



RUTGERS

School of Arts and Sciences

DEPARTMENT OF KINESIOLOGY AND HEALTH

**2023 -2024 Academic Year
Undergraduate Program
Handbook**

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Department of Kinesiology and Health
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Mission and Vision of the Department

Mission

The Department of Kinesiology and Health educates future professionals in exercise science and sports management, advances physical activity and integrative health research, and engages communities to improve quality of life.

Vision

The Department of Kinesiology and Health aspires to be an international model of excellence in exercise science, health, and sport through student learning, scientific innovation and discovery, and meaningful community engagement.

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty, and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility, and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to university and global reach.

Introduction

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 exercise physiology, physical activity and public health, biomechanics, motor development, motor learning and control, psychology of physical activity and sport, sport management, 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, physical and rehabilitative therapy, education, research, coaching, fitness leadership, and many other health and sport management enterprises. Available courses explore health issues among different populations across the lifespan, including youth, elderly, individuals challenged with disabilities, and historically underrepresented populations.

Department Overview

The Department of Kinesiology and Health is housed administratively within the School of Arts and Sciences (SAS) in New Brunswick, NJ and provides a comprehensive state-of-the-art education leading to a Bachelor of Science degree. Our department has more than 1,100 declared undergraduate majors – making it one of the largest departments at Rutgers University. Students can choose between two majors – Exercise Science and Sport Management. The Department also offers a minor in Sport Management, that Exercise Science majors as well as students outside the department can declare. The Department offers over 60 undergraduate classes, with many courses available in the winter and summer sessions.

The Department of Kinesiology and Health offers unique exposure to courses that deal with health across a wide range of populations, including individuals with disabilities, youth, and older adults. Courses include fieldwork in the community, prominent guest speakers, and projects focusing on applying academic concepts to the real world. Our department also provides students with unique study abroad opportunities in Greece through Rutgers Global. These experiential learning programs encourage a “hands-on” approach and a learning-through-living focus.

Undergraduate

The Exercise Science major consists of 73.5 credits and includes science-focused courses such as biology, chemistry, physics, physiology, and exercise physiology. A highlight of this program is the Functional Human Anatomy course and lab (01:377:223/224), making our department one of the very few undergraduate programs in the country that educate students using human cadavers. The Exercise Science major provides many of the prerequisite courses for graduate programs in physical and occupational therapy, medicine, athletic training, and nursing. Students must complete a 126-hour internship experience providing valuable clinical exposure in their senior year or when 90 University credits are completed. Students in both the School of Arts and Sciences (SAS) and the School of Environmental and Biological Sciences (SEBS) may declare the Exercise Science major.

The Sport Management major consists of 67.5 credits and includes courses in marketing, finance, facility management, sport law, accounting, and economics. Students must complete a 252-hour internship providing hands-on learning and networking opportunities in their senior year or when 90 University credits are completed. Students in the School of Arts and Sciences (SAS) may declare the Sport Management major.

Both the Exercise Science and Sport Management majors are credit-intensive, so a minor is not required to graduate.

The Sport Management minor consists of 18 credits (12 credits of required course work and 6 credits of electives) and is designed to give students majoring in other disciplines an opportunity to learn about the business and administration of sport. This minor is available to Exercise Science students.

Graduate

At the Graduate level, the Department of Kinesiology and Health offers a M.S. and Ph.D. Program in Kinesiology and Applied Physiology with in-depth research and training in contemporary areas related to exercise science, behavioral medicine, and human health. The Department also offers a M.S. program in Global Sports Business M.S. Program (40 credits, 1-year) where students are taught by leaders in the global sport industry.

Programs

The Department also sponsors a variety of programs. Our Independent Study Program provides opportunities for undergraduate students to work in faculty research laboratories to obtain hands-on experience with scientific research (<https://kines.rutgers.edu/research>). Students interested in applying Exercise Science and Sport Management concepts in the community are encouraged to become involved with our Disability Sports, Health and Wellness (<https://kines.rutgers.edu/dshw/home>), Exercise and Aging (<https://cea.rutgers.edu/>), and Youth Sports Research Council (<https://youthsports.rutgers.edu/>) programs. The Doctor of Physical Therapy (DPT) 4+3 program connects our undergraduate coursework with the Rutgers graduate program (<https://rudpt43.rutgers.edu/>).

Faculty

The Department of Kinesiology and Health's faculty exemplifies the wide diversity and expertise in our field. Our faculty are leading researchers in the areas of exercise science, health, psychology, and physiology. Our faculty are recognized internationally for their contribution to research and discovery. Current topics include lifestyle medicine, physical activity and mental health disorders, exercise and brain activity, sleep, exercise and cardiometabolic outcomes, gut microbiome, youth sport participation and emotion regulation, substance use and cardiovascular function, and chronic disease prevention.

The Department's distinguished faculty ensures that our students are provided with the most up-to-date knowledge and skills in our profession. Members of our faculty also have diverse professional backgrounds and experiences in a wide range of careers such as physical therapy, personal training, gerontology, physical education, sport psychology, medicine, recreation, law, event management, sport operations, and marketing.

Department faculty are available to meet with students to discuss research, areas of expertise and training, and career opportunities, and to respond to questions and concerns regarding coursework and course requirements. Faculty Office Hours are held in-person or virtually during the fall and spring semesters. Hours are posted on the Department website. For questions related to course scheduling and undergraduate advising, please contact our Academic Advisors at advising@kines.rutgers.edu.

