

West Chester University  
College of Health Sciences  
Department of Kinesiology  
Division of Exercise Science

# STUDENT HANDBOOK



updated Fall 2014  
by W. Craig Stevens, Ph.D.

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## INTRODUCTION

Congratulations and welcome! You have chosen to major in Exercise Science, a very stimulating, useful, and rewarding academic discipline. Exercise Science provides you with the opportunity to learn about the human (your) body and how it functions. You will discover the principles and theories of exercise and how to apply them to improving fitness and performance. This knowledge will allow you to help others to improve their health and quality of life. All the while you will be developing the ability to think critically, cultivate your ability to work as part of a team, and enhance your capacity to communicate both in written and oral forms; key traits that employers are looking for in their employees.

The Exercise Science faculty welcomes you as you embark on this exciting journey. You will not be alone as you travel down this multiple year path. You will be joined by other students as well as the faculty and together we will complete this passage. During your time here at West Chester you will learn much, both in and out of the classroom. You will develop lifelong friendships. It is the faculty's hope that your sojourn will provide you with the skill set you need to have a successful and productive life.

But right now, you are just beginning this journey. To help you make the most of your time here at West Chester, this **Student Handbook** has been developed. It is intended to provide you with information to assist you during your time here. It is your guide through the labyrinth of your degree program along with suggestions to help you prepare for your future career. Therefore, keep your Student Handbook throughout your association with the Department. It will help you plan your program and maintain a record of your progress toward the degree. Reading and following the Handbook's guidelines does not guarantee an uneventful stay at West Chester, however, doing so will increase your chances of a less stressful, more successful academic experience. But, like the proverbial phrase "you can lead a horse to water but you can't make him drink" this handbook is only helpful if you reference it. We, the faculty, trust that you will.

The Division of Exercise Science is one of two divisions housed within the Department of Kinesiology. The other division is the Division of Teacher Certification. The Department is one of six departments within the College of Health Sciences. The others are the Departments of Communicative Disorders, Health, Nursing, Nutrition, and Sports Medicine. The College is one of five Colleges that make up West Chester University. The University is one of 14 state-owned universities, all part of the Pennsylvania State System of Higher Education or PaSSHE.

**Please note:** This Handbook surveys the academic programs, policies and procedures in effect at the time of its last update. Policies and procedures change; their interpretations change even more rapidly. For your peace of mind, obtain a copy of the University Catalog for the year in which you first matriculated. This is your legal contract with the University. If you are a first-year student, you should have received one during Orientation. If you do not have a catalog, get one from the Admissions Office on Rosedale Avenue. While we have made every effort to ensure that this Handbook is in concert with the catalog, the catalog is the final authority. This Handbook is constantly being revised and, we hope, improved. Your suggestions are welcomed. If you think of information that ought to be included, please tell the chair of Kinesiology or the assistant chair for Exercise Science.

***This handbook was put together "borrowing ideas and information" from several sources including the Department of History's student handbook, the WCU Catalog and WCU website.***

## FACULTY

The Faculty of the Division of Exercise Science within the Department of Kinesiology are dedicated to good teaching. In addition, we relish the opportunity to expose students to our scholarship. We encourage students to speak to us about their interests and get to know us. If you share an interest in a particular area of exercise science with one of the faculty, chat with that person. You may be amazed by how much we like to talk about our specialty.

The faculty are anchored by the experience of the most senior members and invigorated by the fresh ideas brought by the newest member of the professorate. The nine full-time faculty include (in alphabetical order by last name):

- Edward Kubachka, M.S.** Instructor started at WCU in 1995  
Sturzebecker Room 122D 610-436-2143 [ekubachka@wcupa.edu](mailto:ekubachka@wcupa.edu)  
**Education:** M.S. and B.S. West Chester University; B.S. Pennsylvania State University  
**Courses taught:** Lifetime Fitness Concepts, Applied Principles and Practices of Strength & Conditioning, Organization and Management of Adult Fitness Programs.  
**Research Interests:** Strength and Conditioning of Athletes  
**Miscellaneous Information:** Certified Strength and Conditioning Specialist (NSCA)
- Sheri A. Melton, Ph.D.** Professor started at WCU in 1998  
Sturzebecker Room 134C 610-436-2146 [smelton@wcupa.edu](mailto:smelton@wcupa.edu)  
**Education:** Ph.D. Louisiana State University; M.Ed. University of New Orleans; B.A. Loyola University  
**Courses taught:** Clinical Exercise Testing & Prescription, Advanced Exercise Physiology, Advanced Clinical Exercise Testing and Prescription, Applied Cardiovascular Physiology  
**Research Interests:** exercise metabolism  
**Miscellaneous Information:** Fulbright-Nehru Scholar
- Melissa A. Reed, Ph.D.** Assistant Professor started at WCU in 2011  
Sturzebecker Room 311 610-436-2141 [mreed3@wcupa.edu](mailto:mreed3@wcupa.edu)  
**Education:** Ph.D. East Carolina University, M.A. East Carolina University, B.S. East Stroudsburg University  
**Courses taught:** Lifetime Fitness Concepts, Introduction to Medical Terminology and Drug Classification, Exercise Physiology, Exercise Prescription for Special Populations; Advanced Exercise Physiology, Research Methods, Research I, Research II  
**Research Interests:** Metabolic disease and exercise, Type 2 diabetes and bariatric surgery, fall prevention in the senior population, ergogenic aids and performance  
**Miscellaneous Information:** Certifications: Certified Clinical Exercise Specialist (ACSM)
- Jamie Robbins, Ph.D.** Assistant Professor started at WCU in 2013  
Sturzebecker Room 314 610-436-2942 [jrobbins@wcupa.edu](mailto:jrobbins@wcupa.edu)  
**Education:** Ph.D. Michigan State University, M.A. University of North Carolina, B.A. University of Michigan  
**Courses taught:** Lifetime Fitness Concepts, Exercise Psychology, Motor Learning, Advanced Motor Learning  
**Research Interests:** Psychosocial factors impacting performance, regret, stress  
**Miscellaneous information**

**Paul K. Smith, Ph.D.** Associate Professor started at WCU in 1985  
 Sturzebecker Room 122A 610-436-2764 [psmith@wcupa.edu](mailto:psmith@wcupa.edu)  
**Education:** Ph.D. Southern Illinois University; M.S and B.S. Florida State University  
**Courses taught:** Foundations in Exercise Science, Lifetime Fitness Concepts, Evaluation and Measurement in Exercise Science, Kinesiology, Personal Defense, Karate, Introduction to Physical Education and Sport, Body Systems, Evaluation in Health and Physical Education, Mechanical Analysis of Motor Skills (Individual Study Basis), Biomechanics, Statistical Design in Health and Physical Education  
**Research Interests:** Forces generated by the human system, human impact, probable injury occurrence resultant from impact.  
**Miscellaneous Information:** Certified MSF Motorcycle Rider Coach, Commander of American Legion Post, Fifth-degree Black Belt in Shotokan Karate, Chairman of the Board and Chairman of the National Collegiate Karate Assn., Editor-in-Chief- Journal of the National Collegiate Karate Association, Director-East Coast Collegiate Karate Union, United States Martial Arts Hall of Fame (Master-inducted 2003)

**David J. Stearne, Ph.D., A.T.C.** Associate Professor started at WCU in 2005  
 Sturzebecker Room 314 610-436-2347 [dstearne@wcupa.edu](mailto:dstearne@wcupa.edu)  
**Education:** Ph.D. Temple University; M.S University of Florida; B.A. Rowan University  
**Courses taught:** Kinesiology, Kinetic Anatomy, Biomechanics, Advanced Biomechanics  
**Research Interests:** biomechanical risk factors related to ACL injuries in female athletes. Leg stiffness, alignment during performance  
**Miscellaneous Information:** authored numerous journal articles, reviewer for Journal of Athletic Training, Journal of Rehabilitation, British Journal of Sports Medicine, The Sports Psychologist. Served as athletic trainer at University of Pennsylvania, University of Rhode Island, and Team Foxcatcher Olympic Training Center for US Wrestling and Swimming. Lieutenant on Sea Isle City, NJ Beach Patrol,

**W. Craig Stevens, Ph.D.** Associate Professor started at WCU in 1992  
 Sturzebecker Room 210 610-436-2386 [cstevens@wcupa.edu](mailto:cstevens@wcupa.edu)  
**Education:** Ph.D. Temple University; M.S. Springfield College; B.A. The Johns Hopkins University. Postdoctoral studies at the Institute for Environmental Medicine, School of Medicine, University of Pennsylvania  
**Courses taught:** Anatomy & Physiology Laboratory, Body Systems, Exercise Physiology, Kinesiology, Exercise Techniques & Physical Conditioning, Fitness Assessment & Exercise Prescription, Advanced Exercise Physiology, Advanced Cardiovascular Physiology, Advanced Muscle Physiology, Scientific Principles of Coaching, Canoeing, Fitness for Life, Lacrosse, Strength Training, Lifetime Fitness Concepts  
**Research Interests:** 1) exercise and environmental extremes, 2) improved athletic performance and 3) fitness especially in children and adolescents  
**Miscellaneous Information:** Fellow, American College of Sports Medicine; Certified Health Fitness Specialist (ACSM); Certified Strength and Conditioning Specialist (NSCA); Fitness Specialist & Advanced Fitness Specialist (YMCA); Club Coach (USAW). Serves as the NCAA Faculty Athletic Representative for West Chester University.

**Karin Volkwein-Caplan, Ph.D.** Professor started at WCU in 1992  
Sturzebecker Room 316 610-436-2153 [kvolkwein@wcupa.edu](mailto:kvolkwein@wcupa.edu)  
**Education:** Ph.D. University of Tennessee; Staatsexamen, University of Marburg, Germany  
**Courses taught:** Sports, Culture and Society, Sport Philosophy, Sport Sociology, Sport History, Women in Sport  
**Research Interests:** Sport sociology, philosophy, sport psychology, interdisciplinary and international comparisons. Topics: gender, ethics, culture and values, sexual harassment, HIV and AIDS in sport, Aging and Fitness  
**Miscellaneous Information:** Published: 9 books and over 70 research articles in refereed Journals. Reviewer for international journals: I "Sport and Society" and "Int J of Sport Pedagogy". Editor of two book series with international publisher Meyer and Meyer: Sport, Culture and Society (10 volumes out) Healthy Aging and Fitness (2 volumes)

**Melissa A. Whidden, Ph.D.** Assistant Professor started at WCU in 2011  
Sturzebecker Room 311 610-436-2935 [mwhidden@wcupa.edu](mailto:mwhidden@wcupa.edu)  
**Education:** Ph.D. University of Florida; M.S. SUNY Buffalo; B.S. SUNY Buffalo. Postdoctoral Studies at the Department of Pharmacology and Therapeutics, University of Florida  
**Courses taught:** Lifetime Fitness Concepts, Introduction to Exercise Physiology, Exercise Physiology, Advanced Muscle Physiology, Research Methods, Advanced Exercise Physiology,  
**Research Interests:** 1) Age-related muscle wasting and 2) Oxidative stress 3) Ergogenic Aids 4) HIIT  
**Miscellaneous Information:**

In addition to these nine members, the division employees **Adjunct Faculty** who are individuals assisting the permanent faculty in teaching classes. They are hired for their expertise in particular areas. They are considered temporary instructors by the University but serve a critical role in developing your knowledge base in exercise science.

## ADMINISTRATION AND STAFF

The name and position of the individuals listed below is provided for the purpose informing students about the hierarchy of the Department of Kinesiology and the College of Health Sciences.

**Steps to take regarding a problem:** If you have an issue with a class or instructor, FIRST go to the specific instructor and see if the matter can be resolved. If not, you must follow protocol and move up the chain of command. Specifically, the proper sequence of steps is to first see the course instructor. If no resolution occurs, then you talk to the assistant chair for Exercise Science. The next step would be to meet with the Department Chair. If you are still not satisfied you move on to the Associate Dean and then the Dean. If you do not following this sequence properly you will be instructed to do so and you will jeopardize the opportunity to resolve the issue in your favor. (Note that there is no guarantee that following the proper sequence will result in favorable resolution for you.)

<b>Department Secretary</b> Current: Ms. Karen Sisofo	Sturzebecker Room 206 <a href="mailto:ksisofo@wcupa.edu">ksisofo@wcupa.edu</a>	610-436-2610
<b>Assistant Chair for Exercise Science</b> Current: Dr. Craig Stevens	Sturzebecker Room 210 <a href="mailto:cstevens@wcupa.edu">cstevens@wcupa.edu</a>	610-436-2386
<b>Department Chairperson</b> Current: Dr. Frank Fry	Sturzebecker Room 206 <a href="mailto:ffry@wcupa.edu">ffry@wcupa.edu</a>	610-436-2260
<b>Associate Dean, CHS</b> Current: Dr. Ray Zetts	Sturzebecker Room 204 <a href="mailto:rzetts@wcupa.edu">rzetts@wcupa.edu</a>	610-436-3892
<b>Dean, College of Health Sciences</b> Current: Dr. Linda Adams	Sturzebecker Room 204 <a href="mailto:ladams@wcupa.edu">ladams@wcupa.edu</a>	610-738-2825



## ADVISING

Next to teaching students, advising students is the second most important function of the faculty. As a student, you will be assigned an advisor. You will be informed who your advisor is by email or you can stop by the Department office and refer to a posted list of advisors and advisees.

The faculty contract (CBA) stipulates that all full time, permanent faculty must hold a minimum of five (5) hours of open office time (aka office hours) for advising during the academic year. This time must be spread out over a minimum of three (3) days.

It is important to get to know your advisor, so go to his/her office and introduce yourself. There are several reasons for this. First, s/he is here to help you along your West Chester journey. They can't help you if they don't know you. Second, of all the faculty that you interact with your advisor will have the most opportunity to get to know you. Third, most likely you will be in need of a recommendation for your first job or graduate school. Your advisor would be a likely candidate to ask for a recommendation; the better s/he knows you the better the recommendation can be. Fourth, if the rare occasion when you need an advocate to stand up for you, your advisor can fill this role, especially if you have established a strong relationship with him/her. Fifth, in order for you to gain access to scheduling for the next term's courses you need to contact your advisor so s/he can give you access to computer scheduling, what is called "lifting the hold". Beyond that, your advisor is an invaluable resource, who is not only happy to help you navigate past the pitfalls, but can also provide useful information regarding careers and/or graduate school. Finally, even though some of us are as old (or older) than your parents, we are not your parents and, at one time, were college students. If you are troubled, your advisor may be able to help or at least direct you to those who can best help you.

Now, a word about the advising process. You will need to contact your advisor in order to gain access to the computer system (myWCU) and register for the next semester's classes. The actual one-on-one advising process does vary. There are some advisors who feel college students are adults and capable of fending for themselves with regard to course selection. They are there only to answer questions. Other advisors fully immerse themselves in the process guiding their advisees at every step. Talk to your advisor and make sure you both have the same expectations with regards to advising. Be aware that advisors may have upwards of 100 advisees that they must help navigate through the program; consequently, it is difficult for them to remember everyone and their unique situation.

You are allowed to change advisors. Changing advisors is not a big deal. We want you to be happy with your advisor. If you feel more comfortable getting guidance and advice from someone other than your assigned advisor you may request to switch. See the department secretary to assist you. You will need a note from the individual that you wish to become your advisor to insure that s/he is willing to take you on as a new advisee. Finally, don't be hurt if you are assigned to a new advisor without requesting one. Sometimes we need to level out the advising load and sometimes an advisor is on leave for a semester or two.

**This is the most important point about advising.** You, the WCU student, are ultimately responsible for your course schedule and when you take your classes. Your advisor only advises. You need to be aware of the requirements to graduate and are wholly accountable for the coursework that you choose and when you take the classes. Therefore, check and double check the requirements and pre-requisite coursework. Follow the guidance record forms provided in the following section and consult with your advisor on which step to take next. Save all communications with professors and advisors related to courses to take, policy actions and advice given.

### **Scheduling classes for the next semester**

In order to schedule classes for the upcoming semester, your advisor must “unlock” or allow you to schedule. Contact your advisor and set up an appointment to discuss your plan of courses. Once your advisor unlocks you then you must wait for the designated day and time that you can gain access, through myWCU, to the scheduling process. Until your designated day and time you will be blocked from gaining access to scheduling. Likewise, if your day and time have arrived but your advisor has not unlocked you, you will be prevented from scheduling. Therefore, plan ahead. The scheduling process usually starts five to six weeks after the beginning of school. Arrange to see your advisor within that time frame.

### **Adding or Dropping a course**

Once the semester has started, students have a limited amount of time to decide if they want to change their schedule. You may add a class during the first seven (7) days, but dropping a class must take place in the first six (6) days of the semester. You are encouraged to contact your advisor for counsel prior to adding or dropping a course.

Students may **add a course** through the myWCU portal if the course has available seats and all prerequisites have been met. If the course is closed, the student needs to fill out an “add closed course form” and have it signed by the instructor or department chair.

Students may **drop any course** from their schedule through the myWCU portal during the drop period. After the first six (6) calendar days are over so is the drop period. Any withdrawal from a course after this point requires that the student complete a withdrawal form and submit it to the Office of the Registrar before the end of the ninth week of classes. Courses dropped after the drop/add period are considered a withdrawal and will be noted on the transcript with a “W” indicating a withdrawal from that course. A student may not withdraw from a course to avoid an academic integrity violation.

**After the ninth week of classes, students may not withdraw selectively from courses;** they must contact the Office of the Registrar and withdraw from the University. The University will record a “W” for all courses in which the student is registered. However, if the effective date of official withdrawal is during the last week of classes, a letter grade or NG will be assigned for that course. A student may not receive a W during the last week of classes.

