

# **Department of Sports Medicine and Human Performance**



# **PROGRAMS AND ADVISEMENT PROCEDURES**

**2023**

## *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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**413-572-5363**

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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:*

**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 2023-SPRING**

Monday, September 19 <sup>th</sup>	Student Majors Meeting, by Concentration 5:30-8:00 p.m.
Monday, October 23 <sup>rd</sup>	Fall Advanced Standing Binders Due
Thursday, November 9 <sup>th</sup>	Fall Intermediate Standing Binders Due
Wednesday, December 6 <sup>th</sup>	Fall Symposium, Woodward Center Student Lounge, Conference Room and Classrooms 5:00-6:30 p.m. Mandatory for all students
March	Spring Advanced Standing Binders Due
April	Spring Intermediate Standing Binders Due
April	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 to the students in the Sports Medicine and Human Performance Department or those interested in a minor program in the department an easily understood overview of the programs of study and advisement procedures in the Department of Sports Medicine and Human Performance (SMHP). Further, it allows the student to track and assume responsibility for her/his progress throughout the undergraduate experience at Westfield State University.

The information provided in this manual will detail the Movement Science major, the available Movement Science concentrations and the recommended scheduling 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 (B. S.) degree. Students successfully completing either undergraduate degree program may also pursue graduate study in related fields (some graduate programs will require additional pre-requisite courses).

Students in the Movement Science major are required to complete 27 semester hours of courses that are designated as majors' core courses. Additionally, students in the Movement Science major must complete at least one of the five concentrations (Exercise Science, Physical Education, Sports Medicine, Adventure Education and Preventative Care & Physical Activity) within the major. 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 if they desire. All requirements in both concentrations must be completed in order to graduate with both indicated on the transcript.

The Exercise Science concentration require submission of an application and acceptance in order to pursue the coursework. Students interested in these programs are encouraged to communicate directly with the appropriate Program Director and review the associated Program Manual for information related to application procedures and specific program requirements.

### III. Curriculum Requirements

Westfield State University has curriculum requirements in three (3) distinct categories, the common core, the major and electives. Each of these categories must be completed before a degree is awarded and 120 credits are required for graduation.

The **common core** category is a universal requirement for all students regardless of their major. Some common core requirements may also fulfill major requirements. Core requirements and course selection options may be found in the University Catalog at <http://catalog.westfield.ma.edu/>

The second category, the **major**, is a listing of all courses required for a specific major. The Movement Science major consists of two (2) parts: the Movement Science major core and 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. Presently, these are: Sports Medicine, Exercise Science, Physical Education Teacher Certification (K-9 or 5-12), Adventure Education and Preventative Care and Physical Activity.

The third category, **electives** are courses the student has complete freedom to select. Students may use these electives to either: 1) take courses in which s/he has an interest, 2) complete a minor 3) complete another major, 4) complete another concentration in the major or 5) complete prerequisites for graduate school.



## **A. MOVEMENT SCIENCE MAJOR PROGRAM REQUIREMENTS**

*All Movement Science Majors must satisfactorily complete the twenty-seven (27) semester hours of courses specified below with an overall G.P.A. of 2.5 in order to be eligible for graduation with a degree in the major.\** Additionally, majors must successfully complete at least one of five concentrations offered within the major.

### **Movement Science Core Classes**

#### **Scientific Foundations (21 credits)**

MOVP0100- Science of Physical Activity & Health - Credits: 3

MOVP0202- Introduction to Motor Learning (PE, EXS, AE), MOVP0203- Motor Development and Behavior- Credits: 3 (SM)

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 By Your Concentration***

#### **Evidence-Based Practice – One course, concentration specific**

MOVP0266-Inquiry of Evidence-Based Practice- Credits: 3 (EXS, SM, AE)

MOVP0302-Measurement and Evaluation in Physical Education – Credits: 3 (PE)

#### **Cultural Competence - Select one course from the following list.**

EGST0260- Medical Anthropology - Credits: 3 [Note: pre-req EGST0101/0102]

MOVP0325- Women in Sport - Credits: 3

EDUC0380- Critical Multicultural Education - Credits: 3 (*PE Concentration must select*)

## Concentrations within the Major

The concentrations offered as part of the Movement Science major are (1) Sports Medicine, (2) Exercise Science, (3) Physical Education Teacher Certification (Elementary or Secondary), (4) Adventure Education, and (5) Preventive Care and Physical Activity. 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 within each concentration are listed on the following pages.

### Concentration Directors:

Sports Medicine	Dr. Holly Noun	572 5364
Exercise Science	Dr. Melissa Roti	572 5665
Physical Education	Dr. Heidi Bohler	572 5363
Adventure Education	Dr. Heidi Bohler	572 8222
Athletic Training Major	Dr. Paul Higgins	572 5393
Preventive Care	Dr. Amanda Salacinski	572 8803

**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.

## **SPORTS MEDICINE CONCENTRATION**

### **About the Program**

The Sports Medicine concentration is a pre-professional preparation option, which completes requirements for a Movement Science Major with an integrated concentration in Sports Medicine. Students are required to create an individualized plan of study appropriate to be eligible to apply for graduate school and other forms of continuing education in the allied health fields. Further study is required to obtain credentials in an allied health profession; however, entry-level health care career pathways are accessible for the student completing all program requirements. The integrated curriculum provides students the opportunity for inter-professional learning and problem solving; skill sets required by the evolving health care system and graduate programs.

### **Requirements**

All majors in the Department of Sports Medicine and Human Performance must complete the twenty-seven (27) credits of courses specified. A minimum grade point average of 2.5 in the major core classes is required to be eligible to graduate with a degree from the department.

In order to successfully complete the Sports Medicine Concentration, students must:

- Earn a minimum GPA of 2.5 in the Major Core Courses
- Take all required Sports Medicine Concentration Courses
- Earn a health care (or related) credential (EMT, CNA, PCA, HHA, phlebotomy, scribe, etc.)
- Meet academic and professional development criteria necessary to earn both Intermediate and Advanced Standing in the Sports Medicine and Human Performance Department, as outlined in the *Departmental Benchmarks* section.
- In addition, students pursuing a career in an allied health field must meet prerequisite standards for graduate level education in that field (i.e., PT, OT, PA, etc.). Information on these requirements may be obtained directly from the programs to which the student intends to apply.

