



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 academic progression, academic and professional integrity, and meet the internship site location requirements. **Failure to meet any of the below, may result in student termination from the major:**

- ☐ Maintain an academic SPE GPA of 2.5
- ☐ Pass a background check and drug test
- ☐ Maintain current and accurate immunizations

Other infractions include but are not limited to if a student:

- ☐ Is found to be under the influence of drugs and/or alcohol in class or practicum
- ☐ Dresses inappropriately and/or exhibits unprofessional appearance/behavior.
- ☐ Displays mental, physical and/or emotional behavior(s) which negatively affect others or exhibits behaviors that are offensive to others (sexist, racist, threatening, demeaning, or bullying).
- ☐ Needs repeated reminders of responsibilities consistent with the policies of the WLC *SPE Student Handbook* and/or internship site.
- ☐ Does not maintain confidentiality.
- ☐ Demonstrates dishonesty or misrepresents or falsifies actions or information.
- ☐ Ignores unethical behavior of other health workers.
- ☐ Other (as documented by faculty):

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 3 credit course that SPE students will complete during their last academic year (including the summer prior with department head approval) at WLC. The student is required to complete 120 hours at their internship site. Students should be registering for SPE 490 during the registration period and take the course in their last academic year.

SPE 490 Course Description:

This course is designed to be culminating experience to prepare students for a career post-graduation. The course will consist of both an intentional classroom session and an off-campus experience. Students will work with SPE faculty to determine internship location, objectives and outcomes of a personalized experience that aligns with their individual career or graduate goals. Students will work with the internship coordinator to meet internship site compliance (i.e. background check, drug screening, immunizations and vaccination). The intentional common sessions will address aspects of policy and procedure manuals, risk management, general insurance and liability, emergency plans and procedures, OSHA guidelines, and general health care compliance and professionalism.

The classroom portion will be required for successful completion of the class. This class will meet biweekly and will have a weekly assignment throughout the semester. Those who take the class in the summer will be expected to attend this classroom portion virtually with asynchronous and synchronous sessions.

Students may contact and secure their own internship site or location, but it **MUST** be communicated in a timely manner to the department head and faculty course instructor to secure required paperwork. If students do not know where to intern, they may contact the department head or faculty course instructor for assistance or view a list of options on Canvas SPE page.

Students must also 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. The responsibilities of the SPE faculty include:

- The SPE Department Head and/or internship instructor will secure all internship paperwork with the site and communicate with internship supervisor to ensure outcomes, expectations and syllabi have been distributed.
- A SPE Faculty Instructor will teach this course. This includes curriculum development of topics that are important to address in a professional setting and to work with students to prepare them to be successful at their internship. As mentioned, the instructor will conduct classroom sessions which will be communicated clearly in the syllabus along with developed outcomes and assessments for SPE 490. The student will be responsible for communication with the internship supervisor for all feedback and assessments. Any questions, concerns by either the supervisor or the student should be taken to the instructor first.
- Coordinator of Employer Relations and Interns will work with students to create a profile with a third-party screening web service to track all **required** documentation. These requirements will be reported to the department head and faculty instructor to this coordinator. The coordinator will then work with students to ensure all required documentation has been uploaded along with the student meeting all the site/location's **requirements**.
- Once students register for the SPE 490 internship, they should be communicating with the department head and faculty instructor to find a location in their field of interest. It is also the student's responsibility to work with the Coordinator of Employer Relations and Interns to ensure all required documentation **PRIOR** to the student's first day of interning. Failure to meet the site/location's requirements will result in the failure of the course.

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

- Submission of an internship agreement form (work with Head of SPE)
- Completion of all required documentation on **View Point Screening** which includes (work with Katy Wick):
 - 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.

