

RUTGERS

School of Arts and Sciences

Department of Kinesiology and Health

2020-2021 Academic Year
Undergraduate Program Handbook

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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; advancing the scientific understanding of human health; and providing leadership to the global sports industry

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. Students can also choose a 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 68-73 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 pre-requisite 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 65-70 credits and includes courses in marketing, finance, facility management, sport law, accounting and economics. The program offers many opportunities to connect with professionals in the sport management field and requires a 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 a wide range of populations including individuals with disabilities, the aging population, fieldwork in the community, and study abroad opportunities. These experiential learning programs encourage a “hands on” approach and 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 Departmental Honors Research, Study Abroad, the Center for Exercise and Aging, Doctor of Physical Therapy (DPT) 4+3, and the Youth Sports Research Council.

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 studies include: physical activity and stress, brain activity, sleep, exercise metabolism in college athletes, 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 during the fall and spring semesters. Hours are posted on the Department website.

MAJORS

EXERCISE SCIENCE

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

Under the Exercise Science major, there is a Pre-Physical Therapy. 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 the Pre-PT Concentration will continue under the Exercise Science major and can still pursue a career in physical therapy.

SPORT MANAGEMENT

Sport Management 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 such areas 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 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.

“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.

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

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 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.

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 ¹
01:377:160	Introduction to Physical Therapy
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
01:377:282	Topics in Exercise Science
01:377:327	Field Experience – Special Populations ²
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
01:955:331	Gender Issues in Sport
01:955:333	Event Management & Sponsorship 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 on-line. To register for additional mini-courses within the same semester, go to any of the Dean's advising office 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 contact the instructor about obtaining a special permission number for the course. A prereq override will only be processed if the special permission number is granted.
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 made directly to the instructor of the course. If special permission is granted, the instructor will provide the special permission number or direct the student on how they can obtain the number.

In some cases, courses offered by the Department of Kinesiology and Health will use the Special Permission Number System, which can be found at:

https://secure.sas.rutgers.edu/apps/special_permission/kines/. If seats become available, students will be notified via email with a special permission number if they add themselves to the waitlist on this site.

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 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) is also 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

The Summer/Fall 2020 Internship meeting will be held February 12, 2020

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.

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.

Department of Kinesiology and Health Research Laboratories:

- 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.
- Exercise Psychophysiology Lab
Directed by Brandon Alderman, 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.

If you are interested in gaining research experience, it is best to begin reaching out to professors at the beginning of your sophomore year. Based on the arrangement you work out with the

professor, you can earn 1-3 credits of Independent Study for conducting research in a lab. If you decide to earn credit, there is an application that needs to be completed and turned in to the Department office **before** the drop/add period ends for each semester. Students should pick up the form and begin completing it at least 1 month prior to the end of the add/drop period to ensure it will be submitted on time. Research experience is particularly important for students interested in attending medical or nursing school or pursuing a PhD in exercise physiology, psychology or related field upon graduation.

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

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.

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, comprised of the following three courses:

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

HONORS CRITERIA

Honors	3.600 Major GPA 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

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

Note: Sport Management majors interested in the honors program should contact Professor Mike Finkelstein at mdf.gsb@rutgers.edu.

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 19.

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, and 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