### **Required Course List – 42 Credits**

MOVP 0101 Professional Issues in Exercise Science  
MOVP 0225 Medical Terminology and Documentation  
MOVP 0234 Evaluation of Upper Extremity Injuries  
MOVP 0235 Evaluation of Lower Extremity Injuries  
BIOL 0237 Human Anatomy and Phys I  
BIOL 0239 Human Anatomy and Phys II  
MOVP 0319 General Medical Aspects of Physical Activity  
MOVP 0323 Therapeutic Modalities  
MOVP 0327 Therapeutic Exercise  
MOVP 0328 Fitness/Rehab for Special Populations  
MOVP 0360 Senior Seminar in Sports Medicine

**Also required are:**

7 credits of courses selected from the following list in consultation with the advisor,

BIOL 0129 Biology I – have to take this as prereq.for BIOL 0 237  
BIOL 0203 Genetics  
BIOL 0205 Cell Biology  
BIOL 0209 Medical Microbiology  
BIOL 0223 Microbiology  
CHEM 0101 Introduction to Chemistry  
CHEM 0103 Chemistry for the Life Sciences  
CHEM 0109 General Chemistry I  
CHEM 0111 General Chemistry II  
CHEM 0201 Organic Chemistry I  
CHEM 0203 Organic Chemistry II  
CHEM 0313 Biochemistry  
COMM 0317 Health Communication – added  
EGST 260 Introduction to Medical Anthropology – added  
HESC 250 Medical Ethics  
PHSC 0101 Introduction to Physics  
PHSC 0115 General Physics I  
PHSC 0117 General Physics II  
PSYC 0201 Theories of Personality  
PSYC 0202 Child Development  
PSYC 0203 Adolescent Development  
PSYC 0207 Lifespan Development  
PSYC 0208 Adult Development and Aging  
PSYC 0303 Abnormal Psychology  
PSYC 0311 Health Psychology

## **EXERCISE SCIENCE CONCENTRATION**

The Exercise Science Program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) through the Commission on the Accreditation of the Exercise Sciences (CoAES). Upon successful completion of the program the student will have met the academic requirements necessary to sit for an examination for a nationally recognized certification in exercise and sport science. The following is a listing of the Exercise Science concentration course requirements beyond those of the Movement Science core: (40-48 credits)

### **Major Core Courses (27 credits)**

#### **Scientific Foundations (21 credits)**

MOVP0100- Science of Physical Activity and Health- Credits: 3  
MOVP0194- Musculoskeletal Structure and Function – Credits 3  
MOVP0202- Introduction to Motor Learning –Credits 3 (EXS)  
MOVP0204- Kinesiology- Credits: 3  
MOVP0205- Exercise Physiology- Credits: 3  
MOVP0212- Concepts of Nutrition- Credits: 3  
MOVP0215- Sport and Exercise Psychology- Credits: 3

#### **Evidence-Based Practice (3 credits; Concentration Specific Selection)**

MOVP0266-Inquiry for Evidence Based Practice: 3 (EXS, SM)

#### **Cultural Competence (select 3 credits; Concentration Specific Selection)**

MOVP0325- Women in Sport- Credits: 3  
OR  
EGST0260- Medical Anthropology- Credits: 3 (see pre-requisites)

### **Exercise Science Concentration Courses (40-48 credits)**

BIOL0237 – Anatomy and Physiology I- Credits: 4  
BIOL0239 – Anatomy and Physiology II- Credits: 4  
MOVP0107- Exercise Injuries: Prevention and Treatment- Credits: 3  
MOVP0101- Professional Issues in Exercise Science- Credits: 3  
MOVP0183- Relaxation Techniques- Credits: 1  
MOVP0292- Principles of Group Exercise Programming- Credits: 3  
MOVP0305- Principles of Strength and Conditioning- Credits: 3  
MOVP0306- Advanced Exercise Psychology- Credits: 3  
MOVP0320- Fitness Assessment & Exercise Prescription- Credits: 3  
MOVP0321- Organization & Administration in Exercise Science- Credits: 3  
MOVP0328- Fitness Rehabilitation for Special Populations- Credits: 3  
MOVP0390- Senior Seminar in Exercise Science- Credits: 3  
MOVP0397- Exercise Science Capstone Internship- Credits: 4-12 –OR—  
MOVP0399- Independent Study in Exercise Science (Research)- Credits: 4-12

## **EXERCISE SCIENCE CONCENTRATION ACCEPTANCE REQUIREMENTS**

The Exercise Science Program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) through the Commission on the Accreditation of the Exercise Sciences (CoAES). Upon successful completion of the program, the student will have met the academic requirements necessary to sit for a nationally recognized certification exam in exercise and sport science. Students must sit for a recommended certification exam (i.e. ACSM EP-C or NSCA CSCS). Students will graduate with a Bachelor of Science degree in Movement Science with a concentration in Exercise Science.

### **Requirements**

In order to gain acceptance into the Exercise Science Concentration, students must:

- Apply and be formally accepted into the program. The students must complete a minimum of 40 credits in the Exercise Science Program, and therefore, students are encouraged to apply during the second semester of their first year. The number of students accepted each semester will vary according to retention and graduation rates. Transfer students should provide documentation (syllabi, transcripts, course descriptions) of credit hours from a CAAHEP accredited program for course equivalencies.
- To gain ACCEPTANCE, students must meet the following minimal requirements:
  - Be accepted as a Sports Medicine and Human Performance Major
  - Completed MOVPO100 Science of Physical Activity and Health
  - Must have completed or be enrolled in MOVPO101-Professional Issues in Exercise Science.
  - Complete Observation hours (Minimum of 2 hours each at four different locations)
  - Observe 1 group exercise class
  - Participate in 1 group exercise class
  - Have Current CPR\*\*\* and First Aid Certifications
  - Be a member of approved Professional Organization (examples: NEACSM, ACSM, or NSCA)
  - Must have a minimum overall GPA of 2.7
  - Must submit a formal application (see Exercise Science Program Manual).
- To PROGRESS through the program, students must:
  - All majors in the Department of Sports Medicine and Human Performance must complete the twenty-seven (27) credits of courses specified below.
  - Have a minimum GPA of 2.5 in the Major Core Courses.
  - Take all Exercise Science Concentration Courses and achieve a minimum concentration GPA of 2.7.
  - Meet academic and/or professional development criteria necessary to earn both Intermediate and Advanced Standing in the Sports Medicine and Human Performance Department, as outlined in the *Departmental Benchmarks* section. Only students formally accepted into the program may be considered for the Internship in Exercise Science Capstone course.
  - Complete an Internship/Independent study research project

