

# RUTGERS

School of Arts and Sciences

## **Department of Kinesiology and Health**

2020-2021 Academic Year  
Undergraduate Program Handbook

August 2020

Department of Kinesiology and Health  
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## TABLE OF CONTENTS

<u>SECTION</u>	<u>PAGE</u>
<b><u>General Info</u></b>	
Faculty/Staff Locator.....	1-3
Mission Statement.....	3
Introduction.....	4
Department Overview.....	4-5
Faculty.....	5
Faculty Office Hours.....	6
Majors.....	6
Minor.....	7
<b><u>Academic Planning</u></b>	
Academic Advising.....	7
Declaring a Major.....	8
Mini-Courses – 1.5 Credits.....	8-9
Course Registration – Special Requests.....	9-10
Academic Policies.....	10-11
Internship Program.....	11-12
Transfer Credit from Other Institutions.....	12
Health Professions Office.....	13
<b><u>Programs/Student Opportunities</u></b>	
Research/Programs.....	13-14
Study Abroad Opportunities.....	15
Departmental Honors.....	16
DPT 4+3 Program.....	17
Pre-Physical Therapy Concentration Course Requirements.....	18
Pre-Physical Therapy Concentration Plan of Study.....	19
Kinesiology and Health Club.....	20
Athletic Training.....	20
Entry Level Master of Science in Clinical Nutrition.....	20-22
Professional Organizations.....	22
<b><u>Exercise Science Major</u></b>	
Exercise Science Major.....	23
Course Requirements.....	24
Plan of Study.....	25
Cluster Courses.....	26
Elective Courses.....	26-27
<b><u>Sport Management Major/Minor</u></b>	
Sport Management Major.....	28
Course Requirements.....	29
Plan of Study.....	30
Elective Courses.....	31-32
Sport Management Minor.....	33
<b><u>Individualized Curriculum</u></b>	
.....	34

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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 biomechanics, sport management, psychology of physical activity, exercise physiology, history of physical activity, measurement of physical activity, motor development, motor learning and control, physical activity and public health, physical education pedagogy, sports medicine, and the sociology of physical activity. Health reflects one of the central aims of our department, which is the promotion of human health via education, research, and service to the community.

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

## 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 1000 declared undergraduate majors – making it one of the largest departments at Rutgers University. Students can choose between two majors – Exercise Science and Sport Management. Beginning with the Fall 2018 semester, students can also choose to minor in Sport Management. The Department offers over 60 undergraduate classes, with many courses also available in the winter and summer sessions.

**The Exercise Science major** consists of 74.5 credits and is “science” based and includes courses such as biology, chemistry, physics, physiology, and exercise physiology. A highlight of this program is the Functional Human Anatomy course and lab (01:377:213), one of the very few undergraduate programs in the country that educate students using a human cadaver. 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 and is designed to give students majoring in other disciplines an opportunity to learn about the business and administration of sport.

The Department of Kinesiology and Health offers unique exposure for students in courses that deal with health in a wide range of populations including individuals with disabilities children, 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. These experiential learning programs encourage a “hands-on” approach and a learning-through-living focus.

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

The Department also sponsors a variety of programs. Some of our highlighted programs include Independent Study and the Departmental Honors Research Program which provides undergraduate students to work in faculty research laboratories to obtain hands-on experience with scientific research. Students interested in applying Exercise Science and Sport Management concepts in the community are encouraged to become involved with our Center for Exercise and Aging, and Youth Sports Research Council. In response to the large number of students who major in Exercise Science and then pursue graduate school in Physical Therapy, we recently developed our Doctor of Physical Therapy (DPT) 4+3 program which connects our undergraduate coursework with the Rutgers graduate program.

## **FACULTY**

The Department of Kinesiology and Health’s faculty exemplifies the wide diversity and expertise in our field. Our faculty is comprised of leading researchers in the field of exercise, fitness, sport performance, health, psychology, and physiology. Our faculty is recognized internationally for their achievements and by professional organizations and corporations for their contribution in a wide array of research areas. Current topics include: lifestyle medicine, physical activity and mental health disorders, exercise and brain activity, sleep, exercise metabolism, gut microbiome, youth sport participation and emotion regulation, substance use and cardiovascular function, chronic disease, and exercise supplements.

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.

## **MAJORS**

### **EXERCISE SCIENCE**

**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 (i.e., 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. Approximately 20% of our Exercise Science students classify themselves as pre-med, approximately 50% classify as pre-physical therapy, and the remainder are equally distributed across the other fields.