REQUIREMENT		NUMBER	COURSE NAME	CREDITS
Kinesiology and Health		01:377:140	Foundations of Kinesiology and Health	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	4
		01:160:162	General Chemistry	4
		01:160:171	Introduction to Experimentation	1
Physics I Must complete one option	Opt 1	01:750:193	Physics for the Sciences	4
	Opt 2	01:750:201	Extended General Physics	5
	Opt 3	01:750:203	General Physics	3
		01:750:205	General Physics Laboratory	1
Physics II Must complete one option	Opt 1	01:750:194	Physics for the Sciences	4
	Opt 2	01:750:202	Extended General Physics	5
	Opt 3	01:750:204	General Physics	3
		01:750:205	General Physics Laboratory	1
Psychology		01:830:101	General Psychology	3
Behavioral Science		Must choose from a Psychology or Sociology course		3
Physiology		01:146:356	Systems Physiology	3
		01:146:357	Systems Physiology Lab	1
		01:377:370	Exercise Physiology*	3
Anatomy		01:377:213	Functional Human Anatomy*	4
Administration ES		01:377:407	Administration of Exercise Science	1.5
ES Cluster Must take two of the courses listed		01:377:301	Psychology of Sport and Exercise*	3
		01:377:303	Neuromechanical Kinesiology*	3
		01:377:310	Motor Learning*	3
		01:377:324	Movement Experiences for Individuals with Disabilities*	3
		01:377:350	Biomechanics*	3
		01:377:455	Exercise Psychology*	3
		01:377:456	Nutrition for Sport and Exercise*	3
PT Electives		01:377:160	Introduction to Physical Therapy	1.5
		01:377:161	Observation in Physical Therapy	1.5
ES Electives		<i>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.</i>		6
Internship		01:377:493 01:377:498	Internship in Exercise Science	3 or 6
*377 courses that require pre/co-requisites			Total Credits = 75 - 78	

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

YEAR 1

Fall		
119:115	General Biology I	4
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
377:275	Basic Stats for Exercise Science	3
Summer		
Volunteer at PT Clinic - Outpatient		

YEAR 2

Fall		
160:161	General Chemistry	4
377:213	Functional Human Anatomy	4
377:160	Introduction to Physical Therapy	1.5
Spring		
160:162	General Chemistry I	4
160:171	Introduction to Experimentation	1
377:161	Observation in Physical Therapy	1.5
__:__	Behavioral Science Elective	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:___	Exercise Science Cluster	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:___	Exercise Science Cluster	3
Spring		
750:194	Physics for the Sciences	4
377:___	Exercise Science Elective	3

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.

ATHLETIC TRAINING

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

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 and Health ¹	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	4
	01:160:162	General Chemistry	4
	01:160:171	Introduction to Experimentation	1
Physics I Must complete one option	Opt 1	01:750:193 Physics for the Sciences	4
	Opt 2	01:750:201 Extended General Physics	5
	Opt 3	01:750:203 General Physics	3
		01:750:205 General Physics Laboratory	1
Physics II Must complete one option	Opt 1	01:750:194 Physics for the Sciences	4
	Opt 2	01:750:202 Extended General Physics	5
	Opt 3	01:750:204 General Physics	3
		01:750:205 General Physics Laboratory	1
Psychology	01:830:101	General Psychology	3
Physiology	01:146:356	Systems Physiology	3
	01:377:370	Exercise Physiology*	3
Anatomy	01:377:213	Functional Human Anatomy*	4
Administration ES	01:377:407	Administration of Exercise Science ²	1.5
ES Cluster Must take two of the courses listed	01:377:301	Psychology of Sport and Exercise*	3
	01:377:303	Neuromechanical Kinesiology*	3
	01:377:310	Motor Learning*	3
	01:377:324	Movement Experiences for Individuals with Disabilities*	3
	01:377:350	Biomechanics*	3
	01:377:455	Exercise Psychology*	3
	01:377:456	Nutrition for Sport and Exercise*	3
ES Electives	<i>At least 6 credits must be at the 300 or 400 level and can include mini-courses. A maximum of one approved course can be outside the major.</i>		9
Internship	01:377:493	Internship in Exercise Science	3 or 6
	01:377:498		
*377 courses that require pre/co-requisites		Total Credits = 68 - 73	

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

²Must have a minimum of 90 credits overall and be a formally declared Exercise Science major.