**PHYSICAL EDUCATION CONCENTRATION  
(TEACHER CERTIFICATION; PK-8 or 5-12)**

**Required Course List**

**Major Core Courses (27 credits)**

***Scientific Foundations (21 credits)***

MOVP 0100	Science of Physical Activity and Health	(3)
MOVP 0194	Musculoskeletal Structure and Function	(3)
MOVP 0202	Introduction to Motor Learning* (PE)	(3)
MOVP 0204	Kinesiology	(3)
MOVP 0205	Exercise Physiology	(3)
MOVP 0212	Concepts of Nutrition	(3)
MOVP 0215	Sport and Exercise Psychology	(3)

***Evidence-Based Practice (3 credits) Certification Specific Requirement***

MOVP 0302	Measurement and Evaluation in Physical Education* (PE)	(3)
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***Cultural Competence (3 credits) Certification Specific Requirement***

EDUC 0380	Critical Multicultural Education* (PE)	(3)
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**Teacher of PE Certification Courses (46-50 credits)**

MOVP 0103	Introduction to Teaching Physical Education	(3)
MOVP 0203	Motor Development and Behavior*	(3)
MOVP 0260	Theory and Practice of Teaching Education Games and Dance in Elementary and Secondary Physical Education	(3)
MOVP 0261	Theory and Practice of Games I: Invasion and Striking/Fielding Games in Elementary and Secondary Physical Education	(3)
MOVP 0262	Theory and Practice of Teaching Gymnastics and Aquatics in Elementary and Secondary Physical Education	(3)
MOVP 0264	Theory and Practice of Games I: Net/Wall and Target Games in Elementary and Secondary Physical Education	(3)
MOVP 0311	Adaptive Physical Education	(3)
MOVP 0314	Physical Education Teaching Methodology (Elementary and Secondary)	(3)
MOVP 0316	Curriculum Planning and Implementation in Physical Education	(2)
MOVP 0349	Practicum in Physical Education Elementary (PreK-8)	(12)
OR		
MOVP 0352	Practicum in Physical Education Secondary (5-12)	(12)
MOVP 0355	Practicum Seminar	(3)
EDUC 0363	Sheltered English Immersion*	(3)

*\*Concentration Courses.*

**\*\*Students must choose 2 activity courses (2-6 credits):**

MOVP 0111	Badminton	(1)
MOVP 0113	Fitness for Adults: Walking	(1)
MOVP 0116	Frisbee Games (Ultimate Frisbee)	(1)
MOVP 0118	Step Aerobics	(1)
MOVP 0127	Volleyball	(1)
MOVP 0138	Boating and Canoeing	(1)
MOVP 0139	Kayaking	(1)
MOVP 0140	Square Dance	(1)
MOVP 0141	Folk Dance	(1)
MOVP 0143	Ballroom Dance	(1)
MOVP 0153	Golf	(1)
MOVP 0155	Ski Touring and Snow Shoeing	(1)
MOVP 0162	Strength Training and Conditioning	(1)
MOVP 0165	Racquetball and Handball	(1)
MOVP 0167	Camping Skills	(1)
MOVP 0172	Orienteering	(1)
MOVP 0173	Initiative Games and Ropes	(1)
MOVP 0180	Rock Climbing	(1)
MOVP 0181	Aqua Aerobics	(1)
MOVP 0183	Relaxation Techniques	(1)
MOVP 0185	Swimming for Fitness	(1)
MOVP 0305	Principles of Strength and Conditioning	(3)

**(Additional activity courses listed in Appendix L - Skills)**

**NOTE: With advisor permission, the student may substitute:** Any 3-credit Adventure Education Concentration course or MOVP 0312 Interdisciplinary Learning through Movement and Dance (3).

**Practicum Placement Requirements:**

- Have a minimum GPA of 2.5 in the Major Core Courses
- Take all Teacher of Physical Education Concentration Courses
- Meet academic and/or professional development criteria necessary to earn Advanced Standing in the Sports Medicine and Human Performance Department, as outlined in the *Departmental Benchmarks* section.
- Meet all Advanced Standing requirements in the Education Department (as of Fall 2017) prior to practicum placement. Other requirements are:
  - A 3.0 GPA in the Teacher of Physical Education Certification pedagogy courses and a 2.7 in the PE Concentration.
  - A 2.8 overall GPA (including transfer work).
  - A minimum grade of 2.7 in MOVP 0314-Physical Education Teaching Methodology: Elementary and Secondary.
  - A passing grade on all required Massachusetts Tests for Educator Licensure (Communication and Literacy Skills; Physical Education)
- Evidence/Records of meeting state and national competencies (verified/signed observations logs, skills assessments, Gateway Assessments, lesson planning assignments, fitness assessments, passing licensure examination).



\*In lieu of the Practicum and the Practicum Seminar the student must complete two (2) upper level courses (200 or 300 level) from the Movement Science curriculum. Note: Substitution of upper level courses will result in removal of certification (concentration will not appear on diploma).

## **ADVENTURE EDUCATION CONCENTRATION**

Adventure Education administers an experiential curriculum of traditional and alternative teaching methods both in the classroom and in the field that meets the needs of the individual student's technical and theoretical foundation of becoming a professional in the field of outdoor adventure leadership. This concentration prepares students for careers in outdoor education and to lead field trips and adventure trips within the leisure industry.

### **Required Course List:**

MOVP 0117	Introduction to Adventure Education	(3)
MOVP 0190	First Aid and Emergency Care	(1)
MOVP 0203	Motor Development and Behavior	(3)
MOVP 0245	Adventure Challenge Instructor	(3)
MOVP 0250	Adventure Education Leadership	(3)
MOVP 0309	Adventure Education Programming	(3)

### **One of the following:**

BIOL 0128	Introduction to Organismal, Ecological and Evolutionary Biology	(4)
ENVS 0106	Introduction to Environmental Analysis	(3)

### **As well as three activities' courses from the following list: 3-5 Credits**

MOVP 0137	Skin and Scuba Diving	(1)
MOVP 0138	Boating and Canoeing	(1)
MOVP 0139	Kayaking	(1)
MOVP 0154	Downhill Skiing	(1)
MOVP 0155	Ski Touring and Snow Shoeing	(1)
MOVP 0167	Camping Skills	(1)
MOVP 0172	Orienteering	(1)
MOVP 0173	Initiative Games and Ropes	(1)
MOVP 0180	Rock Climbing	(1)
MOVP 0182	Life Guard Training	(1)
MOVP 0184	Water Safety Instructor	(1)

### **Also required is:**

MOVP 0398	Internship Adventure Education	(6)
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## **PREVENTIVE CARE AND PHYSICAL ACTIVITY CONCENTRATION**

The Preventive Care and Physical Activity Concentration prepare students to be engaged citizens through impacting the care of individuals and groups in their communities. The focus is on preventive health interventions viewed and implemented through the lenses of multiple health-behavior models, inter-professional- and team-based leadership and problem solving, as well as health equity. Students may complete the program as a concentration in Movement Science, or as a specialization to add to a declared major.

