _____

Date: _____ Time: _____

#PDPs(s): ____ Type PDP: ____ Academic ____ Clinical ____ Professional ____ SJ&I

Faculty/Staff/Physician/etc. (signature): _____ Date: _____

Print Name of Faculty/Staff/Physician/etc.: _____

Explain what Departmental Outcome this activity meets and why.

REMINDER: Keep this form (yellow) as proof of involvement in the above activity and PDP's earned AND load it into PLATO under appropriate category.

APPENDIX M
Sports Medicine and Human Performance Department
PDP Application Form

Student Name: _____

Organization/Site: _____

Contact Person: _____

Phone #: _____ Email: _____

Address: _____

Event/Activity: _____

Date(s): _____

Brief Description (required):

Explain what Departmental Outcome this activity meets and why. Number of Outcome _____

Exposure Time: _____ Complete in numerical order:

1. Contact Person (signature): _____ Date: _____

2. Advisor (signature): _____ Date: _____

3. SPEC representative (signature): _____ Date: _____

Note: If off-campus social justice & inclusion event pre-approval signature required of member of that committee:

• Social Justice and Inclusion Signature: _____ Date: _____

Note: Please attach a copy of literature (if available).

Reminder: There is no guarantee that PDP's will be awarded.

PLEASE KEEP THIS FORM (tan) AS PROOF OF PDP's EARNED and upload to PLATO

#PDP'S Earned _____ Date: _____

Academic

Clinical

Professional

Social Justice & Inclusion

APPENDIX N
MOVS PDP Summary Sheet

| DATE | ACTIVITY | DOCUMENTATION | PDP'S |
|---------------------------------------|----------|---------------|-------|
| ACADEMIC | | | |
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| | | | |
| | | | |
| | | | |
| TOTAL | | | |
| CLINICAL/PRACTICUM/FIELDWORK | | | |
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| TOTAL | | | |
| PROFESSIONAL | | | |
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| | | | |
| TOTAL | | | |
| SOCIAL JUSTICE & INCLUSION | | | |
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| | | | |
| | | | |
| TOTAL | | | |

Advisor signature _____ Date _____
Please check one: Intermediate Standing _____ Advanced Standing _____

APPENDIX O
PROFESSIONAL MEMBERSHIP

TO: Movement Science and Athletic Training Students
FROM: Department Faculty

It is the belief of the faculty in the Sports Medicine and Human Performance Department that students desiring to enter a profession should be professionally involved and professionally active. One measure of professional involvement and activity is membership in a professional organization. Therefore, a requirement MOV5 majors must meet to attain Advanced Standing in one of the department's concentrations is to demonstrate student membership in a profession-related organization during at least two (2) of their four (4) University years.

Membership not only demonstrates the major student's professional commitment, but also the student's willingness to share and support in advancing the profession's goals. However, students also reap many benefits from such membership. It provides students opportunity to develop a sense of professional identity by belonging to a group of individuals who share a common goal. Membership serves to keep the student abreast of developments and/or trends in the field. Further, the student has the opportunity to begin to establish professional contacts with whom to share concerns and/or seek answers to problems encountered in the field; and also to assist in employment opportunities.

Since our field is diversified/specialized, students need not join a specific organization, but rather may choose one from many organizations that are related to their area of concentration.

Examples of these organizations include:

| | |
|--|--|
| Society for Health and Physical Educators (SHAPE—America) | National Athletic Trainers Association (NATA) |
| ED (Eastern District) SHAPE—America | National Academy of Health and Physical Literacy (NAHPL) |
| American Council on Exercise (ACE) | National Strength & Conditioning Association (NSCA) |
| American College of Sports Medicine (ACSM) | Association for Experiential Education (AEE) |
| New England chapter ACSM (NEACSM) | Appalachian Mountain Club (AMC) |
| Association for Fitness and Business (AFB) | Sierra Club (SC) |
| Athletic Trainers of Massachusetts, Inc. (ATOM) | American Canoe Association (ACA) |
| Massachusetts Association for Health, Physical Education, Recreation and Dance (MAHPERD) | National Speleological Society (NSS) |
| Eastern Athletic Trainers Association (EATA) | |

The student's SMHP faculty advisor will monitor fulfillment of this requirement during the student advisement period each semester.

APPENDIX P

Department member names, office location and phone extensions in the Woodward Center

| <u>NAME</u> | <u>OFFICE LOCATION</u> | <u>EXTENSION</u> |
|--|------------------------|------------------|
| Dr. Heidi Bohler – Professor (Chair) | 221 | 8222/5363 |
| Dept. Office – Audrey Antosz, Adm. Asst. | 220 | 5679 |
| Dr. Paul Cacolice – Associate Professor | 214 | 5450 |
| Gregory Coogan – Assistant Professor | 223 | 8384 |
| Dr. Paul Higgins – Associate Professor | 241 | 5393 |
| Dr. Holly Noun – Professor | 221 | 5364 |
| Dr. Lynn Pantuosco-Hensch - Professor | 228 | 8213 |
| Dr. Robert Rausch – Professor | 226 | 5392 |
| Dr. Melissa Roti – Professor (Interim Chair F24) | 216 | 5665 |
| Dr. Amanda Salacinski – Associate Professor | 215 | 8803 |
| Dr. Diana Schwartz – Professor | Wil 319 | 5298 |
| Dr. Brian Selgrade – Assistant Professor | 213 | 8225 |
| Adjunct faculty/Visiting Lecturers* | | |
| Tucker Bachand | 250 | 8252 |
| Karen Gomez | | |
| Lauren Jimison | | 5418 |
| Alison Kleppinger | 212 | |
| Aimee LaBarre | 212 | |
| David Laing | 212 | 5395 |
| Cheryl Lee Scecina | | 5418 |
| Mike Marafuga | 217 | |
| Brad Miller | | |
| Chris Perkins | 217 | 5673 |
| Nicole Pollard | | |
| David Rist | | |
| Deborah Sheehy | | |
| Katherine Sylvain | | 8270 |

*These professors may be contacted through e-mail or through the department office.