National Examination

As an accredited member of CAAHEP, students are encouraged, but not required, to sit for a national exam as a culminating assessment. The selected national exam must be provided through an organization accredited by the National Commission for Certifying Agencies (NCCA). Well-known NCCA accredited organizations include the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), and National Academy of Sports Medicine (NASM). Students should understand that, even among NCCA accredited organizations, not all certifications are created equal. In addition, beginning in 2027 the ACSM will require all students who sit for one of their exams to have received their bachelor's degree from a CAAHEP accredited exercise science program (which WLC is!) If a student elects to sit for a national exam, the SPE faculty recommends that they select one of the following two examinations:

Certification	Certified Exercise Physiologist (ACSM-EP)	Certified Personal Trainer (ACSM-CPT)	Certified Strength and Conditioning Specialist (CSCS)
Organization	American College of Sports Medicine (ACSM)	American College of Sports Medicine (ACSM)	National Strength and Conditioning Association (NSCA)
Population	Apparently healthy individuals or those with medically controlled diseases to establish safe and effective exercise and healthy lifestyle behaviors to optimize both health and quality of life	Healthy individuals or those who have medical clearance to exercise	Athletes
Fees*	\$339 (members); \$499 (non-members); \$210 for WLC students with exam voucher	\$299 (members); \$399 (non-members)	\$340 (members); \$475 (non-members)
Eligibility Requirements	Minimum of a Bachelor's Degree in Exercise Science, Exercise Physiology, or Kinesiology; CPR/AED certification that has a live/in-person practical skills examination component	High School diploma; CPR/AED certification that has a live/in-person practical skills examination component	Bachelor's degree OR currently enrolled as a college senior at an accredited institution; CPR/AED certification that has a live/in-person practical skills examination component

Recertification and Continuing Education*	- 3-year recertification cycle - CPR/AED certification must be maintained throughout the three-year cycle - 60 CECs required per three-year cycle (1 contact hour = approximately 1 CEC) - \$65 recertification fee	- 3-year recertification cycle - CPR/AED certification must be maintained throughout the three-year cycle - 45 CECs required per three-year cycle (1 contact hour = approximately 1 CEC) - \$55 recertification fee	- 3-year recertification cycle - CPR/AED certification must be maintained throughout the three-year cycle - 6.0 CEUs required per three-year cycle (1 contact hour = approximately 0.1 CEU) - \$65 recertification fee (members); \$90 recertification fee (non-members)
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*Students are responsible for covering the cost of the exam and future recertification fees

More information on certification can be found in the respective organization's certification handbook:

- ACSM: https://www.acsm.org/docs/default-source/certification-documents/acsm-candidate-handbook.pdf?sfvrsn=c783745c_4
- NSCA: <https://www.nsca.com/globalassets/certification/certification-pdfs/nsca-certification-handbook-2021.pdf>

Electronic Portfolio

All Sport & Exercise Science students will be required to build and maintain an electronic portfolio. The portfolio represents various assignments throughout the Sport & Exercise Science curriculum. Evidence will demonstrate an understanding of the learning outcomes. These outcomes and goals can be found on page two and three. Students will complete their SPE portfolio in **TaskStream**. **TaskStream** is available to student use at no additional charge. Students are asked to make this e-portfolio their own and to list all artifacts which they feel demonstrate comprehension of each learning outcome. A rubric for the e-portfolio can be found in Appendix C. There will be times through the junior and senior academic year that instructors will remind students to work on their e-portfolio 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 and understand that failure to do so may result in termination from the major

Student Name (Print)

Student Signature

Date

Appendix A

SPE Major	
Major credit requirements:	
<ol style="list-style-type: none"> At least 60-61 total credits in major At least 15 credits in residence of 300 level or above courses Exit cumulative GPA of 2.50 for courses in the major Successful completion of SPE 490 internship course which requires: <ol style="list-style-type: none"> Completion of required documentation and fee for View Point Screening Student responsible for coordinating own transportation 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"> Complete BIO 202, BIO 225 and CHE 101 or 161/168 with a grade of a "C" or higher 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
NTS 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
NTS 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/wic> 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.

Requirement	Upload	Uploaded Date	Review Date	Renewal
TOIAP Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
MMAR Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Tuberculosis Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Hepatitis B Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Varicella Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Influenza Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	

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
TOIAP Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
MMAR Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Tuberculosis Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Hepatitis B Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Varicella Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	
Influenza Current Document	Upload New Document	Uploaded 0/1/2019	Approved 0/1/2019	

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!



