WISCONSIN LUTHERAN COLLEGE

SPORT AND EXERCISE SCIENCE

HANDBOOK

Sport & Exercise Science Program Mission & Outcomes

Mission of Wisconsin Lutheran College:

Wisconsin Lutheran College, affiliated with the Wisconsin Evangelical Lutheran Synod, is a Lutheran liberal arts college for Christian men and women. The college is committed to providing quality teaching, scholarship, and service that are rooted in Holy Scripture; promoting the spiritual growth of students, faculty, and staff; and preparing students for lives of Christian leadership

Wisconsin Lutheran College Goals:

The Academic Goals of Wisconsin Lutheran College The faculty of Wisconsin Lutheran College believes that a Christian undergraduate education based on scholarly activity, engagement with the liberal arts, and practical application of knowledge enlarges students' perspectives and prepares them for the various vocations in which God places them. Consequently, graduates of Wisconsin Lutheran College will:

AG1: Articulate a world-view based on Holy Scripture, as interpreted by the Lutheran Confessions. Students at a Christian institution of higher learning have the unique opportunity of learning to view the wonder and order of the universe as part of God's creation. This coherent perspective of the world is based on an understanding of the biblical narrative, systems of doctrine, church history, and Christian vocation through the hermeneutical lens of the Lutheran Confessions. Students are thus enabled to comprehend synoptically the diversity of information to which they are exposed, as they effectively and faithfully carry out their roles in the church and society.

AG2: Think critically, clearly, and accurately in the pursuit of Truth. Because students are exposed to a wide variety of social institutions, historical perspectives, manifestations of culture, and systems of belief, as well as the means by which people express themselves in these contexts, a comprehensive Christian education equips students to evaluate wisely and discriminate among the varied perspectives they encounter. The breadth and depth of knowledge they have gained in a variety of disciplines allows students to inquire with discernment and to reason validly. Moreover, the empirical skills they acquire allow them to engage with the structure, forces, and systems of God's creation and relate scientific concepts to the phenomena of the physical universe.

AG3: Express themselves with grace and precision in a variety of contexts. A comprehensive Christian education fosters students' ability to listen, speak, and write respectfully, critically, and effectively. It also nurtures their ability to reason and express observed relationships in numeric, symbolic, and graphic forms, while at the same time integrating appropriate technologies into their studies. In order to communicate with integrity from a global perspective, students will develop a facility with the elements, structure, and cultural context of a foreign language. Finally, their exposure to the arts and humanities stimulates students' willingness to depict ideas and emotions creatively in verbal, visual, and musical forms.

Sport & Exercise Science Mission Statement

The Wisconsin Lutheran College Sport & Exercise Science major combines a strong interdisciplinary education rooted in Christian values in the health sciences and liberal arts with diverse hands-on experience in a wide range of laboratory, clinical, and field venues. Students will develop communication, interpersonal, critical thinking skills and Christian compassion to effectively interact with future clients. Successful completion of this major prepares graduates for lives of servant leadership in a wide range of professions and graduate school.

Sport & Exercise Science Student Goals *(based on the ACSM's competencies)*

I. Apply knowledge of exercise science including kinesiology, functional anatomy, exercise physiology, motor learning & development, nutrition, program administration and management, psychology, and injury prevention

II. Execute and evaluate health screenings, fitness assessment and exercise prescription for individuals across the lifespan.

III. Develop an individual philosophy of wellness considering Christian values and a balanced, holistic approach to health in the field of Exercise Science.

IV. Investigate, understand, conduct and apply research to the practice of Exercise Science.

Sport & Exercise Science Student Outcomes *(based on the ACSM's competencies)*

Goal I. Apply knowledge of exercise science including kinesiology, functional anatomy, exercise physiology, motor learning & development, nutrition, program administration and management, psychology, and injury prevention

Outcomes:

a. Demonstrate knowledge of functional anatomy, human and exercise physiology
b. Apply physics and observational techniques to understand human movement to prevent injury and improve movement technique and performance.
c. Understand and develop nutritional aspects as it relates physical activity for various populations across the life span.
d. Perform duties related to fitness management, administration and program supervision (i.e. human resources, budgets, promotion, risk management).
e. Create an effective injury prevention program and ensure that emergency policies and procedures are in place.
i. Effectively communicate to develop professional relationships with other allied health professionals (e.g., nutritionists, physical therapists, physicians, nurses).