**Students that do not officially withdraw from or drop a course can expect to receive an “F” for the course and are financially responsible to pay for it.**

### **Changing a Major**

A student wishing to transfer from one program of study at the University to another program must file a change of major form in the Office of the Registrar. Forms can be picked up in any department office or the Registrar’s office. Your current advisor, current department chair and new department chair must all sign off on that form. The student must meet the standards for admission to the desired program and must obtain written permission from the department involved. Any courses that were initially accepted for transfer credit from another college are subject to re-evaluation by the department to which the student transfers internally. You are encouraged to consult your advisor as well as faculty in the department you plan to move to prior to changing your major. It is acceptable, and a wise move, to “try out” a few courses first to help make your final decision.

## ACADEMICS

This section provides an overview of the academic programs of the Department of Kinesiology, specific to the Division of Exercise Science including General Education. It also contains copies of the Guidance Record Sheets that you should use to record your progress toward your degree.

### Degree Programs

This section may be easier to understand if you refer to the Guidance Record Sheet (aka advising sheet) related to your concentration. They are found immediately after this narrative on the various concentrations the Division offers. Following the advising sheets are suggested 4-year schedules to assist you in planning your progress.

At present there are four (4) concentrations that have been approved by the Faculty of West Chester University. They are: Exercise Science Specialist, Pre-Chiropractic Medicine, Pre-Occupational Therapy, and Pre-Physical Therapy. There are three (3) other concentrations that are being developed. They are: Strength & Conditioning Specialist, Cardiac & Pulmonary Rehabilitation Specialist, and Pre-Physicians Assistant. Until these latter three become officially recognized students are encouraged to closely consult with their advisor to follow an approved concentration that best suits their career needs.

In order to graduate from West Chester University you must complete 120 credits. These credits are broken up into two parts: General Education courses and courses in your major. Both parts will be discussed in the following pages.

**Please note:** The information provided on the following pages are good, basic guidelines. These guidelines do not take into consideration any unique career or graduate school requirements. It is your responsibility to investigate and be aware of specific prerequisites needed for your planned career or to gain admissions to a specific graduate school. Make sure to share these with your advisor so together you can plan your academic schedule.

### General Education

Unless you are in the Honors Program you will be required to follow the General Education Curriculum established by the University for all undergraduates. At West Chester University, the general education program is designed to provide students with the knowledge, perspectives, and competencies expected of them as citizens of the state and of the world. This broad education emphasizes the enhancement of oral and written communication skills and mathematics as well as encompassing experiences in the humanities, the social & behavioral sciences, natural sciences, and the arts. Additionally, this education must be versatile and allow for exploration.

West Chester University is mandated by the Pennsylvania State System of Higher Education (PaSSHE) to require forty percent (40%) of the total number of credits required for graduation be general education credits. Therefore, the General Education requirement at West Chester makes up 48 of the 120 credits required to graduate. While you might think this restrictive, other than the initial English Composition class you take (WRT 120) you do have choices available to you. Within the catalog there are recommended courses to help you decide. In addition, consult the advising sheet and your advisor for further input. Don't forget any specific pre-requisites for career or graduate school admissions. With that said, however, if you are drawn to a particular course in a required discipline, don't be afraid to take it.

On the front side of your advising sheet are suggested General Education courses. As you can see by the sheet, there are four categories: Academic Foundations, Distributive Requirements, Student Electives and Writing Emphasis courses.

**Please note:** It has been stated earlier that the General Education requirements allow you to make choices. However, the Division Faculty have placed recommended courses in some of the categories in an effort to keep the total credits you take to 120 credits. This is either because the faculty feels that a course is critical to the major or a specific course is required for admissions into graduate school. You can take more than the minimum number of credits to graduate but you must satisfy both General Education and major concentration course requirements. Students who have not done this do not graduate.

### **Academic Foundations (18 credits)**

Academic foundations coursework includes two English composition courses and one course each in mathematics, public speaking, diverse communities and interdisciplinary studies. The two English composition courses (prefix = **WRT**) and the mathematics (**MAT**) course must be completed by the time you finish 60 credits (end of your 2<sup>nd</sup> year). At present the math course must be MAT 121, Statistics. This is due to minimum needs for the degree or graduate school admissions policies, respectively. Other math course may be needed as well depending on your future plans. Practice speaking publically, learning about a community different than one you are familiar with (the “J” designation), and realizing that disciplines are often interconnected (the “I” designation) round out the other academic foundation requirements.

**Please note:** any course that is indicated to be an Interdisciplinary course (the “I” designation) cannot be use to satisfy a distributive requirement.

### **Distributive Requirements (minimum 21 credits)**

The distributive requirements ensure that the student will sample courses from four broad disciplinary areas: sciences, behavioral & social sciences, humanities, and the arts. Two (2) courses each are required to be taken in the sciences, behavioral & social sciences, and humanities. The two courses within each area must be from different departments or prefixes. This is to ensure a broader exposure to the disciplines. Note that LIT and CLS count as the same type of course - Literature. Only one arts course is required to be taken.

**Specific to Exercise Science majors:** In both the sciences and the behavioral & social sciences, the Exercise Science faculty feel specific courses are needed to provide the best background. The faculty requires a chemistry and a physics course to fulfill the science requirement. Which particular course depends on your specific track and future plans. The faculty requires PSY 100 and SOC 200 or 240 to fulfill the behavioral & social science requirement. These specific demands by the faculty also help to fulfill pre-requisites for graduate school. There are no specific courses suggested/required to fulfill the humanities or arts requirement. The faculty suggests taking coursework that you feel would enhance your career path.

### **Student Elective (9-12 credits)**

These nine to twelve (9-12) credits, as the name suggests, should be “elected” by the student. The intent of this section is to allow you to explore courses that you might not otherwise take. Technically, faculty cannot require you to use these nine credits take a specific course in the major.

However, it would be wise to consult with your advisor and wiser still to find out if there are any specific courses you must take for your future career or graduate school. In many cases, these credits should be used to satisfy pre-requisites for the pre-professional tracts. Again, check with your

advisor or at the least the advising sheet. If you choose to truly elect a class you will still need to take those needed to gain acceptance into a school, land a job or graduate. There is nothing wrong with taking a “free” elective but it may result in you taking more than 120 credits. Plan accordingly.

Occasionally a student is not required to take WRT 120, having tested out of taking it. In such a case those three credits are added to the 9 credits of student electives and these lucky individuals now must take 12 credits of student electives. You can't graduate with less than 120 credits taken.

### **Writing Emphasis Courses (9 credits – but are doubled up with other courses)**

Written communication is an integral part of your education and future career. The University feels that two English composition (WRT) courses are not enough exposure to this critical skill set. Consequently, courses were developed which emphasize writing. These courses are designated with the letter “W”. Between one and three “W” courses are required to be taken, depending on the number of credits that you enter West Chester University with: students with under 40 transferred credits must take 3 “W” courses, between 40 and 70 transferred credits must take 2 “W” courses, and over 70 credits must take 1 “W” course. In all cases, one “W” course must be at the 300 or 400 level.

These “W” courses can be “double dipped”, meaning you can use them to satisfy other requirements as well as the writing emphasis requirement. Typically, students will attempt to double dip by using an appropriate “I”, “J” or humanities course. Choose and plan wisely as this will aid in you only needing 120 credits to graduate and keep you on track to graduate in four years.

**Please note:** Students have been withheld from graduation despite having 120 credits or more because they did not satisfy the writing emphasis requirements.

### **Major Coursework**

As you flip your guidance record (advising) form over you will see the course work to satisfy the requirements for your major in Exercise Science. These courses are divided into two sections: related requirements and the Exercise Science core. The related requirements are either those courses that the Exercise Science faculty require and are found outside the department or are necessary to take in order to satisfy specific admission requirements to graduate school in a particular discipline. These courses may be used to satisfy General Education distributive requirements. These are noted on your Guidance Record form.

**Please note:** any course listed in the related requirements or the Exercise Science core must be passed with a minimum of a “C-” or better.

### **Applied Concentrations**

#### **Exercise Science Specialist (ESS)**

The Exercise Science Specialist was the initial program developed by the faculty. It serves as the basic template followed in all the other concentrations. This program consists of the minimum requirements and pre-requisites for graduation. This concentration prepares students for positions in the growing and multifaceted field of health and fitness. This field includes personal training, working in commercial fitness settings, employment in corporate settings, as well as the non-profit sector such as the YMCA. Students will be prepared for success in appropriate certification examinations. The primary focus of the ESS program is for each student to develop abilities and master knowledge and skills necessary to provide leadership in the health and fitness fields as well as be a successful member of society.

Course work includes BIO 259, BIO 269, PHY 100, CHE/CRL 107, NTD 303, SMD 271, EXS 101, EXS 102, EXS 180, EXS 223, EXS/EXL 262, EXS 370, EXS 375, EXS/EXL 380, EXS 381, EXS 482, EXS 484, EXS 486, EXS 489 and EXS 490.

### **Strength & Conditioning Specialist**

This concentration has yet to be fully developed. Please consult with your advisor to decide which approved concentration best suits your career needs. For most students this would be the Exercise Science Specialist concentrations.

### **Clinical Concentrations**

#### **Cardiac & Respiratory Rehabilitation Specialist**

This concentration has yet to be fully developed. Please consult with your advisor to decide which approved concentration best suits your career needs.

#### **Pre-Chiropractic Medicine**

The Pre-chiropractic medicine concentration is designed to prepare students for entrance into a school of Chiropractic Medicine and to earn a Doctor of Chiropractic (D.C.) degree. The chiropractic profession is all about serving others to improve their health and quality of life. Chiropractors take a non-invasive approach to caring for their patients and do not use prescription drugs or surgery. They pay particular attention to the spine and how problems can interfere with the body's ability to function and self-regulate. Practitioners of chiropractic medicine help patients achieve good health and function at their optimum capacity. To be accepted into a school of Chiropractic Medicine, students must meet specific educational standards and requirements. This concentration is a rigorous, science-based curriculum intended to meet these specific requirements.

Course work includes BIO 110, BIO 259, BIO 269, PHY 130, PHY 140, CHE/CRL 103, CHE/CRL 104, NTD 303, EXS 101, EXS 102, EXS 180, EXS 222, EXS 223, EXS/EXL 262, EXS 370, EXS 375, EXS/EXL 380, EXS 381, EXS 482, EXS 484, EXS 486, EXS 489 and EXS 490. **Students are responsible to ascertain if other courses are required** to gain acceptance into a specific chiropractic school. It is very likely that more chemistry courses will be needed.

#### **Pre-Occupational Therapy**

The Pre-occupational Therapy concentration is designed to prepare students for entrance into a professional graduate-level school of Occupational Therapy. Occupational therapists and occupational therapy assistants work with a variety of individuals who have difficulty accessing or performing meaningful occupations. Most commonly, these therapists and assistants work with people with disabilities to maximize their skills and abilities. Services typically include 1) customized intervention programs to improve one's ability to perform daily activities; 2) comprehensive home and job site evaluations with adaptation recommendations; 3) performance skills assessments and treatments; 4) adaptive equipment recommendations and usage training; and 5) guidance to family members and caregivers.

Course work includes BIO 259, BIO 269, PHY 100, CHE/CRL 107, NTD 303, PSY 210, PSY 375, EXS 101, EXS 102, EXS 180, EXS 222, EXS 223, EXS/EXL 262, EXS 370, EXS 375, EXS/EXL 380, EXS 381, EXS 482, EXS 484, EXS 486, EXS 489 and EXS 490. **Students are responsible to ascertain if other courses are required** to gain acceptance into a specific OT school. It is very likely that more coursework in psychology will be needed.

### **Pre-Physical Therapy**

The Pre-physical therapy concentration is designed to prepare students for entrance into a school of physical therapy. A physical therapist is part of a health care professional team and works with patients to restore their physical mobility that resulted from injury or illness. They also work with individuals with disabilities. They receive advanced specialized training. There are physical therapy specialties including pediatrics, elder care, orthopedics, sports medicine, arthritis, paralysis or amputation. Physical therapy programs accept a limited number of students and are highly competitive. Students in this concentration are encouraged to maintain at least a GPA of 3.0 or better, especially in the sciences.

Course work includes BIO 110, BIO 259, BIO 269, PHY 130, PHY 140, CHE/CRL 103, CHE/CRL 104, NTD 303, EXS 101, EXS 102, EXS 180, EXS 222, EXS 223, EXS/EXL 262, EXS 370, EXS 375, EXS/EXL 380, EXS 381, EXS 482, EXS 484, EXS 486, EXS 489 and EXS 490. **Students are responsible to ascertain if other courses are required** to gain acceptance into a specific school. It is likely that more courses in Biology and Psychology will be required.

### **Pre-Physicians Assistant**

This concentration has yet to be fully developed. Please consult with your advisor to decide which approved concentration best suits your career needs. Students can also seek advice from the Pre-Med committee sponsored by the Departments of Biology and Chemistry.

### **Minors**

Students who have enough flexibility in their major curriculum to fulfill the requirements of a minor must fill out and submit a minor selection application to the Office of the Registrar. To enroll in a minor field of study, students must have the permission of their major and the proposed minor departments as well as their major advisor. Admission to the minor does not guarantee admission to a corresponding major. Students must complete 18 to 30 hours of courses selected in consultation with the minor program adviser. At least 50 percent of minor course work must be taken at West Chester. Also, students must earn a minimum GPA of 2.00 in the set of courses taken for a minor in order to receive transcript recognition of that minor.

West Chester University does not require you to have a minor. However, if you have taken a number of courses in a discipline, why not minor in it! The Exercise Science faculty encourages students to consider enrolling in an appropriate minor program to enhance their marketability and broaden their knowledge base. A minor suggests to employers and graduate schools that you are focused, organized and have good time-management skills. Also if you pick a minor related to a profession or career path your prospects should improve. Discuss possible minors with your advisor and with someone in the department in which you plan to take the minor. Forms for declaring a minor are available in any department office as well as the Registrar's office.

### **Departmental Minors**

There are three (3) minors offered within the Department of Kinesiology. They are the minor in Athletic Coaching, the minor in Exercise Science, and the minor in Physical Education for Individuals With Disabilities (Adapted Physical Education).

#### **Minor in Athletic Coaching (18 credit hours)**

Students successfully completing the minor in Athletic Coaching earn transcript recognition attesting to school administrators and employers that recipients have attained basic preparation for coaching. Skill acquisition, management techniques, and behavioral competencies are included in the program. The program is open to students from any major. Students should apply through the minor program adviser, Dr. John Helion. Course work is divided into six groupings in order to meet National Association for Sport and Physical Education (NASPE) guidelines. Required courses include SMD 271, KIN 452, KIN 475, EXS 262, EXS 380, and EXS 482. Note that four (4) of the six (6) required courses are also required for the Exercise Science major. Consequently, this would be a very easy minor to complete for students majoring in exercise science.

This minor would be appropriate for students interested in coaching a sport or being a strength and conditioning coach.

#### **Minor in Exercise Science (21 credit hours)**

The exercise science minor is designed to impart fundamental knowledge, skills, and abilities in the theories and practice of exercise science. The minor will also provide learning experiences that lead to a basic understanding of exercise techniques, exercise testing, and exercise prescription. Required courses include EXS 223, EXS/EXL 262, EXS 370, and EXS/EXL 380. Student must also elect to take one of the following two courses: EXS 101 or EXS 102. Two more elective courses must be chosen from the following coursework: EXS 180, 375, 381, 482, 484, 486, or 489.

This minor would be appropriate for either those individuals that are not majoring in Exercise Science or Exercise Science students that have decided to take a different academic and/or career path and have already completed several of the required courses. Obviously, a student majoring in exercise science would not take this minor.

#### **Minor in Physical Education for Individuals With Disabilities (21 credit hours)**

The minor in Physical Education for Individuals with Disabilities is designed to enable students to plan, implement, and advocate for developmentally appropriate physical activities for people with a variety of physical and cognitive disabilities in schools, fitness centers, recreation centers, and residential facilities. Practical application is stressed in this minor; students will participate in approximately 200 hours of hands-on work. The minor prepares those in HPE-teacher certification to be eligible for the APENS (Adapted Physical Education National Standards) exam but is open to any WCU students who meet the prerequisites. Other certifications are offered within various courses. Required courses include KIN 205, 253, 254, 360, 362, 400. PREREQ: **HEA** 206 or KIN 186

This minor would be appropriate for students interested in occupational therapy, physical therapy and chiropractic medicine as well as students who wish to work in the field of fitness focusing on the special needs population.



## **Minors in other Departments – Exercise Science related**

### **Minor in Biology (18 credit hours plus BIO 100 or 110)**

The Department of Biology offers a minor in biology. This minor could be beneficial for those Exercise Science students interested in pursuing therapeutic or medical careers. The biology minor requirements include the completion of prerequisites BIO 100 or 110 plus 18 credits of Biology coursework at the 200 level or higher. Note that BIO 259 and 269 can be used and are part of the Exercise Science curriculum.

### **Minor in Chemistry (17 semester hours)**

The Department of Chemistry offers a minor in chemistry. This minor could be beneficial for those Exercise Science students interested in pursuing therapeutic or medical careers. The chemistry requirements include the completion of prerequisites CHE/CRL 103 and CHE/CRL 104 and the following courses: CHE/CRL 231, CHE 232, CHE/CRL 321, and three credits of 300-level or higher chemistry elective.

### **Minor in Dance (21 credit hours)**

The Department of Theatre and Dance offers a minor in Dance. This minor could be beneficial to those Exercise Science students interested in pursuing a career in dance, exercise science, or therapy. There are specific participation requirements. The student should check with the Dance minor coordinator for specifics. Course requirements include: DAN 344, two of three core/performance electives (DAN 315, DAN 441, or DAN 442); four technique courses (DAN 210, DAN 232, DAN 233, DAN 234, DAN 235, DAN 332, DAN 333, DAN 334, DAN 335); and both DAN 346 & DAN 446

### **Minor in Health Science (18 credit hours)**

The Department of Health offers a minor in Health Sciences. This minor could be beneficial to those Exercise Science students interested in pursuing a career in fitness, exercise science, therapeutic or medical careers. Course requirements include: HEA 100 plus 15 credit hours of coursework selected under advisement. Nine credits must be at the 300 or higher level.

### **Minor in Nutrition and Dietetics (18 credit hours)**

The Department of Nutrition offers a minor in Nutrition. This minor could be beneficial to those Exercise Science students interested in pursuing a career in fitness, coaching, exercise science, therapeutic or medical careers. There are two (2) courses required. They are NTD 303 and 309. Twelve more credits tailored to the student's needs must be taken. Strongly recommended courses include NTD 200, NTD 300, NTD 301, NTD 302, NTD 420, NTD 422 and 435. Note that NTD 303 is part of the Exercise Science curriculum.

### **Minor in Physics (19 credits hours)**

The Department of Physics offers a minor in physics. This minor could be beneficial for those Exercise Science students interested in pursuing in exercise science, therapeutic or medical careers. The physics requirements include either PHY 130 & PHY 140 or PHY 170 & PHY 180 and PHY 240. In addition, students under advisement must take 8 credits of selected coursework at the 250 level or above.

### **Minor in Psychology (18 credits hours)**

The Department of Psychology offers a minor in psychology. This minor could be beneficial to those Exercise Science students interested in pursuing a career in fitness, coaching, exercise science, therapeutic or medical careers. Course requirements include PSY 100 and 15 additional credit hours of psychology coursework. Note that PSY 100 is part of the Exercise Science curriculum.

## **Academic Opportunities**

### **Research Opportunities**

If you are contemplating graduate work, you should take advantage of the available research opportunities. Currently courses are being developed to offer academic credit and are built around research experiences. Professors also use student assistants to help them in their research. Ask about such opportunities. Get in there and help out, both you and the professor will gain from your research interests.

### **Student Exchange**

West Chester participates in the National Student Exchange. Under this program, you pay West Chester tuition and fees while spending a semester or a year at one of over 100 participating colleges and universities. The courses you take at the host institution are automatically transferred to West Chester. This is a great way to expand your horizons. Go see the National Student Exchange coordinator in the Registrar's Office for details.

### **Summer and Winter School**

An increasing number of students are opting for summer school in order to reduce their academic year workload, get courses that may otherwise be unavailable, decrease their length of stay on campus or improve their GPA. West Chester has two five-week summer sessions, and a three week summer session. There is also a three week winter session during the month of January.

## SCHEDULING AND GUIDANCE RECORD (ADVISING) SHEETS

### Scheduling information

#### **Scheduling classes for the next semester**

Remember when scheduling classes for the upcoming semester, your advisor must “unlock” or allow you to schedule. Contact your advisor and set up an appointment to discuss your plan of courses. Once your advisor unlocks you then you must wait for the designated day and time that you can gain access, through myWCU, to the scheduling process. The Registrar sets the day and time that you will be able to gain access and be able to schedule. It is based upon the number of credits you have successfully completed and/or transferred. The more credits you have the earlier your scheduling date will be. Until your designated day and time you will be blocked from gaining access to scheduling. Likewise, if your day and time have arrived but your advisor has not unlocked you, you will be prevented from scheduling. Therefore, plan ahead. The scheduling process usually starts five to six weeks after the beginning of school. Arrange to see your advisor within that time frame.

#### **Hints for Happy Scheduling**

If you let it, scheduling can be a stressful time in the middle of the semester when you must drop everything and quickly decide what you will do the following semester or, worse, simply grab some classes and then go through the hassle of drop/add at the start of the next semester. You can eliminate all the stress and chaos by following some simple rules.

- 1. Plan ahead and set your priorities**
- 2. Choose Intelligently**
- 3. Look at your Guidance Record Form and the suggested 4-year schedule**
- 4. Consult with your advisor early in the semester**

Get a sense of what you need to take and when you need to take it. As you choose courses, remember that 100 and 200 level courses are generally less difficult (but not always) than 300 and 400 level courses. In some departments, 400 level courses are more challenging than 300 level. In Exercise Science each level builds off the previous levels. So knowledge gained from 100 and 200 level coursework allows you to be successful in the 300 and 400 level courses.

That said, the professor is much more relevant in determining a course's degree of difficulty than the course's number. Knowing that relative difficulty is often a matter of differing teaching and learning styles, you may have to “suck it up” in a particular required class in order to get through it. While this might not be the most comfortable situation for you, it is a fact of life so you need to learn how to deal with it.

It is absolutely acceptable to ask the professor about the requirements of a course and her/his expectations and teaching methods. You can also examine course syllabi. They are on file in the department office or are available from professors. Maybe the best advice is for you to talk to your fellow students to learn the inside information about courses and professors.



**A matter of priorities:** If you want to take all your classes between 10:00 am and 2:00 pm, or just on Tuesdays and Thursdays, you can probably do that, **BUT** you will undoubtedly not graduate in four years! If you make school your first priority, and that includes taking courses when they are offered, you should graduate on time.

**See Your Advisor early on.** This will help you get a jump on scheduling. If you wait until the last minute your advisor may not have any office hours available and you will have to wait to see him/her.

When you meet with your advisor, s/he will review your proposed schedule with you and give you access to on-line scheduling. This is also a good time to review your progress and talk about your plans. You must see your advisor for two reasons. First, most advisors will not give you access to scheduling until you have seen them. Second, if you consistently take the courses your advisor tells you to take and a problem crops up during your graduation clearance, we can take the blame, support your petition for an exception to the rule, and you will still graduate. **If you consistently scheduling on your own, you are still on your OWN when it comes time to graduate !**

**Scheduling on Line:** Once your advisor gives you access you will be able to schedule classes. You will need to find a computer terminal and schedule your courses on line. You will need to remember the password you created the first time you entered the system. If you forget it, go to the Registrar's office or the student Help Desk in Anderson Hall to retrieve it. Remember to bring your picture ID with you. Do not give your password to anyone else. Annoyed roommates have been known to change passwords.

You can schedule via the Web. Go to the West Chester homepage ([www.wcupa.edu](http://www.wcupa.edu)) and log on to your **myWCU** account.

1. Click on "**Enroll in a Class**" link, then
2. select the term in which you want to enroll and click on the green button "**Continue**"
3. Answer the question at the top of the page, .... "if you intend on being a full time" by indicating either ( **Yes** or **No** )
4. Search for classes by clicking on the green "**Search**" button.
5. Continue to search and select classes to put in you "**Tentative Classes**".
  - A. Select the class by clicking on the green "**Select Class**" button.
  - B. Click on the green "**NEXT**" button to put the selected class into your tentative classes
6. Once you have the classes listed in your "tentative classes" and you are ready to enroll, click on the green button "**Proceed to step 2 of 3**".
7. On the next page, click on the green button "**Finished Enrolling**"
8. You will see a red "**X**" or a green "**check mark = **" next to each class.
  - A. a red "**X**" means you did not get into the class and a message will explain why.
  - B. a green check mark (  ) means you are successfully enrolled.
9. You can now sign out.

**Closed Courses:** If the course you need is closed, do not panic. If you have planned ahead, you should rarely encounter a situation in which you must have a particular course in a particular semester and you are denied enrolling in it. It is a good idea to always have an alternative in mind. Occasionally, however, you really need to get into a class that is closed. If it is an Exercise Science course, see the professor. S/He can authorize an "over ride" giving you immediate access or can put your name on a waiting list to be admitted when someone drops the course. If the course is in another department, see the professor or the chairperson in that department. In some departments, the professor controls who is added to a course; some departments have centralized the process. If worst comes to worst, you may be able to take the course off campus and transfer it in. If the latter is the case check the WCU catalog for the correct steps to take.

**Adding and Dropping Courses:** You may adjust your schedule either before or after classes start. The add-drop period ends with the end of the first week of school. During this time, you can add and drop classes with no evidence on your transcript. After the first week until the end of the ninth week, you can withdraw from a class but it will remain on your transcript with the designation "W" for withdraw. Past the ninth week, students seeking to withdraw from a class actually have to withdraw from all classes. See page 9 under advising for further information or consult the WCU catalog.

**A word of caution:** Under no circumstances should you simply stop attending a class. If you stop attending and don't drop the class, you will end up receiving an "F" for course with very little recourse to change it.

**Check Your Schedule:** Sometime during the first few weeks of a semester, use myWCU to check your schedule. On rare occasions, the computer hiccups and schedules you for a class you didn't know you had or fails to note you've dropped a class. It is better to be a little obsessive than to inadvertently fail a course.

**Progress towards Degree:** There is a function available to you on my WCU. It is called Progress towards Degree or PTD. This is a good but not perfect indicator of the progress you are making towards graduation. Pay attention to this program and consult with your advisor if you think there are problems. NOTE: the program is not always 100% accurate so be cautious when making assumptions that you are doing fine.

**Pay Your Tuition Bill:** When a tuition bill arrives, pay it, or at least pay part of it. The Bursar's Office is amazingly flexible about payment plans. However, if you don't make some sort of payment or arrangement by the due date, your schedule will be cancelled (aka "washed out"). If this happens you forfeit all the classes you had registered for earlier and may be at the mercy of taking whatever classes are still open and available.

**Check Your Billing Status:** By some fluke in the program, the computer has been known to cancel schedules of students to whom the University owes money. The wise or obsessive student checks the "Billing Status" screen in myWCU to ensure everything is in order. If something is amiss, visit the Bursar's Office. They are happy to correct the error but can't do it unless they know about it.

**Transferring classes from other schools:** If you took classes at another college prior to coming to West Chester you submitted those courses for approval. Check to make sure that they all did transfer in and follow up with any course you think should have transferred. That is your responsibility. If you are enrolled at West Chester and plan to take classes elsewhere and transfer them in, (for example a course from a school back home that you took over the summer) you need to gain approval from the Registrar. Also clear it with your advisor and keep a copy of his/her approval.

**A final word about scheduling**

If you are planning to attend graduate school right after graduation then during your senior year you will be applying to your chosen schools. Understand that admissions committees have specific criteria and categorize applications based on how well you have done in specific courses. Consequently, it makes sense to have those specific courses completed (successfully) by the end of the fall semester of your senior year. That way you can submit a transcript that indicates you have completed the “critical” coursework and a fair judgment can be made regarding your application. If you have yet to complete prerequisite coursework then it is difficult to make a fair decision on your application.

In addition, consider this. In your final semester at West Chester do you want to be loaded down with several required courses which you must do well in? While you can’t avoid taking some “tough” courses, plan wisely and spread them out so you can enjoy your last semester on the WCU campus.

**Guidance Record (advising) forms**

On the pages that follow are the current guidance record forms to assist the students and advisors in course selection and planning.

## B.S. in Exercise Science    Exercise Science Specialist (code s138)

**Name** \_\_\_\_\_ **Sem/Yr entering EXS SP** \_\_\_\_\_  
*(Students are bound by the major, minor, and cognate requirements in the catalog for the academic year for which they are accepted into the major or minor.)* **Advisor** \_\_\_\_\_ *Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet.*

### General Education Requirements

CATEGORY (# credit hours)	TITLE / NUMBER OF COURSE	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	Letter GRADE or "T"
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6)</b>	WRT 120 one of the following: WRT 200, 204, 205, 206, 208, 220	3 3		
<b>B. Mathematics (3)</b>	MAT 121 Statistics with lab MTL 121 Lab is suggested but not mandatory (1)	3		
<b>C. Public Speaking (3)</b>	SPK 208 or 230	3		
<b>D. Diverse Communities "J" (3)</b> See catalog for approved courses	KIN 246 Sport, Culture and Society suggested as either J or I course. KIN 254 Psychosocial Aspects of Physical Disability suggested J course for Pre- OT's	3		
<b>E. Interdisciplinary "I" (3)</b> See catalog for approved courses	KIN 246 Sport, Culture and Society suggested as either J or I course.	3		
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6 min)</b>	See Related Requirements for specific concentration's requirements			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100	3		
	SOC 200 or 240	3		
<b>C. Humanities (6)</b>	Select from at least <b>two</b> of the following areas: <b>Literature</b> --LIT 100, LIT 165, CLS 165, CLS 260, CLS 261 <b>History</b> --HIS 100, 101, 102, 150, 151, 152 <b>Philosophy</b> --PHI 100, 101, 180	3 3		
<b>D. The Arts (3)</b>	Any courses from art, film, theater, cinematography, dance, music, photography	3		
<b>STUDENT ELECTIVES (9)</b>	<b>Transferred</b> courses or courses in your selected <b>minor</b> may be used in this category.			
<b>WRITING EMPHASIS COURSES "W" (9)</b> <i>(W's may overlap other required courses. Otherwise, this requirement will add 9 cr hours to your total # of cr hrs in order to graduate.)</i>	WRT 120, 200, 204, 205, 206, 208, or 220 do <b>not</b> count as writing emphasis courses.			
All students who take their entire GEN ED program at WCU, or transfer fewer than 40 credits, must complete 3 W's	<i>(one W must be at the 300 level)</i> W			
Transfer students: 40 – 70 T credits must complete 2 W's	W			
Transfer students: > 70 T credits must complete 1 W	W			

## B.S. in Exercise Science    Exercise Science Specialist (code s138)

RELATED REQUIREMENTS (Must be passed with a C- or better) Note: Six credit hours of science courses found in this section fulfill the General Education Distributive Requirements in Science	Course #	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	GRADE OR "T"
Anatomy and Physiology I	BIO 259	4		
Anatomy and Physiology II	BIO 269	4		
Chemistry and Lab	CHE/CRL 107	5		
Physics	PHY 100 or above	3-4		
Introduction to Nutrition	NTD 303	3		
First Aid and Athletic Training	SMD 271	2		
<b>ELECTIVES UNDER ADVISEMENT</b> (to fulfill 120 credit hour minimum; must be approved by advisor). A minor may fill this requirement.				
<b>CORE EXS COURSES</b> (Must be passed with a C- or better) Note: All students are required to maintain current CPR and First Aid Certifications in order to enroll in EXS classes.				
Group Exercise Leadership	EXS 101	2		
Fundamentals of Resistance Training Techniques	EXS 102	2		
Lifetime Fitness Concepts	EXS 180	3		
Kinetic Anatomy	EXS 223	2		
Biomechanics (prereq EXS 223, BIO 259, PHY 100 or 130)	EXS 262	3		
Biomechanics Lab (taken concurrently with EXS 262)	EXL 262	1		
Motor Learning (prereq BIO 259)	EXS 370	3		
Exercise Psychology (prereq EXS 370, PSY 100, or permission of instructor)	EXS 375	3		
Exercise Physiology (prereq BIO 269 and EXS 180)	EXS 380	3		
Exercise Physiology Lab (prereq concurrently with EXS 380 or prior enrollment in EXS 380)	EXL 380	1		
Fitness Assessment & Exercise Prescription (prereq EXS 375 & EXS/EXL 380)	EXS 381	4		
Exercise Techniques & Physical Conditioning (prereq EXS/EXL 262 & EXS/EXL 380)	EXS 482	4		
Organization and Management of Adult Fitness Programs Clinic/Seminar (prereq EXS 381)	EXS 484	3		
Exercise Prescription for Special Populations (prereq EXS 381)	EXS 486	3		
Clinical Exercise Testing and Prescription (prereq EXS 381)	EXS 489	4		
INTERNSHIP: The capstone course taken in the last semester before graduation (Permission of Department and under the supervision of a certified or licensed professional). May not be repeated for credit.*	EXS 490	3		
*EXS 491 Internship II may be taken as an <b>elective</b> if approved by advisor.	EXS 491	1-6		



### **A suggested 4-year schedule for Exercise Science Specialist Concentration**

Full-time status is a minimum of 12 credits a semester and 120 credits are the minimum needed to graduate.

A maximum of 18 credits can be taken a semester, 15 credits is a typical load.

#### **Fall – Year 1**

EXS 101 or EXS 102 (2)  
PHY 100 (3)  
WRT 120 (3)  
PSY 100 (3)  
SPK 208/230 (3)

Credit total 14

#### **Spring – Year 1**

EXS 102 or EXS 101 (2)  
BIO 259 (4)  
WRT 200 level (3)  
SOC 200/240 (3)  
MAT 121 (3)

15

Note-1: other than WRT courses all others can be switched between fall and spring

Note-2: BIO 259 is a critical course both for timing and as a difficult pre-requisite. Take it early in your career and plan to study intensively. It should be followed in the immediate next semester with BIO 269 which is a pre-req for some EXS course.

Note-3: PHY 100 and PSY 100 are pre-reqs for some EXS courses.

#### **Fall – Year 2**

EXS 180 (3)  
EXS 223 (2)  
BIO 269 (4)  
Humanities #1 (3)  
NTD 303 (3)

Credit total 15

#### **Spring – Year 2**

EXS/EXL 262 (3+1)  
EXS 370 (3)  
CHE/CRL 107 (4+1)  
Humanities #2 (3)

15

Note-4: Some humanities courses may also be designated as “W” courses satisfying two requirements.

#### **Fall – Year 3**

EXS/EXL 380 (3+1)  
EXS 375 (3)  
SMD 271 (2)  
Interdisciplinary “I” Course (3)  
Elective #1 (3)

Credit total 15

#### **Spring – Year 3**

EXS 381 (4)  
EXS 482 (4)  
“Arts” Course (3)  
Diversity “J” Course (3)  
Elective #2 (3)

17

Note-5: Some “I” and “J” course may also be designated as writing “W” emphasis courses. Taking an “IW” or “JW” satisfies two graduation requirements.

Note-6: Any type of arts course may be acceptable. Check to make sure.

Note-7: Electives can be used to fulfill the 120 credits for graduation requirement, a minor requirement and/or writing “W” emphasis. Three “W” are needed for graduation with one at 300-400 level.