Under the Exercise Science major, there is a Pre-Physical Therapy Concentration (DPT 4+3 program) that first year students are eligible to apply. This Pre-PT Concentration is only available to First Year students enrolled in the School of Arts and Sciences or the School of Environmental and Biological Sciences. Students not eligible for this program will continue under the Exercise Science major and can still pursue a career in physical therapy using traditional approaches.

### **SPORT MANAGEMENT**

**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.



# MINOR

## SPORT MANAGEMENT

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 areas such as marketing, administration, law, psychology, and 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.

## 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. Academic advising appointments are available in-person, virtually (using WebEx 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 WebEx or other similar software).

**“Pop-In” Hours** are periodically scheduled in various locations and times on all four campuses during the fall and spring semesters. Pop-In advising allows current students to meet with an advisor in a casual setting. If in-person Pop-In hours are not possible, these will be held virtually (using WebEx or other similar software).

Appointments do not need to be scheduled during walk-in or pop-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.

As of Fall 2018, incoming SEBS students will not be able to declare a major in Sport Management. Students who enrolled in SEBS Spring 2018 or earlier are eligible to declare a major in Sport Management. All SEBS students are eligible to declare the Exercise Science major.

## **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 Number	Course Name
01:377:140	Foundations of Kinesiology and Health <sup>1</sup>
01:377:160	Introduction to Physical Therapy <sup>2</sup>
01:377:161	Observation in Physical Therapy <sup>2</sup>
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 <sup>3</sup>
01:377:327	Field Experience – Special Populations <sup>2</sup>
01:377:407	Administration of Exercise Science <sup>3</sup>
01:955:203	Sport and the Law <sup>4</sup>
01:955:204	Risk Management in Sport <sup>4</sup>
01:955:312	Facilities Planning & Design
01:955:317	Ethics and Values in Sport
01:955:331	Gender Issues in Sport
01:955:333	Event Management & Sponsorship in Sport

<sup>1</sup> Course is required for both Exercise Science and Sport Management majors.

<sup>2</sup> Course is the duration of a full academic semester.

<sup>3</sup> Course is required for Exercise Science majors.

<sup>4</sup> 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.

## **COURSE REGISTRATION - SPECIAL REQUESTS**

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

### **PREREQUISITE OVERRIDE**

A prerequisite (prereq) override may be needed to register for a course if the student fulfilled the prerequisites for that course in 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**

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 at: [https://secure.sas.rutgers.edu/apps/special\\_permission/](https://secure.sas.rutgers.edu/apps/special_permission/)

## **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. To major in Exercise Science, students must 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. To major in Sport Management, students must complete 6 credits of Internship. The time to plan for your internship begins a year 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. Attend the mandatory pre-internship meeting per the schedule below.

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

**Spring Interns** – First Wednesday in October at 8:00am, Location TBD

**Summer/Fall Interns** – First Wednesday in February at 8:00am, Location TBD

Check Department postings and the website for the exact date, time and location of the mandatory orientation meeting. Students who fail to attend the meeting and comply with application procedures **will not be eligible** to register for the internship course.

Following the mandatory meeting, 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 INTERNSHIP 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](http://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](mailto: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.

**Department of Kinesiology and Health 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):

- Athlete Health and Neuroscience Lab  
Directed by Jennifer Buckman, Ph.D.

- Cardiac Neuroscience Lab  
Directed by Marsha Bates, Ph.D.
- Exercise and Cardiometabolic Health Lab  
Directed by Peter Kokkinos, Ph.D.
- Exercise and Gastrointestinal Health Lab  
Directed by Sara Campbell, Ph.D.
- Psychosocial Process and Health Lab  
Directed by Anthony Delli Paoli, Ph.D.
- Rutgers Lifestyle Science Research Lab  
Directed by Labros Sidossis, Ph.D.
- Rutgers Sleep Lab  
Directed by Andrea Spaeth, Ph.D.
- Applied Metabolism & Physiology Lab  
Directed by Steven K. Malin, Ph.D.
- Exercise Psychophysiology Lab  
Directed by Brandon Alderman, Ph.D.

## **PROGRAMS**

### **CENTER FOR EXERCISE AND AGING**

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. Directed by Susan Kaplowitz, Ed.D.

### **YOUTH SPORTS RESEARCH COUNCIL**

The Youth Sports Research Council (YSRC) 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. Directed by David Feigley, Ph.D. [youthsports.rutgers.edu](http://youthsports.rutgers.edu)

## **THE CENTER FOR DISABILITY SPORTS, HEALTH AND WELLNESS**

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 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.