Goal II. Execute and evaluate health screenings, fitness assessment and exercise prescription for individuals across the lifespan.

Outcomes:

a. Implement assessment protocols and health screening procedures to determine participant's fitness level and to maximize participant safety.
b. Develop safe and effective physical fitness prescriptions (applying FITT principle) and progressions to achieve desired outcomes and goals.
c. Conduct and interpret various fitness assessments: cardiorespiratory, muscular strength and endurance, flexibility, body composition
d. Implement exercise programs for special populations, including those seeking weight management assistance, those with cardiovascular, pulmonary, or metabolic disease, older adults, pregnant women, youth, etc.

Goal III. Develop an individual philosophy of wellness considering Christian ethics and a balanced, holistic approach to health in the field of Exercise Science.

Outcomes:

a. Develop effective communication techniques to successfully convey exercise programs, counsel, and educate clients in adoption and maintenance of healthy lifestyle behaviors.
b. Develop and communicate effective behavioral and motivational strategies to encourage clients.

Goal IV. Investigate, understand, conduct and apply research to the practice of Exercise Science.

Outcomes:

a. Examine various types of sources (web articles, peer research, etc.) to critically evaluate the information, gain knowledge and apply new technique, assessment, etc. and incorporate information to develop personal fitness philosophy and into written research.
b. Conduct, write and present an undergraduate action research project.

Sport & Exercise Science Major Declaration

Admission into Sport & Exercise Science

Students wishing to major in Sport & Exercise Science should begin by first meeting with their current academic advisor. A meeting with a faculty member of Sport & Exercise Science prior to declaration is encouraged and welcomed, but not necessary.

Required Courses

Students need to complete BIO 202 Principles of Biology 2 and BIO 225 Human Anatomy and Physiology 1 prior to declaration. Upon completion of these courses students may complete an "Application to Declare or Change Major, Minor, and Advisor" form from the Office of the Registrar. The student's current academic advisor will need to sign the form.

Interview

The head of the Sport & Exercise Science will contact all students to arrange an interview upon receiving the major declaration form from the Office of the Registrar. During this interview students will have an opportunity to meet members of the Sport & Exercise Science and Biology faculty. Students should articulate why they are selecting this major, their career goals and any questions they have. Students should demonstrate that they've begun the documentation and electronic portfolio process as outlined below.

Progression in Sport & Exercise Science

Students who are accepted into the Sport & Exercise Science major must demonstrate progression to complete and pass a background and drug test, maintain current and accurate immunizations and present and pass their electronic portfolio assessment. Those who wish to graduate with a Sport & Exercise Science degree must also complete all major credit requirements (see Appendix A), have an exit cumulative GPA of 2.50 for courses used to satisfy the major.

SPE Major Credit Requirements

A major in Sport & Exercise Science consists of at least 43-44 credits: a core of 27-28 credits, 13 collateral credits, and 15 elective credits. Course descriptions can be found in the WLC catalog. A Sport & Exercise Science major checklist can be found on *my*WLC or as Appendix A in this handbook.

Background Check, Drug Test & Immunizations

Students wishing to complete a Sport & Exercise Science major will need to complete a background check, drug test and filing of immunization records prior to internship approval. Students will need to create and pay for an account (each background check fee is individual specific) and upload documentation at Castle Branch. Additional instructions can be found at: https://mycb.castlebranch.com/ or in Appendix B. Internship approval for completion of the major will be held until all information is entered and approved on Castle Branch. A failed background check or drug test is grounds for removal from the Sport & Exercise Science major.

Electronic Portfolio

All Sport & Exercise Science students will be required to build and maintain an electronic portfolio. The portfolio will represent various assignments throughout the Sport & Exercise Science curriculum. Evidence will demonstrate an understanding in learning outcomes. These outcomes and goals can be found on page two and three of this document. Students should create a "gmail" email address and will use Google.Site for their e-folio.