Appendix C

Name:

Link:

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 lab or quiz summaries

BIO 255: Various lab or quiz summaries

SPE 200: Various quiz summaries

SPE 310: Chapter 9 Group Presentation

PED 315: Gluteal Exercise Assignment

SPE 325: HRV assignment, Biodex & Sex Differences lab, ECG lab, EMG lab, Glucose & BP lab, Lactate Lab, Peak Power lab, Wingate lab, Spirometry lab, VO2 Max lab

SPE 415: All journals, tests, or quizzes

SPE 425: Analysis labs, fractures lab, Biodex lab, lab application

SPE 430: Vitals Lab

SPE 490: Journals and midterm/final evaluations pending what was discussed

COMMENTS:

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: Pitching Mechanics Assignment

SPE 310: Observing Throwers, Movement Analysis

SPE 415: All journals

SPE 425: All labs, lab application

SPE 450: Research Paper

COMMENTS:

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 to physical activity for various populations across the life span.

Artifact Examples:

SPE 200 Food journal

BIO/NTS 240: Various Assessments

SPE/NTS 391/300: Sports Nutrition Assignments

COMMENTS:

Goal 1.c.	Score
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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 315: Athletic Training Room Project

SPE 200: Possibly Shadow Assignments

SPE 490: Journals and midterm/final evaluation pending what was discussed, interview assignment, conflict resolution assignment, budget assignment, handbook quiz, OSHA quiz

COMMENTS:

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	

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

Artifact Examples:

CPR Certification

PED 200: CPR, AED and First Aid Certification

PED 315: Neurocognitive & Neurophysiological Function with ACL Injury Assignment, Running Discussion, Golfing Discussion

SPE 415: FMS lab

COMMENTS:

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	

- 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 430: Medical Clearance Lab

SPE 490: All journals and midterm/final evaluations pending what was discussed

Additional Shadowing Forms, Summaries

COMMENTS:

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 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 210: Various Assignments

SPE 430: Medical History Lab

SPE 325: Glucose & BP Lab
 SPE 415: FMS and Goniometry labs
 SPE 425: Analysis labs (multiple)
 SPE 490: Journals and midterm/final evaluations pending what was discussed

COMMENTS:

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 210: Various Assignments
 SPE 310: Chapter Seven Assignment Locomotor Skill Activity Progression Development
 SPE 325: VO2 max lab, Lactate lab, Biodex lab
 SPE 430: Client Case Study, Circuit Resistance Training & Blood Flow Restriction Therapy
 SPE 490: Journals and midterm/final evaluations pending what was discussed

COMMENTS:

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 430: Balance Lab, Body Composition Lab, Flexibility Lab, Endurance & Hypertrophy Lab, Strength & Power Lab, VO2 Max Lab
 SPE 415: FMS and goniometry labs
 SPE 425: Hand dynamometry, Biodex, and vertical jump labs, lab application
 SPE 490: Journals and midterm/final evaluations pending what was discussed

COMMENTS:

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 210: Various Assignments
 SPE 310: Presentation (visual impairment)
 PED 315: Screenshot of Postpartum Quiz
 SPE 430: PEA Podcast, Obesity Lab
 SPE Special Topics: Exercise for Cancer Survivor Assignments

COMMENTS:

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	
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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: Instructional Videos

SPE 430: In-Class Case Studies

SPE 240: Breathwork Assignment, Imagery Assignment, Sleep Assignment

SPE 490: Journals and midterm/final evaluations pending what was discussed

COMMENTS:

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 240: Presentation, Mental Refocus Assignment, Goals Assignment, Media Day Case Study

SPE 310: Assignment Five Chapter 13 Motivation for Physical Activity & Exercise

SPE 490: Journals and midterm/final evaluations pending what was discussed

COMMENTS:

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: Understanding and Interpreting Research Article Assignment

PED 330: Book Summary

SPE 310: Congenital Disorder Assignment,

SPE 325: Article Summary

SPE 425: Lab application

SPE 450: Lit Review A Assignment, Lit Review B Assignment, Lit Review C Assignment, Final Paper

COMMENTS:

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

COMMENTS:

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
- Artifacts from GEN ED courses
- Personal statements/goals

COMMENTS: