



School of Arts and Sciences

## **Department of Kinesiology and Health**

2017-2018 Academic Year  
Undergraduate Program Handbook

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# **1. INTRODUCTION**

The Department of Kinesiology and Health provides a comprehensive state-of-the-art education leading to the Bachelor of Science degree. Our department is committed to: educating and training the next generation of scholars to address the major public health issues related to physical activity and health; advancing the scientific understanding of human health; and providing leadership to the global sports industry.

In higher education, the term ‘Kinesiology’ is used to describe a broad, interdisciplinary field of study in which movement or physical activity is the intellectual focus. Specialized areas of study in Kinesiology include biomechanics, sport management, psychology of physical activity, exercise physiology, history of physical activity, measurement of physical activity, motor development, motor learning and control, physical activity and public health, physical education pedagogy, sports medicine, and the sociology of physical activity. Health reflects one of the central aims of our department, which is the promotion of human health via education, research and service to the community.

We seek to advance human health through the study of physical activity, movement, and exercise, as well as the exploration and promotion of healthy lifestyles. Our students develop the necessary theoretical and experiential knowledge to build a strong foundation for careers in medicine, education, research, coaching, fitness leadership, physical and rehabilitative therapy, and many other health and sport management enterprises. Available courses explore health issues among different populations across the lifespan, including youth, the disadvantaged, and the elderly, and examine subjects such as the psychology of exercise, contemporary health problems, and gender issues in sports.

In addition to our highly competitive academic program, the Department of Kinesiology and Health offers a wide array of cross disciplinary research, a Departmental Honor’s Program, lectures, and experiential learning opportunities via internships, fieldwork and a global studies program. Our Departmental Faculty works closely with students for academic advisement, clinical work, career preparation and in service to the community. All of these initiatives help us to lead our students to become the future leaders in their chosen area of expertise in all facets of Kinesiology and Health.

# **2. DEPARTMENT OVERVIEW**

The Department of Kinesiology and Health has more than 1000 declared undergraduate majors - making it one of the largest departments at Rutgers. Students currently choose between two majors - Exercise Science and Sport Management. The Department offers over 60 undergraduate classes, with many courses also available in the winter and summer sessions.

The Exercise Science major consists of 68-73 credits and is “science” based with such courses as biology, chemistry, physics, physiology, and exercise physiology. A highlight of this program is the Functional Human Anatomy course and lab which is one of the

very few undergraduate programs in the country that educate students using a human cadaver. The Exercise Science major has all the pre-requisites for students to apply to graduate programs in physical and occupational therapy, medicine, athletic training and nursing. Students are required to complete a 126 hour internship experience providing valuable clinical exposure in their senior year.

The Sport Management major is 64.5-68.5 credits and includes courses in marketing, finance, facility management, sport law, accounting and economics. The program offers many opportunities to connect with professionals in the sport management field and requires a 262 hour internship experience.

The Department of Kinesiology and Health offers unique exposure for students in courses that deal with a wide range of populations including individuals with disabilities, the aging population, fieldwork in the community, and study abroad opportunities. These experiential learning programs encourage a “hands on” approach and learning through living focus.

Students in both the science and sport majors are eligible for the Department’s Honors Program which provides research opportunities for our exceptional students. Juniors who achieve a 3.4 or higher in their major courses are invited to apply to the program which consists of a research methods seminar and a semester long research project under the direction of our distinguished research faculty.

At the Graduate level, the Department of Kinesiology and Health offers an MS. and Ph.D. Program in Kinesiology and Applied Physiology with in-depth research and training in Exercise Physiology and Exercise Psychology. Students pursuing the MBS (Master of Business and Science - a non-thesis graduate program) can focus on the Kinesiology and Applied Physiology option which combines Kinesiology courses with those in Business and Finance. The Global Sports Business M.S. Program is a 40 credit, 2 year program that begins in the fall of each year. Students will be taught by leaders in the sport industry which will prepare them for sport management positions and leadership in a global world.

The Department also sponsors a **Study Abroad Program**, the **Center for Exercise and Aging**, and the **Youth Sports Research Council**. The Department offers year round opportunities for students to study abroad in conjunction with Rutgers Office of Summer and Winter Sessions. These courses are developed and led by department faculty and have been carefully chosen to compliment the academic requirements for both the science and management options. The Center for Exercise and Aging provides information regarding exercise and aging to undergraduates, the general public and administrators of programs serving the needs of the elderly. The Sports Council provides adults who work with children in organized competitive sports programs with information about child development issues. Since 1983, the Sports Council has trained more than 250,000 volunteer youth sport coaches in New Jersey alone.

### 3. FACULTY

Our faculty members represent a broad variety of specialties including: exercise physiology, environmental physiology, anatomy, sport business, sport psychology, motor learning, adaptive physical education, legal aspects of sport and sports management.

In addition, because of Rutgers' geographical location, there is access to a large number of professionals, such as sports medicine physicians, athletic trainers, coaches, and physical therapists, whose specialties are relevant to exercise science and sport studies. Each semester, individuals with highly respected credentials and expertise are recruited from outside the university to teach various specialized courses for this program and/or to act as supervisors for students' senior year internships.

Faculty members are involved with research and scholarly activities within their own area of specialization. This affords many of our majors the unique opportunity to do independent study or research under a faculty mentor.