E-folio home page example

Students can download view an example Sport & Exercise Science e-folio at:
https://sites.google.com/s/0B1RXIvKEj1FCWUdKQkMzbzNfS0k/p/0B1RXIvKEj1FCN1BxalRYZ1BCRmM/edit
Students are asked to make this e-folio their own and to list all artifacts, which they feel demonstrate comprehension of each learning outcome. A rubric for the e-folio can be found in Appendix C. There will be times through the junior and senior academic year that instructors will assist with the e-folio development.

Questions

Questions regarding the Sport & Exercise Science major declaration process can be directed to the department head.

Handbook Recognition

I have received and read the Wisconsin Lutheran College Sport & Exercise Science Handbook.
I agree to abide by the policies and procedures outlined in the above mentioned written materials.

_____
Student Name (Print)

_____ _____
Student Signature Date

Appendix A

WISCONSIN LUTHERAN COLLEGE

SPORTS & EXERCISE SCIENCE MAJOR CHECKLIST

Major credit requirements:

1. At least 47 total credits in major and at least 13 collateral credits
2. At least 15 credits in residence of 300 level or above courses
3. Exit cumulative GPA of 2.50 for courses used to satisfy major

To declare a Sports and Exercise Science Major:

1. Completed BIO 202 and BIO 225

Core Courses	**Credits**	**Grade**	**Points**
BIO 202-Principles of Biology 2	4	_____	_____
BIO 225-Human Anat. and Phys. 1	4	_____	_____
BIO 255-Human Anat. and Phys. 2	4	_____	_____
BIO 365-Muscle Physiology	4	_____	_____
PED 315-Prev. and Care of Athletic Injuries	2	_____	_____
SPE 200-Foundations in SPE	2	_____	_____
SPE 325-Exercise Physiology	4	_____	_____
SPE 425-Kinesiology and Biomechanics	4	_____	_____
SPE 450-Research Strategies in Exercise Science	2	_____	_____
SPE 490-Internship	2-3	_____	_____
Elective Courses			
At least 15 credits from the following			
BIO 240-Nutrition	3	_____	_____
BIO 323-Medical Terminology	2	_____	_____
BIO 355-Pathophysiology	3	_____	_____
BIO 372-Developmental Biology	4	_____	_____
BIO 425-Advanced Human Anatomy	4	_____	_____
BIO 455-Advanced Physiology	4	_____	_____
COM 405-Sports Communication	3	_____	_____
PSY 240-Sport Psychology	3	_____	_____
PED 154-Strength and Power Development	1	_____	_____
PED 216-Strength Training Applications	1	_____	_____
PED 330-Theory and Methods of Coaching	1	_____	_____
SOC 101-Introduction to Sociology	3	_____	_____
SPE 310-Motor Learning and Development	3	_____	_____
SPE 350-Fitness Assess. & Exercise Prescription	4	_____	_____
SPE 415-Anatomical Kinesiology	4	_____	_____

Collateral Courses

- CHE 101-Fundamentals of Chemistry
  or
- CHE 161-General Chemistry 1
- CHE 168-General Chemistry 1 Lab
- MAT 117-Elementary Statistics
- PSY 101-Introduction to Psychology
- PSY 120-Human Growth and Development

Appendix B

CastleBranch

Order Instructions for
Wisconsin Lutheran College - Sport & Exercise Science

1. Go to https://mycb.castlebranch.com/

2. In the upper right hand corner, enter the Package Code that is below.

Package Code **WK36**: I need to order my Background Check + Drug Test + Medical Document Manager

About

About CastleBranch

Wisconsin Lutheran College - Sport & Exercise Science and CastleBranch – one of the top ten background screening and compliance management companies in the nation – have partnered to make your onboarding process as easy as possible. Here, you will begin the process of establishing an account and starting your order. Along the way, you will find more detailed instructions on how to complete the specific information requested by your organization. Once the requirements have been fulfilled, the results will be submitted on your behalf.

Order Summary

Payment Information

Your payment options include Visa, Mastercard, Discover, Debit, electronic check and money orders. Note: Use of electronic check or money order will delay order processing until payment is received.

Accessing Your Account

To access your account, log in using the email address you provided and the password you created during order placement. Your administrator will have their own secure portal to view your compliance status and results.