In addition, the center's relationship with Kessler Institute For Rehabilitation has offered students in the Movement For Individuals with Disabilities class a 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. We are also working on an initiative to introduce a Disability Studies Minor which would offer our student body a greater opportunity to be immersed in disability issues and topics.

## **STUDY ABROAD OPPORTUNITIES**

The Department currently offers 3 and 6 credit courses which meet the requirements for upper level electives for both the Exercise Science and Sport Management majors during the winter and summer sessions. In addition, the internship course for Exercise Science majors (01:377:493) is also available for completion in Athens, Greece during the month of June. These courses are held in conjunction with the Rutgers Office of Summer and Winter Sessions. These courses are subject to the University status, and whether Abroad programs are permissible to run.

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

will revolve around exciting experiential activities, field trips and excursions. Updated programs, dates and fees can be found at <http://kinesabroad.rutgers.edu/>.

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

### HONORS RESEARCH PROGRAM

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 Research Seminar	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 new 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 School of Health Professions Doctor of Physical Therapy Newark – North or Blackwood – South 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 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

**EXERCISE SCIENCE MAJOR - PRE-PHYSICAL THERAPY  
COURSE REQUIREMENTS**

<b>REQUIREMENT</b>	<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
<b>Kinesiology and Health</b>	01:377:140	Foundations of Kinesiology and Health	1.5
	01:377:205	Principles of a Healthy Lifestyle	1.5
<b>Biology</b>	01:119:115	General Biology I	4
	01:119:116	General Biology II	4
	01:119:117	Biological Research Laboratory	2
<b>Statistics</b>	01:377:275	Basic Statistics for Exercise Science	3
<b>Calculus</b>	01:640:135	Calculus I	4
<b>Chemistry</b>	01:160:161	General Chemistry I	4
	01:160:162	General Chemistry II	4
	01:160:171	Introduction to Experimentation	1
<b>Physics</b>	01:750:193	Physics for the Sciences	4
	01:750:194	Physics for the Sciences	4
<b>Psychology</b>	01:830:101	General Psychology	3
	01:377:301 or 455	Psychology of Sport & Exercise or Exercise Psychology	3
<b>Physiology</b>	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
<b>Anatomy</b>	01:377:213	Functional Human Anatomy	4
<b>Biomechanics</b>	01:377:350	Biomechanics	3
	01:377:310	Motor Learning	3
<b>PT Electives</b>	01:377:160	Introduction to Physical Therapy	1.5
	01:377:161	Observation in Physical Therapy	1.5
<b>ES Electives</b>	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
<b>Testing &amp; Prescription</b>	01:377:410	Exercise Testing and Prescription	4
<b>Professional Development</b>	01:377:407	Administration of Exercise Science	1.5
<b>Internship</b>	01:377:493	Internship in Exercise Science	3 or 6
<b>Total Credits = 78.5</b>			

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

<b>Fall</b>		
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
<b>Spring</b>		
119:116	General Biology II	4
119:117	Biological Research Laboratory	2
640:135	Calculus I	4
<b>Summer</b>		
Volunteer at PT Clinic - Outpatient		

<b>Fall</b>		
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
<b>Spring</b>		
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 <b>or</b> Exercise Psychology	3
<b>Summer</b>		
Take GRE		
Volunteer at PT Clinic - Different Clinic		
PTCAS application opens around July 1 Application due by September 1		

### YEAR 3

<b>Fall</b>		
146:356	Systems Physiology	3
146:357	Systems Physiology Lab	1
377:___	Exercise Science Elective	3
<b>Spring</b>		
377:370	Exercise Physiology	3
377:371	Exercise Physiology Lab	1
377:___	Exercise Science Elective	3
<b>Summer</b>		
Volunteer at PT Clinic		

### YEAR 4

<b>Fall</b>		
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
<b>Spring</b>		
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.

Contact the club at: [rutgers.essm@gmail.com](mailto: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. **Rutgers does not have a formal program or an academic major in athletic training.** Students interested in athletic training should contact Mr. ChrisD'Andrea, Athletic Trainer, at the Hale Center on the Busch Campus ([cdandrea@scarletknights.com](mailto:cdandrea@scarletknights.com), 732-445-6236) early in their undergraduate education. A limited number of opportunities for assistants/interns to the athletic training professional staff are available.