Exercise Science Major

Our Exercise Science curriculum provides students with a strong background in human anatomy and physiology. After two years of basic math and science (biology, chemistry, physics, calculus, statistics, psychology, anatomy), upper-level students study human physiology as it relates to exercise and physical activity (e.g., systems physiology, exercise physiology, neuromechanical kinesiology, motor learning, and movement experiences for disabled populations). The Department also offers courses in health behaviors more broadly, including substance use, stress, nutrition, and sleep in order to impart knowledge about how exercise and physical activity interact with other components of health and wellness. 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. Under the Exercise Science major, there is a Pre-Physical Therapy Concentration (DPT 4+3 program) that first year students are eligible to apply for. Please refer to page **34** for more information.

Career and Professional Opportunities (click links below for more information)

[**Athletic Training**](#)

[**Exercise Physiology/Kinesiology**](#)

[**Lifestyle Medicine**](#)

[**Pediatrics**](#)

[**Physical Therapy**](#)

[**Physician Assistant**](#)

Exercise Science Major Course Requirements

Students Declared Fall 2020 and later

REQUIREMENT	NUMBER	COURSE NAME	CREDITS
Kinesiology and Health	01:377:140	Foundations of Kinesiology & Health ¹	1.5
	01:377:205	Principles of Healthy Lifestyle	1.5
Biology	01:119:115	General Biology I	4
	01:119: 116	General Biology II	4
	01:119: 117	Biological Research Lab	2
Calculus	01:640:135	Calculus I	4
Statistics ²	01:377:275	Basic Statistics for Exercise Science	3
Chemistry	01:160:161	General Chemistry	4
	01:160:162	General Chemistry	4
	01:160:171	Introduction to Experimentation (Chem Lab)	1
Physics ³	01:750:193	Physics for the Sciences	4
	01:750:194	Physics for the Sciences	4
Psychology	01:830:101	General Psychology	3
	01:377:301 or 01:377:455	Psychology of Sport and Exercise or Exercise Psychology	3
Anatomy	01:377:223	Functional Human Anatomy Lecture	3
	01:377:224	Functional Human Anatomy Lab ⁴	1
Physiology	01:146:356	Systems Physiology	3
	01:377:370	Exercise Physiology	3
	01:377:371	Exercise Physiology Lab ⁵	1
Biomechanics	01:377:350	Biomechanics ⁶	3
	01:377:310	Motor Learning	3
Electives ⁷	01:377: ____	Electives	6
Testing and Prescription	01:377:410	Exercise Testing and Prescription	3
Professional Development	01:377:407	Administration in Exercise Science ⁸	1.5
Internship	01:377:493	Internship in Exercise Science ⁹	3
Total Credits			73.5

¹ Not open to seniors.

² Quantitative Methods in Psychology (01:830:200), Basic Statistics for Research (01:960:401) and Statistics II (01:960:212) are acceptable substitutes.

³ While Physics for the Sciences (750:193/194) is recommended, two alternative physics sequences are acceptable. General Physics with Lab (750:203/205 and 750:204/206) and Extended General Physics (750:201 and 750:202). Physics for the Sciences is only offered in a Fall/Spring sequence (i.e., 193 in fall; 194 in spring). Extended General Physics is only offered in a Spring/Fall sequence (i.e., 201 in the spring; 202 in the fall).

⁴ Functional Human Anatomy Lab and Lecture are co-requisites. You must have previously taken lecture or are currently taking lecture to register for lab.

⁵ Exercise Physiology Lab and Lecture are co-requisites. You must have previously taken lecture or are currently taking lecture to register for lab.

⁶ Physics for the Sciences (750:193) and Biomechanics are co-requisites. You must have previously taken Physics for the Sciences (750:193) or are currently taking (750:193) to register for Biomechanics.

⁷ These credits can be fulfilled using 1.5 and 3 credit courses; however, a maximum of two 1.5 credit classes may be used for elective credit. At least 3 elective credits must be at the 300 level or higher. At least 3 elective credits must be taught within the Kinesiology and Health Department (377 or 955 course code).

⁸ You must be a Senior with a minimum of 90 credits overall and be a formally declared Exercise Science major.

⁹ Must have a minimum of 90 credits overall and 20 credits in the major, be a formally declared Exercise Science major, minimum 2.0 GPA both overall and in major and complete the Department internship application process on Canvas. Students have the option of completing a 6-credit internship. Registration by Special Permission Number only.

Exercise Science Major Sample Plan of Study¹⁰

First Year

Fall		
119:115	General Biology I	4
377:140	Foundations of Kinesiology and Health	1.5
377:205	Principles of a Healthy Lifestyle	1.5

Spring		
119:116	General Biology II	4
119:117	Biological Research Laboratory	2
830:101	General Psychology	3
640:135	Calculus I	4

Second Year

Fall		
160:161	General Chemistry I	4
160:171	Introduction to Experimentation	1
377:275	Basic Stats for Exercise Science	3

Spring		
160:162	General Chemistry II	4
377:223	Functional Human Anatomy Lecture	4
377:224	Functional Human Anatomy Lab	1
377:301 or 455	Psychology of Sport & Exercise or Exercise Psychology	3

Third Year

Fall		
750:193	Physics for the Sciences	4
377:310	Motor Learning	3
377:___	Exercise Science Elective	3

Spring		
750:194	Physics for the Sciences	4
146:356	Systems Physiology	1
377:___	Exercise Science Elective (300 level or above)	3

Fourth Year

Fall		
377:370	Exercise Physiology	3
377:371	Exercise Physiology Lab	1
377:407	Administration of Exercise Science	1.5
377:350	Biomechanics	3

Spring		
377:493	Internship in Exercise Science	3 or 6
377:410	Exercise Testing & Prescription	3

¹⁰ 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 or courses for fulfilling minor requirements.