Contact Us

For additional assistance, please contact the Service Desk at 888-723-4263 or visit https://mycb.castlebranch.com/help for further information.

Appendix C

Sport & Exercise Science E-Folio Assessment & Rubric

Individuals are not limited to the list of suggested artifacts and may include assessments/artifacts from other SPE courses or GEN EDs which they feel appropriately demonstrate their success meeting the specific goal. Students are also encouraged to include pictures and/or videos which may demonstrate an outcome.

Goal I. Apply knowledge of exercise science including kinesiology, functional anatomy, exercise physiology, motor learning & development, nutrition, program administration and management, psychology, and injury prevention

Outcomes:

a. Demonstrate knowledge of functional anatomy, human and exercise physiology
Artifact Examples:
BIO 225: Various Assessments
BIO 255: Various Assessments
SPE 200: Worksheets/Quizzes
SPE 310: Chapter Five Presentations
SPE 325: Various Labs: Blood Pressure, Pulse, Muscles, Pre-post exercise responses

Goal 1.a.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0-1 artifacts ~~similar~~ type **1 point**	2-4 artifacts ~~various~~ types **2 points**	5-6 artifacts ~~various~~ types **3 points**	

b. Apply physics and observational techniques to understand human movement to prevent injury and improve movement technique and performance.
Artifact Examples:
PED 315: Various Assessments
SPE 310: Chapter 8 Class Activity 8 Observing Throwers
SPE 425: Various Labs: Analysis labs, Research Paper

Goal 1.b.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0-1 artifacts ~~similar~~ type **1 point**	2-4 artifacts ~~various~~ types **2 points**	5-6 artifacts ~~various~~ types **3 points**	

c. Understand and develop nutritional aspects as it relates physical activity for various populations across the life span.
Artifact Examples:
BIO 240: Various Assessments
SPE 325: Assignment Three Food Labels, Lab Ten Report Glucose Testing
SPE 350: Lab Ten Obesity, Activity Four Weight Loss & Diet

Goal 1.c.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0-1 artifacts ~~similar~~ type **1 point**	2-3 artifacts ~~various~~ types **2 points**	4 or > artifacts ~~various~~ types **3 points**	

d. Perform duties related to fitness management, administration and program supervision (i.e. human resources, budgets, promotion, risk management).
Artifact Examples:
PED 330: Budget assignment
PED 425: Various Assessments

Goal 1.d.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1-2 artifacts ~~various~~ types **2points**	3 or > artifacts ~~various~~ types **3 points**	

e. Create an effective injury prevention program and ensure that emergency policies and procedures are in place.
Artifact Examples:
PED 200: Certification
PED 315: Various Assessments (picture/video of taping/assessing)
SPE 425: Lab Report Ten Analysis to Improve Training
CPR, AED and First Aid Certification

Goal 1.e.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1-2 artifacts ~~various~~ types **2 points**	3 or > artifacts ~~various~~ types **3 points**	

f. Effectively communicate to develop professional relationships with other allied health professionals (e.g., nutritionists, physical therapists, physicians, nurses).
Artifact Examples:
SPE 200: Interview/Shadow Forms
SPE 490: Various Assessments, Journals and/or Summaries
Shadowing Forms, Summaries

Goal 1.f.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1-2 artifacts ~~various~~ types **2 points**	3 or > artifacts ~~various~~ types **3 points**	

Goal II. Execute and evaluate health screenings, fitness assessment and exercise prescription for individuals across the lifespan.

Outcomes:

a. Implement assessment protocols and health screening procedures to determine participant's fitness level and to maximize participant safety.
Artifact Examples:
SPE 200: Worksheets
SPE 350: Lab: Report Pretest Health Screening
SPE 325: Lab: Report Fitness Assessment

Goal 2.a.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1 artifacts ~~various~~ types **2 points**	2 or > artifacts ~~various~~ types **3 points**	

b. Develop safe and effective physical fitness prescriptions (applying FITT principle) and progressions to achieve desired outcomes and goals.
Artifact Examples:
SPE 310: Chapter three Classroom Activity Motion & Stability, Chapter Seven Assignment Locomotor Skill Activity Progression Development
SPE 325: Training Comparison
SPE 350: Various Labs: Technology & Training, Muscle Fitness Case Studies

