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 myWLC 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.
Students can download view an example Sport & Exercise Science e-folio at: https://sites.google.com/s/0B1RXlvKEj1FCWUdKQkJzKJzKnFkU/p/0B1RXlvKEj1FCN1BxalRYZ1BCRmM/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

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 202-Principles of Biology 2</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 225-Human Anat. and Phys. 1</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 255-Human Anat. and Phys. 2</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 365-Muscle Physiology</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>PED 315-Prev. and Care of Athletic Injuries</td>
<td>2</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 200-Foundations in SPE</td>
<td>2</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 325-Exercise Physiology</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 425-Kinesiology and Biomechanics</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 450-Research Strategies in Exercise Science</td>
<td>2</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 490-Internship</td>
<td>2-3</td>
<td>_____</td>
<td>_____</td>
</tr>
</tbody>
</table>

### Elective Courses

At least 15 credits from the following:

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 240-Nutrition</td>
<td>3</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 323-Medical Terminology</td>
<td>2</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 355-Pathophysiology</td>
<td>3</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 372-Developmental Biology</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 425-Advanced Human Anatomy</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>BIO 455-Advanced Physiology</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>COM 405-Sports Communication</td>
<td>3</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>PSY 240-Sport Psychology</td>
<td>3</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>PED 154-Strength and Power Development</td>
<td>1</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>PED 216-Strength Training Applications</td>
<td>1</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>PED 330-Theory and Methods of Coaching</td>
<td>1</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SOC 101-Introduction to Sociology</td>
<td>3</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 310-Motor Learning and Development</td>
<td>3</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 350-Fitness Assess. &amp; Exercise Prescription</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
<tr>
<td>SPE 415-Anatomical Kinesiology</td>
<td>4</td>
<td>_____</td>
<td>_____</td>
</tr>
</tbody>
</table>

### 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

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-Portfolio Assessment & Rubric

Individuals are not limited to the list of suggested artifacts and may include assessments/artifacts from other SPE courses or GBK 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:

Course: 2255: Various Assessments
Course: 2250: Various Assessments
SPE 220: Workouts/Quizzes
SPE 310: Chapter Five Presentations
SPE 325: Various Labs: Blood Pressure, Pulse, Muscle, Pre-post exercise responses

b. Apply physics and observational techniques to understand human movement to prevent injury and improve movement technique and performance.

Artifact Examples:

Course: S115: Various Assessments
Course: S115: Chapter 8 Class Activity 8: Observing Movements
SPE 425: Various Labs: Analysis Lab, Research Paper

c. Understand and develop nutritional aspects as it relates physical activity for various populations across the life span.

Artifact Examples:

Course: 2400: Various Assessments
Course: 3250: Assignment 3: Food Labels, Lab Ten Report: Gastrointestinal Test
SPE 350: Lab Ten: Obesity, Activity Four: Weight Loss & Diet

d. Perform duties related to fitness management, administration, and program supervision (i.e., human resources, budget, promotion, risk management).

Artifact Examples:

Course: 2250: Various Assessments
Course: 315: Various Assessments: Picture/Video of Taping/Assessing
SPE 425: Lab Report Ten: Analysis to Improve Training
DEA, AID, and First Aid Certification

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:

Course: SPE 250: Workshop
Course: SLP 250: Lab: Report Pretest Health Screens
SPE 325: Lab: Report Fitness Assessment

b. Develop safe and effective physical fitness prescriptions (applying FITT principle) and progressions to achieve desired outcomes and goals.

Artifact Examples:

Course: SPE 310: Chapters Three Classroom Activity Motion & Stability, Chapter Seven Assignment Lower Body Skill Activity Progression Development
Course: SPE 325: Training Comparisons
SPE 350: Various Labs: Technology & Training, Muscle Fitness Case Studies

c. Conduct and interpret various fitness assessments: cardiorespiratory, muscular strength and endurance, flexibility, body composition

Artifact Examples:

Course: SPE 350: Various Labs: Cholesterol Testing, Muscular Fitness, Simplicity Method, Flexibility Measures, Balance
Course: SLP 350: Various Activities: Blood Pressure Measure, Muscle Fitness Testing

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:

Course: SPE 310: Chapter Eleven Activity Cognitive and Motor Deficits, Chapter Twelve Activity Social and Cultural Constructs & Perspectives
Course: SLP 350: Various Labs: Cardiovascular Fitness Case Studies, Obesity
SPE 350: Various Activities: Cardiovascular Fitness Case Studies, Weight Loss & Diet
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 335: Various Labs: Health Assessment Lab, Chemistry, Muscular Fitness, Activity: Muscle Fitness Testing
SPE 430: Internship journals, Experience Summaries

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

Artifact Examples:
SPE 200: Worksheets
PSY 240: Various Assignments
PED 310: Various Assignments
SPE 310: Assignment: Pre-Chapter 13 Motivation for Physical Activity & Exercise

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 310: Book Summary
SPE 200: Article Summary
SPE 310: Chapter Four Congenital Disorder Assignment, Chapter Five Presentations
SPE 335: Article Summary
SPE 430: Lit Review A Assignment, Lit Review B Assignment, Lit Review C Assignment, Final Paper

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

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

Other artifacts to be included:
- Introduction of self
- Strength Quest Themes
- Pictures and/or videos of demonstrations or labs (PED 345)
- Artifacts from GEN ED courses
- Personal statements/goals

<table>
<thead>
<tr>
<th>Goal 3a</th>
<th>Does Not Meet Expectation</th>
<th>Meets Expectation</th>
<th>Exceeds Expectation</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal 3b</th>
<th>Does Not Meet Expectation</th>
<th>Meets Expectation</th>
<th>Exceeds Expectation</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal 4a</th>
<th>Does Not Meet Expectation</th>
<th>Meets Expectation</th>
<th>Exceeds Expectation</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goal 4b</th>
<th>Does Not Meet Expectation</th>
<th>Meets Expectation</th>
<th>Exceeds Expectation</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

RLX-1/18/18