Exercise Science Electives

The Exercise Science major requires six (6) 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 and 955 courses that are recommended to fulfill elective requirements for the Exercise Science major. A minimum of three (3) elective credits must be within the department (377 or 955 subject code). At least three (3) elective credits must be at the 300+ level.

NUMBER	COURSE NAME	CREDITS
01:377:160	Introduction to Physical Therapy	1.5
01:377:161	Observation in Physical Therapy	1.5
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
01:377:215	Techniques of Athletic Training	3
01:377:225	Contemporary Health Issues	3
01:377:246	Safety Education and Emergency Care	3
01:377:252	Health and Wellness in Underserved Populations	3
01:377:303	Neuromechanical Kinesiology	3
01:377:304	Exercise and Aging	3
01:377:324	Movement Experiences for Individuals w/Disabilities	3
01:377:327	Field Experience – Special Populations	3
01:377:334	Physical Activity and Health	3
01:377:336	Sleep, Health and Performance	3
01:377:340	Motor Development: Infancy Through Adolescence	3
01:377:360	Cannabis: From Counterculture to Cure-All	3
01:377:381	Metabolic Adaptations to Exercise	3
01:377:415	Lifestyles of the Mediterranean - Greece	3
01:377:417	Pediatric Health - Contemporary and Cultural Factors	3
01:377:454	Advanced Exercise Physiology	3
01:377:456	Nutrition for Sport and Exercise	3
01:377:475	Nutrition and Fitness	3
01:377:496	EKG Use and Interpretation	3
01:955:226	Coaching Theory and Technique	3
01:955:305	Sport Sociology	3
01:955:308	Teaching and Coaching Individual and Team Sports	3
01:955:316	Fitness Management	3
01:955:321	The Business of Personal Training	1.5
01:955:330	Org and Admin of College Recreational Sports	1.5

Elective Courses from Other Departments

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

The table below lists courses from majors other than Exercise Science (377) or Sports Management (955) that have been approved to fulfill 3 credits of your elective requirement 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.**

If you have any questions concerning the eligibility of a potential elective course, you must check with and receive written approval from the Department Academic Advisor BEFORE registering for that course.

APPROVED ELECTIVE COURSES FROM OTHER DEPARTMENTS		
NUMBER	COURSE NAME	CREDITS
01:160:307	Organic Chemistry ¹¹	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
11:400:104	Food and Health	3
11:400:106	Food as Medicine	3
11:709:255	Nutrition and Health	3
11:709:345	Nutrition Through the Life Span	3
11:709:352	Nutrition and Behavior	3

¹¹ ⁸ Organic Chemistry is strongly recommended for students intending to apply to medical school.

Sport Management Major

Our Sport Management curriculum provides students with an extensive background in business and management, beginning with 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, students 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.

Career and Professional Opportunities (click links below for more information)

[Coaching](#)

[Sport Administration and Events](#)

[Sport Marketing and Revenue](#)

Sport Management Major Course Requirements

Students Declared Fall 2021 and later

REQUIREMENT	NUMBER	COURSE NAME	CREDITS
Kinesiology and Health	01:377:140	Foundations of Kinesiology & Health ¹²	1.5
Law	01:955:203	Sport and the Law	1.5
	01:955:204	Risk Management in Sport	1.5
Statistics	01:955:276	Basic Statistics for Sport Management	3
Computing	01:198:170	Computing Applications for Business	3
Business Essentials	33:010:272	Introduction to Financial Accounting	3
	01:955:311	Sport Marketing	3
Communication	04:189:103	Information Technology and Informatics ¹³	3
	01:955:355	Professional Presentations in Sport Management	3
Writing	01:355:203 or 01:355:303	Business Writing Essentials OR Writing for Business and the Professions	3
Economics	01:220:102	Introduction to Microeconomics	3
	01:220:103	Introduction to Macroeconomics	3
Psychology	01:830:101	General Psychology	3
Sociology	01:920:101	Introduction to Sociology	3
	01:955:305	Sport Sociology	3
Organization	01:955:330 or 01:955:332	Organizational Behavior in Sport Management OR Leadership Development in Sport	3
Concentration (Must Choose 1)	Sport Marketing & Revenue		9
	01:955:306	Finance in Sport (3)	
	01:220:312	Economics of Sport (3) *Substitute courses listed in footnote ¹⁴	
	01:955:412	Advanced Sport Marketing (3)	
	Coaching		
	01:955:226	Coaching Theory and Technique (3)	
	01:955:308	Teaching and Coaching Individual and Team Sports (3)	
	01:377:301	Psychology of Sport and Exercise (3)	
	Sport Administration & Events		
	01:955:312	Facilities Planning and Design (1.5)	
	01:955:333	Event Management and Sponsorship in Sport (1.5)	
	01:955:318	Organization & Administration of College Recreational Sports (3)	
	01:955:316	Fitness Management (3)	
Administration SM	01:955:406	Administration in Sport Management ¹⁵	3
Electives	01:955__	Electives	6

¹² Not open to seniors.

¹³ Not open to seniors. Specific sections open to Sports Management Majors Only.

¹⁴ Alternative courses to 01:220:312 Economics of Sport

11:373:205 Small business essentials, 33:382:202 Marketing for entrepreneurs and small business, 33:382:340 Creativity, Innovation and Entrepreneurship, 33:382:203 Finance for entrepreneurs and small business, 33:382:202 Marketing for entrepreneurs and small business, 33:382:103 Accounting for entrepreneurs and small business

¹⁵ You must be a Senior with a minimum of 90 credits overall and be a formally declared Exercise Science major.