## ENTRY LEVEL-MS CLINICAL NUTRITION PROGRAM

### School of Health Professions Department of Clinical and Preventive Nutrition Sciences Entry Level Master of Science in Clinical Nutrition

The School of Health Professions (SHP) Department of Clinical and Preventive Nutrition Sciences (DCPNS) offers a new entry level Master's degree in clinical nutrition which prepares students with the requirements to become a registered dietitian (RD). The Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited program integrates online and hybrid didactic coursework with supervised experiential learning in a competency-based curriculum designed to prepare nutrition and dietetics practitioners for future models of practice. Program graduates will be eligible to take the Commission on Dietetic Registration (CDR) credentialing exam to become a RD.

### Aims of the BS to ELMSCN

To prepare RDs with complementary education in Kinesiology and Health. Students in the Entry Level Master of Science in Clinical Nutrition program will benefit from a curriculum in exercise science that includes the applied health sciences in addition to the biological and physical science courses. Students will profit from emerging research in physical conditioning, exercise physiology, and kinesiology as they apply these principles in individuals across the lifespan with acute and chronic diseases. Individuals well-grounded in Kinesiology and Health and Clinical Nutrition will be uniquely prepared for wellness and sports nutrition careers.

### Description

a. The ELMSCN phase is a 42-credit, 16-month full-time graduate program housed within SHP.

- b. The Department of Kinesiology and Health's Exercise Science undergraduate major is a 120-credit program at SAS and is generally completed in 4 years.
- c. Students enrolled in the SAS Kinesiology and Health Department's Exercise Science major who are accepted into the ELMSCN phase should expect to complete both degrees within 6 years. All prerequisite courses must be completed with a grade of "B" or better prior to entry into the ELMSCN.
- d. Upon completion of the required credits in the Kinesiology and Health major, students will receive a Bachelor of Sciences degree from SAS in accordance with each Parties' established practices.
- e. The Master of Science in Clinical Nutrition degree will be conferred by SHP upon completion of the didactic and clinical requirements for the ELMSCN phase.

**Early Acceptance In The BS/ELMSCN Admissions Criteria**

At the end of the fall semester of the second year, qualified students who have an overall GPA of 3.0 with no course grades under a B, may apply. Students will have completed at least 45 credits prior to application to the MSCN phase. For each admission cycle SHP will provide up to 7 seats (5 NJ /2 remote) for students in the Kinesiology and Health program who meet the admissions criteria. Students will apply to the ELMSCN phase through the SHP Enrollment Services graduate admissions portal. All admissions materials must be uploaded to the SHP admissions portal by the end of the fall semester of the student's sophomore year.

If admitted, students will have their admission deferred for two years for each semester so they can complete their BS degree and ELMSCN program pre-requisites. Students must maintain a GPA of 3.0 or higher for each semester of their Bachelor's degree or forfeit their seat in the ELMSCN program. Students who are denied admissions may apply again by the admissions deadline in their senior year provided they meet / completed all pre-requisite coursework, joining the general applicant pool.

**Pre-Requisite Courses**

Program prerequisites include all of the prerequisite courses listed below. Students will need to have achieved a grade of B or better in all prerequisite courses before starting the ELMSCN.

<b>Prerequisite Courses</b>
Anatomy and Physiology
General Chemistry
Introduction to Nutrition*
Macronutrient Metabolism
Experimental Foods*
Microbiology
Organic Chemistry*
Biochemistry*
Introduction to Vitamins and Minerals Metabolism*

**\*courses offered at SHP**

**Admissions Criteria**

Additional admissions criteria to be submitted with the program application can be found on the program website.

**Program Website**

**<https://shp.rutgers.edu/nutritional-sciences/entry-level-master-of-science-clinical-nutrition/>**

**Program Contact**

For more information, contact either the program director Dr. Jennifer Tomesko at [elmscn@shp.rutgers.edu](mailto:elmscn@shp.rutgers.edu) or the program assistant Ms. Emily Peters at [petersen@shp.rutgers.edu](mailto:petersen@shp.rutgers.edu).

## **PROFESSIONAL ORGANIZATIONS**

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

Most groups, but not all, have a "student membership" category which means that a student can derive the benefits from belonging to an appropriate professional organization at a reduced membership cost.