### 4. MAJORS

#### EXERCISE SCIENCE

**Exercise Science** is a laboratory based science providing students with a strong background in human anatomy and physiology. After two years of basic math and science (biology, chemistry, physics, calculus, statistics, computer science), upper level students study human physiology as it relates to exercise and physical activity via such courses as systems physiology, exercise physiology, kinesiology, motor learning and movement experiences for disabled populations. Upon completion of the undergraduate science program, students are qualified for graduate or professional programs in medicine, exercise physiology, physical and occupational therapy, cardiac rehabilitation, corporate fitness, athletic training, nurse practitioner, physician assistant, as well as most other health related professions. Approximately 20% of our Exercise Science students classify themselves as pre-med, approximately 50% are pre-PT or pre-OT, and the remainder are equally distributed across the fields of exercise physiology, cardiac rehab, corporate fitness, nursing and physician assistant.

#### SPORT MANAGEMENT

**Sport Management** provides students with an extensive background in business and management, beginning with the basic courses in economics, accounting, marketing and communications. Upper level students study the application of these basic business principles to a wide variety of sport settings via courses such as sport and law, risk management, organizational behavior in sport, sport sociology, sport psychology, sport marketing and management. Upon graduation, they enter careers in sport administration, sport marketing, facilities management, and commercial sport. They are also prepared to enter graduate programs in global sports business, sport management, and business administration.



## 5. DEGREE

The Department of Kinesiology and Health is housed administratively within the School of Arts and Sciences (SAS) in New Brunswick, NJ. Upon completion of the degree requirements, all students are awarded a Bachelor of Science (BS) degree in their declared major.

Students from other schools within Rutgers can major in Exercise Science or Sport Management if approved by their school's deans. Note: The Exercise Science Major is accepted as an approved major in the School of Environmental Sciences (SEBS). However, as of Fall 2018, the Sport Management Major will **not** be accepted by SEBS

It is the responsibility of the student to meet the requirements of both their academic major and the school in which they are enrolled. Advisors in the Department of Kinesiology and Health only advise students and certify that they have completed the requirements for the "academic major." It is the responsibility of the individual schools to advise students on "school" requirements, and to certify that students have fulfilled the "school" requirements for graduation.

## 6. DECLARING A MAJOR

Meetings for declaring the major are scheduled throughout the fall semester prior to the November registration, and then again in the spring semester prior to the March/April registration in the Spring. Students must register for one of these orientations in person at the Department of Kinesiology and Health main office.

Students who wish to declare a major in Exercise Science or Sport Management must:

1. Have completed a minimum of 1 semester at Rutgers University with a minimum overall GPA of 2.0  
**OR**  
Have transferred in to Rutgers University with a minimum of 15 credits
2. Attend a department declaration meeting

The purpose of these group meetings is several-fold:

- A. The majors and career options will be presented.
- B. Each student will begin the preparation of an individualized curriculum program.
- C. A departmental student file will be initiated containing the individual student's personal contact information and their selected option within the major.
- D. The student's declaration of major will be approved by the Undergraduate Academic Director.

## 7. DEPARTMENTAL ADVISING SYSTEM

A major function of the Department Advisor is to work with the student in designing their curriculum, so they not only complete the requirements of the program but also maximize the value of their undergraduate education. A major purpose of the academic advising is to assist students with their intended career directions. All department advisors are readily accessible to students during posted office hours (see advising hours on the department website - <http://kines.rutgers.edu/advising/advising-schedule>) and/or by pre-arranged appointments.

## 8. MINI-COURSES – 1.5 CREDITS

The following 1.5 credit mini-courses are offered by the Department of Kinesiology and Health. Many of these can be used as departmental electives.

Course Number	Course Name
01:377:170	Principles of Strength and Conditioning
01:377:180	Exercise and Relaxation
01:377:191	Cardiovascular Conditioning
01:377:203	Sport and the Law <sup>1</sup>
01:377:204	Risk Management in Sport <sup>1</sup>
01:377:312	Facilities Planning & Design
01:377:317	Ethics and Values in Sport
01:377:327	Field Experience – Special Populations
01:377:331	Gender Issues in Sport
01:377:333	Event Management & Sponsorship in Sport

<sup>1</sup> Course is required for Sport Management majors.

Note: To register for two different mini-courses in the same time slot in the same semester, one in the first seven weeks of the semester and the other in the second seven weeks, you must do the following:

1. Register for one of the courses on-line.
2. Go to any of the Dean's advising offices or the Registrar's office to register in person for the second course. You will not be able to register on-line for the second mini-course.

## **9. COURSE REGISTRATION - SPECIAL REQUESTS**

Most of the courses in the Department of Kinesiology and Health are open to students of all majors. There are some situations where a special request may be needed to register for a particular course.

### **PREREQUISITE OVERRIDE**

A prerequisite (prereq) override may be needed to register for a course if the student fulfilled the prerequisites for that course in an unusual way, e.g., prerequisites were taken at Rutgers Newark or Rutgers Camden. To request a prereq override, students should bring an unofficial copy of their Rutgers transcript to the Kinesiology and Health main office. A prereq override request will be submitted to the registrar, and the student will receive an email when they are registered for the course.

Please note the following regarding the prereq override process:

1. If the student is seeking a prereq override during the registration period for the next semester, they must be eligible to register for classes before they bring a transcript to the office.
2. If the course the student is seeking a prereq override for is closed, the student must first contact the instructor about getting a special permission number for the course. If a special permission number is not granted, a prereq override will not be processed.
3. The student must ensure that the course requiring the prereq override will fit into their schedule, i.e., there are no schedule conflicts that prevent the course from being added to their schedule.
4. The student must ensure that adding the course will not put them over the credit limit in place at the time.

Note: Students will sometimes seek a prereq override to bypass a particular prerequisite for a course. If this is the case, the student must first contact the instructor to see if permission will be granted to bypass that prerequisite.

### **SPECIAL PERMISSION**

Students may want to request special permission to register for a course that is closed, or to override class, school, or major restrictions. In the Department of Kinesiology and Health, requests for special permission should be made directly to the instructor of the course. If special permission is granted, the instructor will provide the special permission number or instruct the student on how they can receive the number.