Internship	01:955:490	Internship in Sport Management ¹⁶	6
			Total Credits 67.5

¹⁶ Must have a minimum of 90 credits overall and 20 credits in the major, be a formally declared Exercise Science major, minimum 2.0 GPA both overall and in major and complete the Department internship application process on Canvas. Registration by Special Permission Number only.

Sport Management Major Sample Plan of Study

First Year

Fall		
355:101	College Writing	3
640:111	Precalculus I	2
830:101	General Psychology	3
377:140	Foundations of Kinesiology and Health	1.5

Spring		
955:203	Sport and the Law	1.5
955:204	Risk Management in Sport	1.5
955:276	Basic Statistics for Sport Management	3

Second Year

Fall		
220:102	Introduction to Microeconomics	3
920:101	Introduction to Sociology	3
189:103	Information Technology and Informatics	3
198:170	Computer Applications for Business	3

Spring		
220:103	Introduction to Macroeconomics	3
355:303	Writing for Business & the Professions	3
010:272	Introduction to Financial Accounting	3

Third Year

Fall		
955:305	Sport Sociology	3
955: ___	Concentration Course #1	3
955:355	Professional Presentations in Sport Management	3

Spring		
955: ___	Sport Management Elective	3
955: ___	Concentration Course #2	3
955:330 OR 955:332	Organizational Behavior in Sport Management OR Leadership Development in Sport	3

Fourth Year

Fall		
955: ___	Concentration Course #3	3
955:311	Sport Marketing	3
955:406	Administration of Sport Management	3

Spring		
955:490	Internship in Sport Management	6
955: ___	Sport Management Elective (300-400 level)	3

Sport Management Electives

The Sport Management major requires six (6) elective credits. 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 and 955 courses that are recommended to fulfill elective requirements for the Sport Management major. A minimum of three (3) elective credits must be within the department (377 or 955 subject code). At least three (3) elective credits must be at the 300+ level.

Please note that you cannot use a course you are taking to fulfill the concentration requirement to also fulfill the elective requirement.

NUMBER	COURSE NAME	CREDITS
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	1.5
01:377:215	Techniques of Athletic Training	3
01:377:225	Contemporary Health Issues	3
01:377:246	Safety Education and Emergency Care	3
01:377:301	Psychology of Sport and Exercise	3
01:377:304	Exercise and Aging	3
01:377:324	Movement Experiences for Individuals with Disabilities	3
01:377:415	Lifestyles of the Mediterranean – Greece	3
01:377:455	Exercise Psychology	3
01:377:456	Nutrition for Sport and Exercise	3
01:377:475	Nutrition and Fitness	3
01:955:226	Coaching Theory and Technique	3
01:955:306	Finance in Sport	3
01:955:308	Teaching and Coaching Individual and Team Sports	3
01:955:312	Facilities Planning and Design	1.5
01:955:316	Fitness Management	3
01:955:317	Ethics and Values in Sport	1.5
01:955:318	Organization & Administration of College Recreational Sports	1.5
01:955:321	Business of Personal Training	1.5
01:955:330	Organizational Behavior in Sport Management	3
01:955:331	Gender Issues in Sport	1.5
01:955:332	Leadership Development in Sport	3
01:955:333	Event Management and Sponsorship in Sport	3
01:955:412	Advanced Sport Marketing	3

Elective Courses from Other Departments

A maximum of 3 credits from outside the Department of Kinesiology and Health 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.**

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.

APPROVED COURSES FROM OTHER DEPARTMENTS		
NUMBER	COURSE NAME	CREDITS
01:014:386	African Americans & Sports	3
01:590:250	Sports in Latin America and the Caribbean	3
01:830:373	Organizational and Personnel Psychology	3
01:840:118	Sports & Religion	3
04:192:201	Communication in Relationships	3
11:373:205	Small Business Essentials	3
11:373:231	Introduction to Marketing	3
11:709:235	Introduction to Sports Nutrition	3
33:382:103	Accounting for Entrepreneurs & Small Business	3
33:382:202	Marketing for Entrepreneurs & Small Business	3
33:382:203	Finance for Entrepreneurs & Small Business	3
33:382:340	Creativity, Innovation & Entrepreneurship	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

Sport Management Minor

The 18-credit Sport Management Minor is designed to give students majoring in other disciplines such as business, communications, labor relations and psychology an opportunity to learn about the sport industry. Students will be exposed to such areas as marketing, administration, law, psychology, sociology as they relate to the business of sport.

Students from any School within Rutgers University can choose to minor in Sport Management. Students in the Schools of Arts and Sciences (SAS) or the School of Environmental and Biological Sciences (SEBS) will use the MyMajor system to submit the minor declaration request. Students from other schools within Rutgers can declare a minor in Sport Management only with the approval of the Dean of their school.

Minor Requirements

REQUIREMENT	NUMBER	COURSE NAME	CREDITS
Minor Requirements	01:955:203	Sport and the Law	1.5
	01:955:204	Risk Management in Sport	1.5
	01:955:311	Sport Marketing	3
	01:955:330 <i>or</i> 01:955:332	Organizational Behavior in Sport Management <i>or</i> Leadership Development in Sport	3
	01:955:355	Professional Presentations in Sport Management	3
Minor Electives	<i>Choose 6 credits from the Elective Courses listed in the table below.</i>		6
Total Credits = 18			