The Preventive Care and Physical Activity Concentration requires 18-credits of specified course work, as well as 18-credits of additional approved coursework OR a minor, towards a focused area. The 18-credits OR added minor is designed to support student focused work to allow for credentialing in an area selected by the student.

### **Major Core Courses (27 credits)**

#### **Scientific Foundations (27 credits)**

MOVP0100 - Science of Physical Activity and Health - Credits: 3

MOVP0194 - Musculoskeletal Structure and Function - Credits 3

MOVP0202- Introduction to Motor Learning **OR** MOVP0203 - \*Motor Development and Behavior - Credits 3

MOVP0204 – Kinesiology - Credits: 3

MOVP0205 - Exercise Physiology - Credits: 3

MOVP0212 - Concepts of Nutrition - Credits: 3

MOVP0215 - Sport and Exercise Psychology - Credits: 3

MOVP0226 - Inquiry of Evidence-Based Practice (Recommended for PHAPA) **OR**

\*MOVP0302 Measurement and Evaluation of Physical Education (PE Licensure) **OR**

\*MOVP0337 Athletic Training Research and Clinical Decision-Making (AT) - Credits 3

MOVP0325 - Women in Sport **OR** EGST0260 Intro. to Medical Anthropology (Recommended for PHAPS) **OR** EDUC 0380 Critical Multicultural Education (PE Licensure) - Credits 3

**\*Requires approval**

### **Exercise Science Concentration Courses (36+ credits)**

MOVP0101- Professional Issues in Exercise Science- Credits: 3

MOVP0225- Medical Terminology- Credits: 3

COMM0317-Health Communication (see prerequisites) - Credits: 3

MOVP0303- Health Ed. For Elementary- Credits: 3

MOVP0321- Organization & Administration in Exercise Science **OR** HESC0380 Public Health Interventions- Credits: 3

MOVP0396- Special Topics in Movement Science- Credits: 3

Required: Minor or 18-credits of additional coursework towards a credential or focused areas of interest. Students should consult with one of the program advisors to discuss the optimal path for credential certifications and exam preparation for the CHES, PAPHS, or CSPAP paths.

## **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 Care.

### **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)
CHEM0103	Chemistry of Life Science* with Lab	(4)
MATH0108	Elementary Statistics	(3)
MOVP0205	Physiology of Exercise	(3)
MOVP 0211	Emergency Medical Technician	(4)
MOVP 0212	Concepts of Nutrition	(3)
PHYS 0115	General Physics I with Lab	(4)

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

## IV. MINOR PROGRAMS

The department offers minor programs in Adventure Education and Coaching and an interdisciplinary minor in Commercial Recreation and Tourism.

### A. Adventure Education

#### Required

MOVP 0190	First Aid and Emergency Care*	(1)
MOVP 0117	Intro to Adventure Education	(3)
MOVP 0245	Adventure Challenge Instructor	(3)
MOVP 0250	Techniques of Wilderness Leadership	(3)
MOVP 0309	Outdoor Recreation	(3)

#### One of the following

GARP 0106/ENVS 0106	Intro Environmental Analysis	(3)
BIOL 0201	General Ecology	(3)

#### Three (3) of the following

MOVP 0137	Skin and Scuba Diving	(3) or (4)
MOVP 0138	Boating and Canoeing	
MOVP 0139	Kayaking	
MOVP 0155	Ski Touring and Snowshoeing	
MOVP 0164	Bicycling	
MOVP 0167	Camping Skills	
MOVP 0172	Orienteering	
MOVP 0173	Initiative Games and Ropes	
MOVP 0180	Rock Climbing	
MOVP 0182	Life Guard Training	
MOVP 0184	Water Safety Instructor	

Total (19) or (21)

\*May be replaced by MOVP 0210: Wilderness First Responder

## B. Coaching

The **Coaching Minor** 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): (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 the following 18-credits of course work:

### REQUIRED (12 credits)

MOVP 0100	Physical Activity & Health (formerly Introduction to Exercise Science)	(3)
MOVP 0107	Exercise Injuries, Prevention & Treatment	(3)
MOVP 0215	Sport & Exercise Psychology	(3)
MOVP 0220	Coaching Principles & Practice	(3)

### SELECTIONS (6 credits)

MOVP 0261*	Theory and Practice of Games I	(3)
	OR	
MOVP 0264*	Theory and Practice of Games II	(3)

\* Prerequisite MOVP 202 or MOVP 203 for Movement Science Majors

MOVP 0321	Organization & Administration for Exercise Science	(3)
	OR	
MOVP 0334	Organization & Administration in Athletic Training	(3)

To declare a Coaching Minor:

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

Questions: Contact Dr. Lynn Pantuosco-Hensch: [lhensch@westfield.ma.edu](mailto:lhensch@westfield.ma.edu)

## C. Commercial Recreation and Tourism

The Commercial Recreation and Tourism minor is an interdisciplinary program shared by the departments of Economics and Management, Geography and Regional Planning and Sports Medicine and Human Performance. It 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 one of the three department majors and to seek advisement from that department.

**Six** courses constitute the minor:

### **Required (9 credits)**

MGMT 0251 Introduction to Commercial Recreation and Tourism (3)

### **One of the following**

MOVP 0322 Sports and the Law (3)

MOVP 0330 Sports Promotion (3)

### **One of the following**

GARP 0213 Travel and Tourism (3)

GARP 0218 Recreational Geography (3)

### **Three Courses from the list below (9 credits) (Approval of Minor Advisor Necessary)**

ECON 0322 The Economics of Sport (3)

GARP 0317 Special Topics (3)

MGMT 0221 Business Management (3)

MGMT 0231 Marketing Management (3)

MGMT 0241 Business Law (3)

MOVP 0322 Sports & 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 0296 Special Topics (3)

## V. SUGGESTED SEQUENCES OF COURSES

To assist the student in completing the Movement Science or Athletic Training degree requirements in a timely fashion (4 years), the department has developed a sequence of courses by semester. These are found in **Appendices G to K**.