## 10. INTERNSHIPS

All students majoring in the Exercise Science or Sport Management must complete an internship during their senior year.

01:377:490 – Internship in Sport Management (6 credits)

01:377:493 – Internship in Exercise Science (3 or 6 credits)

Internships are designed as an apprentice-like experience during which students have the opportunity to apply knowledge and skills developed in the classroom in various professional settings.

To qualify for their senior internship, students must satisfy the following criteria:

1. Complete a minimum of 90 credits, with a minimum of 20 credits in the major.
2. Overall GPA must be at least 2.0.
3. Major GPA must be at least 2.0.
4. Meet all deadlines for submission of application, agreements and evaluations

Meetings for internship candidates occur the semester **prior** to the internship on the following schedule:

**Spring Interns** – First Wednesday in October

**Summer/Fall Interns** – First Wednesday in February

After that meeting, students are given access to a course site with information outlining the procedures that must be followed to design and complete an internship. Students must register for the course and credits which can be completed during the fall or spring semester, or during summer session.

The department Internship Program Director will evaluate all the necessary paperwork connected with the internship, provide appropriate program information to the intern and site supervisor, and assign the final grade.

Look for postings on the department bulletin board and website for the exact date, time and location of the mandatory orientation meeting. Students who fail to attend the meeting and comply with application procedures will not be eligible to register for the course.

### DIRECTORY OF INTERNSHIP SITES

Majors are free to identify and select an internship site of their choice. To assist students in their selection after they have been notified that they have permission, a database listing of over 100 internship sites has been assembled. This database lists various sites which either have had Rutgers Exercise Science or Sport Management interns before and/or have expressed an interest in supporting internships. This list is available on the department's website located at <http://kines.rutgers.edu/undergraduate-internships>

## 11. TRANSFER CREDIT FROM OTHER INSTITUTIONS

The major features of the transfer credit policy are that:

- a. the course must be equivalent in content and credit to a course at Rutgers
- b. a grade of "C" or better must be obtained
- c. transfer credit course grades are not used to compute a student's cumulative or major grade point average

Course "equivalency" is usually determined after admission to Rutgers. Students from community colleges in New Jersey can determine which courses transfer to Rutgers University, prior to admission, by referring to the website [www.NJTransfer.org](http://www.NJTransfer.org).

The Department of Kinesiology and Health will evaluate and approve "377" courses only. We do not evaluate transfer courses in the areas of biology, math, business, etc. Those evaluations must be done by the departments offering those courses. Students wishing to take courses at other colleges or universities over the summer should check with the appropriate department to determine if a course is equivalent, and with their respective college (SAS or SEBS) for written pre-approval and to ensure the credit is transferable, **before** it is taken. In addition, it is advisable to verify the acceptance of all transfer courses with your Dean's office.

Students should consult the University catalog for the general policy and regulations within their specific school pertaining to transfer credit for courses taken elsewhere.

## **12. STUDY ABROAD OPPORTUNITIES**

The Mediterranean lifestyle is not just a simple collection of dietary and physical activity habits and practices. It is a sustainable way of living, a cluster of social, cultural, religious and other aspects of life that have been implemented in the countries of the Mediterranean region since antiquity.

The Lifestyle Science Study Abroad Initiative embraces a large number of diverse, experiential courses and activities offered in Greece. The goal is to increase participants' knowledge regarding the history, evolution and principles of the Mediterranean lifestyle, and to provide them skills that will enable them to implement this beneficial lifestyle in their everyday lives. The courses take place in Greece, known as the country of origin of the Mediterranean diet and the cradle of Western civilization. Students who participate in the Lifestyle Science Study Abroad Initiative will have the opportunity to study, observe, taste, smell, experience and enjoy all aspects of the Mediterranean lifestyle through high-quality academic courses. Some days will be devoted to theoretical lectures by local experts, followed by discussion sessions and research. Other days will revolve around exciting experiential activities, field trips and excursions.

The Department currently offers 3 and 6 credit courses which meet the requirements for upper level electives for both the Exercise Science and Sport Management majors during the winter and summer sessions as well as in May. These courses are held in conjunction with the Rutgers Office of Summer and Winter Sessions.

Updated programs, dates and fees can be found at <http://kinesabroad.rutgers.edu/>.

## 13. DEPARTMENTAL HONORS

There are three categories of honors in Exercise Science: Honors, High Honors and Highest Honors. The criteria for achieving honors include both academic performance, as evidenced by the student's major GPA, and a research component fulfilled via the department's honors research program, which includes the following three courses:

Course Number	Course Name	Credits	Semester
01:377:480	Honors Research Seminar	3	Spring of junior year
01:377:481	Honors Research in Exercise Science	3	Fall of senior year
	Independent Study - Exercise Science	3	Spring of senior year

### HONORS CRITERIA

Honors	3.600 Major GPA <b>OR</b> 3.400 Major GPA + 3 semester Honors Research Program
High Honors	3.800 Major GPA <b>OR</b> 3.600 Major GPA + 3 semester Honors Research Program
Highest Honors	4.000 Major GPA <b>OR</b> 3.800 Major GPA + 3 semester Honors Research Program

### HONORS RESEARCH PROGRAM

To qualify for the Departmental Honors Research Program, a student must have attained, by the end of the first term of their junior year, a cumulative overall grade-point average of at least 3.400 and a grade-point average of at least 3.400 in courses within the major. By the end of the first semester of the junior year, the student must formally apply to the director of the Honors Research Program for admittance to the program. Accepted candidates must complete the Honors Research Seminar (01:377:480) during the spring semester of their junior year when, under the guidance of the seminar instructor, an honors research project is designed and developed. During the fall and spring semesters of their senior year, each student approved by the instructor must register for 01:377:481 - Honors Research in Exercise Science and a 3 credit Independent Study (spring semester), be assigned to an individual faculty member, and carry out a faculty-guided research project. All three semesters must be successfully completed and the minimum honors grade-point average must be maintained for a student to receive departmental honors recognition.