Minor Elective Courses

NUMBER	COURSE NAME	CREDITS
01:955:226	Coaching Theory and Technique	3
01:955:306	Finance in Sport	3
01:955:308	Teaching and Coaching Individual and Team Sports	3
01:955:312	Facilities Planning and Design	1.5
01:955:316	Fitness Management	3
01:955:317	Ethics and Values in Sport	1.5
01:955:318	Organization & Administration of College Recreational Sports	1.5
01:955:321	Business of Personal Training	1.5
01:955:330	Organizational Behavior in Sport Management	3
01:955:331	Gender Issues in Sport	1.5
01:955:332	Leadership Development in Sport	3
01:955:333	Event Management and Sponsorship in Sport	3
01:955:412	Advanced Sport Marketing	3

*Sport Management minors are encouraged to complete their elective requirement with 955 courses (listed above) but can also fulfill the requirement with 377 courses if needed. *

Academic Advising

Academic Advising in the Department of Kinesiology and Health at Rutgers University involves more than simply planning a schedule for each term. It offers the opportunity for students interested in Exercise Science or Sport Management to identify their personal and academic strengths, and empower them to identify, optimize and strive for excellence. Although students are personally responsible for planning their academic program to meet all graduation requirements, our advising office helps students make effective academic choices compatible with their life goals.

Appointments for scheduling an academic advising session can be made by contacting the Department's Undergraduate Academic Advisor, Lin Williams (lin.williams@rutgers.edu). Academic advising appointments are available in-person or virtually via zoom.

Weekly **virtual drop-in hours** are available for brief meetings and guidance that can be handled in a five- to ten-minute session. No appointments are needed to attend. These hours vary and are posted in the academic advising section on the department's website along with the Zoom links.

<https://kines.rutgers.edu/academics/academic-advising>

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 their academic major or minor.** Students should communicate with their individual school to confirm core requirement completion and to address questions not directly related to a student's major.

Declaring a Major

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 New Brunswick with a minimum overall GPA of 2.0

First Semester Transfer Students are eligible to declare if they have transferred into Rutgers University with a minimum of 15 credits.

2. Attend a department declaration meeting

Virtual declaration meetings are scheduled once a month throughout the fall and spring semesters. Students may find the Zoom links to the declaration meetings here

<https://kines.rutgers.edu/academics/academic-advising>. No registration required.

Students in the Schools of Arts and Sciences (SAS) or the School of Environmental and Biological Sciences (SEBS) will use the MyMajor system to submit the major declaration request. The declaration request will be approved after the student attends the department declaration meeting.

Students from other schools within Rutgers University can declare a major in Exercise Science or Sport Management only with approval of the Dean of their school.

Declaring the Sport Management Minor

Students in the Schools of Arts and Sciences (SAS) or the School of Environmental and Biological Sciences (SEBS) will use the MyMajor system to submit the minor declaration request. Students do not need to attend a declaration meeting to declare the minor, but periodic visits to the Academic Advisors are suggested.

Prerequisite Override

A prerequisite (prereq) override may be needed to register for a course if the student fulfilled the prerequisites for that course in a non-traditional 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 request a special permission number through the special permission number portal. A prereq override will only be processed if the special permission number is granted. See “Special Permission” below.
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 the prerequisite.

Special Permission Number Waitlists

A Special Permission Number (SPN) is a unique code given by the department that allows students to register for a closed course. Please note that applying for an SPN DOES NOT mean that you are guaranteed to receive one. This system is only available during the special permission period listed on the website. <https://kines.rutgers.edu/advising/special-permission-numbers>

You may request an SPN for the following reasons:

- The class is full: We will put your name on the WAITING LIST, with priority given to students in the major who meet the pre-requisites AND need the course for a timely graduation.
- The course requires it: as stated on the [University Schedule of Classes](#).

Do NOT request an SPN:

- before the section fills up. The numbers are not given by first come first serve. They are given by round.
- if other sections are open.
- if you do not meet the course prerequisites.
- for sections that do NOT officially appear on WebReg.

If you receive an email informing you that your request has been granted, you must login within 3 days of when the email is sent to retrieve your SPN.

Academic Policies

The Department of Kinesiology and Health follows the policies and procedures determined by the University.

Repeating Courses

For students in SAS, please go to <https://sasundergrad.rutgers.edu/degree-requirements/policies/repeated-course> to read the grade replacement policy.

For students in SEBS, please go to <https://sebs.rutgers.edu/academics/repeated-course-policy.php> to read the grade replacement policy.

Academic Integrity Policy

<http://nbacademicintegrity.rutgers.edu/>

This Policy defines violations of academic integrity and outlines the potential penalties for such violations and the process for adjudicating alleged violations. This Academic Integrity Policy applies to all schools and academic units of Rutgers, The State University of New Jersey.

Grade Appeal Process

Students who experience an issue with their grade in a course from our department (377 or 955) should first attempt to resolve the issue with the course instructor. Students and faculty are encouraged to do this via email to have written documentation of the grade issue and attempts at resolution.

If the student is unable to resolve the issue with the course instructor, the student should email the Undergraduate Director for the Department of Kinesiology and Health to explain the conflict and attach a PDF of the emails demonstrating that the student attempted but was unsuccessful at resolving the issue with the course instructor. The Undergraduate Director will then contact the course instructor to do the same. After reviewing the issue and attempts at resolution, the Undergraduate Director will provide the student with a response in a timely manner (typically within 2-3 business days).

If the student is having a grade dispute and their course instructor is the Undergraduate Director for the Department of Kinesiology and Health, the student should email the Vice Chair of Undergraduate Education and Administration for the Department of Kinesiology and Health instead.

If, and only if, the grade dispute is still not resolved after discussions with instructor and the Undergraduate Director/Vice Chair, the student will be directed to contact the Chair of the Department of Kinesiology and Health and will again, be asked to provide a PDF demonstrating the previous attempts at resolution.