#### **Fall – Year 4**

EXS 484 (3)  
EXS 486 (3)  
EXS 489 (4)  
Elective #3 (3)  
Elective #4 (3)

Credit total 16

#### **Spring – Year 4**

EXS 490 (3)  
Elective #5 (3)  
Elective #6 (3)  
Elective #7 (3)  
Elective #8 (1-3)

13-15

*Revised Fall 2014*

## B.S. in Exercise Science    Concentration in Pre-Chiropractic (code s133)

**Name** \_\_\_\_\_ **Sem/Yr entering Pre-CH** \_\_\_\_\_  
*(Students are bound by the major, minor, and cognate requirements in the catalog for the academic year for which they are accepted into the major or minor.)* **Advisor** \_\_\_\_\_ *Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet.*

### General Education Requirements

CATEGORY (# credit hours)	TITLE / NUMBER OF COURSE	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	Letter GRADE or "T"
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6)</b>	WRT 120	3		
	one of the following: WRT 200, 204, 205, 206, 208, 220	3		
<b>B. Mathematics (3)</b>	MAT 121 Statistics with lab MTL 121 Lab is suggested but not mandatory (1)	3		
<b>C. Public Speaking (3)</b>	SPK 208 or 230	3		
<b>D. Diverse Communities "J" (3)</b> See catalog for approved courses. <i>At no time can any J course substitute within the ACADEMIC FOUNDATIONS area. No single course may fulfill both "I" and "J" requirements.</i>	KIN 246 Sport, Culture and Society suggested as either J or I course. KIN 254 Psychosocial Aspects of Phys Dis suggested J course for Pre-OT's	3		
<b>E. Interdisciplinary "I" (3)</b> See catalog for approved courses.	KIN 246 Sport, Culture and Society suggested as either J or I course.	3		
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6 min)</b>	See Related Requirements for specific concentration's requirements			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100	3		
	SOC 200 or 240	3		
<b>C. Humanities (6)</b>	Select from at least <u>two</u> of the following areas: <u>Literature</u> --LIT 100, LIT 165, CLS 165, CLS 260, CLS 261 <u>History</u> --HIS 100, 101, 102, 150, 151, 152 <u>Philosophy</u> --PHI 100, 101, 180	3 3		
<b>D. The Arts (3)</b>	Any courses from art, film, theater, cinematography, dance, music, photography	3		
<b>STUDENT ELECTIVES (9)</b>	<b>Transferred</b> courses or courses in your selected <b>minor</b> may be used in this category.			
<b>WRITING EMPHASIS COURSES "W" (9)</b> <i>(W's may overlap other required courses. Otherwise, this requirement will add 9 cr hours to your total # of cr hrs in order to graduate.)</i>	WRT 120, 200, 204, 205, 206, 208, or 220 do <u>not</u> count as writing emphasis courses.			
All students who take their entire GEN ED program at WCU, or transfer fewer than 40 credits, must complete 3 W's	( <i>one W must be at the 300 level</i> ) W			
Transfer students: 40 – 70 T credits must complete 2 W's	W			
Transfer students: > 70 T credits must complete 1 W	W			

## B.S. in Exercise Science    Concentration in Pre-Chiropractic (code s133)

<b>RELATED REQUIREMENTS</b> (Must be passed with a C- or better) <b>Note: Six credit hours of science courses found in this section fulfill the General Education Distributive Requirements in Science</b>		Course #	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	GRADE OR "T"
General Biology		BIO 110	3		
Anatomy and Physiology I		BIO 259	4		
Anatomy and Physiology II		BIO 269	4		
General Chemistry and Lab I		CHE/CRL 103	4		
General Chemistry and Lab II		CHE/CRL 104	4		
General Physics I with Lab		PHY 130	4		
General Physics II with Lab		PHY 140	4		
Introduction to Medical Terminology and Drug Classifications		EXS 222	2		
Introduction to Nutrition		NTD 303	3		
<b>Other related admission requirements</b> of specific Chiropractic Programs may include the following: Check with the schools you are applying to.					
Organic Chemistry I-II COREQ or PREREQ: CRL 104 and CHE 231. CRL 231 must precede CRL 232.		CHE/CRL 231 CHE/CRL 232	4 / 2 4 / 2		
Biochemistry (prereq: CHE 232)		CHE 476	3		
Other:					
<b>CORE EXS COURSES</b> (Must be passed with a C- or better) <b>Note: All students are required to maintain current CPR and First Aid Certifications in order to enroll in EXS classes.</b>					
Group Exercise Leadership		EXS 101	2		
Fundamentals of Resistance Training Techniques		EXS 102	2		
Lifetime Fitness Concepts		EXS 180	3		
Kinetic Anatomy		EXS 223	2		
Biomechanics (prereq EXS 223, BIO 259, PHY 100 or 130)		EXS 262	3		
Biomechanics Lab (taken concurrently with EXS 262)		EXL 262	1		
Motor Learning (prereq BIO 259)		EXS 370	3		
Exercise Psychology (prereq EXS 370 and PSY 100, or permission of instructor)		EXS 375	3		
Exercise Physiology (prereq BIO 269 and EXS 180)		EXS 380	3		
Exercise Physiology Lab (prereq concurrently with EXS 380 or prior enrollment in EXS 380)		EXL 380	1		
Fitness Assessment & Exercise Prescription (prereq EXS 375 & EXS/EXL380)		EXS 381	4		
Exercise Techniques & Physical Conditioning (prereq EXS/EXL 262 & EXS/EXL 380)		EXS 482	4		
Organization and Management of Adult Fitness Programs Clinic/Seminar (prereq EXS 381)		EXS 484	3		
Exercise Prescription for Special Populations (prereq EXS 381)		EXS 486	3		
Clinical Exercise Testing and Prescription (prereq EXS 381)		EXS 489	4		
INTERNSHIP: The capstone course taken in the last semester before graduation (Permission of Department and under the supervision of a certified or licensed Chiropractor). May not be repeated for credit.*		EXS 490	3		
*EXS 491 Internship II may be taken as an <u>elective</u> if approved by advisor.		EXS 491	1 - 6		

### **Suggested 4-year schedule for Pre-Chiropractic Concentration**

Full-time status is a minimum of 12 credits a semester and 120 credits are the minimum needed to graduate.

A maximum of 18 credits can be taken a semester, 15 credits is a typical load.

#### **Fall – Year 1**

EXS 101 or EXS 102 (2)  
BIO 110 (3)  
PHY 130 (4)  
WRT 120 (3)  
MAT 121 (3)

Credit total 15

#### **Spring – Year 1**

EXS 102 or EXS 101 (2)  
BIO 259 (4)  
PHY 140 (4)  
WRT 200 level (3)  
PSY 100 (3)

16

Note-1: BIO 110 is a pre-requisite for all BIO courses other than BIO 259 & BIO 269

Note-2: BIO 259 is a critical course both for timing and as a difficult pre-requisite. Take it early in your career and plan to study intensively. It should be followed in the immediate next semester with BIO 269 which is a pre-req for some EXS courses.

Note-3: PHY 130-140 needs to be taken early as it is a pre-req for some EXS courses.

Note-4: PSY 100 is a pre-req for some EXS course.

#### **Fall – Year 2**

EXS 180 (3)  
EXS 223 (2)  
BIO 269 (4)  
CHE/CRL 103 (3 +1)  
SOC 200/240 (3)

Credit total 16

#### **Spring – Year 2**

EXS 222 (2)  
EXS/EXL 262 (3+1)  
EXS 370 (3)  
CHE/CRL 104 (3+1)  
SPK 208/230 (3)

16

#### **Fall – Year 3**

EXS/EXL 380 (3+1)  
EXS 375 (3)  
CHE/CRL 231 (6)  
NTD 303 (3)

Credit total 16

#### **Spring – Year 3**

EXS 381 (4)  
EXS 482 (4)  
CHE/CRL 232 (6)  
Humanities #1 (3)

17

Note-5: Some humanities courses may also be designated as “W” courses satisfying two requirements.

#### **Fall – Year 4**

EXS 484 (3)  
EXS 486 (3)  
EXS 489 (4)  
Interdisciplinary “I” Course (3)  
Elective #1 (3)

Credit total 16

#### **Spring – Year 4**

EXS 490 (3)  
Humanities #2 (3)  
“Arts” Course (3)  
Diversity “J” Course (3)  
Elective #2 (1-3)

13-15

Note-6: Some “I” and “J” course may also be designated as writing “W” emphasis courses. Taking an “IW” or “JW” satisfies two graduation requirements.

Note-7: Any type of arts course may be acceptable. Check to make sure.

Note-8: Electives can be used to fulfill chiropractic school admissions requirements, the 120 credits for graduation requirement, a minor requirement and/or writing “W” emphasis. Three “W” are needed for graduation with one at 300-400 level.

*Revised Fall 2014*

## B.S. in Exercise Science    Concentration in Pre-Occupational Therapy (code s134)

**Name** \_\_\_\_\_ **Sem/Yr entering Pre-OT** \_\_\_\_\_  
*(Students are bound by the major, minor, and cognate requirements in the catalog for the academic year for which they are accepted into the major or minor.)* **Advisor** \_\_\_\_\_ *Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet.*

### General Education Requirements

CATEGORY (# credit hours)	TITLE / NUMBER OF COURSE	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	Letter GRADE or "T"
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6)</b>	WRT 120	3		
	one of the following: WRT 200, 204, 205, 206, 208, 220	3		
<b>B. Mathematics (3)</b>	MAT 121 Statistics with lab MTL 121 Lab is suggested but not mandatory (1)	3		
<b>C. Public Speaking (3)</b>	SPK 208 or 230	3		
<b>D. Diverse Communities "J" (3)</b> See catalog for approved courses. <i>At no time can any J course substitute within the ACADEMIC FOUNDATIONS area. No single course may fulfill both "I" and "J" requirements.</i>	KIN 246 Sport, Culture and Society suggested as either J or I course. KIN 254 Psychosocial Aspects of Phys Dis suggested J course for Pre-OT's	3		
<b>E. Interdisciplinary "I" (3)</b> See catalog for approved courses.	KIN 246 Sport, Culture and Society suggested as either J or I course.	3		
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6 min)</b>	See Related Requirements for specific concentration's requirements			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100	3		
	SOC 200 or 240	3		
<b>C. Humanities (6)</b>	Select from at least <u>two</u> of the following areas: <u>Literature</u> --LIT 100, LIT 165, CLS 165, CLS 260, CLS 261 <u>History</u> --HIS 100, 101, 102, 150, 151, 152 <u>Philosophy</u> --PHI 100, 101, 180	3 3		
<b>D. The Arts (3)</b>	Any courses from art, film, theater, cinematography, dance, music, photography	3		
<b>STUDENT ELECTIVES (9)</b>	<b>Transferred</b> courses or courses in your selected <b>minor</b> may be used in this category.			
<b>WRITING EMPHASIS COURSES "W" (9)</b> <i>(W's may overlap other required courses. Otherwise, this requirement will add 9 cr hours to your total # of cr hrs in order to graduate.)</i>	WRT 120, 200, 204, 205, 206, 208, or 220 do <u>not</u> count as writing emphasis courses.			
All students who take their entire GEN ED program at WCU, or transfer fewer than 40 credits, must complete 3 W's	<i>(one W must be at the 300 level)</i> W			
Transfer students: 40 – 70 T credits must complete 2 W's	W			
Transfer students: > 70 T credits must complete 1 W	W			

## B.S. in Exercise Science Concentration in Pre-Occupational Therapy (code s134)

<b>RELATED REQUIREMENTS</b> <b>(Must be passed with a C- or better)</b> <b>Note: Six credit hours of science courses found in this section fulfill the General Education Distributive Requirements in Science</b>	<b>Course #</b>	<b>CR HRS</b>	<b>Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR</b>	<b>GRADE OR "T"</b>
Anatomy and Physiology I	BIO 259	4		
Anatomy and Physiology II	BIO 269	4		
Chemistry and Lab	CHE/CRL 107 or CHE 103/CRL 103	5 or 4		
Physics	PHY 100 or above	3		
Introduction to Medical Terminology and Drug Classifications	EXS 222	2		
Introduction to Nutrition	NTD 303	3		
Developmental Psychology	PSY 210	3		
Abnormal Psychology	PSY 375	3		
<b>ELECTIVES UNDER ADVISEMENT</b> (To fulfill admission requirements of specific OT schools for which the student is applying.)				
<b>CORE EXS COURSES</b> <b>(Must be passed with a C- or better)</b> <b>Note: All students are required to maintain current CPR and First Aid Certifications in order to enroll in EXS classes.</b>				
Group Exercise Leadership	EXS 101	2		
Fundamentals of Resistance Training Techniques	EXS 102	2		
Lifetime Fitness Concepts	EXS 180	3		
Kinetic Anatomy	EXS 223	2		
Biomechanics (prereq EXS 223, BIO 259, PHY 100 or 130)	EXS 262	3		
Biomechanics Lab (taken concurrently with EXS 262)	EXL 262	1		
Motor Learning (prereq BIO 259)	EXS 370	3		
Exercise Psychology (prereq EXS 370 and PSY 100, or permission of instructor)	EXS 375	3		
Exercise Physiology (prereq BIO 269 and EXS 180)	EXS 380	3		
Exercise Physiology Lab (prereq concurrently with EXS 380 or prior enrollment in EXS 380)	EXL 380	1		
Fitness Assessment & Exercise Prescription (prereq EXS 375 & EXS/EXL 380)	EXS 381	4		
Exercise Techniques & Physical Conditioning (prereq EXS/EXL 262 & EXS/EXL 380)	EXS 482	4		
Organization and Management of Adult Fitness Programs Clinic/Seminar (prereq EXS 381)	EXS 484	3		
Exercise Prescription for Special Populations (prereq EXS 381)	EXS 486	3		
Clinical Exercise Testing and Prescription (prereq EXS 381)	EXS 489	4		
INTERNSHIP: The capstone course taken in the last semester before graduation (Permission of Department and under the supervision of a licensed OT). May not be repeated for credit.*	EXS 490	3		
*EXS 491 Internship II may be taken as an <b>elective</b> if approved by advisor.	EXS 491	1 - 6		

### Suggested 4-year schedule for Pre-OT Concentration

Full-time status is a minimum of 12 credits a semester and 120 credits are the minimum needed to graduate.  
A maximum of 18 credits can be taken a semester, 15 credits is a typical load.

#### Fall – Year 1

EXS 101 (2) or EXS 102 (2)  
PHY 100 (3)  
WRT 120 (3)  
PSY 100 (3)  
SPK 208/230 (3)

Credit total 14

#### Spring – Year 1

EXS 102 (2) or EXS 101 (2)  
BIO 259 (4)  
WRT 200 level (3)  
SOC 200/240 (3)  
MAT 121 (3)

15

Note-1: other than WRT courses all others can be switched between fall and spring

Note-2: BIO 259 is a critical course both for timing and as a difficult pre-requisite. Take it early in your career and plan to study intensively. It should be followed in the immediate next semester with BIO 269 which is a pre-req for some EXS course.

Note-3: PHY 100 and PSY 100 are pre-reqs for some EXS courses.

#### Fall – Year 2

EXS 180 (3)  
EXS 223 (2)  
BIO 269 (4)  
NTD 303 (3)  
Humanities #1 (3)

Credit total 15

#### Spring – Year 2

EXS 222 (2)  
EXS/EXL 262 (3+1)  
EXS 370 (3)  
CHE/CRL 107 (4+1)  
Humanities #2 (3)

17

Note-4: Some humanities courses may also be designated as “W” courses satisfying two requirements.

#### Fall – Year 3

EXS/EXL 380 (3+1)  
EXS 375 (3)  
PSY 210 (3)  
Interdisciplinary “I” Course (3)  
Elective #1 (3)

Credit total 16

#### Spring – Year 3

EXS 381 (4)  
EXS 482 (4)  
PSY 375 (3)  
Diversity “J” Course (3)  
Elective #2 (3)

17

Note-5: Some “I” and “J” course may also be designated as writing “W” emphasis courses. Taking an “IW” or “JW” satisfies two graduation requirements. Suggested “J” course is KIN 254.

Note-6: Electives can be used to fulfill occupational therapy school admissions requirements, the 120 credits for graduation requirement, a minor requirement and/or writing “W” emphasis. Three “W” are needed for graduation with one at 300-400 level.

Note-7: Any type of arts course may be acceptable. Check to make sure.