**Note: Sport Management majors interested in the honors program should contact Mike Finkelstein.**

## 14. STUDENT CLUBS

### KINESIOLOGY AND HEALTH CLUB

The purpose of the club is to create a student support system open to all students majoring in or intending to major in Exercise Science or Sport Management, informing them of the options within the field of Exercise Science and Sport Management through peer mentoring, professional networking and various educational opportunities. For a current club contact person, please refer to the club page on the department website.

### PHYSICAL THERAPY CLUB

The Physical Therapy Club is an excellent way to get involved learning about your future profession. Learn about proper electives, preparation for the application process, interviewing skills, and network with other students who have common goals. This club is also dedicated to working with other clubs in the department and the university to improve the surrounding community and student life. Please join us as a member or possibly join the executive board in the future. We look forward to meeting you.

### MARKETING, BRANDING AND FUNDRAISING CLUB

The purpose of the club is to provide useful information and opportunities for students to fully engage within the Department of Kinesiology and Health and enhance their undergraduate experience. By providing information to students regarding the various opportunities located within the major, we hope to help students achieve their full potential.

We want to give opportunities to students by giving them leadership roles and volunteering positions for students majoring in Sports Management or Exercise Science. Through our events, students can look more deeply into their major by getting to know the professors more, help other students who are struggling in the major, and participate/volunteer in professors' events. Our focus is to help students in these majors to succeed and provide them with the opportunities to do so.

## 15. ATHLETIC TRAINING

Athletic Training is a rapidly growing and challenging profession. Employment potential for athletic trainers is widespread, both at the high school and college levels. **Rutgers does not have a formal program or an academic major in athletic training.** Students interested in athletic training should contact Mr. Chris D'Andrea, Athletic Trainer, at the Hale Center on the Busch Campus ([cdandrea@scarletknights.com](mailto:cdandrea@scarletknights.com), 732-445-6236) early in their undergraduate education. A limited number of opportunities for assistants/interns to the athletic training professional staff are available.



## 16. HEALTH PROFESSIONS OFFICE

Students planning on attending a biomedical graduate program (e.g., pre-med, pre-physician assistant, pre-dental, pre-vet) are strongly urged to contact the Health Professions Advising Office. This office provides students with crucial information concerning graduate admissions, schedules for appropriate standardized tests, keeps confidential files for letters of recommendation and generally assists students in the transition from undergraduate to graduate school.

The office is located at: Nelson Biology Laboratories, Room A-207, Busch Campus, Piscataway, NJ 08854-8082; Dr. Elizabeth Vogel, Associate Director; e-mail: [hpo@biology.rutgers.edu](mailto:hpo@biology.rutgers.edu), 732-445-5667.

**Note: This office does not provide support for pre-PT or pre-OT students. It is strongly recommend that students applying to graduate programs in PT or OT to maintain their own records of volunteer hours, personal achievements and letters of recommendation.**

## 17. PROFESSIONAL ORGANIZATIONS

The program strongly encourages its majors to become active in one or more of the professional organizations appropriate for their career direction. Activity within a professional organization, (e.g. attending its meetings, participating in seminars sponsored by professional groups) can be extremely beneficial in terms of expanding one's knowledge, meeting professionals from outside of Rutgers, and learning of job/graduate school opportunities.

A list of organizations and the contact person/number can be found in the section of this handbook for each major. Most groups, but not all, have a "student membership" category which means that a student can derive the benefits from belonging to an appropriate professional organization at a reduced membership cost.

## 18. JOB SEARCH SITES ON THE WEB

CareerKnight System ([http://careers.rutgers.edu/page.cfm?page\\_id=273](http://careers.rutgers.edu/page.cfm?page_id=273))

[www.WorkInSports.com](http://www.WorkInSports.com)

[www.AcademicCareers.com](http://www.AcademicCareers.com)

[www.ideafit.com](http://www.ideafit.com)

[www.quintcareers.com/sports\\_jobs.html](http://www.quintcareers.com/sports_jobs.html)

[www.phfr.com](http://www.phfr.com)

[www.careerbuilder.com](http://www.careerbuilder.com)

[www.indeed.com](http://www.indeed.com)

## 19. EXERCISE SCIENCE MAJOR

The Exercise Science major provides the student with a strong science foundation focusing on human anatomy and physiology, with an emphasis on preparation for further specialized graduate study or direct entrance into the job market.

The following pages outline the course requirements, sample plan of study, electives and professional organizations for students in the Exercise Science major.

