



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 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 CHE 161/168 (General Chemistry 1 and Lab) or CHE 101 (Fundamentals of Chemistry and Lab), BIO 202 (Principles of Biology 2) and BIO 225 (Human Anatomy and Physiology 1) all with a grade of “C” or higher prior to declaration. Once this requirement has been satisfied, a student 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 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 check and drug test, maintain current and accurate immunizations. During the last semester of the undergraduate degree, students will pay for and take a national certification exam 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 60-61 credits: a core of at least 52 credits and a minimum of 10 elective credits. Course descriptions can be found in the WLC catalog on www.wlc.edu. A Sport & Exercise Science major checklist can be found on *myWLC* or as Appendix A in this handbook.

Internship

SPE 490 Internship is a required course that students will complete during their last academic year at WLC. Students must provide their own transportation to and from their internship site(s). Internship goals, outcomes and expectations can be found in the course syllabus available via the SPE faculty.

All students wishing to complete their internship will be required to satisfy these additional requirements:

- Submission of an internship agreement form
- Completion of all required documentation on **View Point Screening** which includes:
 - Student creation of a profile and payment for the services provided by View Point Screening

- A background check and drug test and filing of all immunizations and vaccination records.
- Filing of CPR certification

Additional instructions for View Point Screening can be found in Appendix B or through their support services online.

- Internship approval for completion of the major **will only be approved when** all information is entered and approved on **View Point Screening**.
- 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 will complete their SPE portfolio pages in **TaskStream** or **Canvas**. 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

Proposed SPE Major	
Major credit requirements: <ol style="list-style-type: none"> 1. At least 60-61 total credits in major 2. At least 15 credits in residence of 300 level or above courses 3. Exit cumulative GPA of 2.50 for courses in the major 4. Successful completion of SPE 490 internship course which requires: <ol style="list-style-type: none"> a. Completion of required documentation and fee for View Point Screening b. Student responsible for coordinating own transportation 5. Successful completion of SPE 430 which requires students to pay a fee and pass a national certification exam. 	
To declare a Sport and Exercise Science Major: <ol style="list-style-type: none"> 1. Complete BIO 202, BIO 225 and CHE 101 or 161/168 with a grade of a "C" or higher 2. Interview with faculty 	
Core Courses:	
BIO 202-Principles of Biology 2	4 cr
BIO 225-Human Anat. and Phys. 1	4 cr
BIO 255-Human Anat. and Phys.	4 cr
BIO 240-Nutrition	3 cr
CHE 101-Fundamentals of Chemistry	4 cr
OR	or
CHE 161-General Chemistry 1 and	4 cr
CHE 168-General Chemistry 1 Lab	1 cr
MAT 117-Elementary Statistics	3 cr
PSY 101-Introduction to Psychology	3 cr
OR	or
PSY 120-Human Growth and Development	3 cr
PED 200 First Aid, CPR and AED	1 cr
OR	
verification of current certification with American Heart Association in Jr or Sr year	
PED 315-Prev. and Care of Athletic Injuries	2 cr
SPE 200-Foundations in SPE	2 cr
SPE 210-Strength & Conditioning	3 cr
SPE 240- Cognitive and Behavior Change in Sport & Exercise Science	3 cr
SPE 325-Exercise Physiology	4 cr
SPE 425-Kinesiology and Biomechanics	4 cr
SPE 430-Fitness Assess. & Exercise Prescription	4 cr
SPE 450-Research Strategies in Exercise Science	2 cr
SPE 490-Internship	3 cr
Elective Courses	
<i>3 courses from the following list; 1 must be a lab course (4 credits)</i> <i>Work with advisor to ensure best option for future career or graduate school path</i>	
BIO 223 or 323-Medical Terminology	2 or 3 cr
BIO 355-Pathophysiology	3 cr
BIO 365 - Muscle Physiology	4 cr
BIO 425-Advanced Human Anatomy	4 cr
COM 405-Sports Communication	3 cr
NEU 201-Principles of Neuroscience	4 cr
SOC 101-Introduction to Sociology	3 cr
SPE 300 - Sport Nutrition	3 cr
SPE 310-Motor Learning and Development	3 cr
SPE 415-Anatomical Kinesiology	4 cr

Appendix B

Start Your Order

To get started:

Visit <https://www.viewpointscreening.com/wlc> and click on "Start Your Order."

- Select your program and package option
- Enter your information (name, dob, etc.)

*****Important***** Please make sure you are entering your correct email address. You will be unable to log in or receive communications from Viewpoint Screening if your email address is not valid.

Once your order is submitted, you will receive a confirmation email containing a password. Use this info to log into your account to review other instructions you may have. You will also need this password to view your background check report.

Drug Test - You will receive an email with the subject line: "Viewpoint Screening Drug-screen registration" within 24-48 hours. This email will contain instructions and explain where you need to go to complete your drug test.