Internship

All students majoring in Exercise Science or Sport Management must complete an internship during their senior year, or when they have completed 90 credits. The Exercise Science major requires students to complete 3 credits of Internship but have the option to complete 6 credits if they want to pursue a more in-depth internship. The Sport Management Major requires students to complete 6 credits of Internship. Registration is through SPN only.

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

01:377:498 – Internship in Exercise Science (6 credits)

01:955:490 – Internship in Sport Management (6 credits)

Note: 3 credits = 126 hours, 6 credits = 252 hours

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

To qualify for the internship course, students must satisfy the following criteria AND be accepted to the program through the application process:

1. Complete a minimum of 90 total 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 the application document.
5. Join the STEP 1 Canvas course site via email link per the schedule below

The application process for students begins the semester PRIOR to the internship course according to the following schedule:

Spring Internship – October, **Summer/Fall Internship** – February

Check Department postings and the website for updates regarding the email release. Students who fail to join the STEP 1 Canvas course site and comply with application procedures **will not be eligible** to register for the internship course.

Following the email release, students are given access to the STEP 1 Canvas course site with information outlining the procedures that must be followed to apply for Departmental permission. Once approved, students are required to complete an internship agreement and register for the course and credits. The internship can be completed during the fall or spring semesters or during the summer session.

The Department's Internship Program Director will evaluate all the necessary paperwork connected with the internship, provide appropriate program information and support to the intern and site supervisor, and assign the final grade. For questions regarding internship email internships@kines.rutgers.edu.

Transfer Credit from Other Institutions

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

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.

The Department of Kinesiology and Health will evaluate and approve "377" or "955" 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.

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, hpo@dls.rutgers.edu, 732-445-5667.

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

Research

The Department's multidisciplinary research portfolio features a holistic approach to health within a lifespan developmental perspective that emphasizes healthy lifestyles, modifiable risk factors, and resilience. Faculty study the mechanisms underlying critical health problems, as well as the mechanisms that support optimal physical and mental health, performance, and behavioral flexibility.

Our laboratories use both human and animal models to study the operation of mechanisms at multiple physiological and psychological levels ranging from gut microbes and brain processes to resistance training and complex lifestyle behaviors. Research topics span activity levels, nutrition, sleep, stress response, inflammation, and alcohol and drug use, and studies include adolescents, emerging adults, older adults, and special populations, including athletes. The Department aims to advance the understanding of integrated brain-body processes to develop and refine effective preventions and interventions that can be made accessible to improve the health of large numbers of persons, both in the US and abroad.

Students interested in obtaining research experience as part of their undergraduate education, which is highly recommended for those pursuing advanced degrees – particularly in medicine and physiology, are encouraged to seek out opportunities to work in a lab in their FIRST OR SECOND year. This allows the student to establish a strong connection with a faculty mentor and 2-3 years of training.

How to get involved: Check out the Research Labs listed below and reach out to faculty members you are interested in working with. You can gain experience by volunteering, earning Independent Study credit, or enrolling in a Rutgers University Honors Program (if eligible). For more information: <https://kines.rutgers.edu/opportunities/research-experience>.

Research Laboratories

Each lab has a website that can be accessed through the Department website that provides additional information, current studies being conducted, and open positions for undergraduate research assistants. <https://kines.rutgers.edu/research>

Applied Metabolism & Physiology Lab

Directed by Steven Malin, Ph.D.

We in the Applied Metabolism & Physiology Laboratory (AMP Lab) conduct clinical translational research to prevent/treat obesity, type 2 diabetes and cardiovascular disease. To accomplish this, we view exercise as a “drug” and focus on improving metabolic health by optimizing the prescription of exercise in people at risk for chronic disease. We study the interaction of exercise intensity/mode with nutrient intake, pharmacology, and/or bariatric surgery to maximize improvements in insulin sensitivity, beta-cell function, substrate oxidation, inflammation, appetite and endothelial function.

Cardiac Neuroscience Lab

Directed by Marsha Bates, Ph.D. and Jennifer Buckman, Ph.D

The Cardiac Neuroscience Laboratory (CNL) is a National Institute on Alcohol Abuse and Alcoholism (NIAAA) supported psychophysiology lab. This lab conducts substance use research that integrates the conceptual models and methods of psychology, neuroscience, physiology, and advanced quantitative strategies. Ongoing research focuses on cardiovascular signaling to understand the relationships between alcohol and other drug use behaviors, cognition, emotional regulation, and brain activity. The lab provides team science training for undergraduate and graduate students, post-baccalaureate research assistants, postdoctoral fellows, and early career faculty.

Exercise and Gastrointestinal Health Lab

Directed by Sara Campbell, Ph.D.

The Exercise and Gastrointestinal Health Laboratory is primarily focused on the microbiome, intestinal integrity and inflammation. Exercise can mediate systemic inflammation by enhancing intestinal integrity and favorably altering the gut microbes. The lab uses mouse models to determine the extent to which the microbes change in response to exercise. Research looks at how this protects the intestinal lining and down-regulates systemic inflammation to promote health and combat disease.

Health Neuroscience Lab

Directed by Brandon Alderman, Ph.D.

The primary focus of the Health Neuroscience Laboratory is on the role of physical activity and related health behaviors in promoting physiological, neurocognitive, and psychological resilience. The lab uses advanced psychophysiological techniques including electroencephalography (EEG) and impedance cardiography to better understand acute and chronic adaptations to exercise and physical activity, and how knowledge of these adaptations can be applied to intervention development. This work is helping to elucidate mechanisms underlying the effects of physical activity on mental health states (e.g., anxiety and depression).