#### Fall – Year 4

EXS 484 (3)  
EXS 486 (3)  
EXS 489 (4)  
“Arts” Course (3)

Credit total 13

#### Spring – Year 4

EXS 490 (3)  
Elective #3 (3)  
Elective #4 (3)  
Elective #5 (3)

12

*Revised Fall 2014*

## B.S. in Exercise Science Concentration in Pre-Physical Therapy (code s137)

Name \_\_\_\_\_ Sem/Yr entering Pre-PT \_\_\_\_\_  
*(Students are bound by the major, minor, and cognate requirements in the catalog for the academic year for which they are accepted into the major or minor.)* Advisor \_\_\_\_\_ *Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet.*

CATEGORY (# credit hours)	TITLE / NUMBER OF COURSE	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	Letter GRADE or "T"
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6)</b>	WRT 120	3		
	one of the following: WRT 200, 204, 205, 206, 208, 220	3		
<b>B. Mathematics (3)</b>	MAT 121 Statistics with lab MTL 121 Lab is suggested but not mandatory (1)	3		
<b>C. Public Speaking (3)</b>	SPK 208 or 230	3		
<b>D. Diverse Communities "J" (3)</b> See catalog for approved courses. <i>At no time can any J course substitute within the ACADEMIC FOUNDATIONS area. No single course may fulfill both "I" and "J" requirements.</i>	KIN 246 Sport, Culture and Society suggested as either J or I course. KIN 254 Psychosocial Aspects of Phys Dis suggested J course for Pre-OT's	3		
<b>E. Interdisciplinary "I" (3)</b> See catalog for approved courses.	KIN 246 Sport, Culture and Society suggested as either J or I course.	3		
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6 min)</b>	See Related Requirements for specific concentration's requirements			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100	3		
	SOC 200 or 240	3		
<b>C. Humanities (6)</b>	Select from at least <u>two</u> of the following areas: <u>Literature</u> --LIT 100, LIT 165, CLS 165, CLS 260, CLS 261 <u>History</u> --HIS 100, 101, 102, 150, 151, 152 <u>Philosophy</u> --PHI 100, 101, 180	3 3		
<b>D. The Arts (3)</b>	Any courses from art, film, theater, cinematography, dance, music, photography	3		
<b>STUDENT ELECTIVES (9)</b>	<b>Transferred</b> courses or courses in your selected <b>minor</b> may be used in this category.			
<b>WRITING EMPHASIS COURSES "W" (9)</b> <i>(W's may overlap other required courses. Otherwise, this requirement will add 9 cr hours to your total # of cr hrs in order to graduate.)</i>	WRT 120, 200, 204, 205, 206, 208, or 220 do <u>not</u> count as writing emphasis courses.			
All students who take their entire GEN ED program at WCU, or transfer fewer than 40 credits, must complete 3 W's	(one W must be at the 300 level) W			
Transfer students: 40 – 70 T credits must complete 2 W's	W			
Transfer students: > 70 T credits must complete 1 W	W			



## B.S. in Exercise Science    Concentration in Pre-Physical Therapy *(code s137)*

<b>RELATED REQUIREMENTS</b> (Must be passed with a C- or better) <b>Note: Six credit hours of science courses found in this section fulfill the General Education Distributive Requirements in Science</b>		Course #	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	GRADE OR "T"
General Biology		BIO 110	3		
Anatomy and Physiology I		BIO 259	4		
Anatomy and Physiology II		BIO 269	4		
General Chemistry and Lab I		CHE/CRL 103	4		
General Chemistry and Lab II		CHE/CRL 104	4		
General Physics I with lab		PHY 130	4		
General Physics II with lab		PHY 140	4		
Introduction to Medical Terminology and Drug Classifications		EXS 222	2		
Introduction to Nutrition		NTD 303	3		
<b>ELECTIVES UNDER ADVISEMENT:</b> To fulfill admission requirements of specific Physical Therapy Schools for which the student is applying.					
<b>CORE EXS COURSES</b> (Must be passed with a C- or better) <b>Note: All students are required to maintain current CPR and First Aid Certifications in order to enroll in EXS classes.</b>					
Group Exercise Leadership		EXS 101	2		
Fundamentals of Resistance Training Techniques		EXS 102	2		
Lifetime Fitness Concepts		EXS 180	3		
Kinetic Anatomy		EXS 223	2		
Biomechanics (prereq EXS 223, BIO 259, PHY 100 or 130)		EXS 262	3		
Biomechanics Lab (taken concurrently with EXS 262)		EXL 262	1		
Motor Learning (prereq BIO 259)		EXS 370	3		
Exercise Psychology (prereq EXS 370 and PSY 100, or permission of instructor)		EXS 375	3		
Exercise Physiology (prereq BIO 269 and EXS 180)		EXS 380	3		
Exercise Physiology Lab (prereq concurrently with EXS 380 or prior enrollment in EXS 380)		EXL 380	1		
Fitness Assessment & Exercise Prescription (prereq EXS 375 & EXS/EXL 380)		EXS 381	4		
Exercise Techniques & Physical Conditioning (prereq EXS/EXL 262 & EXS/EXL 380)		EXS 482	4		
Organization and Management of Adult Fitness Programs Clinic/Seminar (prereq EXS 381)		EXS 484	3		
Exercise Prescription for Special Populations (prereq EXS 381)		EXS 486	3		
Clinical Exercise Testing and Prescription (prereq EXS 381)		EXS 489	4		
INTERNSHIP: The capstone course taken in the last semester before graduation (Permission of Department and under the supervision of a licensed PT). May not be repeated for credit.*		EXS 490	3		
*EXS 491 Internship II may be taken as an <u>elective</u> if approved by advisor.		EXS 491	1 - 6		

### Suggested 4-year schedule for Pre-PT Concentration

Full-time status is a minimum of 12 credits a semester and 120 credits are the minimum needed to graduate.  
A maximum of 18 credits can be taken a semester, 15 credits is a typical load.

#### Fall – Year 1

EXS 101 (2) or EXS 102 (2)  
BIO 110 (3)  
PHY 130 (4)  
MAT 121 (3)  
WRT 120 (3)

Credit total 15

#### Spring – Year 1

EXS 102 (2) or EXS 101 (2)  
BIO 259 (4)  
PHY 140 (4)  
PSY 100 (3)  
WRT 200 level (3)

16

Note-1: BIO 110 is a pre-requisite for all BIO courses other than BIO 259 & BIO 269

Note-2: BIO 259 is a critical course both for timing and as a difficult pre-requisite. Take it early in your career and plan to study intensively. It should be followed in the immediate next semester with BIO 269 which is a pre-req for some EXS courses.

Note-3: PHY 130-140 needs to be taken early as it is a pre-req for some EXS courses.

Note-4: PSY 100 is a pre-req for some EXS course.

#### Fall – Year 2

EXS 180 (3)  
EXS 223 (2)  
BIO 269 (4)  
CHE/CRL 103 (3 +1)  
SOC 200/240 (3)

Credit total 16

#### Spring – Year 2

EXS 222 (2)  
EXS/EXL 262 (3+1)  
EXS 370 (3)  
CHE/CRL 104 (3+1)  
SPK 208/230 (3)

16

#### Fall – Year 3

EXS/EXL 380 (3+1)  
EXS 375 (3)  
PSY 210 (3)  
NTD 303 (3)  
Interdisciplinary “I” Course (3)

Credit total 16

#### Spring – Year 3

EXS 381 (4)  
EXS 482 (4)  
PSY 375 (3)  
upper level Bio course (3)  
Humanities #1 (3)

17

Note-5: Some “I” and “J” course may also be designated as writing “W” emphasis courses. Taking an “IW” or “JW” satisfies two graduation requirements.

Note-6: Some humanities courses may also be designated as “W” courses satisfying two requirements.

#### Fall – Year 4

EXS 484 (3)  
EXS 486 (3)  
EXS 489 (4)  
“Arts” Course (3)

Credit total 13

#### Spring – Year 4

EXS 490 (3)  
Humanities #2 (3)  
Diversity “J” Course (3)  
Elective #1 (3)

12

Note-7: Any type of arts course may be acceptable. Check to make sure.

Note-8: Electives can be used to fulfill PT school admissions requirements, the 120 credits for graduation requirement, a minor requirement and/or writing “W” emphasis. Three “W” are needed for graduation with one at 300-400 level.

Revised Fall 2014

## INFORMATION ON PROFESSIONAL ORGANIZATIONS AND PROFESSIONAL CERTIFICATIONS

### Professional Organizations

Found below are several professional organizations that Exercise Science students maybe interested in joining. Those organizations that are bolded are ones that the Exercise Science Faculty suggests you consider depending on your professional goals and needs.

- **American College of Sports Medicine = ACSM @ [www.acsm.org](http://www.acsm.org)**
- **American Occupational Therapy Association = AOTA @ <http://www.aota.org/>**
- **American Physical Therapy Association = APTA @ <http://www.apta.org/>**
- **National Strength and Conditioning Association = NSCA @ [www.nsca-lift.org](http://www.nsca-lift.org)**
- **American Association of Cardiovascular and Pulmonary Rehabilitation = AACVPR @ <http://www.aacvpr.org/>**
- **American Chiropractic Association – ACA @ <http://www.acatoday.org/>**
- American Alliance for Health, Physical Education, Recreation and Dance = AAHPERD @ <http://www.aahperd.org/>
- American Heart Association = AHA @ <http://www.heart.org/HEARTORG/>
- American Society of Exercise Physiologists – ASEP @ <http://www.asep.org/>
- Aerobics and Fitness Association of America = AFAA @ <http://www.afa.com/>
- American Council on Exercise = ACE @ <http://www.acefitness.org/>
- Aquatic and Fitness Professional Association – International @ <http://www.aquacert.org/>
- IDEA Health and Fitness Association = IDEA @ <http://www.ideafit.com/>
- International Fitness Association = IFA @ <http://www.ifafitness.com/>
- International Fitness Professionals Association = IFPA @ <http://www.ifpa-fitness.com/>
- National Association for Health and Fitness = NAHF @ <http://www.physicalfitness.org/>
- National Center on Physical Activity and Disability = NCPAD @ <http://www.ncpad.org/>
- National Council on Strength and Fitness = NCSF @ <http://www.ncsf.org/>
- National Institute for Fitness and Sport = NIFS @ <http://www.nifs.org>
- National Strength Professionals Association = NSPA @ <http://www.nspainc.com/>
- USA Weightlifting = USAW @ <http://weightlifting.teamusa.org/>

### Professional Certifications

Several of these professional organizations provide nationally recognized certifications. The Exercise Science faculty encourages you to consider becoming certified in an area appropriate to your career plans. ACSM and NSCA offer the gold standard certifications in the area on fitness, strength and rehabilitation. Talk to your advisor or other exercise science faculty to find out more information. You can also go directly to the organization's website (provided above) and see what certifications they offer and what the qualifications are needed to sit for the certification exam.

## NATIONALLY ACCREDITED CERTIFICATION EXAMS ARE RECOMMENDED FOR ALL EXERCISE SCIENCE MAJORS

Being certified by a nationally accredited organization is an important element in the development of an individual's successful career. A study done at the UCLA Exercise Physiology Research Laboratory and published in the *Journal of Strength and Conditioning Research*, examined the actual knowledge of 115 health fitness professionals in five different areas that researchers felt were of critical importance in developing a safe and effective fitness program. Results indicated that participants with a degree in exercise science or kinesiology and a certification from either the

**American College of Sports Medicine (ACSM)** or the **National Strength and Conditioning Association (NSCA)** were the strongest predictors of a personal trainer's knowledge. Employers know this and use it in their hiring practices. To them, a prospective employee who is certified has the appropriate knowledge base and also has a personal commitment to the field. Therefore, having a certification certainly enhances one's professional potential and increases the likelihood of being hired.

Students may sit for a certification exam from one of the two major national certification bodies, the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association (NSCA). Credentials obtained from these professional organizations are widely respected and internationally recognized. Students may choose from a variety of certifications offered by each body. See their specific website for more detailed information.

Because Bachelor of Science degree in Exercise Science at West Chester University is accredited by **the Commission on Accreditation of Allied Health Education Programs (CAAHEP)** through the **Committee on Accreditation for the Exercise Sciences (COAES)**, our students are provided a discount code for the **ACSM Certified Health Fitness Specialist (HFS) certification exam**. This can be taken in the last semester before graduating. This code allows the examination to be taken for a reduced cost. A new code is provided annually and is posted on bulletin boards throughout the building. Obtaining this particular certification demonstrates

- *an adequate knowledge of, and skill in, risk-factor and health-status identification, fitness appraisal, and exercise prescription;*
- *the ability to incorporate suitable and innovative activities that will improve an individual's functional capacity;*
- *the ability to effectively educate and/or counsel individuals regarding lifestyle modification;*
- *a knowledge of exercise science including kinesiology, functional anatomy, exercise physiology, nutrition, program administration, psychology, and injury prevention.*

The National Strength and Conditioning Association offer a similar program. They provide two certifications: the Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (CPT). Because we are participating in the National Strength and Conditioning Association's Education Recognition Program, students get a \$25 discount when taking the NSCA-CSCS or the NSCA-CPT exam registration fee. Currently, our discount code is: ERPWCUP. (NSCA's Education Department phone #: 1-800-815-6826.)

Clearly, whether you are pursuing a career in fitness, strength & conditioning, chiropractic medicine, physical therapy, occupational therapy, or other clinical field, this certification would be very beneficial to have.

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## ACTING AS A PROFESSIONAL

Part of your college education is preparing you for the “real world”, the world that you will work in, earn money and develop your reputation. Besides the obvious, that you need to “know your stuff” to succeed, there are the less obvious matters that you should be aware of. In an effort to identify appropriate professional behavior, model proper conduct and to prepare students for that “real world”, the following guidelines should be observed.

1. Professors, supervisors and others that you have to report to or have authority over you should be addressed by an appropriate title such as Professor, Doctor, Mr., Mrs, or Ms. **DO NOT ASSUME** that you can call your professors, internship supervisors or others by just their first or last name. Some people do not care but most will. It will be interpreted as a sign of disrespect to address a person in authority over you by their first name, nickname or other casual address. Proper manners would be to ask him or her if they are comfortable with you calling them by something other than their title and last name. Additionally, do not ask early in your relationship with him/her wait a bit before asking. Often times the individual will indicate what you can call them, but don't assume!
2. It is expected that students will arrive promptly to class and late arrivals will be few. Professors notice who comes in late. Bosses will not stand for it, they are depending on you to be on time. Get in good habits now; remember – it is better to be 5 minutes early than 5 minutes late.
3. Turn cell phones are turned off while in class, or at least on vibrate. Texting during class is not acceptable. Many professors will confiscate cell phones or ask you to leave the classroom when you pay attention to your phone versus the class. If there is a specific need to have your cell phone on such as an emergency, inform the professor at the beginning of class.
4. If you are using a laptop computer in class the material on the screen should relate to the classroom topic being discussed. You should not have email accounts, Facebook or other social media up and running while in class.
5. When corresponding with a professor, supervisor or boss via email or texting, **DO NOT** use the shorthand social media letters. Brief examples include, “u” for “you”, “r” for “are”, and “4” for “for”. It is inappropriate and not considered professional or respectful. Save that technique for your friends. Additionally, there is the chance that the message will be misinterpreted, never a good thing.
6. Once class starts, stop the social chatter and attend to the classroom task(s) at hand with minimum social chatter. Continual chatter with your neighbor is distracting to the professor and the people around you. It is discourteous; do not do it! If you become a distraction, it is likely that you will be asked to leave the room because you are being disruptive.
- 7) The clothes you wear and the style in which you wear them may be appropriate for relaxing with friends or going out to a club but it may not be appropriate for a day in the classroom or lab. Be properly dressed for the day's activities. Note that many professors expect hats not to be worn in the classroom, so be prepared to remove it.
- 8) It is best not to bring or ingest solid food within the classroom. It is distracting. Never bring food into a lab and eat it. It becomes a safety issue.

- 8) Be prepared for class and be ready to participate in class. It is expected that the assigned reading will be familiar to the students thereby enabling them to answer questions and participate in class discussions.

As a final note, professional behavior and the demonstration of the desire to learn more than the minimum to get by is expected of the students in exercise science. The faculty have high standards. Not acting as a professional or meeting the faculty's expectations jeopardizes the student's opportunity to receive a positive evaluation or recommendation.

## **THE INTERNSHIP EXPERIENCE**

The internship experience is a critical piece in your education. It is the capstone experience for Exercise Science majors. It provides practical experiences related to your field of interest. Sometimes they provide an income, but not always. You are required to involve yourself in one internship experience and you can elect to take a second if you wish. This opportunity should mesh with your future career plans. Employers like interns for two reasons: 1) the cost of an intern is typically less than a "regular" employee and 2) due to laws regulating hiring personnel it is much easier to "hire" an intern than a new employee. This is because during your stay as an intern the employer can decide whether you are worthy of hiring at the end of your internship plus they will know more about you. Conversely, a new "unknown" employee must be reviewed and if let go at the end of the probationary period there must be documented reasons for letting him/her go. This does not have to be done for an intern. Even if the employer cannot hire you, they may know someone in need of your abilities and support your application with that other employer.

If you plan on pursuing graduate school it would be very advantageous to perform your internship at a facility that matches up with your educational plans. For example, if you plan on going to school for physical therapy do an internship at a PT clinic. If all goes well, you can ask your supervisor to write a recommendation. Additionally, you gain experience in physical therapy to help you decide if this is the correct career path and enhances your admissions application because you have had experience in the field of physical therapy. In order to be accepted into their program, professional graduate schools expect you to have had some type of observational experience. An internship in the appropriate area meets these expectations.

Finding and choosing an internship site is the student's responsibility. Start your investigation during your junior year. Don't assume you can walk into a facility on the first day of your last semester at WCU and land an internship. Some facilities have a waiting list a year long. There is a file maintained with possible opportunities in the Human Performance Lab. Check with a faculty member or one of the Lab's graduate assistants, they can show you the file. Many of the faculty members are aware of specific individuals or facilities so feel free to ask them for help.

There is a specific process that you must go through to secure an internship and gain approval for you to intern at a specific facility. Forms must be filled out. You can find those internship forms on the Department's webpage ( <http://www.wcupa.edu/ACADEMICS/HealthSciences/kinesiology/> ). Not all proposed internship facilities are approved. The Exercise Science faculty want you to have a strong, positive experience so we are protective of where we send out our students.

### Steps to take in order to secure an internship

1. Locate a facility/internship site that would be appropriate for your career goals. There is a file of approved sites in a file cabinet inside the Human Performance Laboratory. Others are posted on bulletin boards near the Human Performance Laboratory. You can also do your own research and find suitable internship sites either here in the greater West Chester area, near your home or elsewhere in the US. If you plan on doing your internship away from West Chester, **START EARLY**, as there may be several layers of approval that must take place.
2. Make sure that the facility/site is approved by the Department of Kinesiology. It is possible that a site will not be approved so check. Normally, sites that have had other WCU interns in the past are fine. The Division of Exercise Science wants this to be a meaningful experience that enables you to employ what you have learned and prepares you for your future career.
3. Download all packets of information regarding the internship found on the department website. Use this link. <http://www.wcupa.edu/ACADEMICS/HealthSciences/kinesiology/> The tab to click on is in the bottom left corner. One of those information packets is the internship application form. Fill this out completely. Make sure to secure signatures from the supervisor at the internship site.
4. Submit the completed and signed application form to the Assistant Chair for Exercise Science. He/she will have to approve the application and sign off on it. The application must be submitted by November 1<sup>st</sup> for a spring internship and April 1<sup>st</sup> for a summer or fall internship.
5. The assistant chair will submit the approved application to the department secretary. The secretary will then register you, the intern, for the EXS internship experience. The student does not register for the internship experience.
6. Once the student has been registered for the internship, the department chair will assign a WCU internship advisor. This action will not take place until after the end of the semester leading up to your internship experience. Therefore, there are some limitations as to how soon you can start your internship.
  - A. For spring – interns can start no earlier than January 2<sup>nd</sup>.
  - B. For summer – interns can start no earlier than May 1<sup>st</sup>.
  - C. For fall – interns can start no earlier than August 2<sup>nd</sup>.
  - D. In extenuating circumstances it may be possible to start an internship earlier than the above prescribed dates. The reason would have to be unique. Typically, this is because the internship site requires an extended experience.
7. For a 3-credit internship experience, the intern must log no less than 125 hours at the internship site. For a 6-credit internship experience, the intern must log no less than 250 hours at the internship site. If the total number of hours exceeds the minimum number indicated here, then within the application form the total number of hours must be indicated and signed off on by both the intern and the internship site supervisor.
8. The intern will need to initiate communications with the assigned WCU internship advisor during the week the student starts their internship experience if not before. Not contacting the advisor will impact the grade earned for the internship.

## LETTERS OF RECOMMENDATION

Whether you are entering the job market or going to graduate school, you will probably need letters of recommendation from your professors. Common sense says you should ask for letters from professors with whom you have done well. Further, you should ask for a recommendation from a professor that knows you well. If you ask a professor from a course where you are one student in a class of 100 s/he will not come to know you as well as the professor in a small-sized class where you interact with him/her regularly. Common courtesy says you should give the professor at least **four weeks notice**. Do not wait until the very end of the semester. Professors are also busy at that time of year and will not be able to give your letter the attention it deserves. Make sure you provide the professor with the necessary forms and instructions and a **stamped, addressed envelope** (type the address). Help the professor personalize the letter by providing a list of courses you took with her/him as well as a copy of your resume. If possible, talk with the professor about your plans. Of course you are special, but so are the other 500 students who have marched through the professor's classes in the last four years. Reference forms usually allow you to waive your right to see the letter. Sign the waiver. If no form is provided, have the professor send the letter directly to the graduate schools or, if the institution wants you to include everything in the same packet, have the professor put the letter in a sealed envelope and sign across the seal. All of this assures the admissions committee or prospective employer that you have neither written nor read the letter and this, therefore, enhances its veracity. Candidly, a letter the candidate might read is not worth the paper it's written on. Committees or employers understand the professor may not choose to be frank with his/her appraisal of you if you do not waive your right to see the letter.

With the expanding electronic age, many application forms are electronic. Make sure to gain your professor's permission to list him/her as a reference before you submit his/her name to the electronic application service. It is poor form for the application service to contact the professor before you ask permission and it may well cause the professor to refuse to write the letter of support.

## GRADUATION INFORMATION

### General Education

Students should be aware that, although general education requirements may have been met by passing a course ("D-" or better) there may be major degree requirements that necessitate a specific minimum performance level (such as a "C-" or better). Furthermore, a major may require a specific course be used to fulfill a distributive requirement. If you do not successfully complete the required course work for the major even though you have completed all the general education requirements, you will not be allowed to graduate.

Remember that only writing emphasis courses can be double dipped. You must take individual courses to satisfy all other General Education courses. Any course that is both an "I" and a "J" course can be taken to satisfy one but not both requirements. No "I" course can be substituted for a distributive requirement.

### Graduation Clearance

Successful completion of your coursework is not the only thing you need to do to receive the degree. You must also navigate the graduation clearance process. This process begins as soon as you have earned 96 credits and is used to make sure you are on track to complete all requirements needed to graduate. This process helps with efficiency and ensures that you have time to correct any errors that could prevent your timely graduation. The Exercise Science faculty suggests that near the end of your junior year, you apply for graduation. This will provide you with two semesters (your senior year) to take a class that you missed taking or scheduling. Checking by the end of your junior



year allows you to take that class which is only offered once a year. Waiting longer may mean you have to come back for another semester. The Registrar's Office reviews the graduation application fairly frequently.

The basic steps are to go to myWCU and log in. Then find the button for either “**Degree Progress Report**” or “**student’s course history**” and click on it. A screen will pop up and you can compare what you think you have taken with what the Registrar has you completing. This page will also tell you what you have left to do. It is important to check this page from time to time during your time at WCU to make sure you are on track.

Please note: At the graduation ceremony, you will not receive your diploma. The registrar will not have had enough time to check all graduating students to make sure you have completed all the graduation requirements. You will receive your diploma in the mail several weeks after you participate in the graduation ceremony. At the ceremony you are handed a diploma holder/frame.

Once final grades have been posted, the Registrar's Office reviews your entire academic record to determine if:

1. you have completed all your academic requirements (major, minor, general education)
2. Your cumulative GPA is at least 2.00
3. You have at least 120 total adjusted credits. Total adjusted credits = total cumulative credits + ungraded credits (for courses still in progress) - remedial credits (for courses such as ENG020) - duplicate credits.
4. if there are any outstanding holds on your record which will prevent you from graduating.

The final clearance takes about 30 days to complete. If there are any outstanding academic issues or holds that will prevent you from graduating, the Registrar's Office will notify you by mail. If this happens, resolve the holds and see your academic advisor about the academic issues.

If your graduation is postponed, submit a Change of Graduation Date form to the Registrar's Office.

## POST GRADUATION OPPORTUNITIES

What are you going to do once you graduate? For those of you independently wealthy, congratulations, time to kick back and enjoy life. For the rest of you, it is time to move out into the real world. Hopefully, you have been planning for this and have laid a foundation for a long and successful career. One key to such a career is to start to plan early.

Look over the varied opportunities that you can explore. Go to the Career Development Center (CDC) on campus and utilize the tools and resources available to you. Arguably it is more important to decide what you don't want to do for the rest of your life that what you want to do. Keep as many options open as possible.

The first question to ask; do you want to go back to school or start making money? If the latter, there are many possibilities. If the former, that is just as good. Also, there is a third option: work for a while make some money and get some critical job experience that will be beneficial when you decide to go back to school.

### **Immediate Career Opportunities**

There are several different paths you can take. They will be briefly outlined here in alphabetical order.

**Clinical Exercise Physiology:** You would work in a clinical setting such as a hospital, therapy clinic, or chiropractic office. You would work under the direct supervision of someone with more training than you have, someone with a master's or doctorate. Your patients would have challenges to their health and wellbeing. You would be working to get them "back to normal" or at least slow the degenerative process by employing physical activity and exercise. The patients may have neuromuscular or musculoskeletal disorders, cardiopulmonary disease or metabolic disease. Salary is generally fair to good. Benefits, such as health care and retirement, are typically good. Opportunity for advancement is poor without further education.

**Commercial Fitness Centers/Gyms:** You would work in commercial settings at gym that was either independently owned or one facility in a chain of gyms. The clientele is typically concerned with general fitness, toning and controlling weight. Salaries are often tied to sales commission so the ability to sell memberships is important. Salary is generally fair to good. Benefits, such as health care and retirement, are typically poor to fair. Opportunity for advancement is poor unless you have an opportunity to own a club or are excellent in sales and become a manager.

**Corporate Fitness Companies:** You would work either for a corporation in their own facility or work for a company that was hired by a corporation to run the corporation's facility. The clientele is typically concerned with staying healthy. The corporation is concerned with cutting health care costs, decreasing man-hours lost to illness and improving "the bottom line". In times of economic stress for the corporation, it is possible that company would drop their corporate fitness programs. Salary is generally fair to good. Benefits, such as health care and retirement are typically fair to good. Opportunity for advancement is only fair even with further education.

**Non-Profit Organizations:** You would work for an organization such as the YMCA, Jewish Community Centers, or Boys & Girls Clubs. The clientele is typically the most varied of all the mentioned opportunities. There are people who have been released from physical therapy, others interested in being healthy and fit and athletes trying to improve or maintain their performance. Salary is generally fair but once you rise into management it becomes good. Benefits, such as health care and retirement, are typically good. Opportunity for advancement is typically excellent. Often the organization will educate you to fill in any knowledge you may be lacking.

**Personal Trainers:** You work for yourself either independently or affiliated with a fitness center. You are at the mercy of your clients. It takes a while to develop a following. Typically your clients are interested in general fitness, toning and controlling weight. Salary is generally fair but can be excellent. However that requires a great deal of time commitment on your part. Benefits, such as health care and retirement, are all on you. Opportunity for advancement are not available.

**Strength and Conditioning Coach:** You are employed either by another organization like a college, high school or professional team or work for a fitness center specializing in improving the performance of athletes. Clientele are all about improving athletic performance. How well they do might decide whether you keep your position or not. In professional and collegiate settings, your job security can also be tied to a head coach. Salary is generally fair to good. Benefits, such as health care and retirement, are typically fair. Opportunity for advancement are only fair.

### **Graduate School** (Post-Baccalaureate studies)

As with everything else, getting into a program that is right for you requires forethought. Different careers require different degrees. Make use of the Career Development Center on campus. Talk to your advisor about the graduate program that is right for you. Other good sources are *Peterson's Guide to Graduate Schools*. If possible attend professional meetings (students are usually charged much less than professionals) and gain insight into your areas of interest. While there talk to others and gain insight from those conversations. Often there will be graduate schools presenting their programs, which is a great way to find out more information.

Graduate school can take several directions. Students can pursue further education in one of the exercise sciences such as exercise physiology, biomechanics, exercise psychology, or motor learning. There are programs at both the masters and doctorate level in these disciplines. Nationally, a master's requires between twenty-four and forty-six additional credits and takes about two or three years to complete. West Chester offers a Masters of Science which takes between 33 credits depending on the path you choose. For more details on the West Chester program, see Department's Graduate Coordinator. A doctorate, typically a Ph.D., D.Sc. or Ed.D. is the terminal degree in Exercise Science. It requires many additional credit hours of course work beyond the Masters and culminates in a major research project called the dissertation. A doctorate takes at least three years beyond the BA to complete but four to five is more likely. A doctorate is required if one plans to teach on the University level or do extensive research.

Graduate education in one of the clinical/medical disciplines is another pathway, typically leading to a doctorate. This includes medical school, chiropractic medicine, physical therapy, occupational therapy, and cardiopulmonary rehabilitation. Students are encouraged to explore any and all of this possibilities. The internet is a great tool to use and get a start on your plans.

#### **Some basic points when to applying to any graduate school.**

1. **Type Everything:** All letters of inquiry should be done on a computer and printed out. Do the same with all applications. Do not send in photocopies of the application. Make sure you **proofread everything** before mailing it. If you are sending a standardized letter of inquiry and forget to change the name of the university in the body of the letter, you will amuse but not impress the graduate committee that reviews applications.
2. **Personal Statement:** If the application includes a personal statement ask your advisor to read it over. Your advisor will have a good sense of the tone graduate schools are looking for.
3. **Standardized Tests:** Most graduate programs require you to submit results of standardized tests, most often the Graduate Record Examination The GRE General Test is very similar to the SAT you took in high school. You can prepare for the GRE by reviewing old General Tests. The Educational Testing Service makes these available for a fee. Write to ETS at Graduate Record Examinations. Educational testing Service, PO. Box 6000, Princeton, NJ 08541-6000 or telephone 1-800-537-3160. You can also consult a number of published guides to the test. One of the more popular is *How to Prepare for the Graduate Record Exam*. Some students benefit from taking an expensive prep course from the Princeton Review or Stanley H. Kaplan Educational Center.

## AWARDS AND SCHOLARSHIPS

### College of Health Sciences Scholarship

**Russell L. Sturzebecker Scholarship** - \$1,000-\$2,000 per student per year

Forms must be turned into the Dean's Office, College of Health Sciences by **April 1th**. See College of Health Sciences webpage for further information,

### Department of Kinesiology Scholarships

Please contact Department of Kinesiology for details at 610-436-2610 or see College of Health Sciences webpage for further information,

**Earle C. Waters Scholarship**

**Winifred Piersol Reeser '43 Endowed Scholarship**

**David Konitzer Memorial Endowed Scholarship**

**Anne M. Schaub Memorial Endowed Scholarship**

**Herb Lee Scholarship**

**The Scott Robinson Memorial Adapted Physical Activities Scholarship**

**The Danielle Holmes Memorial Adapted Physical Education Scholarship**

**The Joan M. Auten Kinesiology Scholarship**

**Elinor Z. Taylor '43 Scholarship**

**Barbara Leighton Karas Scholarship**

## STUDY SKILLS AND HELPFUL PLACES ON CAMPUS

The *Ram 's Eye View* contains a complete listing of where to obtain services on campus. Below are just a few of the most commonly requested.

**Please note:** In college, you will spend relatively little time in class and you will be expected to learn a great deal on your own. There is no social promotion; no one cares how much effort you put into a class, and contrary to all legends, no professor has ever been fired for flunking too many students. Remember, West Chester had over 6,000 applications for 1500 first-year slots; so there are three students ready to take your place. We want you to succeed, but if you don't, that's your problem, not ours,

**HPL Graduate assistant help:** If you are lost and too intimidated by your professor to see her/him, see if the graduate assistants in the Human Performance Lab can help. They may be willing to tutor you or at least give some insight into your problem.

**Tutoring Center:** If you want a tutor go to the Academic Programs and Services Office found on the second floor of Lawrence Center (room 105). They can provide free tutoring for most 100 and 200 level courses. If you think you will have a problem with a specific class, go to the Tutoring Center on the first day of the semester and sign up. DO NOT WAIT! There are limited slots available for tutoring.

**Writing Center:** All of us need help with our writing at one time or another. The staff of the writing center has the training to help you. If you're having problems with writing assignments, see them. They are in Main 201,

**Your Advisor:** Your advisor is there not just to advise you on what classes to take but also to assist you as you make your way through West Chester University. Go see him/her if you need to. At the very least, they can point you to the person or facility that can help you resolve your issue.

**Career Development Center (CDC):** Located on the second floor of Lawrence Center, this is the obvious place to start figuring what your career path should be. It offers informative videos, a computer program to help you select the career that is right for you, a complete resume service (including a computer containing the "Resume Wizard" program), job listings, and job fairs. Visit the CDC early and often. It is free.

**Counseling Center:** College can be very stressful. Everyone gets stressed out at one time or another. If the stress is getting in the way of your life, call the Counseling Center for an appointment to speak to a professional counselor. Their phone number is 610-436-2301. The service is free and completely confidential. Don't be shy about using this service. You may be amazed by how many of your peers use it. The center is in the ground floor of Commonwealth Hall.

**Women's Center:** Located in Lawrence 100, the Women's Center provides support, information, and referrals on important issues such as acquaintance rape, eating disorders, sexual harassment, gender discrimination, and any type of relationship problems.

**Office of Services for Students with Disabilities:** Located in Lawrence 105, this office provides assistance for students with disabilities. If you have a learning disability, this is the office through which you make whatever arrangements are needed to accommodate the different ways in which you learn and demonstrate what you have learned.

**Social Equity Office:** Located at 13/15 University Avenue. This office provides guidance and information for anyone who believes they have encountered any form of discrimination based on gender, race, sexual orientation, ethnicity, and religious or political beliefs. This is the place to go if you feel you are the victim of sexual harassment.

**Sykes Student Union:** This building houses the S.S.I. Bookstore, the movie theatre, an ATM machine and the service windows where you get tickets for special campus events, cash checks, and obtain a new I.D.

**Health Center:** If you are ill, go to ground floor of Commonwealth Hall. The Health Center also dispenses information about AIDS, birth control, and STDs, as does Planned Parenthood (12 South Wayne Street)

**Kershner Student Service Center at 25 University Avenue:** The Kershner Student Service Center at 25 University Avenue is at the corner of University Avenue and Church Street. It houses the Bursar, Registrar and Financial Aid offices. The Bursar's Office is where you pay your bills. The Registrar is responsible for scheduling, grades, and transcripts. The Financial Aid Office handles scholarships, grants, and loans. If you need help with any of those items, see the appropriate office. Remember that the people staffing these offices really do want to help you; it's not their fault that your parent forgot to mail the check, your professor recorded the wrong grade, or your grant didn't come through. Don't take it out on them. You can catch more flies with honey than with vinegar. Be nice.

**Extra-Curricular Opportunities** include but are not limited to the following. There are many more extra-curricular opportunities than what is listed. Avail yourself of those that interest you. They will enhance your educational experience here at West Chester University.

**Exercise Science Club:** The Department-sponsored Exercise Science Club offers a variety of programs ranging from social gathering to speakers to trips to professional meetings. It is a great opportunity to get involved with other people who enjoy the exercise sciences. Club functions are announced in classes and posted on bulletin boards on the bottom floor of Sturzebecker Health Sciences Center, particularly the bulletin board outside the Human Performance Lab. They are also posted on the TV monitor in the lobby of the main floor of Sturzebecker Health Sciences Center.

**Phi Epsilon Kappa (PEK):** The Department also sponsors Phi Epsilon Kappa, the international honor society in Physical Education. It is open to students who have completed thirty or more credits with a GPA of 3.2 or greater and are interested in physical education, health, fitness or athletic training. Watch for announcements posted on Sturzebecker bulletin boards regarding chapter initiation and activities. If you qualify, join. It will be a positive experience.

**Social Life.** The campus is filled with opportunities for a social life. Within two weeks, you will know more about them than we professors ever will. A good place to start is the Sykes Student Union. We offer two thoughts about your social life. In general, don't overdo. Moderation is the key. All first-year students who concentrate on partying must learn a crucial phrase: "Do you want fries with that?" The path to a McJob career begins with one party too many. By the time you are a sophomore, you will have learned some limits and how to budget your time. Second, study now: party later. If you do party, remember, bad things happen to people when they are drunk or otherwise incapacitated. Only you can prevent illness or injury or insult to your body.