### CAREER AND PROFESSIONAL OPPORTUNITIES

#### CAREERS

Cardiac/Pulmonary Rehabilitation  
Corporate Fitness  
Personal Trainer (fitness consulting)  
Private Fitness Industry  
Wellness

#### GRADUATE

Physical /Occupational Therapy  
Medical School  
Physiology  
Exercise Physiology  
Cardiac Rehabilitation  
Ergonomist  
Nursing & Nurse Practitioner  
Health  
Physician Assistant  
Athletic Training  
Dentist

## EXERCISE SCIENCE MAJOR COURSE REQUIREMENTS

REQUIREMENT		NUMBER	COURSE NAME	CREDITS
Biology		01:119:115	General Biology	4
		01:119:116	General Biology	4
		01:119:117	General Biology	2
Statistics		01:377:275	Basic Statistics for Exercise Science <sup>1</sup>	3
Calculus		01:640:135	Calculus I	4
Chemistry		01:160:161	General Chemistry	4
		01:160:162	General Chemistry	4
		01:160:171	Introduction to Experimentation	1
Physics I Must complete one option	Opt 1	01:750:193	Physics for the Sciences	4
	Opt 2	01:750:201	Extended General Physics	5
	Opt 3	01:750:203	General Physics	3
		01:750:205	General Physics Lab	1
Physics II Must complete one option	Opt 1	01:750:194	Physics for the Sciences	4
	Opt 2	01:750:202	Extended General Physics	5
	Opt 3	01:750:204	General Physics	3
		01:750:205	General Physics Lab	1
Psychology		01:830:101	General Psychology	3
Physiology		01:146:356	Systems Physiology	3
		01:377:370	Exercise Physiology*	3
Anatomy		01:377:213	Functional Human Anatomy*	4
Exercise Science (ES)		01:377:140	Foundations of Kinesiology and Health <sup>2</sup>	1.5
ES Management		01:377:407	Administration of Exercise Science <sup>3</sup>	1.5
ES Cluster Must take two of the courses listed		01:377:301	Psychology of Sport and Exercise*	3
		01:377:303	Neuromechanical Kinesiology*	3
		01:377:310	Motor Learning*	3
		01:377:324	Movement Experiences for Individuals with Disabilities*	3
		01:377:350	Biomechanics*	3
		01:377:455	Exercise Psychology*	3
		01:377:456	Nutrition for Sport and Exercise*	3
ES Electives <sup>4</sup>		At least 6 credits must be at the 300 or 400 level and can include mini-courses. A maximum of one approved course can be outside the major.		9
Internship		01:377:493	Internship in Exercise Science <sup>5</sup>	3 or 6
*377 courses that require pre/co-requisites			<b>Total Credits = 68 - 73</b>	

<sup>1</sup>Quantitative Methods in Psychology (01:830:200) and Basic Statistics for Research (01:960:401) are acceptable substitutes.

<sup>2</sup>Not open to seniors. Contact the course instructor for more information.

<sup>3</sup>Must have a minimum of 90 credits overall and be a formally declared Exercise Science major.

<sup>4</sup>These credits can be fulfilled using 1.5 credit mini-courses. Mini-courses are listed on page 5.

<sup>5</sup>Internship program information can be found on page 6.

# EXERCISE SCIENCE MAJOR

## SAMPLE PLAN OF STUDY<sup>1</sup>

### FRESHMAN YEAR

#### Fall

119:115	General Biology	4
377:140	Foundations of Kinesiology/Health	1.5
640:135	Calculus I	4

#### Spring

119:116	General Biology	4
830:101	General Psychology	3
377:275	Basic Stats for Exercise Science	3

### SOPHOMORE YEAR

#### Fall

160:161	General Chemistry	4
160:171	Introduction to Experimentation	1
119:117	General Biology Lab	2

#### Spring

160:162	General Chemistry	4
377:213	Functional Human Anatomy	4
377:___	Elective	3

### JUNIOR YEAR

#### Fall

750:193	Physics for Sciences	4
146:356	Systems Physiology	3

#### Spring

750:194	Physics for Sciences	4
377:370	Exercise Physiology	3
377:___	Cluster Requirement	3

### SENIOR YEAR

#### Fall

377:407	Administration of Exercise Science	1.5
377:493	Internship in Exercise Science	3 /6
377:___	Elective (300 Level or above)	3

#### Spring

377:___	Cluster Requirement	3
377:___	Elective <sup>2</sup> (300 Level or above)	3

<sup>1</sup>This plan of study attempts to integrate the factors of: a) sequence of prerequisite courses; b) proper sequence of courses for optimal preparation; and c) courses offered only in the Fall or Spring semesters. The schedule does not include any “school” course requirements.

<sup>2</sup>Organic Chemistry is strongly recommended for students intending to apply to medical school.

## **EXERCISE SCIENCE ELECTIVES**

The Exercise Science major requires nine (9) credits of electives. The courses listed on these pages fulfill elective requirements for the Exercise Science major. Students should consult the university online catalog to determine if any of the courses have prerequisites or restrictions.

The following table lists the 377 courses recommended to fulfill elective requirements for the Exercise Science major. A minimum of six (6) elective credits must be within the 377 major. At least six (6) elective credits must be at the 300+ level.

<b>377 COURSES</b>		
<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
01:377:170	Principles of Strength and Conditioning	1.5
01:377:180	Exercise and Relaxation	1.5
01:377:191	Cardiovascular Conditioning	1.5
01:377:203	Sport and the Law	1.5
01:377:215	Techniques of Athletic Training	3
01:377:225	Contemporary Health Problems	3
01:377:301	Psychology of Sport and Exercise*	3
01:377:303	Neuromechanical Kinesiology*	3
01:377:304	Exercise and Aging	3
01:377:305	Sport Sociology	3
01:377:306	Finance in Kinesiology and Health	3
01:377:310	Motor Learning*	3
01:377:312	Facilities Planning and Design	1.5
01:377:317	Ethics and Values in Sport	1.5
01:377:324	Movement Exp. for Ind. w/Disabilities*	3
01:377:333	Event Management and Sponsorship in Sport	1.5
01:377:346	Safety Education and Emergency Care	3
01:377:350	Biomechanics*	3
01:377:355	Professional Presentations in Sport Mgt.	3
01:377:381	Biochemistry of Exercise	3
01:377:410	Exercise Testing and Prescription	3
01:377:415	Lifestyles of the Mediterranean - Greece	3
01:377:454	Advanced Exercise Physiology	3
01:377:455	Exercise Psychology*	3
01:377:456	Nutrition for Sport and Exercise*	3
01:377:475	Nutrition and Fitness	3
01:377:482	Topics in Kinesiology/Health	1.5/3
01:377:496	EKG Use and Interpretation	3

\*Indicates courses that can fulfill cluster requirement **or** elective requirement. The same course cannot fulfill both a cluster requirement and an elective requirement.