Rutgers Sleep Lab**Directed by Andrea Spaeth, Ph.D.**

The Rutgers Sleep Lab develops and implements effective lifestyle modification interventions related to sleep in diverse at-risk populations to promote health and wellness. Research methods utilized by the Rutgers Sleep Lab include observational studies, experiments and behavioral interventions in adolescents and young adults.

*Coming Soon!***Biomechanics Lab****Directed by Erik Hummer, Ph.D.**

Programs

<https://kines.rutgers.edu/programs-main>

AGING

Exercise and Aging Initiative provides students in the Department of Kinesiology and Health's Exercise and Aging course with the opportunity to coordinate and implement a variety of intergenerational programs for the senior community. Students learn about the beneficial effects of exercise on the older population, and then apply their theoretical knowledge and gain practical experience working with an age group that many will work with during their professional careers. Events for the senior community are held each semester at Rutgers University and at outside locations.

How to get involved: Take our Exercise and Aging course (01:377:304) or contact Dr. Peter Kokkinos (peter.kokkinos@rutgers.edu) or Professor Malamug (malamug@rutgers.edu) for independent study opportunities

PEDIATRICS

The Youth Sports Research Council develops, synthesizes, and disseminates information about the influence of physical activity and organized sports on the healthy development of children and adolescents. The award-winning educational programs are designed for recreation directors, coaches, parents, and administrators of youth sports leagues. Since 1986, the YSRC has partnered with the New Jersey Recreation and Park Association (NJRPA) to provide training to more than 300,000 volunteer youth sports coaches and thousands of municipal recreation directors throughout the state of New Jersey.

How to get involved: Take our courses related to coaching (01:955:226 Coaching Theory & Technique, 01:955:308 Teaching and Coaching Individual & Team Sports, 01:377:301 Psychology of Sport and Exercise) or contact Dr. Anthony Delli Paoli (a.dellipaoli@rutgers.edu) for independent study opportunities.

The Child Sensorimotor Development, Kinesiology, and Health Initiative (CSSKHI) supports sensorimotor development, motor skill acquisition, and physical activity for improved child health outcomes. The initiative is led by Dr. Lisa Rossman Murphy of the Department of Kinesiology and Health, Rutgers New Brunswick School of Arts and Sciences. The CSSKHI focuses on several factors affecting the developing child – obesity, inactivity, and chronic health issues. Through education, information, research, and programming, the goal of the CSSKHI is to improve movement skills and function and to increase physical activity for improved health in children

How to get involved: Take our courses related to pediatrics (01:377:340 Motor Development-Infancy Through Adolescence, 01:377:417 Pediatric Health – Contemporary and Cultural Factors) or contact Dr. Lisa Murphy (lar122@kines.rutgers.edu) for independent study opportunities.

DIVERSITY and INCLUSION

Disability Sports, Health and Wellness works with students, staff and community partners on disability issues that educate our students while enhancing the community of individuals with disabilities in New Jersey and at the University.

Students work directly with disability groups and individuals by volunteering and or shadowing while in the Movement Experience for Individuals with Disabilities class or Field Experience for Individuals with Disabilities class. Students in these classes offer over 600 hours of volunteer work to disability-related groups.

How to get involved: Take our courses related to individuals with disabilities (01:377:324 Movement Experiences for Individuals with Disabilities, 01:377:327 Field Experience - Special Populations) or contact Javier Robles (javier.robles@rutgers.edu)

The mission of the **Council for Leadership, Equity and Diversity in Sport (CLEDS)** is to provide services and opportunities to populations who have been historically marginalized in sport and sport business careers. Rutgers students can receive and provide developmental services in sport business, media, recreation, fitness, and athletics while focusing on the mission to increase diversity and inclusion of racial, gender, socioeconomic, religious, and people with disabilities in sport.

How to get involved: Take our courses related to underserved populations (01:377:252 Health and Wellness in Underserved Populations, or 01:955:305 Sport Sociology, 01:955:317 Ethics and Values in Sport, 01:955:331 Gender Issues in Sports) or contact Dr. Latisha Forster Scott (latisha.scott@rutgers.edu) for independent study opportunities.

LIFESTYLE SCIENCE

The goal of **The Wellness and Lifestyle Science Initiative** is to increase participants' knowledge regarding the history, evolution, and principles of the Mediterranean lifestyle as well as other lifestyles associated with health and longevity. Participants will learn skills that will enable them to implement this beneficial lifestyle behaviors in their everyday lives.

How to get involved: Take our courses related to healthy lifestyle (01:377:334 Physical Activity and Health, 01:377:336 Sleep, Health and Performance, 01:377:360 Cannabis: Counterculture to Cure-All, 01:377:475 Nutrition and Fitness, 01:377:415 Lifestyles of the Mediterranean- Greece Study Abroad, 01:377:455 Exercise Psychology) or contact Dr. Brandon Alderman (alderman@rutgers.edu, mental health), Dr. Andrea Spaeth (ams853@kines.rutgers.edu, sleep), Dr. Jennifer Buckman (jbuckman@rutgers.edu, substance use), Dr. Sara Campbell (saracamp@kines.rutgers.edu, gut health), or Dr. Labros Sidossis (lsidossis@kines.rutgers.edu, Mediterranean lifestyle) for independent study opportunities.

HUMAN ANATOMICAL STUDIES INITIATIVE

The **Functional Human Anatomy** course provides an in-depth examination of the structure and functional significance of the human body with emphasis on neural, musculoskeletal, and cardiopulmonary systems. It also offers an introduction to clinical applications of relevant anatomy, with

respect to some common conditions seen in a health/medical rehabilitative profession.