## **POLICIES AND PETITIONS**

### **Policies**

West Chester University is a bureaucracy. It functions according to certain policies and you will be happier if you abide by them. In addition to the policies referred to earlier, here are some of the others which are the most relevant. See the WCU catalog and *Ram's Eye View* for the official versions of these and other policies.

**Grade Point Average for Graduation:** To graduate you must have a 2.0 GPA both overall and in your major, Exercise Science. This means that you may graduate with a "D" in a History course as long as you have a "B" in another course with which to balance out the "D."

**Academic Probation and Dismissal:** This policy is fully explained in the catalog. Basically, you must have a 2.0 GPA after attempting eighteen credits. If you do not, you will be placed on probation and have thirty credits in which to pull your GPA to 2.0 or you will be dismissed from the University.

**Repeating Courses:** The fastest way to raise your GPA is to repeat courses in which you have done poorly. When you repeat a course, only the most recent grade is used in computing your GPA. Hence, if you earned an "F" the first time and a "B" the second time, only the "B" will count. By the same token, if you earned a "D" the first time and an "F" the second, only the "F" will count. You may use the repeat policy a total of five times but you can only take the same course three times.

**Grading Policy:** The University requires that each professor in a regular course (not a seminar or similar research-based experience) administer at least three evaluations during a semester. Those evaluations may come in any form (tests, papers, and the like) and the final exam cannot count for more than one-third (33.3%) of the course grade.

**Grade Appeals:** If you believe that a grade you received on an evaluation or in a course is not a fair assessment of your performance, you must first speak with the instructor. Professors sometimes err and are happy to correct the mistake. Even if the instructor does not change the grade, you will gain a greater knowledge of the professor's expectations and how you can meet them. You cannot appeal grades on individual assignments. You may appeal a grade in a course. Before you do so, however, **read the Grade Appeals policy**. Briefly, it provides that no change in a grade will be recommended "unless there is clear evidence that the original grade was based on prejudiced or capricious judgment, or was inconsistent with official University policy." If the instructor administered at least three evaluations and the final exam did not count for more than one-third of the course grade, the grade was consistent with official policy. As for prejudiced or capricious judgment, how can one prove that? That you or anyone else disagrees with the professor's assessment is irrelevant. As long as the professor used some sort of standard and essentially the same standard for everyone, the professor's judgment is neither capricious nor prejudiced. The bottom line: talk to the professor and if you're still not satisfied, move on. Life is not fair and you were never guaranteed anything more than the pursuit of happiness.

**Disruptive Behavior:** This policy is really unnecessary because you are an adult and will act accordingly. However, just to be sure, here it is. If you disrupt a class, you will be tossed out and there is no assistant principal to put you back in. If you persist, you will be removed from the class and fail the course. You may also be removed from the University.

**Academic Dishonesty:** This encompasses both cheating on exams and plagiarism. Plagiarism is using someone else's words or thoughts and passing them off as your own. The Department takes academic dishonesty very seriously. If you get caught, and you will get caught eventually, the best you can hope for is a failing grade in the course. If your cheating is particularly egregious, we will do our level best to get you expelled. Are we clear on this issue ?

**Taking Courses Off Campus:** This is a good way to lighten your September to May course load or get a course which you cannot seem to schedule at West Chester. If you want to take a course or courses elsewhere, pick up the "**Permission to Take a Course Off Campus**" form on the rack outside the Registrar's office or in electronic form on the Registrar's webpage. Talk to your advisor and obtain her/his signature. Take the form to the West Chester department offering that courses or courses in that discipline, and get the department chair to indicate what the West Chester equivalent is. You may not transfer in a course that you have already failed at West Chester. Fail a required course at West Chester and you must repeat it here until you have passed it. You should not use this policy to raise your GPA because grades do not transfer in, only courses do. Within certain limits, you should have no problem transferring courses from an accredited four-year college or university. You should also be able to easily transfer 100 or 200 level courses from a junior or community college. Transferring upper-level courses from a community college is problematic because community colleges are not legally authorized to offer junior and senior level courses. In any case, remember that you must take at least half of the courses in your major at West Chester.

### **Petitions**

Under extraordinary circumstances, almost every policy can be waived. A request for a waiver is called a petition. The form is available at the Registrar and in the department office. On the form, you must state which rule you want waived and why you think it should be waived. Your typed response is your opportunity to make your case. Present your evidence concisely and convincingly. Attach all relevant documents; including a copy of your transcript, (a printout from the computer is acceptable). Your advisor must make a recommendation and sign the form, as must the chair of the department or director of the program concerned, and the appropriate dean. You must ensure the form gets to the right people. The associate provost makes the final decision.

## **KEEPING RECORDS**

If you buy an important object like a computer, you keep the receipt just in case you need service under the warranty. By the same token, you should start a file containing every written communication you receive from the University. If you pay a bill at the Bursar's Office, keep the receipt just in case the payment is not properly credited to your account. Keep copies of your course syllabi. Why? Because you might transfer to another institution and the folks there will want to know what your courses covered. Maintain records of communications between you and your advisor. If you have an important communication with any faculty member about grades, being added to a course, getting permission to miss class or take a course out of sequence make sure you keep a written copy of the communication. Hard copies of communications are critical to prove your point or defend your position. Verbal communications cannot be documented; it is a case of "I said, they said" which is a no-win situation. When in doubt, keep it and do not dispose of your records until after you have received your West Chester University diploma and it is hanging on your wall.

## **A FINAL WORD**

So, you have reached the end of the Handbook. Hopefully, you will follow the suggestions and guidelines you found herewith in. Ultimately, you are responsible for your own education, whether you want to work hard and reap the benefits is up to you. The more responsible you are and more professionally you act the more successful you will be. The faculty will notice this and it will influence their impression of you, a handy thing to realize if you need a strong letter of recommendation. Remember, the faculty network just as well as you and they have been doing it for a longer time than you have. If you impress them strongly enough, they may just pick up the phone and call someone to talk about you.

And finally, write, call, text or tweet your parents at least once a week. They love you and miss you. They are anxious to know how you are doing.



# Appendices

## Time Management Schedule

TIME	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							

Letter of Intent

West Chester University

To the NYCC Office of Admissions:

My name is \_\_\_\_\_, and I have recently enrolled in the Exercise Science Department’s articulation program at West Chester University.

I understand that this is the first step to become a participant in the Pre-Chiropractic articulation program, and that this does not obligate me in any way to apply for admission to New York Chiropractic College. I understand that if I complete the articulation program at West Chester University with the required course grades and cumulative GPA, along with all other admission requirements, I will qualify for **assured admission** to NYCC, *regardless of the competition*, if I choose to attend that chiropractic college.

At this time I estimate that I will be ready to begin my chiropractic studies in (month/year) \_\_\_\_\_. If I plan to enter NYCC at that time, I will submit my application a year in advance of that entrance date to ensure that my place is reserved in that entering class.

I would appreciate receiving current information about New York Chiropractic College.

Sincerely,

_____	_____
[signature]	[date]
_____	_____
[Social Security No]	[area code/local phone number]
	_____
	[area code/home phone number]
_____	_____
[mailing address]	[permanent home address]
_____	_____
[city, state, zip]	[city, state, zip]

Return this letter to: **Office of Admissions, New York Chiropractic College, 2360 Route 89, Seneca Falls, NY 13148-0800**

**Copy to WCU advisor**

**AGREEMENT  
FOR  
AN ARTICULATED PROGRAM  
BETWEEN  
WEST CHESTER UNIVERSITY  
AND  
NEW YORK CHIROPRACTIC COLLEGE**

**SECTION 1: INTRODUCTION**

Based on a mutual respect for the integrity of parallel academic programs and in an effort to better serve students intending to pursue the profession of chiropractic, the West Chester University and New York Chiropractic College hereby enter into an agreement of an articulated program. This agreement will outline appropriate course work to be completed at West Chester University by students intending to complete a BS degree in Exercise Science and also fulfill requirements for admissions to the Doctor of Chiropractic degree program at New York Chiropractic College.

**Objectives of the Agreement**

1. To attract qualified students to West Chester University and to New York Chiropractic College.
2. To facilitate an efficient transition of qualified students from West Chester University to New York Chiropractic College.
3. To provide appropriate advisement for students pursuing the articulated program by faculty and staff members of both colleges.
4. To encourage academic and administrative coordination between the two institutions for the benefit of students.
5. To provide for the exchange of information on specific outcomes of this articulated program with the goal of continual improvement.

**SECTION 2: ARTICULATION AGREEMENT**

1. Under this advisement sequence, students will matriculate at West Chester University in a program of study leading to the B.S. degree in Exercise Science and includes course work required to satisfy all entrance requirements of New York Chiropractic College. That program (sequence suggested) includes the following:

**GENERAL EDUCATION REQUIREMENTS:**

- A. English Composition (6 semester hours)
- B. Mathematics (3 semester hours)
  - a. Statistics (MAT 121) is required by all EXS majors
- C. Communications (3 semester hours)
- D. Diverse Communities (3 semester hours)  
"J" Designation: see Catalog for approved courses
- E. Interdisciplinary Requirements (3 semester hours)  
"I" Designation: see Catalog for approved courses
- F. Behavioral & Social Sciences (6 semester hours)
  - i. Psychology (3)
  - ii. Sociology (3)
- G. Humanities (6 semester hours)  
Choose from two areas: LIT, CLS, HIS, PHI
- H. The Arts (3 semester hours)  
Any courses from art, cinematography, dance, music, photography, theatre
- I. Writing Emphasis Courses

All students who take their entire Gen Ed program at WCU, and those who transfer fewer than 40 credits, must complete 3 approved writing emphasis (W) courses. Students who transfer 40 to 70 credits require 2 W's, and students who transfer greater than 70 credits require 1W. At least 1 W required at 300-400 level. These courses may "overlap" or satisfy other course requirements.

## EXERCISE SCIENCE MAJORS REQUIREMENTS:

**Related Requirements for Exercise Science majors who choose to declare the Pre-Chiropractic concentration (includes courses that meet some General Education Requirements)**

General Biology (3)  
Anatomy & Physiology with lab (8)  
General Chemistry (6) and Lab (2)  
Introduction to Organic and Biological Chemistry (3)  
Biochemistry (3)  
Intro to Med Terminology and Drug Classifications (2)  
Introduction to Nutrition (3)  
General Physics and Lab (8)

## **Exercise Science Core**

**(the following courses are required of all Exercise Science Majors)**

Lifetime Fitness Concepts (no prereq)	EXS 180 (3)
Measurement & Evaluation (prereq MAT 121)	EXS 251 (4)
Biomechanics (prereq PHY 100 or above, BIO 259)	EXS 262 (3)
Biomechanics Lab (taken concurrently with EXS 262)	EXL 262 (1)
Motor Learning (prereq EXS 251, BIO 259)	EXS 370 (3)
Exercise Psychology (prereq PSY 100, EXS 251)	EXS 375 (3)
Exercise Physiology (prereq BIO 269)	EXS 380 (3)
Exercise Physiology Lab (prereq BIO 269)	EXL 380 (1)
Fitness Assess & Ex Presc (prereq EXS 251, EXS(L) 380, CPR)	EXS 381 (4)
Ex Techniques & Phys Cond (prereq EXS 251, EXS 262, EXS 380)	EXS 482 (4)
Org and Mgt of Adult Fit Fac (prereq EXS(L) 380)	EXS 484 (3)
Ex Prescription for Special Pops (prereq EXS 381)	EXS 486 (3)
Clinical Ex Testing and Prescription (prereq EXS 381)	EXS 489 (4)

<b>INTERNSHIP (Permission of Division Chair and under the supervision of a licensed Chiropractor)</b>	EXS 490 (6)
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## SECTION 2: ARTICULATION AGREEMENT (cont'd)

2. Students will complete the course of study with a cumulative Grade Point Average of at least 3.0 and earn a minimum of "C" (2.00) in all specified science courses. Please contact Admissions at New York Chiropractic College 1-800-234-6911 for the specific courses that need to be completed with a "C" or higher. In addition, those students entering with a 3.0 cumulative Grade Point Average will be automatically awarded a NYCC merit scholarship valued at \$1,500.

3. During their first year at West Chester University, students will submit a letter of intent to NYCC identifying themselves as articulation students and identifying their desired date of entrance to NYCC.

4. Students will apply for admission to NYCC one year in advance of their desired entrance date and complete all other application procedures including a satisfactory admission interview. The three required references should include one from a Doctor of Chiropractic and one from a faculty member at West Chester University.

In recognition of students' completion of the program including procedures outlines above, New York Chiropractic College shall accept all such students for the entrance date of their choice.

Students who do not maintain a cumulative GPA of at least 3.0, but complete the program with a GPA of 2.5 or better, will receive appropriate special consideration for admission to NYCC, owing to their having completed the Articulation sequence at West Chester University.

## SECTION 3: STUDENT ADVISEMENT

An appropriate faculty or staff member at West Chester University shall be assigned and be responsible to advise students regarding their academic preparation for admission to NYCC and their ultimate goal of chiropractic licensure. An NYCC Admissions counselor shall be assigned to those students participating in the West Chester University/New York Chiropractic College Articulation Program to insure a smooth transition from West Chester University to New York Chiropractic College.

#### **SECTION 4: ASSISTANCE AGREEMENT**

West Chester University and New York Chiropractic College both agree to freely and widely encourage qualified students to participate in this program by providing advisement, information and other such assistance as will ease the transition of student to chiropractic study while providing the rigorous academic background needed for such study. Diligent efforts will be made by appropriate personnel at West Chester University to maintain an accurate listing of students pursuing the program. In turn, appropriate personnel of New York Chiropractic College shall promote the Articulation Program of West Chester University and refer interested students to that College's admissions office where appropriate.

#### **SECTION 5: REVIEW AND REVISION OF THE AGREEMENT**

Both institutions hereby agree to notify the other in the event of substantive changes in courses, programs or policies which have an impact upon any aspect of this Agreement.

At the request of either party, a review of the contents and/or implementation of the Agreement will be conducted by the two institutions. Adoption of entrance standards by NYCC which are not met by the terms of this agreement would require revision or termination of the agreement.

#### **SECTION 6: TERMINATION AGREEMENT**

This agreement shall remain in force from the date on which it is signed until such time as either institution elects to terminate it. Termination by either institution will be announced with sufficient anticipation to assure any students enrolled in the program the opportunity to be admitted to New York Chiropractic College under its terms.

**IN WITNESS WHEREOF**, the parties have hereunto affixed their signatures this

\_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

**For West Chester University:**

**For New York Chiropractic College:**

\_\_\_\_\_  
Dr. Greg Weisenstein  
President

\_\_\_\_\_  
Dr. Frank J. Nicchi  
President

\_\_\_\_\_  
Dr. Linda L. Lamwers  
Provost

\_\_\_\_\_  
Mr. Mark Mixner  
Vice President for Administration and Finance

\_\_\_\_\_  
Dr. Donald Barr  
Dean, College of Health Sciences

\_\_\_\_\_  
Dr. Raymond Zetts  
Chair, Kinesiology Department

**Letter of Intent**

**West Chester University**

Letter of Intent

To the TCC Office of Admission:

My name is \_\_\_\_\_, and I have recently enrolled in the Exercise Science Department’s articulation program at West Chester University.

I understand that this is the first step to become a participant in the Pre-Chiropractic articulation program, and that this does not obligate me in any way to apply for admission to Texas Chiropractic College. I understand that if I complete the articulation program at West Chester University with the required courses, grades and cumulative GPA, along with all other admission requirements, I will qualify for **assured admission** to TCC, *regardless of the competition*, if I choose to attend that chiropractic college.

At this time I estimate that I will be ready to begin my chiropractic studies in (month/year) \_\_\_\_\_. If I plan to enter TCC at that time, I will submit my application a year in advance of that entrance date to ensure that my place is reserved in that entering class.

I would appreciate receiving current information about Texas Chiropractic College.

Sincerely,

_____	_____
[signature]	[date]
_____	_____
[Social Security No]	[area code/local phone number]
	_____
	[area code/home phone number]
_____	_____
[mailing address]	[permanent home address]
_____	_____
[city, state, zip]	[city, state, zip]

Return this letter to: **Office of Admission, Texas Chiropractic College, 5912 Spencer Highway Pasadena, TX 77505-1699**

Copy to WCU advisor

**AN ARTICULATION AGREEMENT  
BETWEEN  
WEST CHESTER UNIVERSITY OF PENNSYLVANIA  
AND  
TEXAS CHIROPRACTIC COLLEGE**

**SECTION 1: INTRODUCTION**

Based on a mutual respect for the integrity of parallel academic programs and in an effort to better serve students intending to pursue the profession of chiropractic, the West Chester University (WCU) and Texas Chiropractic College (TCC) hereby enter into an articulation agreement. This agreement will outline appropriate course work to be completed at West Chester University by students intending to complete a BS degree in Exercise Science and also fulfill requirements for admissions to the Doctor of Chiropractic degree program at Texas Chiropractic College.

Objectives of the Agreement

1. To attract qualified students to West Chester University and to Texas Chiropractic College.
2. To facilitate an efficient transition of qualified students from West Chester University and to Texas Chiropractic College.
3. To provide appropriate advisement for students pursuing the articulated program by faculty and staff members of both colleges.
4. To encourage academic and administrative coordination between the two institutions for the benefit of students.
5. To provide for the exchange of information on specific outcomes of this articulated program with the goal of continual improvement.