Goal 2.b.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1 artifacts ~~various~~ types **2 points**	2 or > artifacts ~~various~~ types **3 points**	

c. Conduct and interpret various fitness assessments: cardiorespiratory, muscular strength and endurance, flexibility, body composition
Artifact Examples:
SPE 350: Various Labs: Cholesterol Testing, Muscular Fitness, Skinfold Method, Flexibility Measures, Balance
SPE 350: Various Activities: Blood Pressure Measure, Muscle Fitness Testing
SPE 325: Various Labs: VO_2max Testing R.A.S.T., Biodex Muscle Strength & Power, Lactate Testing, Glucose Testing

Goal 2.c.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0-1 artifacts ~~similar~~ type **1 point**	2-4 artifacts ~~various~~ types **2 points**	5 or > artifacts ~~various~~ types **3 points**	

d. Implement exercise programs for special populations, including those seeking weight management assistance, those with cardiovascular, pulmonary, or metabolic disease, older adults, pregnant women, youth, etc.
Artifact Examples:
SPE 310: Chapter Eleven Activity Cognitive and Motor Deficits, Chapter Twelve Activity Social and Cultural Constraints & Perceptions
SPE 350: Various Labs: Cardiorespiratory Fitness Case Studies, Obesity
SPE 350: Various Activities: Cardiorespiratory Case Studies, Weight Loss & Diet

Goal 2.d.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1 artifacts ~~various~~ types **2 points**	2 or > artifacts ~~various~~ types **3 points**	

Goal III. Develop an individual philosophy of wellness considering Christian ethics and a balanced, holistic approach to health in the field of Exercise Science.

Outcomes:

a. Develop effective communication techniques to successfully convey exercise programs, counsel, and educate clients in adoption and maintenance of healthy lifestyle behaviors.

Artifact Examples:

SPE 200: Worksheets
SPE 350: Various Labs: Health Assessment Lab, Obesity, Muscular Fitness, Activity: Muscle Fitness Testing
SPE 490: Internship Journals, Experience Summaries

Goal 3.a.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1 artifacts ~~various~~ types **2 points**	2 or > artifacts ~~various~~ types **3 points**	

b. Develop and communicate effective behavioral and motivational strategies to encourage clients.

Artifact Examples:

SPE 200: Worksheets
PSY 240: Various Assignments
PED 330: Various Assignments
SPE 310: Assignment Five Chapter 13 Motivation for Physical Activity & Exercise

Goal 3.b.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1 artifacts ~~various~~ types **2 points**	2 or > artifacts ~~various~~ types **3 points**	

Goal IV. Investigate, understand, conduct and apply research to the practice of Exercise Science.

Outcomes:

a. Examine various types of sources (web articles, peer research, etc.) to critically evaluate the information, gain knowledge and apply new technique, assessment, etc. and incorporate information to develop personal fitness philosophy and into written research.

Artifact Examples:

SPE 200: Article Summary
PED 330: Book Summary
SPE 200: Article Summary
SPE 310: Chapter Four Congenital Disorder Assignment, Chapter Five Presentations
SPE 325: Article Summary
SPE 425: Lit Review A Assignment, Lit Review B Assignment, Lit Review C Assignment, Final Paper

Goal 4.a.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1 artifacts ~~various~~ types **2 points**	2 or > artifacts ~~various~~ types **3 points**	

b. Conduct, write and present an undergraduate action research project.

Artifact Examples:

SPE 425: Final Paper, Poster Showcase Slides
Research Symposium Participation (program)

Goal 4.b.			Score
Does not Meet Expectation	Meets Expectation	Exceeds Expectation	
0 artifacts ~~similar~~ type **1 point**	1 artifacts ~~various~~ types **2 points**	2 or > artifacts ~~various~~ types **3 points**	

Other artifacts to be included:

- Introduction of self
- Strength Quest Themes
- Pictures and/or videos of demonstrations or labs (PED 315)
- Artifacts from GEN ED courses
- Personal statements/goals

RLK-1/18/18