## **EXERCISE SCIENCE MAJOR**

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

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

## **CAREER AND PROFESSIONAL OPPORTUNITIES**

### **CAREERS**

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

### **GRADUATE**

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

## EXERCISE SCIENCE MAJOR COURSE REQUIREMENTS

REQUIREMENT	NUMBER	COURSE NAME	CREDITS
Kinesiology and Health	01:377:140	Foundations of Kinesiology & Health <sup>1</sup>	1.5
	01:377:205	Principles of Healthy Lifestyle	1.5
Biology	01:119:115	General Biology <sup>2</sup> I	4
	01:119: 116	General Biology <sup>2</sup> II	4
	01:119: 117	Biological Research Lab <sup>2</sup>	2
Calculus	01:640:135	Calculus I	4
Statistics	01:377:275	Basic Statistics for Exercise Science <sup>3</sup>	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 <sup>4</sup>	4
	01:750:194	Physics for the Sciences <sup>4</sup>	4
Psychology	01:830:101	General Psychology	3
	01:377:301 <b>or</b> 01:377:455	Psychology of Sport and Exercise <b>or</b> Exercise Psychology	3
	01:146:356	Systems Physiology	3
Physiology	01:377:370	Exercise Physiology	3
	01:377:371	Exercise Physiology Lab	1
	01:377:213	Functional Human Anatomy	4
Anatomy	01:377:213	Functional Human Anatomy	4
	01:377:350	Biomechanics	3
Biomechanics	01:377:350	Biomechanics	3
	01:377:310	Motor Learning	3
Electives	01:377:___	Electives <sup>5</sup>	6
Testing and Prescription	01:377:410	Exercise Testing and Prescription	4
Professional Development	01:377:407	Administration in Exercise Science <sup>6</sup>	1.5
Internship	01:377:493	Internship in Exercise Science <sup>7</sup>	3
<b>Total Credits 74.5</b>			

<sup>1</sup>Not open to seniors. Contact the Undergraduate Academic Advisor for more information.

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

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

<sup>4</sup>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).

<sup>5</sup> 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.

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

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

## EXERCISE SCIENCE MAJOR SAMPLE PLAN OF STUDY<sup>1</sup>

### FIRST YEAR

#### Fall

119:115	General Biology I	4
377:140	Foundations of Kinesiology/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	Precalculus/Calculus I	4

### SECOND YEAR

#### Fall

160:161	General Chemistry	4
160:171	Introduction to Experimentation	1
377:375	Basic Stats for Exercise Science	3

#### Spring

160:162	General Chemistry	4
377:213	Functional Human Anatomy	4
377:301 or 377:455	Sport Psych or Exercise Psych	3

### THIRD YEAR

#### Fall

377:___	Elective 1	3
377:310	Motor Learning	3
750:193	Physics for the Sciences (w/lab)	4

#### Spring

377:___	Elective 2 (300 level or above)	3
146:356	Systems Physiology	3
750:194	Physics for the Sciences (w/lab)	4

### FOURTH YEAR

#### Fall

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

#### Spring

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

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

<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
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 Social Justice	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	1.5
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	Biochemistry of Exercise	3
01:377:415	Lifestyles of the Mediterranean - Greece	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 Majors**

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.**

You may propose other courses for your electives, but if the course is not a 377 or selected 955 course **MUST HAVE PRIOR WRITTEN APPROVAL** from the Kinesiology and Health academic advisor and the advisor must update the approved course on your Degree Navigator file.

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

<b>APPROVED COURSES FROM OTHER MAJORS</b>		
<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
01:160:307	Organic Chemistry <sup>1</sup>	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

<sup>1</sup>Organic Chemistry is strongly recommended for students intending to apply to medical school.

## **SPORT MANAGEMENT MAJOR**

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

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

## **CAREER AND PROFESSIONAL OPPORTUNITIES**

### **CAREERS**

Facilities/Arena Management  
Athletic Administration – Recreational,  
High School, Collegiate Professional  
Private Sport Club/Health Club Management  
Professional Sport Management  
Retail Sporting Goods Management  
Sports Marketing  
Event Management  
Public Relations  
Sports Promoter/Media/Blogger  
Sports Editor  
Coaching  
Scout