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 (MOVEMENT SCIENCE MAJORS)

### A. INTERMEDIATE STANDING-Minimum requirement for graduation as a Movement Science or Athletic Training major

Requirements:

In order to enroll in upper level courses within the department, a student must complete the requirements for Intermediate Standing and submit documentation in electronic portfolio (PLATO) format as follows:

#### Section 1 – Mandatory Documents

1. Writing sample from ENGL Comp I
  - a. Sample must have a grade of B- or better
2. Copy of Signed Advisement Form.
3. Two (2) Faculty Recommendations
4. WSU Degree Evaluation
5. Credentials-**must be current** (professionalism)
  - a. First Aid/CPR certifications (copy of cards)
6. Program Specific Documentation (see relevant program manual)

#### Section 2 –Professional Development Points Documentation (acceptable documentation listed on PDP Matrix)

1. Each student is required to include scanned copies of signed documentation for a minimum of 3 earned PDP's in the Academic category, a minimum of 3 PDPs in the Clinical category, a minimum of 3 PDPs in the Professional category and a minimum of 3 PDPs in the Social Justice & Inclusion category. This includes signed PDP forms or signed PDP Application forms.\*  
**\*PDP application forms (including additional documentation) must have been previously submitted to and approved by SPEC.**
2. All PDP documentation should be scanned and inserted into the electronic template in appropriate order, beginning with a content list.



## Procedure and Format:

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)

The student is required to submit their ePortfolio materials to their advisor by the **First Day of the advising period**.

2. **During advising appointments, students must work with their advisors to make corrections to the ePortfolio.** Students will make appropriate changes prior to final submission. The ePortfolio will be submitted electronically during the student's 3<sup>rd</sup> or 4<sup>th</sup> semester, depending on course completion. (Transfers handled on an individual basis.)
3. Advisors will check that all the proper material is located in the ePortfolio (uploaded electronically), **by the last day of advising**, and provide initial approval.
4. The ePortfolio will then be evaluated by the Student Performance Evaluation Committee (SPEC) electronically.
5. The Student Performance Evaluation 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\*

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

- The student will present a remediation plan (developed with his/her 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 his/her 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, s/he 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 he/she does not qualify for remediation or continuation in their course sequence, nor is s/he permitted to take upper level courses until s/he has 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 - Requirement for participation in concentration specific fieldwork for Movement Science majors (e.g. practicum, internship, research) or the final clinical experience for Athletic Training majors. Required to earn recognition of concentration on transcript.**

Requirements:

To obtain Advanced Standing, the student must have Intermediate Standing, complete the requirements for Advanced Standing and submit documentation in electronic portfolio (PLATO) format as follows:

Section 1 – Mandatory Documents

1. Personal Statement addressed to the SMHP Department Faculty  
(Candidate must address how they have met departmental outcomes.)
2. Professional Résumé (to demonstrate effective communication, professionalism and civic engagement)
3. Five (5) Recommendations – (3) Faculty and (2) additional from outside the department
4. WSU Degree Evaluation
5. Credentials-**must be current throughout field work experience**  
(professionalism)
  - a. Current First Aid/CPR certifications (copy of cards, valid through capstone)
  - b. Professional organization membership- (copy of current card/documentation)
6. Program Specific Documents (see relevant program manual)

Section 2 –Professional Development Points Documentation (acceptable documentation listed on PDP Matrix)

1. Each student is required to include scanned copies of signed documentation for a minimum of 4 earned PDP's in the Academic category, a minimum of 4 PDPs in the Clinical category, a minimum of 4 PDPs in the Professional category and a minimum of 4 PDPs in the Social Justice & Inclusion category. This includes signed PDP forms or signed PDP Application forms.\* (Any PDPs submitted for, or dated before IS submission, may not be used toward Advanced Standing.)  
**\*PDP Application forms must have been previously submitted to (including additional documentation) and approved by SPEC.**
2. All PDP documentation should be scanned and inserted into the electronic template in appropriate order, beginning with a content list.

### **Procedure and Format:**

1. The student must have completed and/or be currently enrolled in required concentration specific courses.
2. 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 in PE Certification
  - c. 2.800 GPA Overall
3. The student is required to submit the ePortfolio (all materials uploaded electronically) to their advisor no later than the **first day of the advising period**. The ePortfolio will be submitted during the semester prior to their practicum, internship, research project or final clinical experience.
4. Advisors will check that all the proper material is located in the ePortfolio and provide initial approval.
5. The ePortfolio will then be available to the SMHP department faculty to be reviewed by each faculty member **by the last day of advising**.
6. 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.
7. 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 three fold:

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 Student Performance Evaluation 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 Student Performance Evaluation Committee after the activity. The PDP Application form must be approved by SPEC 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 Student Performance Evaluation 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\***

**Documentation is to be maintained by the student** (in section 1 of the portfolio), and submitted (in the portfolio) as part of the application for Intermediate and Advanced Standing. The following are descriptions of the forms used as part of this policy:

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. <b>(Appendix M)</b>
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. <b>(Appendix N)</b>
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. <b>(Appendix O)</b>

*\*All questions regarding the accumulation of PDPs should be directed to members of the Student Performance Evaluation Committee (SPEC).*

#### **D. Acceptance into Concentration**

Please refer to concentration program manuals for specific requirements. Athletic Training majors must consult the Athletic Training Program Manual for specific requirements for acceptance to the program.

#### **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 faculty. Students must achieve a minimum G.P.A. 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. Practicum placements must take place within a 30-mile radius of the University.

## **G. Athletic Training Education Program**

Students in the Athletic Training Major must also meet any requirements established by the Commission on Accreditation of Athletic Training Education (CAATE). Please refer to the Athletic Training Program Manual.

## **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 MOVS 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. MOVS 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 MOVP 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 them 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 s/he will declare his/her 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 his/her 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), s/he 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 a Portfolio to his/her 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 his/her Portfolio to the Student Performance Evaluation Committee (Intermediate Standing) or to the Department Office for review by each individual faculty member (Advanced Standing).
12. The student will be notified in writing of approval for Intermediate or Advanced Standing and/or if any other conditions must be met.
13. Students pursuing an Internship, Practicum, or Clinical Experience are **required to meet with the assigned Program Placement Coordinator** by October 1<sup>st</sup> or April 1<sup>st</sup> 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 s/he 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 her/his 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
- \_\_\_ **Students need 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

**Intermediate Standing Application  
Appendix B**

<b>Name:</b>		<b>Advisor:</b>	
<b>Concentration:</b>		<b>Semester/Year Submitting:</b>	

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:
<b>3 Academic Professional Development Points</b> (Listed Below/ Signed by Advisor and SPEC)			
1.			4.
2.			5.
3.			6.
<b>3 Clinical Professional Development Points</b> (Listed Below/ Signed by Advisor and SPEC)			
1.			4.
2.			5.
3.			6.
<b>3 Professional Development Points</b> (Listed Below/ Signed by Advisor and SPEC)			
1.			4.
2.			5.
3.			6.
<b>3 Social Justice Professional Development Points</b> (Listed Below/ Signed by Advisor and SPEC)			
1.			4.
2.			5.
3.			6.
<b>Student Signature Line</b>		<b>Advisor Signature Line</b>	
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:

**Advanced Standing Application  
Appendix C**

<b>Name:</b>		<b>Advisor:</b>	
<b>Concentration:</b>		<b>Semester/Year Submitting:</b>	

**Documents Included in Portfolio**

	<b>Grade</b>	<b>√</b>		<b>√</b>
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)	
<b>4 Academic Professional Development Points</b> (Listed Below/ Signed by Advisor and SPEC)				
1.			4.	
2.			5.	
3.			6.	
<b>4 Clinical Professional Development Points</b> (Listed Below/ Signed by Advisor and SPEC)				
1.			4.	
2.			5.	
3.			6.	
<b>4 Professional Development Points</b> (Listed Below/ Signed by Advisor and SPEC)				
1.			4.	
2.			5.	
3.			6.	
<b>4 Social Justice Professional Development Points</b> (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)**

Sports Medicine				Exercise Science			
Course	Grade	Cr.-Sem	QP	Course	Grade	Cr.-Sem	QP
Professional Issues Ex. Sc.		3		Anatomy and Physiology I		4	
Medical Term. & Document		3		Anatomy and Physiology II		4	
*Eval. Of Upper Ext. Injur.		3 (S)		Ex. Injuries: Prev. & Treat.		3	
*Eval. Of Lower Ext. Injur.		3 (F)		Pro. Issues in Ex. Science		3	
Gen. Medical Aspects		3		Relaxation Techniques		1	
*Therapeutic Modalities		3		Group Exercise Program		3	
*Therapeutic Exercise		3		*Prin. Strength & Cond.		3	
*Fit. Rehab. Spec. Pops.		3		*Fitness Assessment		3	
Senior Sem. in Sport Med.		3		Organization & Adm. In ES		3	
				*Fit. Rehab. Spec. Pops.		3	
7 credits selective list				*Advanced Exercise Psych.		3	
				Senior Sem. In Ex. Science		3	
				**Ex. Sci. Capstone <b>or</b>		4-12	
				Ind. Study in ES (Research)		4-12	
Athletic Training				Physical Education–Teaching Licensure (elem/sec)			
Course	Grade	Credits	QP	Course	Grade	Credits	QP
General Biology I		4		Introduction to PE		3 –F	
Anatomy & Physiology I		4		*Theory Prac. Dance/Elem		3 –F	
Anatomy & Physiology II		4		*Theory Prac. Inv./Strike		3 –F	
Intro to Athletic Training		3 - S		*Theory Prac Net/Wall/Target		3 –S	
Medical Terminology		3		*Theory Prac. Gym/Swim		3 –S	
Taping, Padding, & Wrap		1		*Methods in PE El/Sec (2.7)		3 –F	
First Aid & Emergency Care		1		*Measurement in PE		3 –F	
Athletic Training Skills		1		*Curriculum Plan/Imp. PE		2 –S	
Athletic Training Skills		1		Adapted PE		3 –S	
Motor Develop. & Behavior		3		**Practicum Elem or Sec		12	
Eval. of Upper Ext. Inj.		3		Practicum Seminar		3	
Eval. of Lower Ext. Inj.		3		*Multicultural Education		3	
AT Clinical Experience		2		*Sheltered Eng. Immersion		3	
AT Clinical Experience		2		MTEL – Reading (in Soph.)	Date Passed		
Gen. Med. Asp. of Phy. Act.		3		MTEL – Writing (in Soph.)	Date Passed		
Therapeutic Modalities		3		MTEL – PE (in Jr.)	Date Passed		
Therapeutic Exercise		3		Eng. Comp Avg. (2.7 min.)			
Fit. & Reh. for Special Pops.		3		*These courses have pre-requisites and/or co-requisites. Many of the science courses require Physiology of Exercise, and PE requires Motor Development and Motor Learning or previous courses in the sequence. Upper level courses require intermediate standing.			
AT Res. & Cl. Dec. Making		3					
AT Res. & Cl. Dec. Making		3					
Adventure Education				**A minimum GPA of 2.5 in the Major’s Core, a 2.7 in the concentration (3.0 PE), and a 2.8 overall along with Advanced Standing required for internship, practicum, or clinical placement.			
Course	Grade	Credits	QP				
Intro. to Adventure Educ.		3					
Adventure Challenge Instr.		3		Concentration _____ GPA _____ Total Quality Points (QP) times Credits = _____ Divided by total concentration credits earned = _____ QP values are on page one of Appendix D			
Adventure Educ. Leadership		3					
Intro to Org., Ecology and Evolutionary Biology <b>or</b> Intro. to Environ. Analysis		4					
Adventure Education Programming or Outdoor Ed		3					
First Aid & Emergency Care		1					
Activity 1		1					
Activity 2		1					
Activity 3		1					
**In Study <b>or</b> Int. Adv. Ed.		6					

**APPENDIX D**  
**ADVISOR PORTFOLIO CHECKLIST**  
**INTERMEDIATE AND ADVANCED STANDING**

	<b>Intermediate</b>	<b>Advanced</b>
<i>Structure</i>		
<i>Section 1 – Mandatory Documents</i>		
Statement <ul style="list-style-type: none"> <li>- Intermediate Standing – Writing Sample (B- or better grade from Comp)</li> <li>- Advanced Standing – Statement that addresses how they have met departmental outcomes or a professional cover letter</li> </ul>		
Resume <ul style="list-style-type: none"> <li>- Intermediate Standing – Copy of signed initial advisement form</li> <li>- Advanced Standing – Resume</li> </ul>		
Grade Audit Sheet <ul style="list-style-type: none"> <li>- Intermediate Standing 2.5 overall, (inclusive of MOVP0100 and MOVP0194 must be part of this GPA)</li> <li>- Advanced Standing 2.5 major’s core, 2.7 concentration (PE 3.0), 2.8 overall</li> </ul>		
Current First Aid/CPR Certification Cards		
Professional Membership Card <ul style="list-style-type: none"> <li>- Current for Advanced Standing</li> </ul>		
Evaluations (Appendix F)*		
PDP Summary Sheet <ul style="list-style-type: none"> <li>- Intermediate Standing – 12 (acad./clin./prof. + social justice &amp; inclusion – 3 in each)</li> <li>- Advanced Standing – Additional 16 (acad./clin./prof. + social justice &amp; inclusion – 4 in each)</li> </ul>		
<i>Section 3-Academic PDP (IS 3/ AS 4) Supporting Documents**</i>		
<i>Section 4-Clinical PDP (IS 3/AS 4) Supporting Documents**</i>		
<i>Section 5-Professional PDP (IS 3/AS 4) Supporting Documents**</i>		
<i>Section 6 – Social Justice &amp; Inclusion PDP (IS 3/AS 4)</i>		
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		

(Continued on back)

\*IS Evaluations (favorable) from two Sports Medicine and Human Performance Faculty members.