The top screenshot shows the 'Start Your Order' button and a list of requirements: Start Your Order, View Your Results, Upload EMG, Healthcare, and Contact. The bottom screenshot shows the 'Required Package' section with a list of requirements: County Criminal Records (5 year history, all jurisdictions), Federal Criminal Records, Nationwide Sexual Offender Registry, Healthcare Fraud & Abuse Team, Address History (1200 Validation), and a Drug Test. A 'Next' button is visible at the bottom.

Health Portal

You will have the capability to upload specific documents required by your school for immunization, medical or certification records. You may view these requirements at <https://www.viewpointscreening.com/healthportalmanager>.

After you have placed your initial order, you will begin to get emails that notify you of additional items you need to take care of that are required by your school for clinical placement. To see the list of required immunizations and documents, go to: [viewpointscreening.com](https://www.viewpointscreening.com) and click on LOG IN in the right corner; use your email and password to log in.

- When logged in, click on **Health Portal** to view your specific requirements. Be sure to read these thoroughly, so you know what kind of documents you will need.
- As you complete your requirements, you can begin to upload them into your account at any time.
- To associate a document with a requirement: Click on the "Upload Document" button next to each requirement and select the correct file to upload. This can be done on a desktop computer, tablet or smartphone. All uploaded documents are typically reviewed within 24 hours. If your document is not compliant, you will receive an email notifying you why it was not compliant, and how to fix it. This information can also be found in the "Student Messages" section of your account.

You will receive weekly email reminders to upload required documents, and you will be notified 30 days in advanced when a document is about to expire.

SAMPLE

Requirement	Upload	Uploaded Date	Review Date	Renewal
TDAP Current Document	Upload New Document	Uploaded 01/17/19	Approved 01/17/19	
MMR Current Document	Upload New Document	Uploaded 01/17/19	Approved 01/17/19	
Tuberculosis Current Document	Upload New Document	Uploaded 01/17/19	Approved 01/17/19	
Hepatitis B Current Document	Upload New Document	Uploaded 01/17/19	Approved 01/17/19	
Varicella Current Document	Upload New Document	Uploaded 01/17/19	Approved 01/17/19	
Influenza Current Document	Upload New Document	Uploaded 01/17/19	Approved 01/17/19	

FOR BEST RESULTS:

- DO: Be sure your name is visible on the document you upload. If your name is not on the document, it will be denied, and you'll have to upload it again.
- DO: Make sure you uploaded the correct document for a particular requirement.
- DO: Make sure document is legible.
- DO: Make sure document isn't expired, and won't expire during your clinical rotation.

If you have any additional questions, please contact Viewpoint Screening via email at: studentsupport@viewpointscreening.com.

Or use the instant chat feature at [viewpointscreening.com](https://www.viewpointscreening.com). We are pleased to help you with this process!

The screenshot shows a chat interface with a 'Chat with us' button, a text input field for 'Full Name*', an 'Email*' field, a 'Company/School*' field, and a 'Send Chat Request' button. The interface is powered by Bure Chat.



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 & BIO 255: Various labs: scan worksheet review sections from labs, osmosis lab graph, respiratory lab data, foot vs hand analysis, skeletal worksheet analysis, endocrine lab worksheet circulatory system, EKG, blood pressure, urine analysis lab worksheets. Pictures of the poster/game projects
SPE 200: Quiz summary
SPE 310: Human Systems Presentations
SPE 325: Various labs: Blood Pressure, Pulse, Muscles, Pre-post exercise responses
SPE 415: Various labs

- 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: Class Activity of Observing Throwers
SPE 425: Various Labs: Analysis labs

- 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 300: Various assignments
SPE 350: Lab on Obesity, Weight Loss & Diet Activity

- 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
SPE 210: Safety aspects
SPE 490: Journals or written summaries
PED 425: Various Assessments
SPE 425: Analysis labs

- e. Create an effective injury prevention program and ensure that emergency policies and procedures are in place.

Artifact Examples:

PED 200: Certification
SPE 210: Assignment
PED 315: Various Assessments (picture/video of taping/assessing or written summaries)
SPE 425: Analysis labs, assignments
CPR, AED and First Aid Certification

- 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

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	

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	

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	

Goal 1.d.			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 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	

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	

RLK-7/15/21 update

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 350: Various labs: Report Pretest Health Screening
SPE 325: Various labs
SPE 450: Informed consent form and PAR-Q

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

Artifact Examples:

SPE 210: Various assignments
SPE 325: Training Comparison
SPE 350: Various labs

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

Artifact Examples:

SPE 350: Various activities and labs
SPE 325: Various labs

- 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 300: Special populations assignment
SPE 310: Various assessments and class activities
SPE 350: Various activities and labs

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	

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	

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	

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

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

Artifact Examples:

SPE 240: Various Assignments
PED 330: Various Assignments
SPE 310: Class activities

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	

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:

PED 330: Book Summary
SPE 200: Article Summary
SPE 310: Various assessments
SPE 325: Article Summary
SPE 425: 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)

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	

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