### **Elective Courses from Other Departments**

A maximum of one approved course from outside the 377 major can be used to fulfill elective credits for the Exercise Science major.

The table below lists courses from departments other than Kinesiology and Health that have been approved to fulfill elective requirements for the Exercise Science major. These courses are recognized in Degree Navigator as fulfilling elective credits.

To receive credit for an elective course offered by another department, **YOU MUST EARN A GRADE OF C OR BETTER.**

You may propose other courses for your electives, but if the course is not a 377 course or listed below, you **MUST HAVE PRIOR WRITTEN APPROVAL** from the Kinesiology and Health academic advisor and the advisor must update the approved course on your Degree Navigator file.

If you have any questions concerning the eligibility of a potential elective course, you must check with and receive approval from the department advisor **BEFORE** registering for that course.

<b>COURSES FROM OTHER DEPARTMENTS</b>		
<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
01:160:307	Organic Chemistry	4
01:160:308	Organic Chemistry	4
01:190:102	Medical Terminology	3
01:447:245	Introduction to Cancer	3
01:447:380	Genetics	4
01:447:495	Cancer	3
01:830:331	Infant and Child Development	3
01:830:333	Adolescent Development	3
01:830:335	Adult Development and Aging	3
01:830:340	Abnormal Psychology	3
11:709:255	Nutrition and Health	3
11:709:345	Nutrition and Dev Thru Life Span	3
11:709:352	Nutrition and Behavior	3

## **EXERCISE SCIENCE PROFESSIONAL ORGANIZATIONS**

<b>AASP</b>	Association for Applied Sport Psychology 2424 American Lane Madison, WI 53704 608-443-2475 <a href="http://www.appliedsportpsych.org">www.appliedsportpsych.org</a>
<b>AACVPR</b>	American Association of Cardiovascular and Pulmonary Rehabilitation 312-321-5146 (Ask for local chapter information) <a href="http://www.aacvpr.org">www.aacvpr.org</a>
<b>AAPA</b>	American Academy of Physician Assistants 950 North Washington Street Alexandria, Virginia 22314-1552 703-836-2272 <a href="http://www.aapa.org">www.aapa.org</a>
<b>ACA</b>	American Chiropractic Association 1701 Clarendon Boulevard Arlington, Virginia 22209 800-986-4636 <a href="http://www.acatoday.org">www.acatoday.org</a>
<b>ACE*</b>	American Council on Exercise 888-825-3636 <a href="http://www.acefitness.org">www.acefitness.org</a>
<b>ACSM*</b>	American College of Sports Medicine (National Chapter) 317-637-9200 <a href="http://www.acsm.org">www.acsm.org</a>
<b>AFAA*</b>	Aerobics and Fitness Association of America 877-968-7263 <a href="http://www.afa.com">www.afa.com</a>
<b>AMA</b>	American Medical Association 515 N. State Street Chicago, IL 60654 800-621-8335 <a href="http://www.ama-assn.org">www.ama-assn.org</a>
<b>APA</b>	American Psychological Association Division 47: Exercise and Sport Psychology <a href="http://www.apa47.org">www.apa47.org</a>

<b>APTA</b>	American Physical Therapy Association 800-999-2782 <a href="http://www.apta.org">www.apta.org</a>
<b>AOTA</b>	The American Occupational Therapy Association, Inc. 4720 Montgomery Lane Box 31220 Bethesda, MD 20824-1220 800-377-8555 <a href="http://www.aota.org">www.aota.org</a>
<b>ASEP</b>	American Society of Exercise Physiologists c/o The College of St. Scholastica 1200 Kenwood Avenue Duluth, MN 55811 218-723-6297 <a href="http://www.asep.org">www.asep.org</a>
<b>IDEA</b>	IDEA Health & Fitness Association 800-999-4332, ext. 7 <a href="http://www.ideafit.com">www.ideafit.com</a>
<b>NASPE</b>	National Association for Sport and Physical Education 800-213-7913 <a href="http://www.aahperd.org/naspe">www.aahperd.org/naspe</a>
<b>NASPSA</b>	North American Society for the Psychology of Sport and Physical Activity <a href="http://www.naspspa.org">www.naspspa.org</a>
<b>NATA</b>	National Athletic Trainers' Association 214-637-6282 <a href="http://www.nata.org">www.nata.org</a>
<b>NJAHPERD</b>	New Jersey Association for Health, Physical Education, Recreation and Dance P.O. Box 2283 Ocean, NJ 07712 732-918-9999 <a href="http://www.njahperd.org">www.njahperd.org</a>
<b>NJRPA</b>	New Jersey Recreation and Park Association 1 Wheeler Way Princeton, NJ 08540 609-356-0480 <a href="http://www.njrpa.org">www.njrpa.org</a>



<b>NRPA</b>	National Recreation and Park Association 800-626-NRPA (6772) <a href="http://www.nrpa.org">www.nrpa.org</a>
<b>NSCA*</b>	National Strength and Conditioning Association 1885 Bob Johnson Drive Colorado Springs, CO 80906 <a href="http://www.nasca-lift.org">www.nasca-lift.org</a>
<b>SHAPE America (formerly AAHPERD)</b>	Society of Health and Physical Educators Membership entitles you to membership in two of the SHAPE Divisions and their sub-groups. <a href="http://www.shapeamerica.org">www.shapeamerica.org</a>

\*Upon graduation many of the Exercise Science majors seek certification in various fields, to expand their qualifications and increase job opportunities. Becoming certified by a nationally recognized organization in areas such as fitness instructor, cardiac rehabilitation, and exercise program director can add powerful credentials to your professional resumé. This program encourages majors to seek out information on the certification programs that are available. Other types of appropriate certifications include, but are not limited to, WSI, EMT, and First Aid and CPR.