EXERCISE SCIENCE MAJOR SAMPLE PLAN OF STUDY¹

FIRST YEAR

Fall

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

Spring

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

SECOND YEAR

Fall

160:161	General Chemistry	4
160:171	Introduction to Experimentation	1
119:117	Biological Research Laboratory	2

Spring

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

THIRD YEAR

Fall

377:___	Elective (300 level or above)	3
146:356	Systems Physiology	3

Spring

377:___	Elective (300 level or above)	3
377:370	Exercise Physiology	3
377:___	Cluster Requirement	3

FOURTH YEAR

Fall

377:407	Administration of Exercise Science	1.5
377:___	Internship in Exercise Science	3 / 6
750:193	Physics for the Sciences	4

Spring

377:___	Cluster Requirement	3
750:194	Physics for the Sciences	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.

EXERCISE SCIENCE CLUSTER

The Exercise Science major requires students to choose two cluster courses from a menu of seven course options. A minimum of two courses must be selected. Students can select to take additional courses once the cluster requirement has been satisfied, but the same course cannot fulfill both a cluster requirement and an elective requirement.

NUMBER	COURSE NAME	CREDITS
01:377:301	Psychology of Sport and Exercise	3
01:377:303	Neuromechanical Kinesiology	3
01:377:310	Motor Learning	3
01:377:324	Movement Experiences for Individuals with Disabilities	3
01:377:350	Biomechanics	3
01:377:455	Exercise Psychology	3
01:377:456	Nutrition for Sport and Exercise	3

EXERCISE SCIENCE ELECTIVES

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

The following table lists the recommended courses that can fulfill the elective requirements for the Exercise Science major.

A minimum of six (6) elective credits must be within the department (377 or 955 subject code). At least six (6) 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
01:377:205	Principles of a Healthy Lifestyle	1.5
01:377:215	Techniques of Athletic Training	3
01:377:225	Contemporary Health Problems	3

01:377:246	Safety Education and Emergency Care	3
01:377:252	Health and Social Justice	3
01:377:301	Psychology of Sport and Exercise*	3
01:377:303	Neuromechanical Kinesiology*	3
01:377:304	Exercise and Aging	3
01:377:310	Motor Learning*	3
01:377:315	Advanced Theory & Techniques of Athletic Training	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
01:377:340	Pediatric Physical Development & Fitness	3
01:377:336	Sleep, Health and Performance	3
01:377:350	Biomechanics*	3
01:377:360	Cannabis: From Counterculture to Cure-All	3
01:377:371	Exercise Physiology Lab	1
01:377:381	Biochemistry of Exercise	3
01:377:410	Exercise Testing and Prescription	4
01:377:415	Lifestyles of the Mediterranean - Greece	3
01:377:454	Advanced Exercise Physiology	3
01:377:455	Exercise Psychology*	3
01:377:456	Nutrition for Sport and Exercise*	3
01:377:475	Nutrition and Fitness	3
01:377:482-5	Topics in Kinesiology and Health	1.5/BA
01:377:496	EKG Use and Interpretation	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 Sport	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

*Indicates courses that can fulfill cluster requirement **or** elective requirement.

Elective Courses from Other Departments

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

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

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

You may propose other courses for your electives, but if the course is not a 377 or selected 955 course on pages 21-22, 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
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

¹Organic 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 ¹	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 ²	3	
Organization	01:955:330	Organizational Behavior in Sport Management* ⁸	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	6	
*377/955 courses that require pre/co-requisites		Total Credits = 64.5 - 68.5		

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

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

SPORT MANAGEMENT MAJOR SAMPLE PLAN OF STUDY¹

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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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) 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.

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	Teaching and Coaching Individual and Team Sports	3
01:955:312	Facilities Planning and Design	1.5
01:955:316	Fitness Management	3
01:955:317	Ethics and Values in Sport	1.5
01:955:318	Organization 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.

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 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		Total Credits = 18	

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
01:955:308	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

Fall 2020	Winter 2021	Spring 2021	Summer 2021
Fall 2021	Winter 2022	Spring 2022	Summer 2022
Fall 2022	Winter 2023	Spring 2023	Summer 2023
Fall 2024	Winter 2024	Spring 2024	Summer 2024

Individualized Curriculum Plan