**SECTION 2: ARTICULATION AGREEMENT**

1. Under this advisement sequence, students will matriculate at West Chester University in a program of study leading to the B.S. degree in Exercise Science and includes course work required to satisfy all entrance requirements of Texas Chiropractic College. That program includes the following coursework:

GENERAL EDUCATION

- A. English Composition (6 semester hours)
- B. Mathematics (3 semester hours)  
Statistics
- C. Communications (3 semester hours)
- D. Diverse Communities (3 semester hours)  
“J” Designation: see Catalog for approved courses
- E. Interdisciplinary Requirements (3 semester hours)  
“I” Designation: see Catalog for approved courses
- F. Behavioral & Social Sciences (6 semester hours)  
Psychology (3)  
Sociology (3)
- G. Humanities (6 semester hours)



Choose from two areas: LIT, CLS, HIS, PHI

- H. The Arts (3 semester hours)  
Any courses from art, cinematography, dance, music, photography, theatre

- I. Writing Emphasis Courses

All students who take their entire Gen Ed program at WCU, and those who transfer fewer than 40 credits, must complete 3 approved writing emphasis (W) courses. Students who transfer 40 to 70 credits require 2 W's, and students who transfer greater than 70 credits require 1W. At least 1 W required at 300-400 level. These courses may "overlap" or satisfy other course requirements.

- J. Exercise Science Majors Requirements

Related Requirements for Exercise Science majors who choose to declare the Pre-Chiropractic concentration (includes courses that meet some General Education Requirements)

General Biology (3)  
Anatomy & Physiology with lab (8)  
General Chemistry (6) and Lab (2)  
\*\*Introduction to Organic and Biological Chemistry (3) please see note below  
Biochemistry (3)  
Intro to Med Terminology and Drug Classifications (2)  
Introduction to Nutrition (3)  
General Physics and Lab (8)

Exercise Science Core

(the following courses are required of all Exercise Science Majors)

Lifetime Fitness Concepts (no prereq)	EXS 180 (3)
Measurement & Evaluation (prereq MAT 121)	EXS 251 (4)
Biomechanics (prereq PHY 100 or above, BIO 259)	EXS 262 (3)
Biomechanics Lab (taken concurrently with EXS 262)	EXL 262 (1)
Motor Learning (prereq EXS 251, BIO 259)	EXS 370 (3)
Exercise Psychology (prereq PSY 100, EXS 251)	EXS 375 (3)
Exercise Physiology (prereq BIO 269)	EXS 380 (3)
Exercise Physiology Lab (prereq BIO 269)	EXL 380 (1)
Fitness Assess & Ex Presc (prereq EXS 251, EXS(L) 380, CPR)	EXS 381 (4)
Ex Techniques & Phys Cond (prereq EXS 251, EXS 262, EXS 380)	EXS 482 (4)
Org and Mgt of Adult Fit Fac (prereq EXS(L) 380)	EXS 484 (3)
Ex Prescription for Special Pops (prereq EXS 381)	EXS 486 (3)
Clinical Ex Testing and Prescription (prereq EXS 381)	EXS 489 (4)

**INTERNSHIP (Permission of Division Chair and under the supervision of a licensed Chiropractor)** EXS 490 (6)

Elective under Advisement (to fulfill prerequisites of a specific Chiropractic Program)

**\*\*Note: Texas Chiropractic College requires CHE 231/232 with lab and should replace CHE 230 above:**

CHE 231-232 Organic Chemistry I-II (4) (3) PREREQ (for CHE 231): CHE 104. PREREQ (for CHE 232): CHE 231.

CRL 231-232 Experimental Organic Chemistry I-II (2) (2) Basic laboratory skills in organic chemistry including classical as well as instrumental techniques. COREQ or PREREQ: CRL 104 and CHE 231. CRL 231 must precede CRL 232.

**SECTION 2: ARTICULATION AGREEMENT (CON'T)**

2. Students will complete the course of study with a cumulative Grade Point Average of at least 3.0 and earn a minimum of "C" (2.00) in all specified science courses (see note below). In addition, those students entering with a 3.5 cumulative Grade Point Average will be automatically awarded a TCC Pathway to Excellence merit scholarship valued up to \$20,000.

3. During their first year at West Chester University, students will submit a letter of intent to TCC identifying themselves as articulation students and identifying their desired date of entrance to TCC.

4. Students will apply for admission to TCC one year in advance of their desired entrance date and complete all other application procedures including a satisfactory admission interview. The two required references should include one from a Doctor of Chiropractic and one from a faculty member at West Chester University.

In recognition of students' completion of the program including procedures outlined above, TCC shall accept all such students for the entrance date of their choice.

NOTE: Students who do not maintain a cumulative GPA of at least 3.0, but complete the program with a GPA of 2.6 or better, will receive appropriate special consideration for admission to TCC, owing to their having completed the Articulation sequence at West Chester University.

### **SECTION 3: STUDENT ADVISEMENT**

An appropriate faculty or staff member at West Chester University shall be assigned and be responsible to advise students regarding their academic preparation for admission to TCC and their ultimate goal of chiropractic licensure. A TCC Admission counselor shall be assigned to those students participating in the West Chester University/Texas Chiropractic College Articulation Program to insure a smooth transition from West Chester University to Texas Chiropractic College.

### **SECTION 4: ASSISTANCE AGREEMENT**

West Chester University and Texas Chiropractic College both agree to freely and widely encourage qualified students to participate in this program by providing advisement, information and other such assistance as will ease the transition of students to chiropractic study while providing the rigorous academic background needed for such study. Diligent efforts will be made by appropriate personnel at West Chester University to maintain an accurate listing of students pursuing the program. In turn, appropriate personnel of Texas Chiropractic College shall promote the Articulation Program of West Chester University and refer interested students to that College's admissions office where appropriate.

### **SECTION 5: REVIEW AND REVISION OF THE AGREEMENT**

Both institutions hereby agree to notify the other in the event of substantive changes in courses, programs or policies which have an impact upon any aspect of this Agreement.

At the request of either party, a review of the contents and/or implementation of the Agreement will be conducted by the two institutions. Adoption of entrance standards by TCC which are not met by the terms of this agreement would require revision or termination of the agreement.

### **SECTION 6: TERMINATION AGREEMENT**

This agreement shall remain in force from the date on which it is signed until such time as either institution elects to terminate it. Termination by either institution will be announced with sufficient anticipation to assure any students enrolled in the program the opportunity to be admitted to New York Chiropractic College under its terms.

**IN WITNESS WHEREOF**, the parties have hereunto affixed their signatures this

15<sup>th</sup> day of September, 2011.

#### **For West Chester University:**

\_\_\_\_\_  
Dr. Linda L. Lamwers  
Provost

\_\_\_\_\_  
Dr. Donald Barr  
Dean, College of Health Sciences

\_\_\_\_\_  
Mr. Mark Mixner  
Vice President for Administration and Finance

#### **For Texas Chiropractic College:**

\_\_\_\_\_  
Dr. Clay McDonald  
Provost

\_\_\_\_\_  
Dr. Fred Zuker  
Dean of Enrollment Management

## Schools of Physical Therapy

To become a physical therapist one should complete high school or have an equivalent G.E.D. degree. Upon arrival at a college or university, one should investigate the pre-physical therapy courses required to be accepted into the school of physical therapy such as: chemistry, biology, anatomy, physiology, physics, math, psychology and sociology. One may also seek a rehab scholarship for financial assistance to help ends meet while in school. Most schools require two or four years of pre-physical therapy course completion before actual entry into the physical therapy program. To be accepted into the school of physical therapy, one must meet specific educational standards and requirements which vary from school to school. Many physical therapy programs only accept a limited number of students each year and competition is stiff to secure a place in the physical therapy training program. To help improve the chance of being accepted, students are highly encouraged to bring in good grades.

Once one achieves acceptance into the actual physical therapy program, students may network with other students in the APTA student assembly. This assembly is a component of the professional society for therapists called American Physical Therapy Association. During the physical therapy educational process, students learn about specific evaluation procedures such as goniometry and manual muscle testing as well as specific treatment techniques for a wide variety of patients. Physical therapy training also includes clinical experiences with direct patient care in many different practice settings.

Upon graduation, physical therapists will obtain either a bachelor's of science or master's degree in physical therapy. Many therapists will then pursue a doctoral degree or specialized advanced training. When one has completed the school of physical therapy and received a college degree, one must take a national examination. One must pass the exam in order to obtain a state license and practice physical therapy within a particular state. The Therapy Team Exam Review and International Educational Resources help therapists prepare for the national physical therapy exam with preparatory courses and software.

The training for physical therapy assistants is different than that of physical therapists. Physical therapy assistants complete two year programs at community colleges or junior colleges. Physical therapy assistants work with physical therapists and roughly earn a \$30,000 annual salary. The salary expectations for physical therapists generally range from \$30,000-70,000/year.

If one enjoys being active and helping other people, consider exploring the schools of physical therapy listed below. Not all links are active as not all universities have online information available. When the information becomes available, additional links will be added. Please come back and check here for new information in the future! Physical therapy school rankings as tabulated by the U.S. News and World Report may also help you decide which University will meet your educational needs. Enjoy the search for a new career in physical therapy!

### PT schools found in Pennsylvania

Beaver College

College Misericordia

Gannon University

Medical College of Pennsylvania and Hahnemann University

St. Francis University

Temple University

University of Pittsburgh

University of the Sciences, in Philadelphia

Chatham College

Duquesne University

Neumann College

Slippery Rock University

Thomas Jefferson University

University of Scranton

Widener University

**AN ARTICULATION AGREEMENT  
BETWEEN  
WEST CHESTER UNIVERSITY OF PENNSYLVANIA  
AND  
Arcadia University**

**SECTION 1: INTRODUCTION**

West Chester University and Arcadia University enter into this agreement of an articulated program in an effort to better serve students intending to pursue a profession in Physical Therapy. This agreement is founded upon a mutual respect for the integrity of parallel academic programs. This agreement will outline appropriate course work to be completed by a student intending to matriculate into the Doctorate in Physical Therapy program at Arcadia University.

**Objectives of the Agreement**

1. To attract qualified students to West Chester University and to the DPT program at Arcadia University.
2. To facilitate an efficient transition of qualified students from West Chester University to the DPT at Arcadia University.
3. To provide specific advisement for students who intend to undertake their graduate studies at Arcadia University from both faculty and staff at West Chester University and Arcadia University.
4. To provide for the exchange of information on the specific successes and shortcomings of this articulated program, a yearly periodic review will be performed with the goal of continued improvement.

**SECTION II TRANSFER AGREEMENT**

1. To be eligible for the terms of this agreement students must minimally be matriculated full-time (12 credit hours or more) at West Chester University for their final four semesters in the Exercise Science major.
2. Arcadia University will grant assured admission each year into the Doctorate in Physical Therapy program for up to three qualified West Chester University students who successfully complete the requirements and procedures outlined in this agreement. If the number of qualified students from West Chester University exceeds three, students will also be considered in the general pool of applicants. A student must:
  - a. Successfully complete the degree requirements for the Bachelor of Science in Exercise Science in the Pre-Physical Therapy concentration and the prerequisite course work for the DPT program, as outlined in the following table:

Arcadia Prerequisites	Related Requirements in the WCU Pre-PT Concentration which Meet Arcadia Prerequisites
<b>Complete three courses in biology including Human or Mammalian Physiology with lab (a two-semester anatomy/ physiology course with laboratory would meet this requirement).</b>	BIO 110 (3) General Biology BIO 259 (4) A&P I BIO 259 (4) A&P II
One upper level (300-400) Biology course or equivalent Upper Level Science: one upper level course (300 or 400) of at least 3 credits with a biology focus. This course may be taken through the Exercise Science Department or the Biology department. An example of an Exercise Science course that would fulfill this requirement is EXS 370 – Motor Control	EXS 370 (3) Motor Learning EXS 480 (4) Exercise Physiology/Lab
Complete two courses in chemistry with lab	CHE 103 (4) General Chemistry I/Lab CHE 104 (4) General Chemistry II/Lab
Complete physics I and II with lab	PHY 130 (4) General Physics I/Lab PHY 140 (5) General Physics II/Lab
Psychology two courses	PSY 100 (3) Intro to Psych PSY 210 (3) Developmental Psych PSY 375 (3) Abnormal Psych
Statistics	MAT 121 (3)

**Comment [mee1]:** This course requirement is meant to be basic science in nature not clinical/applied so I do not think the last course listed meets this requirement. I would actually like all candidates to take motor control course but probably that is being too prescriptive, so I'll allow ex phys also.

- c. Achieve a minimum **3.5** GPA overall and a **3.5** in prerequisite courses. A grade of "C" or better must be earned in each prerequisite course.
- d. Achieve the minimum required scores in all areas of the Graduate Record examination as stated on the Arcadia webpage at the time of application. Applicants should request that scores be sent to PTCAS by filling in Arcadia University's school code (7637) on the GRE form. Scores cannot be more than five years old at the time of application. It is strongly encouraged that the applicant take this test before their junior year.
- e. Develop knowledge of the profession through work or volunteer experience in a clinical setting: Students must document exposure in at least two combinations of Physical Therapy practice settings and specialty areas.
- f. Provide three letters of recommendation, one from a currently practicing licensed physical therapist, one from an Exercise Science faculty advisor and the third according to the specifications of Arcadia's PTCAS page. Follow the instructions at [www.ptcas.org](http://www.ptcas.org) regarding the electronic submission of recommendations.
- g. Be recommended by the Exercise Science Pre-Physical Therapy Advisor/Program Director.

**3. West Chester University students applying for admission through assured admission criteria must have their completed applications delivered to Arcadia University no later than December 15, the academic year of graduation. Applicants must complete all components of their application and electronically submit their application to PTCAS by November 1 to allow time for the centralized application service to verify and forward the application to Arcadia by December 15. Applications are NOT reviewed until ALL materials are received by Arcadia (this includes the PTCAS application, the required recommendations, and GRE scores).**

Upon acceptance into the program, students will be required to pay a deposit by **January 15<sup>th</sup>** in order to reserve a seat in the class. Any offer of scholarships or other assistance will be made known to the student upon the offer of acceptance.

4. Students must meet all applicable Arcadia University DPT Program deadlines pertaining to application for admission, orientation and registration, payment of tuition and fees.
5. Students whose credentials do not meet the requirements that assure them automatic admission to the DPT program may still apply. They will be considered in relation to other qualified candidates in the general applicant pool.

### **SECTION III: REVIEW AND REVISION OF THE AGREEMENT**

Both institutions hereby agree to notify the other in the event of substantive changes in the courses and programs at their institutions, which would have an impact upon this Agreement, and the courses and provisions contained herein.

At the request of either party, a review of the content and/or implementation of the Agreement will be conducted by the two institutions.

### **SECTION IV: ASSISTANCE AGREEMENT**

West Chester University and Arcadia University both agree to freely and widely encourage qualified students to participate in this cooperative undertaking by providing advisement, information, and other such assistance which eases the transition of students to Physical Therapy studies while providing the appropriate and rigorous academic background to prepare students for such study. Every effort will be made by admissions personnel, transfer counselors, faculty and staff at West Chester University to maintain an accurate listing of students expressing written intent and pursuing course work in preparation for enrollment in the DPT program at Arcadia University. .

Both schools may promote and list this agreement in their publications, provided that each institution approves the wording of all copy referring to the arrangement.

### **SECTION V: REPORTING AND REGISTRATION REQUIREMENTS**

This agreement is contingent upon West Chester University meeting Middle States accreditation and Arcadia University meeting Middle States accreditation and accreditation standards set forth by the APTA.

### **SECTION VI: COURSE EQUIVALENCIES AGREEMENT**

The Department Chair of Kinesiology at West Chester University agrees to notify the Director of the DPT program at Arcadia University at any time syllabi are significantly altered in the prerequisite courses. In turn, the Director of the DPT program at Arcadia University agrees to notify the Pre-Physical Therapy Advisor/Program Director at West Chester University should a change occur in the required prerequisite courses.

### **SECTION VII: TERMINATION AGREEMENT**

This Agreement shall remain in force from the date on which it is signed until such time as either institution elects to terminate it. If either institution desires to terminate the agreement, it will be terminated on the first day of May following written notice of the intention to terminate provided such notice is given at least 90 days prior to the first day of May. Termination by either institution will be announced with sufficient anticipation to assure any students enrolled in Pre-Physical Therapy majors the opportunity to be admitted to Arcadia University under its terms.

In the event of such termination, no new students will be admitted to West Chester University under the agreement, but the joint program will be maintained for an appropriate period of time to enable students who have expressed written intent to complete their degrees at both institutions.

#### SECTION VIII: NON-DISCRIMINATION CLAUSE

Both parties to this document agree and warrant that in the performance of this agreement they will not discriminate nor permit discrimination against any person or groups of persons on the basis of race, creed, color, religion, national origin, age or sex in any manner prohibited by federal, state and/or local law and regulations and further that they will make their programs available to qualified handicapped persons consistent with Item 504 of the Federal Rehabilitation Act of 1973 and the regulations issued pursuant thereto.

#### SECTION IX: RESPONSIBILITIES OF THE PARTIES

Neither party shall assign, transfer, convey or otherwise dispose of this agreement, or the right title or interest therein, or the power to execute such an agreement to any other person, company or corporation, without the previous consent in writing of the other party.

This Agreement constitutes the entire agreement of the parties hereto.

**IN WITNESS WHERE OF**, the parties have hereunto affixed their signatures this \_\_\_\_\_ day of \_\_\_\_\_, 2010

##### For West Chester University:

\_\_\_\_\_  
President,  
Greg Weisenstein, Ph.D.

\_\_\_\_\_  
VP for Academic Affairs/Provost,  
Linda Lamwers, Ph.D.

\_\_\_\_\_  
Dean, College of Health Sciences,  
Donald Barr, Ph.D.

\_\_\_\_\_  
Pre-Physical Therapy Program Director,  
Sheri Melton, Ph.D.

##### For Arcadia University:

\_\_\_\_\_  
President (Interim)  
James Gallagher, Ph.D.

\_\_\_\_\_  
VP for Academic Affairs/Provost  
Steve Michael, Ph.D.

\_\_\_\_\_  
Dean Graduate & Professional Studies  
John Hoffman, Ph.D.

\_\_\_\_\_  
Physical Therapy Program Director  
Rebecca Craik, Ph.D.