## **20. SPORT MANAGEMENT MAJOR**

The Sport Management Major is designed to meet the growing interest in the business, administration, marketing, and management of sport programs and facilities. Graduates may choose to pursue advanced degrees in such topics as administration, marketing, law, and management.

The following pages outline the course requirements, sample plan of study, electives and professional organizations for students in the Sport Management major.

### **CAREER AND PROFESSIONAL OPPORTUNITIES**

#### **CAREERS**

Facilities/Arena Management  
Athletic Administration – Recreational,  
High School, Collegiate Professional  
Private Sport Club/Health Club Management  
Professional Sport Management  
Retail Sporting Goods Management  
Sports Marketing  
Event Management

#### **GRADUATE**

Global Sports Business  
Sport Management  
Sport Marketing  
M.B.A.  
Sport Law

## SPORT MANAGEMENT MAJOR COURSE REQUIREMENTS

REQUIREMENT		NUMBER	COURSE NAME	CREDITS
Sport Courses		01:377:203	Sport and the Law	1.5
		01:377:204	Risk Management in Sport	1.5
Statistics		01:377:276	Basic Statistics for Sport Management <sup>1</sup>	3
Quantitative Skills Must fulfill one option	Opt 1	01:640:111	Precalculus I	2
		01:640:112	Precalculus II	2
	Opt 2	01:640:115	Precalculus College Mathematics	4
	Opt 3	MA:640:CAL	Placement into Calculus (or MA:640:CLG or MA:640:CLS)	0
Accounting		33:010:272	Introduction to Financial Accounting	3
Communication		04:189:101	Introduction to Communication and Information Processes	3
		04:189:102	Introduction to Media	3
		01:377:355	Professional Presentations in Sport Management <sup>2</sup>	3
Writing		01:355:101	Expository Writing I	3
		01:355:303	Writing for Business and the Professions	3
Economics		01:220:102	Introduction to Microeconomics <sup>3</sup>	3
		01:220:103	Introduction to Macroeconomics <sup>4</sup>	3
		01:377:311	Sport Marketing <sup>5</sup>	3
Psychology		01:830:101	General Psychology	3
Sociology		01:920:101	Introduction to Sociology	3
Exercise Science		01:377:140	Foundations of Kinesiology and Health <sup>6</sup>	1.5
Sport Management (SM)		01:377:301	Psychology of Sport and Exercise*	3
		01:377:305	Sport Sociology*	3
		01:377:406	Administration in Sport Management <sup>7</sup>	3
Organization		01:377:330	Organizational Behavior in Sport Management* <sup>8</sup>	3
SM Electives <sup>9</sup>		At least 3 credits must be at the 300 or 400 level and can include mini-courses. A maximum of one approved course can be outside the major.		6
Internship		01:377:490	Internship in Sport Management <sup>10</sup>	6
*377 courses that require pre/co-requisites			<b>Total Credits = 64.5 - 68.5</b>	

<sup>1</sup>Quantitative Methods in Psychology (01:830:200) and Basic Statistics for Research (01:960:401) are acceptable substitutes.

<sup>2</sup>Public Speaking (04:192:380) is an acceptable substitute.

<sup>3</sup>Principles and Applications of Microeconomics (11:373:121) is an acceptable substitute.

<sup>4</sup>Principles and Applications of Macroeconomics (11:373:122) is an acceptable substitute.

<sup>5</sup>Intro to Marketing (11:373:231) is an acceptable substitute. If both courses are taken, one course can be considered an elective.

<sup>6</sup>Not open to seniors. Contact the course instructor for more information.

<sup>7</sup>Must have a minimum of 90 credits overall and be a formally declared Sport Management major.

<sup>8</sup>Organizational and Personnel Psychology (01:830:373) is an acceptable substitute. If both courses are taken, one course can be considered an elective.

<sup>9</sup>These credits can be fulfilled using 1.5 credit mini-courses. Mini-courses are listed on page 5

<sup>10</sup>Internship program information can be found on page 6.

## SPORT MANAGEMENT MAJOR SAMPLE PLAN OF STUDY<sup>1</sup>

### FRESHMAN YEAR

#### Fall

355:101	Expository Writing	3
377:140	Foundations of Kinesiology/Health	1.5
640:115	Precalculus College Math	4

#### Spring

377:203	Sport and the Law <sup>2</sup> (1 <sup>st</sup> 7 wks)	1.5
377:204	Risk Mgt. in Sport <sup>2</sup> (2 <sup>nd</sup> 7 wks)	1.5
377:276	Basic Stats for Sport Mgt.	3
830:101	General Psychology	3

### SOPHOMORE YEAR

#### Fall

220:102	Intro to Microeconomics	3
010:272	Intro to Financial Accounting	3
189:101	Intro to Com & Info Proc	3

#### Spring

220:103	Intro to Macroeconomics	3
920:101	Introduction to Sociology	3
377:___	Elective	3

### JUNIOR YEAR

#### Fall

377:301	Psych of Sport & Exercise	3
189:102	Introduction to Media	3
377:330	Org Behavior in Sport Management	3

#### Spring

377:305	Sport Sociology	3
377:311	Sport Marketing	3
377:___	Elective (300 Level or above)	3

### SENIOR YEAR

#### Fall

377:406	Admin. in Sport Management	3
355:303	Writing for Business & the Prof.	3
377:355	Prof. Presentations in Spt. Mgt.	3

#### Spring

377:490	Internship in Sport Management	6
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<sup>1</sup>This plan of study attempts to integrate the factors of: a) sequence of prerequisite courses; b) proper sequence of courses for optimal preparation; and c) courses offered only in the Fall or Spring semesters. The schedule does not include any school course requirements.