### **GRADUATE**

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

## SPORT MANAGEMENT MAJOR COURSE REQUIREMENTS

REQUIREMENT	NUMBER	COURSE NAME	CREDITS	
Kinesiology and Health	01:377:140	Foundations of Kinesiology and Health <sup>1</sup>	1.5	
Sport Courses	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	
Quantitative Skills Must fulfill one option	Opt 1	01:640:111	Precalculus I	2
		01:640:112	Precalculus II	2
	Opt 2	01:640:115	Precalculus College Mathematics	4
	Opt 3	N/A	Placement into Calculus	
Accounting	33:010:272	Introduction to Financial Accounting	3	
Communication	04:189:101	Introduction to Communication and Information Processes	3	
	04:189:102	Introduction to Media	3	
	01:955:355	Professional Presentations in Sport Management	3	
Writing	01:355:101	Expository Writing I	3	
	01:355:303	Writing for Business and the Professions	3	
Economics	01:220:102	Introduction to Microeconomics	3	
	01:220:103	Introduction to Macroeconomics	3	
	01:955:311	Sport Marketing	3	
Psychology	01:830:101	General Psychology	3	
	01:377:301	Psychology of Sport and Exercise*	3	
Sociology	01:920:101	Introduction to Sociology	3	
	01:955:305	Sport Sociology*	3	
Administration SM	01:955:406	Administration in Sport Management <sup>2</sup>	3	
Organization	01:955:330	Organizational Behavior in Sport Management* <sup>8</sup>	3	
SM Electives	<i>At least 3 credits must be at the 300 or 400 level and can include mini-courses. A maximum of one approved course can be outside the major.</i>		6	
Internship	01:955:490	Internship in Sport Management <sup>3</sup>	6	
*377/955 courses that require pre/co-requisites		<b>Total Credits = 67.5</b>		

<sup>1</sup>Not open to seniors. Contact the course instructor for more information.

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

<sup>3</sup>Must have a minimum of 90 credits overall and 20 credits in the major, be a formally declared Sport Management major, attend a pre-internship meeting, and make formal application to the Internship Program Director.

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

### FIRST YEAR

#### Fall

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

#### Spring

955:203	Sport and the Law	1.5
955:204	Risk Mgt. in Sport	1.5
955:276	Basic Stats for Sport Management	3
830:101	General Psychology	3

### SECOND YEAR

#### Fall

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

#### Spring

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

### THIRD YEAR

#### Fall

377:301	Psych of Sport & Exercise	3
189:102	Introduction to Media	3
955:330	Org Behavior in Sport Management	3

#### Spring

955:305	Sport Sociology	3
955:311	Sport Marketing	3
955:___	Elective (300 Level or above)	3

### FOURTH YEAR

#### Fall

955:406	Admin. in Sport Management	3
355:303	Writing for Business & the Prof.	3
955:355	Prof. Presentations in Spt. Mgt.	3

#### Spring

955:490	Internship in Sport Management	6
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<sup>1</sup>This plan of study attempts to integrate the factors of: a) sequence of prerequisite courses; b) proper sequence of courses for optimal preparation; and c) courses offered only in the Fall or Spring semesters. The schedule does not include any school course requirements.



## **SPORT MANAGEMENT ELECTIVES**

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

The following table lists the 377 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.

<b>NUMBER</b>	<b>COURSE NAME</b>	<b>CREDITS</b>
01:377:170	Principles of Strength and Conditioning	1.5
01:377:180	Exercise and Relaxation	1.5
01:377:191	Cardiovascular Conditioning	1.5
01:377:205	Principles of Healthy Lifestyle	3
01:377:225	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
01:955:207	Teaching and Coaching Individual and Team Sports	3
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 and Administration of College Recreational Sports	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	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 27, you **MUST HAVE PRIOR WRITTEN APPROVAL** from the Kinesiology and Health academic advisor and the advisor must update the approved course on your Degree Navigator file.

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

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

## SPORT MANAGEMENT MINOR

The 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.

### COURSE 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	<i>Choose 6 credits from the Elective Courses listed in the table below.</i>		6
*955 courses that require pre/co-requisites		<b>Total Credits = 18</b>	

### SPORT MANAGEMENT MINOR – ELECTIVE COURSES

NUMBER	COURSE NAME	CREDITS
01:377:140	Foundations of Kinesiology and Health	1.5
01:377:301	Psychology of Sport and Exercise	3
01:955:305	Sport Sociology	3
01:955:306	Finance in Sport	3
01:955:312	Facilities Planning and Design	1.5
01:955:317	Ethics and Values in Sport	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

<b>Fall 2020</b>	<b>Winter 2021</b>	<b>Spring 2021</b>	<b>Summer 2021</b>
<b>Fall 2021</b>	<b>Winter 2022</b>	<b>Spring 2022</b>	<b>Summer 2022</b>
<b>Fall 2022</b>	<b>Winter 2023</b>	<b>Spring 2023</b>	<b>Summer 2023</b>
<b>Fall 2024</b>	<b>Winter 2024</b>	<b>Spring 2024</b>	<b>Summer 2024</b>