AS Evaluations (favorable) from three (3) Sports Medicine and Human Performance Faculty members and two (2) evaluations (favorable) from supervisors. (Appendix F).

\*\* Acceptable documentation as listed on PDP Matrix or Additional documentation for earned PDP's

Advisor (signature): \_\_\_\_\_ Date: \_\_\_\_\_

SPEC (signature): \_\_\_\_\_ Date: \_\_\_\_\_

**APPENDIX E**  
**SMHP Professional Development Point Matrix**

**SMHP PDP MATRIX**

Activity	PDP's	Documentation
<b>ACADEMIC – 3 for IS, 4 for AS</b>		
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)
<b>CLINICAL/PRACTICUM – 3 for IS, 4 for AS</b>		
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
<b>PROFESSIONAL – 3 for IS, 4 for AS</b>		
<b>SGA CLUB</b>		
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 MOVP 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 <b>second</b> year of appropriate professional membership	1	Copy of Card/Registration – <b>this only applies for a second year of membership, or an additional professional organization</b>
<b>SOCIAL JUSTICE &amp; INCLUSION – 3 for IS, 4 for AS</b>		
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:

\_\_\_\_\_  
Evaluator's Signature

\_\_\_\_\_  
Date

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**APPENDIX G**  
**SPORTS MEDICINE CONCENTRATION**  
**SUGGESTED GENERAL COURSE SEQUENCES**

<b>FIRST YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
cc: Biology (MOVP 0129)	4	cc: Anatomy and Physiology I (BIOL 0237)	4
cc: English Comp I (ENGL 101)	3	cc: English Composition II (ENGL 0102)	3
cc: Intro to Psychology (PSYC 0101)	3	mc: Musculoskeletal Structure (MOVP 0194)	3
mc: Sci. of Phys. Activity & Health (MOVP 0100)	3	mc: Medical Terminology (MOVP 0225)	3
Core/ Elective:	3	Professional Issues (MOVP 0101)	3
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>16</b>
<b>SECOND YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
cc: Anatomy and Physiology II (BIOL 0239)	4	mc: Motor Learn/Motor Dev. (MOVP 0202/203)	3
mc: SMED selective*	¾	mc: Exercise Physiology (MOVP 0205)	3
mc: Kinesiology (MOVP 204)	3	mc: Nutrition (MOVP 0212)	3
cc: Elementary Statistics (MATH 0108)	3	mc: Sport and Exercise Psychology (MOVP 0215)	3
cc: Intro to Sociology (SOC 0101)	3	SMED selective*	¾
<b>TOTAL</b>	<b>16/17</b>	<b>TOTAL</b>	<b>15/16</b>
<b>THIRD YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
mc: Evaluation of Lower Ext. Inj. (MOVP 0235)	3	mc: Evaluation of Upper Ext. Inj. (MOVP 0234)	3
mc: Inq. Evidence Based Prac. (MOVP 0266)	3	mc: Gen. Med. Aspects of Phy. Act. (MOVP 319)	3
Elective*	¾	Cultural Competence course	3
mc: Lifespan Development (MOVP 0207)	3	Core	6
<b>TOTAL</b>	<b>15/16</b>	<b>TOTAL</b>	<b>15</b>
<b>FOURTH YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
mc: Fitness Rehab for Special Pop. (MOVP 0328)	3	Core	3
mc: Therapeutic Exercise (MOVP 0327)	3	Core	3
mc: Sr. Seminar in Sports Medicine (MOVP 0360)	3	Core	3
mc: Therapeutic Modalities (MOVP 0323)	3	Core	3
Elective**	3		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>12</b>

*AS Application*

\* 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			
<b>FALL</b>		<b>SPRING</b>	
cc: English Composition I (ENGL 101)	3	mc: Musculoskeletal Structure & Function (MOVP 0194)	3
cc: Intro. To Mole., Cellular, Dev Bio (BIOL 0129)	4	Introduction to Teaching PE (MOVP 0103) or Core	3
cc: Intro to Psychology (PSYC 0101)	3	mc: Motor Learning or Development (MOVP 202)	3
mc: Sci. of Phys. Activity & Health (MOVP 0100)	3	cc: Intro. To Sociology (SOC 0101)	3
Core/ Elective:	3	Core/ Elective:	3
<b>☛ Take MTEL Communication/ Literacy</b>			
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>

SECOND YEAR			
<b>FALL</b>		<b>SPRING</b>	
Introduction to Teaching PE (MOVP 0103) or Core	3	Theory & Prac. Gym.& Aquatics (MOVP 02062)	3
Theory & Prac. Of Games I (MOVP 0261)	3	Theory & Practice Games II (MOVP 0264)	3
Theory & Prac. Of Games & Dance (MOVP 0260)	3	mc: Sport & Exercise Psychology (MOVP 0215)	3
mc: Nutrition (MOVP 0212)	3	cc: Elementary Statistics (MATH 0108)	3
Core/ Elective:	3	cc: Schools in American Culture (EDU 0220)	3
		<b>☛ Intermediate Standing Application</b>	
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>15</b>

THIRD YEAR			
<b>FALL</b>		<b>SPRING</b>	
Kinesiology (MOVP 0204)	3	mc: Physiology of Exercise (MOVP 0205)	3
PE Methods *[must take with SEI] (MOVP 0314)	3	Curriculum Planning (MOVP 0316)	2
Sheltered English Immersion (SEI, EDUC 0363)	3	Adaptive PE (MOVP 0311)	3
Measurement & Evaluation in PE (MOVP 0302)	3	cc: Multicultural Educ. (EDUC 0380)	3
Course/ Elective:	3	mc: Motor Learn. Or Dev. (MOVP 202/203)	3
Activity Choice 1	1	Activity Choice 2	1
<b>☛ Take Subject Matter Test</b>		<b>☛ Advanced Standing Application</b>	
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>

FOURTH YEAR			
<b>FALL</b>		<b>SPRING</b>	
Practicum in PE Elementary (MOVP 0349 or 352)	12	Practicum in PE Secondary (MOVP 0352 or 349)	12
Practicum Seminar (MOVP 0355) *OR*	3	Practicum Seminar (MOVP 355) *OR*	3
Complete Core if not in Practicum <sup>14,15,16</sup> *OR*		Complete Core if not in Practicum <sup>14,15,16</sup> *OR*	
Complete Upper-Level Electives (Health Ed. El.)		Complete Upper-Level Electives (Health Ed. El.)	
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>10-18</b>

**cc Core<sup>#</sup>, Teacher Concentration Courses, mc Major Core Courses, ☛ Important Processes and Check Points**  
 Activity Choices 1 & 2 can be selected from the following: Badminton, Fitness for Adults: Walking, Frisbee Games (Ultimate Frisbee), Step Aerobics, Volleyball, Golf, Strength Training and Conditioning, Racquetball and Handball, Camping Skills, Orienteering, Initiative Games and Ropes, Rock Climbing, Aqua Aerobics, Relaxation Techniques, Swimming for Fitness, Principles of Strength and Conditioning (3). **NOTE: With advisor permission, the student may substitute:** Any 3-credit Adventure Education course or MOVP0312 Interdisciplinary Learning through Movement and Dance (3).