<sup>2</sup>These are mini-courses taught back-to-back in 1<sup>st</sup> and 2<sup>nd</sup> seven weeks of the semester in the same time slot. See the Note on Page 11 for how to register for two mini-courses in one semester that are in the same time slot.

## **SPORT MANAGEMENT ELECTIVES**

The Sport Management major requires six (6) credits of electives. The courses listed on these pages fulfill elective requirements for the Sport Management major. Students should consult the university online catalog to determine if any of the courses have prerequisites or restrictions.

The following table lists the 377 courses recommended to fulfill elective requirements for the Sport Management major. A minimum of three (3) elective credits must be within the 377 major. At least three (3) elective credits must be at the 300+ level.

<b>377 COURSES</b>		
<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
01:377:170	Principles of Strength and Conditioning	1.5
01:377:180	Exercise and Relaxation	1.5
01:377:191	Cardiovascular Conditioning	1.5
01:377:205	Principles of Healthy Lifestyle	3
01:377:207*	Teaching and Coaching Individual and Team Sports	3
01:377:215	Techniques of Athletic Training	3
01:377:225	Contemporary Health Problems	3
01:377:226*	Coaching Theory and Techniques	3
01:377:306	Finance in Kinesiology and Health	3
01:377:308*	Techniques of Officiating Individual and Team Sports	3
01:377:312	Facilities Planning and Design	1.5
01:377:317	Ethics and Values in Sport	1.5
01:377:318*	Organization and Administration of College Recreational Sports	3
01:377:324	Movement Experiences for Individuals with Disabilities	3
01:377:325	Methods of Lifestyle Assessment	3
01:377:331	Gender Issues in Sport	1.5
01:377:332	Leadership Development in Sport	3
01:377:333	Event Management and Sponsorship in Sport	1.5
01:377:334	Physical Activity and Health	3
01:377:346	Safety Education and Emergency Care	3
01:377:405	Metabolism, Lifestyle and Chronic Diseases	3
01:377:412	Advanced Sport Marketing	3
01:377:415	Lifestyles of the Mediterranean – Greece	3
01:377:475	Nutrition and Health	3
01:377:482-5	Topics in Kinesiology and Health	1.5/BA

\* Only offered in Summer session

### **Elective Courses from Other Departments**

A maximum of one approved course from outside the 377 major can be used to fulfill elective credits for the Sport Management major.

The table that follows lists courses from departments other than Kinesiology and Health that have been approved to fulfill elective requirements for the Sport Management major. These courses are recognized in Degree Navigator as fulfilling elective credits.

To receive credit for an elective course offered by another department, **YOU MUST EARN A GRADE OF C OR BETTER.**

You may propose other courses for your electives, but if the course is not a 377 course or listed below, you **MUST HAVE PRIOR WRITTEN APPROVAL** from the Kinesiology and Health academic advisor and the advisor must update the approved course on your Degree Navigator file.

If you have any questions concerning the eligibility of a potential elective course, you must check with and receive approval from the department advisor **BEFORE** registering for that course.

<b>COURSES FROM OTHER DEPARTMENTS</b>		
<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
04:192:201	Communication in Relationships	3
11:373:231	Introduction to Marketing	3
37:575:310	Labor Relations in Professional Sports	3
37:575:314	Collective Bargaining	3
37:575:315	Employment Law	3
37:575:338	Occupational Safety and Health	3
01:830:373	Organizational and Personnel Psychology	3

## **SPORT MANAGEMENT PROFESSIONAL ORGANIZATIONS**

<b>ALSD</b>	Association of Luxury Suite Directors 10017 McKelvey Road Cincinnati, Ohio 45231 513-674-0555 <a href="http://www.alsd.com">www.alsd.com</a>
<b>NASPE</b>	National Association for Sport and Physical Education 800-213-7913 <a href="http://www.aahperd.org/naspe">www.aahperd.org/naspe</a>
<b>NASSM</b>	North American Society for Sport Management <a href="http://www.nassm.com">www.nassm.com</a>
<b>NJRPA</b>	New Jersey Recreation & Park Association 1 Wheeler Way Princeton, NJ 08540 609-356-0480 <a href="http://www.njrpa.org">www.njrpa.org</a>
<b>NRPA</b>	National Recreation and Park Association 800-626-NRPA (6772) <a href="http://www.nrpa.org">www.nrpa.org</a>
<b>SHAPE America (formerly AAHPERD)</b>	Society of Health and Physical Educators Membership entitles you to membership in two of the SHAPE Divisions and their sub-groups. Most appropriate for sport management students are NASPE and AAPAR. <a href="http://www.shapeamerica.org">www.shapeamerica.org</a>
<b>SLA</b>	Sports Lawyers Association 703-437-4377 <a href="http://www.sportslaw.org">www.sportslaw.org</a>
<b>SMA</b>	Stadium Managers Association 525 SW 5 <sup>th</sup> Street, Suite A Des Moines, IA 50309 515-282-8192 <a href="http://www.stadiummanagers.org">www.stadiummanagers.org</a>
<b>SRLA</b>	Sport and Recreation Law Association Mary Myers, Associate Executive Director Wichita State University Campus Box 127 1845 Fairmount Street, Wichita, KS 67260-0127 316-978-5445