In the lab, students receive a hands-on education where they will be able to identify major structures of the human body, use anatomical terminology with facility, know and understand the inter-relationships of the neuro-musculoskeletal and cardiorespiratory systems, and develop a high regard for the beauty and efficacy of the human body.

How to get involved: Take our human anatomy courses (01:377:223 Functional Human Anatomy, 01:377:224 Functional Human Anatomy Lab) or contact Adam DiVine (adivine@kines.rutgers.edu).

EXERCISE IS MEDICINE ON CAMPUS (EIM-OC)

The mission of EIM at Rutgers University, New Brunswick is to foster collaborative leadership on campus through the promotion of well-being through exercise and physical activity. The vision of EIM at Rutgers University, New Brunswick is to see leaders across multiple disciplines promote, support, and engage the campus community in the value and participation of exercise as a medicine for chronic disease prevention and management.

How to get involved: Take an activity course (01:377:170 Principles of Strength & Conditioning, 01:377:180 Exercise & Relaxation, 01:377:191 Cardiovascular Conditioning) or contact Stacy Trukowski, Associate Director of Recreation (stacytr@echo.rutgers.edu), Dr. Steven Malin (steven.malin@rutgers.edu), or Dr. Labros Sidossis (lsidossis@kines.rutgers.edu) to become involved.

Departmental Honors Program

There are three categories of honors in Exercise Science: Honors, High Honors, and Highest Honors.

Honors Criteria

Honors	3.600 Major GPA
High Honors	3.800 Major GPA
Highest Honors	4.000 Major GPA

DPT 4+3 Program

The Doctor of Physical Therapy (DPT) 4+3 Program at Rutgers University accepted its first class in the spring of 2019. The DPT 4+3 Program is a seven-year program that combines four (4) years of coursework in a Bachelor of Science (B.S.) in Exercise Science from Rutgers University New Brunswick with three (+3) years of graduate school at the Rutgers Doctor of Physical Therapy Program. This program provides First Year students who are admitted to either the School of Arts and Sciences (SAS) or School of Environmental and Biological Sciences (SEBS) the opportunity to begin preparing for a Doctor of Physical Therapy (DPT) Degree from the moment they start their college education.

The DPT 4+3 Program is only open to First Year students who complete the required fall semester curriculum satisfactorily. If requirements are met, students must express formal interest before they declare their major in Exercise Science in the spring semester of their First Year. After being accepted into the major, students are eligible to apply to the Pre-PT Concentration in Spring of First Year. Accepted students can apply to the DPT Graduate Program in the summer after the second year of their undergraduate career.

Upon completion of all requirements in the Fourth Year, accepted students will have the opportunity to begin their graduate career in the DPT Program and receive a DPT degree. Unfortunately, upperclassmen and transfer students are not eligible for this program.

Declaring the Exercise Science major – Pre-Physical Therapy Concentration

This concentration within the Exercise Science Major is designed to prepare students who will be applying to the Doctor of Physical Therapy (DPT) 4+3 Program. Once accepted into the Pre-PT Concentration, this will provide these students with beneficial opportunities such as seminars, career development workshops, volunteering opportunities, etc.

Students who meet the following requirements are eligible to apply for this concentration:

- Declare Exercise Science Major in the Spring of their First Year
- Access will be granted to the Pre-PT Concentration application.
- Students planning to apply must satisfy the following requirements:
 - Must maintain a minimum of 3.3 GPA during First Year Fall Semester at Rutgers University
 - Can have no more than one C in any course
 - If a grade of C is received, that course must be re-taken by the time of application into the DPT 4+3 Program, and a letter grade of B or higher needs to be achieved in that course.
- Must have completed the following courses at Rutgers University during their First Year Fall Semester:
 - 01:119:115 General Biology
 - 01:377:140 Foundations of Kinesiology and Health

For any questions regarding the DPT 4+3 program please visit <https://rudpt43.rutgers.edu/academics/undergraduate/pre-pt-concentration> or email rudpt4_3@kines.rutgers.edu.

Kinesiology & Health Ambassador Program

Kinesiology and Health Ambassadors are a select group of volunteer students who represent the Exercise and Sport Management majors with professionalism and enthusiasm for the department. They share their experiences with current and prospective students. The goal of the program is to create a strong community within the department and increase outreach and awareness. The program provides service, leadership, and mentoring opportunities under the supervision of the Kinesiology and Health Academic Advising Department.

Kinesiology & Health Club

The purpose of the Kinesiology and Health Club is to create a student support system open to all students majoring in or intending to major in Exercise Science or Sport Management and informing them of the options within the field of Exercise Science and Sport Management through peer mentoring, professional networking, and various educational opportunities. For more information, please visit the club website <https://kines.rutgers.edu/opportunities/student-clubs>.

Rutgers Physical Therapy Club

The purpose of the Rutgers Physical Therapy Club is to create a community for all students who are interested in pursuing a career in Physical Therapy. Within the club, students will be guided and mentored through the Physical Therapy School application process, as well as participate in fundraisers for the Make-A-Wish foundation. This club allows students to connect with one another, receive peer mentorship, and learn more about all of the potential career paths that are available to them. This club can be contacted at ruphysicaltherapyclub@gmail.com Instagram handle: @ruptclub

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. Currently, Athletic Trainers overwhelmingly need a master's degree to obtain a job. Therefore, majoring in Exercise Science is an excellent way to earn the undergraduate education needed for Athletic Training graduate programs.

How to get involved: Take our courses in Athletic Training (01:377:215 Techniques of Athletic Training, 01:377:315 Advanced Theory & Techniques of Athletic Training) or contact Chris D'Andrea, the Athletic Trainer for Rutgers University, (cdandrea@scarletknights.com) for independent study opportunities.