**APPENDIX I**  
**EXERCISE SCIENCE CONCENTRATION**  
**SUGGESTED COURSE SEQUENCE**

<b>FIRST YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
cc: English Composition I (ENGL 0101)	3	mc: Musculoskeletal Structure (MOVP 0194)	3
cc: Anatomy and Physiology Prerequisite	4	mc: Anatomy and Physiology I (BIOL 0237)	4
cc: Intro to Psychology (PSYC 0101)	3	cc: Elementary Statistics (MATH 0108)	3
mc: Sci. of Phys. Activity & Health (MOVP 0100)	3	ES core: Professional Issues in ES (MOVP 0101)	3
Core/ Elective or Prof. Issues (MOVP 0101)	3	Core/ Elective:	3
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>16</b>
		<b>ESP Application</b>	
<b>SECOND YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
mc: Anatomy and Physiology II (BIOL 0239)	4	mc: Physiology of Exercise (MOVP 0205)	3
mc: Kinesiology (MOVP 0204)	3	mc: Concepts of Nutrition (MOVP 0212)	3
mc: Motor Learning (MOVP 0202)	3	mc: Inq. To Evidence Based Pract. (MOVP 0266)	3
mc: Sport & Exercise Psychology (MOVP 0215)	3	ES core: Exercise Injuries (MOVP 0107)	3
Core/ Elective or Prof. Issues (MOVP 0101)	3	ES core: Relaxation Techniques (MOVP 0183)	1
		<b>☞ Intermediate Standing Application</b>	
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>
<b>THIRD YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
mc: Women in Sport (MOVP 0325)	3	ES Core: Org. & Admin ES (MOVP 0321)	3
ES core: Prin. of Group Ex. Program (MOVP0292)	3	ES Core: Strength & Conditioning (MOVP0305)	3
ES core: Fitness Assess. & Prescript. (MOVP0320)	3	ES Core: Advanced Ex. Psych. (MOVP0306)	3
Core/ Elective:	6	Core/ Elective:	6
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>
<b>FOURTH YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
ES Core: Fit. Rehab. For Special Pops (MOVP0328)	3	ES Core: ES internship (MOVP 0397/399)	4-12
ES Core: Senior Seminar ES (MOVP0390)	3	Core/ Elective:	6
Core/ Elective:	10		
<b>☞ Advanced Standing Application</b>			
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>10-18</b>

Other recommended courses/Graduate school prerequisites:

Sciences: General Chemistry I&II; Biochemistry; Physics I&II

Psychology: Health Psychology, Behavior Modification

Economics & Business Management: Introduction to Business; Business Law; Marketing; Management; Software App.

**APPENDIX J**  
**ADVENTURE EDUCATION CONCENTRATION**  
**SUGGESTED COURSE SEQUENCE**

<b>FIRST YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
cc: English Comp I (ENGL 101)	3	mc: Musculoskeletal Structure (MOVP 0194)	3
cc: Intro to Psychology (PSYC 0101)	3	mc: Intro. To Motor Learning (MOVP 0202)	3
mc: Sci. of Phys. Activity & Health (MOVP 0100)	3	Core/ Elective:	9
Core/ Elective:	6		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>15</b>
<b>SECOND YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
mc: Kinesiology (MOVP 0204)	3	mc: Physiology of Exercise (MOVP 0205)	3
mc: Motor Learning & Develop. (MOVP 0203)	3	ae: Adventure Challenge Inst. (0245)	3
ae: Intro to Adv. Education (MOVP 0117)	3	Core/ Elective:	3
ae: Activity	1/2	Core/ Elective:	3
Core/ Elective:	3	Core/ Elective:	3
		ae: Activity	1/2
		<b>☞ Intermediate Standing Application</b>	
<b>TOTAL</b>	<b>13/14</b>	<b>TOTAL</b>	<b>16/17</b>
<b>THIRD YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
ae: Adventure Educ. Program (MOVP 0309)	3	ae: First Aid & Emergency Care (MOVP 0190)	1
ae: Biology II (BIOL 0128) OR (ENVS 0106)	3/4	ae: Adventure Edu. Leadership (MOVP 0250)	3
Core/ Elective:	3	Core/ Elective:	3
Core/ Elective:	3	Core/ Elective:	3
Core/ Elective:	3	Core/ Elective:	3
		ae: Activity	1
		<b>☞ Advanced Standing Application</b>	
<b>TOTAL</b>	<b>15/16</b>	<b>TOTAL</b>	<b>14</b>
<b>FOURTH YEAR</b>			
<b>FALL</b>		<b>SPRING</b>	
ae: Adventure Edu. Internship (MOVP 0398)	6	Core/ Elective:	3
Core/ Elective:	3	Core/ Elective:	3
Core/ Elective:	3	Core/ Elective:	3
Core/ Elective:	3	Core/ Elective:	3
		Core/ Elective:	3
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>15</b>

**APPENDIX K**  
**MOVEMENT SCIENCE and ATHLETIC TRAINING 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 SMHP 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 conduction 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 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 O**  
**PROFESSIONAL MEMBERSHIP**

TO: Movement Science Major 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
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	216	5665
Dr. Amanda Salacinski – Associate Professor	215	8803
Dr. Diana Schwartz – Professor	Wil319	5298
Dr. Brian Selgrade – Assistant Professor	213	8225

### Adjunct faculty/Visiting Lecturers\*

Tucker Bachand		
Karen Gomez		
Lauren Jimison		
Jack Jury		
Alison Kleppinger		
Aimee LaBarre		
David Laing	212	5395
Cheryl Lee Scecina		
Mike Marafuga	217	
Brad Miller		
Chris Perkins	217	5673
Nicole Pollard		
Deborah Sheehy		
Kathryn Stanne		

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