



RUTGERS

School of Arts and Sciences

DEPARTMENT OF KINESIOLOGY AND HEALTH

**2022 -2023 Academic Year
Undergraduate Program
Handbook**

September 2022

Department of Kinesiology and Health
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MISSION STATEMENT

The Department of Kinesiology and Health is committed to educating and training the next generation of scholars to address the major public health issues related to physical activity and health. We aim to advance the scientific understanding of human health and provide leadership to the global sports industry.

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, physical education pedagogy, biomechanics, motor development, motor learning and control, psychology of physical activity and sport, sport management, history of physical activity, measurement of physical activity, 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, 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 the Bachelor of Science degree. Our Department has more than 1200 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 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 also 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 focus 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 74.5 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), 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 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 or when 90 credits are completed.

The Sport Management major consists of 68 credits and includes courses in marketing, finance, facility management, sport law, accounting, and economics. Please note, unlike the Exercise Science major, the Sport Management Major is not offered to the School of Environmental and Biological Sciences (SEBS) students. The program offers many opportunities to connect with professionals in the sport management field and requires a 252-hour senior internship experience. 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. Independent Study and the Departmental Honors Research Program provides opportunities for undergraduate students to work in faculty research laboratories to obtain hands-on experience with scientific research (add link to webpage). Students interested in applying Exercise Science and Sport Management concepts in the community are encouraged to become involved with our Center for Disability Sports, Health and Wellness (<https://kines.rutgers.edu/dshw/home>), Center for Exercise and Aging (<https://cea.rutgers.edu/>), and Youth Sports Research Council (<https://youthsports.rutgers.edu/>). In response to the large number of students who major in Exercise Science and then pursue graduate school in Physical Therapy, the Doctor of Physical Therapy (DPT) 4+3 program was developed, which 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 a wide array of research areas. 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 of 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.

FACULTY OFFICE HOURS

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

MAJORS

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

<u>CAREERS</u>	<u>GRADUATE</u>	
Cardiac/Pulmonary Rehabilitation	Physical /Occupational Therapy	Exercise Physiology
Corporate Fitness	Medical School	Cardiac Rehabilitation
Personal Trainer	Physiology	Ergonomist
Private Fitness Industry	Physician Assistant	Nursing & Nurse Practitioner
Wellness	Athletic Training	Health
	Dentist	

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

¹ Not open to seniors. Contact the Undergraduate Academic Advisor for more information.

² General Biology (01:119:101/102) sequence is also acceptable.

³ Quantitative Methods in Psychology (01:830:200) and Basic Statistics for Research (01:960:401) are acceptable substitutes.

⁴ While Physics for the Sciences (750:193/194) is recommended, two alternative physics sequences are available to students: 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 offered in a Spring/Fall sequence (i.e., 201 in the Spring; 202 in the Fall).

⁵ 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. 3 elective credits must be at the 300-400 level. Courses outside the major (377) may be considered but only with approval and at least 3 credits must be from the 377 department.

⁶ Must have a minimum of 90 credits overall and be a formally declared Exercise Science major.

⁷ Must have a minimum of 90 credits overall and 20 credits in the major, be a formally declared Exercise Science major, join a pre-internship canvas site, and make formal application to the Internship Program Director. Students also have the option of completing a 6-credit internship

⁸ The Department Accepts the course previously named Functional Human Anatomy- 01:377:213

**EXERCISE SCIENCE MAJOR
SAMPLE PLAN OF STUDY¹**

YEAR 1

Fall		
119:115	General Biology I	4
377:205	Principles of a Lifestyle	1.5
377:140	Foundations of Kinesiology and Health	1.5
Spring		
119:116	General Biology II	4
119:117	Biological Research Laboratory	2
640:135	Calculus I	4
830:101	General Psychology	3

YEAR 2

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
377:223 377:224	Functional Human Anatomy Functional Human Anatomy Lab	4
377:301 or 455	Psychology of Sport & Exercise or Exercise Psychology	3

YEAR 3

Fall		
750:193	Physics for the Sciences	4
377:310	Motor Learning	3
377:___	Exercise Science Elective	3
Spring		
760:194	Physics for the Sciences	4
146:356	Systems Physiology	1
377:___	Exercise Science Elective (300 level or above)	3

YEAR 4

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	4

¹This 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, courses for fulfilling minor requirements, or elective courses “recommended” for the option.**

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 or speak to an academic advisor to determine if any of the courses have prerequisites or restrictions and to determine which courses are most useful for their particular post-undergraduate plans.

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. A maximum of three (3) elective credits can be at the 200 or lower 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	Pediatric Physical Development and Fitness	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
01:377:416	Exploring the Origins of the Mediterranean Diet in Crete	3
01:377:454	Advanced Exercise Physiology	3
01:377:456	Nutrition for Sport and Exercise	3
01:377:475	Nutrition and Fitness	3
01:377:482-5	Topics in Kinesiology and Health	1.5/BA
01:377:496	EKG Use and Interpretation	3

ELECTIVE COURSES FROM OTHER DEPARTMENTS

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

The table below list courses from majors other than Exercise Science 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.**

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 MAJORS		
NUMBER	COURSE NAME	CREDITS
01:160:307	Organic Chemistry ¹	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
01:955:203	Sport and the Law	1.5
01:955:204	Risk Management in Sport	1.5
01:955:305	Sport Sociology	3
01:955:306	Finance in Kinesiology and Health	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
01:955:333	Event Management and Sponsorship in Sport	1.5
01:955:355	Professional Presentations in Sport Management	3

¹Organic 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

<u>CAREERS</u>	<u>GRADUATE</u>
Facilities/Arena Management	Global Sports Business
Athletic Administration – Recreational, High School, Collegiate Professional	Sport Management
Private Sport Club/Health Club Management	Sport Marketing
Professional Sport Management	M.B.A.
Retail Sporting Goods Management	Sport Law
Sports Marketing	
Event Management Public Relations	
Sports Promoter/Media/Blogger	
Sports Editor	
Coaching Scout	

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 and Health ¹	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	3
	01:955:355	Professional Presentations in Sport Management	3
Writing	01:355:203 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 01:955:332	Organizational Behavior in Sport Management* ⁸ 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 College and Professional Sports (3)	
	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	Facility Planning and Design (1.5)	
Administration SM	01:955:333	Event Management and Sponsorship in Sport (3)	3
	01:955:318	Org. & Admin of College Recreational Sports (1.5)	
	01:955:316	Fitness Management (3)	
	01:955:406	Administration in Sport Management ²	
SM Electives	At least 3 credits must be at the 300 or 400 level and can include mini-courses.		6
Internship	01:955:490	Internship in Sport Management ³	6
*377/955 courses that require pre/co-requisites			Total Credits = 67.5

¹ Not open to seniors. Contact the course instructor for more information.

² Must have a minimum of 90 credits overall and be a formally declared Sport Management major.

³ Must have a minimum of 90 credits overall and 20 credits in the major, be a formally declared Sport Management major, join a pre-internship canvas site, and make formal application to the Internship Program Director..

SPORT MANAGEMENT MAJOR
SAMPLE PLAN OF STUDY1

YEAR 1

Fall		
355:101	Expository Writing I	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

YEAR 2

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 the Business & the Professions	3
010:272	Intro to Financial Accounting	3

YEAR 3

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

YEAR 4

Fall		
955: ____	Concentration Course #3 (300 level)	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	3

1This 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.

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 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.

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	3
01:377:225	Contemporary Health Problems	3
01:377:246	Safety Education and Emergency Care	3
01:377:304	Exercise and Aging	3
01:377:324	Movement Experiences for Individuals with Disabilities	3
01:377:325	Methods of Lifestyle Assessment	3
01:377:405	Metabolism, Lifestyle and Chronic Diseases	3
01:377:415	Lifestyles of the Mediterranean – Greece	3
01:377:482-5	Topics in Kinesiology and Health	1.5/BA
01:955:226	Coaching Theory and Techniques	3
01:955:306	Finance in Kinesiology and Health	3
01:955:308	Techniques of Officiating 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
01:955:331	Gender Issues in Sport	1.5
01:955:332	Leadership Development in Sport	3
01:955:333	Event Management and Sponsorship in Sport	1.5
01:955:412	Advanced Sport Marketing	3

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 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 955 or selected 377 course listed on page 18, 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.

APPROVED COURSES FROM OTHER DEPARTMENTS		
NUMBER	COURSE NAME	CREDITS
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 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 approval of the Dean of their school.

SPORT MANAGEMENT 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	Organizational Behavior in Sport Management*	3
	01:955:355	Professional Presentations in Sport Management	3
Minor Electives	Choose 6 credits from the Elective Courses listed in the table below.		6
*955 courses that require pre/co-requisites		Total Credits = 18	

SPORT MANAGEMENT MINOR – **ELECTIVE COURSES**

NUMBER	COURSE NAME	CREDITS
01:377:140	Foundations of Kinesiology and Health	1.5
01:955:226	Coaching Theory & Technique	3
01:377:301	Psychology of Sport and Exercise	3
01:955:305	Sport Sociology	3
01:955:306	Finance in Sport	3
01:955:308	Teaching & Coaching Individual and Team Sports	3
01:955:312	Facilities Planning and Design	1.5
01:955:306	Fitness Management	3
01:955:317	Ethics and Values in Sport	1.5
01:955:318	Organization & Administration of College Recreation Sports	1.5
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	1.5
01:955:412	Advanced Sport Marketing	3

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.

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

Appointments for scheduling an academic advising session can be made by contacting the Department's Undergraduate Academic Advisor. Academic advising appointments are available in-person, virtually (using Zoom or other similar software), or by phone.

Weekly **Walk-In Hours** are available for brief meetings and guidance that can be handled in a five- to ten-minute session. These hours vary and are posted each week in the academic advising section on the department's website. If in-person walk-in hours are not possible, these will be held virtually (using Zoom or other similar software).

Appointments do not need to be scheduled during walk-in hours. Students are encouraged to check the academic advising website regularly to check the times the advising hours above are offered.

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

Meetings for declaring a major are scheduled throughout the fall and spring semesters. Students must register online for one of these orientations. At the start of each semester, the link to register for a declaration meeting will be available and posted on the Department website. Registering for a declaration meeting indicates that you will attend a selected meeting date.

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 Advisor is suggested.

MINI-COURSES – 1.5 CREDITS

Mini-courses are 1.5 credit courses that are offered by the Department of Kinesiology and Health. Sections for each course can be offered either in the first seven weeks of a semester or the second seven weeks of a semester. Most mini-courses do not run the entire duration of a semester. When planning to register for a mini-course, make sure to note the start and end date of the chosen section.

Course Name	
Course Number	
01:377:140	Foundations of Kinesiology and Health ¹
01:377:160	Introduction to Physical Therapy ²
01:377:161	Observation in Physical Therapy ²
01:377:170	Principles of Strength and Conditioning
01:377:180	Exercise and Relaxation
01:377:191	Cardiovascular Conditioning
01:377:205	Principles of a Healthy Lifestyle ³
01:377:407	Administration of Exercise Science ³
01:955:203	Sport and the Law ⁴
01:955:204	Risk Management in Sport ⁴
01:955:312	Facilities Planning & Design
01:955:317	Ethics and Values in Sport
01:955:318	Organization & Administration of College Rec. Sports
01:955:331	Gender Issues in Sport

¹ Course is required for both Exercise Science and Sport Management majors.

² Course is the duration of a full academic semester.

³ Course is required for Exercise Science majors.

⁴ Course is required for Sport Management majors.

Note: A student can only register for one mini-course online. To register for additional mini-courses within the same semester, go to any of the Deans' advising offices or the Registrar's office to register in person.

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/COURSE WAITLISTS

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.

Students may want to request special permission to register for a course that is closed. In the Department of Kinesiology and Health, requests for special permission should be filled out in the SAS Special Permission Number Request portal. For more information on this process, please go to: <https://kines.rutgers.edu/special-permission-numbers>

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.

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 in order 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 PROGRAM

All students majoring in the 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 and time-consuming internship. The Sport Management Major requires students to complete 6 credits of Internship. The time to plan for your internship begins at minimum one semester in advance!

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

*The internship course for Exercise Science majors (377:493) may also be available for completion in Athens, Greece during the month of June. Minimum GPA Requirement for Internship in Greece is a 3.0 or by permission of the Internship Director.

Internships are designed as an apprentice-like experience during which students have the opportunity to apply knowledge and skills developed in the classroom to various professional settings. Students must apply one semester in advance and are responsible for securing a location for their internship. All potential internship sites must be approved in advance by the Internship Program Director.

To qualify for the 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 the application document.
5. Join Kinesiology and Health Internship Canvas page via email link per the schedule below

Invitations for students to join Kinesiology and Health Internship Canvas page occur the semester **prior** to the internship via email on the following schedule:

Spring Interns – First Week in October
Summer/Fall Interns – First Week in February

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

Following the email release, students are given access to a 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.

DIRECTORY OF INTERSHIP SITES

Majors are free to identify and select an internship site of their choice but must receive approval from the Department's Internship Program Director. To assist approved students in their selection, a database listing of over 100 internship sites is available. 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>.

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; e-mail: 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 animal and human 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, athletes, emerging adults, older adults, and special populations. The Department aims to advance the understanding of integrated brain-body processes in order 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 credit, or enrolling in the Honors Program (if eligible). For more information:

<https://kines.rutgers.edu/research-experience>

DKH RESEARCH LABORATORIES

<https://kines.rutgers.edu/research>

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:

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., 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 Cardiometabolic Health Lab

Directed by Peter Kokkinos, Ph.D.

The main aim of the Exercise and Cardiometabolic Health (ECMH) Lab is to evaluate the impact of exercise and fitness on human health. Specifically, we assess the exercise-related acute responses and chronic adaptations of the cardiovascular system, and how these responses/adaptations can assist in the diagnosis, prognosis, prevention, and management of cardiovascular, and metabolic diseases. In addition, we assess the synergistic and independent effect of exercise and medication in the prevention and management of these diseases.

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.

Exercise Psychophysiology Lab

Directed by Brandon Alderman, Ph.D.

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

Psychosocial Process and Health Lab

Directed by Anthony Delli Paoli, Ph.D.

The Psychosocial Processes and Health Lab (PPHL) is housed within the Department of Kinesiology and Health in the School of Arts and Sciences at Rutgers University – New Brunswick. The lab aims to understand how physical activity and health-related factors impact social cognitive and affective processes in social relationships. We are specifically interested in how social relationships may impact health related outcomes throughout development. Our work uses an interdisciplinary approach drawing from the fields of kinesiology, psychology, human development, and neuroscience.

Rutgers Lifestyle Science Research Lab

Directed by Labros Sidossis, Ph.D.

Rutgers Lifestyle Science focuses on integrative approaches to health and wellness that support a healthy lifestyle. The main focus area is the Mediterranean lifestyle, and the application of integrative approaches to wellness and prevention such as yoga, mind body work for stress reduction, exercise, social interaction, community engagement and behavioral counseling.

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.

PROGRAMS

Center for Exercise and Aging (<https://cea.rutgers.edu/>)

The Center for Exercise and Aging 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, which is offered every semester (01:377:304), or reach out to Dr. Peter Kokkinos (peter.kokkinos@rutgers.edu) or Prof. Malamug (malamug@rutgers.edu) for Independent Study opportunities

PEDIATRICS:

Youth Sports Research Council & Child Sensorimotor Development, Kinesiology, and Health Initiative (CSDKHI)

The Youth Sports Research Council (<https://youthsports.rutgers.edu/>) 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.

The Rutgers 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 CSDKHI focuses on several factors affecting the developing child – obesity, inactivity, and chronic health issues. Through education, information, research, and programming, the goal of the CSDKHI 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:

Coaching

01:955:226	Coaching Theory and Technique
01:955:308	Teaching and Coaching Individual & Team Sports
01:377:301	Psychology of Sport and Exercise

Pediatrics

01:377:340	Pediatric Development and Fitness
01:377:417	Pediatric Health

Contact Dr. Anthony Delli Paoli or Dr. Lisa Murphy for Independent Study opportunities.

The Center for Disability Sports, Health and Wellness (<https://kines.rutgers.edu/dshw/home>)

The Center for Disability Sports, Health and Wellness currently 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 to receive firsthand opportunity to visit and learn from top therapists and medical professionals about serving individuals with disabilities.

The center is working with students through the department internship program on various projects to enhance the lives of individuals with disabilities on campus and throughout New Jersey. These include sports and recreation programs, exercise programs and online education.

How to get involved: Take our courses related to individuals with disabilities and underserved populations or contact Javier Robles for Independent Study Opportunities.

01:377:252	Health and Wellness in Underserved Populations
01:377:324	Movement Experiences for Individuals with Disabilities
01:377:327	Field Experience for Special Populations

Council for Leadership, Equity and Diversity in Sport (CLEDS)

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. For more information, please contact Dr. Latisha Forster Scott: latisha.scott@rutgers.edu

The Wellness and Lifestyle Science Initiative (<https://kines.rutgers.edu/wlsi/home>)

The goal of this 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. For more information, please contact Dr. Labros Sidossis: lsidossis@kines.rutgers.edu

How to get involved: Take our courses related to healthy lifestyle while at Rutgers or while studying abroad in Greece! For more information, please go to:

<https://kines.rutgers.edu/wlsi/home>

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
01:377:405	Metabolism, Lifestyle and Chronic Disease
01:377:455	Nutrition and Fitness

Contact Dr. Alderman, Dr. Spaeth, Dr. Buckman, Dr. Campbell, or Dr. Sidossis for Independent Study opportunities.

DEPARTMENTAL HONORS

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

HONORS CRITERIA

Honors	3.600 Major GPA OR 3.400 Major GPA + 3 semester Honors Research Program
High Honors	3.800 Major GPA OR 3.600 Major GPA + 3 semester Honors Research Program
Highest Honors	4.000 Major GPA OR 3.800 Major GPA + 3 semester Honors Research Program

HONORS RESEARCH PROGRAM

Highly motivated, high achieving students majoring in Exercise Science or Sport Management are encouraged to apply to the departmental honors program in the Fall semester of their Junior year. This program involves the development and completion of a research project that may be laboratory or industry based in close collaboration with a faculty mentor. The rigorous program involves a 9-credit course sequence and culminates with a poster presented to a committee and displayed at the departmental senior celebration. This program is distinct from the honors programs offered by the university, the Honors College-New Brunswick, the School of Arts and Sciences, and the School of Environmental and Biological Sciences. Students interested in this program are encouraged to volunteer or earn Independent Study credit during their Freshman and Sophomore years by working in a faculty research laboratory.

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

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.

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 be 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 have the opportunity to apply to the DPT Graduate Program in the Summer after 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. **Course requirements for the Pre-PT Concentration can be found on page 18.**

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

If you are unable to register for these courses, please contact us at rudpt4_3@kines.rutgers.edu

EXERCISE SCIENCE MAJOR - PRE-PHYSICAL THERAPY (DPT 4+3)
COURSE REQUIREMENTS

REQUIREMENT	NUMBER	COURSE NAME	CREDITS
Kinesiology and Health	01:377:140	Foundations of Kinesiology and Health	1.5
	01:377:205	Principles of a Healthy Lifestyle	1.5
Biology	01:119:115	General Biology I	4
	01:119:116	General Biology II	4
	01:119:117	Biological Research Laboratory	2
Statistics	01:377:275	Basic Statistics for Exercise Science	3
Calculus	01:640:135	Calculus I	4
Chemistry	01:160:161	General Chemistry I	4
	01:160:162	General Chemistry II	4
	01:160:171	Introduction to Experimentation	1
Physics	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 & Exercise or Exercise Psychology	3
Physiology	01:146:356	Systems Physiology	3
	01:146:357	Systems Physiology Lab	1
	01:377:370	Exercise Physiology	3
	01:377:371	Exercise Physiology Lab	1
Anatomy	01:377:223	Functional Human Anatomy	3
	01:377:224	Functional Human Anatomy Lab	1
Biomechanics	01:377:350	Biomechanics	3
	01:377:310	Motor Learning	3
PT Electives	01:377:160	Introduction to Physical Therapy	1.5
	01:377:161	Observation in Physical Therapy	1.5
ES Electives	All 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.		3
Testing & Prescription	01:377:410	Exercise Testing and Prescription	4
Professional Development	01:377:407	Administration of Exercise Science	1.5
Internship	01:377:493	Internship in Exercise Science	3
Total Credits = 78.5			

EXERCISE SCIENCE MAJOR - PRE-PHYSICAL THERAPY COURSE
PLAN OF STUDY

YEAR 1

Fall		
119:115	General Biology I	4
377:205	Principles of a Lifestyle	1.5
830:101	General Psychology	3
377:140	Foundations of Kinesiology and Health	1.5
Spring		
119:116	General Biology II	4
119:117	Biological Research Laboratory	2
640:135	Calculus I	4
Summer		
Volunteer at PT Clinic - Outpatient		

YEAR 2

Fall		
160:161	General Chemistry I	4
160:171	Introduction to Experimentation	1
377:275	Basic Stats for Exercise Science	3
377:160	Introduction to Physical Therapy	1.5
Spring		
160:162	General Chemistry II	4
377:213	Functional Human Anatomy	4
377:161	Observation in Physical Therapy	1.5
377:301 or 455	Psychology of Sport & Exercise or Exercise Psychology	3
Summer		
Take GRE		
Volunteer at PT Clinic - Different Clinic		
PTCAS application opens around July 1 Application due by September 1		

YEAR 3

Fall		
146:356	Systems Physiology	3
146:357	Systems Physiology Lab	1
377:____	Exercise Science Elective	3
Spring		
377:370	Exercise Physiology	3
377:371	Exercise Physiology Lab	1
377:____	Exercise Science Elective	3
Summer		
Volunteer at PT Clinic		

YEAR 4

Fall		
750:193	Physics for the Sciences	4
377:493	Internship in Exercise Science	3 or 6
377:407	Administration of Exercise Science	1.5
377:310	Motor Learning	3
Spring		
750:194	Physics for the Sciences	4
377:350	Biomechanics	3
377:410	Exercise Testing & Prescription	4

KINESIOLOGY AND 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 a current club contact information, please refer to the Club page on the department website.

How to get involved: Contact the club at: rutgers.essm@gmail.com

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 in order 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 and contact Mr. ChrisD'Andrea, the Athletic Trainer for Rutgers University, at the Hale Center on the Busch Campus (cdandrea@scarletknights.com, 732-445-6236). There are limited opportunities, so students interested in pursuing Athletic Training are encouraged to reach out early in their undergraduate education in order to establish a relationship that facilitates more internship opportunities.

01:377:215	Techniques of Athletic Training
01:377:315	Advanced Theory & Techniques of Athletic Training

Fall 2022	Winter 2023	Spring 2023	Summer 2023
Fall 2023	Winter 2024	Spring 2024	Summer 2024
Fall 2024	Winter 2025	Spring 2025	Summer 2025
Fall 2025	Winter 2026	Spring 2026	Summer 2026