



*Department of Kinesiology*

*Exercise Science*

*Advising Manual*

Students majoring in Exercise Science examine the relationship between exercise and human performance and the role of physical activity in the promotion of healthy lifestyles. Exercise Science consists of several overlapping disciplines, including biomechanics, exercise physiology and biochemistry, growth and development, exercise nutrition, measurement and evaluation, and exercise psychology. The program of study is designed to provide an effective blend of classroom instruction and practical experience.

Following graduation, students are strongly encouraged to seek professional certification through the American College of Sports Medicine or the National Strength and Conditioning Association to enhance their opportunities for employment. Students graduating with a Bachelor of Science degree in Exercise Science are prepared for the following entry-level positions:

- an exercise/ fitness specialist, group fitness instructor, or personal trainer (potential employment settings include corporate fitness programs, community exercise/ wellness settings, health clubs, and similar fitness related organizations)
- a strength and conditioning coach (potential employment settings include high school, college, and professional sport teams)

The program also serves as a foundation for pursuing health-related careers as a physical therapist or physician's assistant as well as graduate studies.

## **COURSE REQUIREMENTS**

### **KNES Required Core**

KNES 217	Functional Anatomy for EXSC (3)
KNES 297	Foundations of EXSC (3)
KNES 309	Tests and Measurements (3)
KNES 311	Biomechanics (3)
KNES 313	Physiology of Exercise (3)
KNES 315	Care & Prevention of Athletic Injuries (3)
KNES 361	Exercise Psychology (3)
KNES 363	Nutrition for Sport & Exercise (3)
KNES 365	Exercise Testing & Prescription (3)
KNES 369	Clinical Competencies & Fieldwork in EXSC (4)
KNES 372	Practical & Instructional Skills in Exercise Leadership (3)
KNES 398	Internship in Exercise Science (two 3 credit internships or one 6 credit internship) (6)
KNES 469	Research Methods in EXSC (3)

### **KNES Elective** (Select one course)

KNES 406	Exercise Prescription & Programming for Special Populations (3)
KNES 407	Advanced Principles of Strength & Conditioning (3)
KNES 420	Advanced Exercise Physiology (3)

### **Additional Required Courses**

BIOL 190	Intro to Biology for Health Professions (4)
BIOL 213	Anatomy & Physiology I (4)
BIOL 214	Anatomy & Physiology II (4)
CHEM 105 or CHEM 110	Chemistry for Allied Health Professionals (4) General Chemistry I (4)
HLTH 101	Wellness for a Diverse Society (3)
PHYS 202 or PHYS 211	Physics for Allied Hlth. Prof. (5) General Physics I (4)
PSYC 101	Introduction to Psychology (3)

**PREREQUISITE INFORMATION FOR KNES COURSES**

Course	Prerequisite
KNES 217	BIOL 213; KNES 297 or KNES 291; academic major: EXSC or ATTR
KNES 297	EXSC major only
KNES 309	MATH 109, 111, 115, 119, 211, 231, 273, 274 or 275
KNES 311	BIOL 213; BIOL 214
KNES 313	BIOL 213; BIOL 214
KNES 317	KNES 311; KNES 313
KNES 361	PSYC 101
KNES 363	BIOL 213; BIOL 214
KNES 365	KNES 313
KNES 369	BIOL 213; BIOL 214; KNES 313; concurrent with KNES 365
KNES 395	KNES 365; KNES 369
KNES 398	KNES 365; KNES 369; cum gpa 2.5 or higher; academic major EXSC
KNES 406	KNES 365; KNES 369
KNES 407	KNES 311; KNES 313
KNES 420	KNES 313
KNES 469	KNES 309; senior status in EXSC (i.e., enrolled in or successful completion of KNES 365 & 369)

**GENED REQUIREMENTS**

The following courses are required as part of the EXSC major and can be used to satisfy GenEd requirements.

GenEd	Course(s)
IC	MATH 111, 115, 119, 211, 231, 273, 274 or 275
ID	KNES 469
IIA.1	BIOL 190; CHEM 105/110; PHYS 202/211
IIB.3	HLTH 101
IIC.2	PSYC 101 (The IIC2 GenEd requires the completion of two courses which must be from different disciplines.)

**FREE ELECTIVE REQUIREMENT**

The completion of the courses required for the EXSC major equals 72 credits. Accounting for the EXSC courses that can be used as a GenEd, the GenEd requirements equals 27 credits. As such, the total number of credits earned upon completion of the courses required for the EXSC major and GenEds totals 99 credits. Because the requirement for graduation is a minimum of 120 credits, students must complete an estimated 21 credits of free electives. Any course offered for credit can be used as a free elective. While it is estimated that 21 credits of free electives is necessary to reach the 120 credits required for graduation, the actual number of free electives can vary.

**SUGGESTED SEQUENCE OF COURSES**

The following sequences of courses are intended to provide suggestions for planning completion of the program of study in EXSC. By completing the courses indicated in the first two years, students are positioned to enroll in the courses that comprise the core of the major. The most important consideration in planning the program of study is to recognize that many courses have prerequisites which will impact the ability to enroll in a class. For example, the following courses must be taken in the order listed: BIOL 190 → BIOL 213 → BIOL 214 → KNES 313 → KNES 365/ 369 (taken concurrently) → KNES 398.

	<b>Fall Semester</b>	<b>Spring Semester</b>
<b>1st Year</b>	BIOL 190; HLTH 101; KNES 297; IC MATH (see prerequisite KNES 309); PSYC 101 5 Gen Eds (from either IA, IB, IE, IIB1, IIC1, IIC2, IIC3, or IID)	
<b>2nd Year</b>	BIOL 213  3 Gen Eds (remaining from IA, IB, IE, IIB1, IIC1, IIC3, or IID) 9 credits free electives	BIOL 214 KNES 217
<b>Option A 3rd Year</b>	PHYS  KNES 309, 313, 315, 361, 363, 372 6 credits free electives	CHEM
<b>4th Year</b>	KNES 311 KNES 365 KNES 369 6 credits free electives	KNES 398 (6 credits) KNES 469 KNES Required Elective
<b>Option B 3rd Year</b>	PHYS KNES 313  3 from the following: KNES 309, 311, 315, 361, 363, 372 6 credits free electives	CHEM KNES 365 KNES 369
<b>4th Year</b>	KNES 398 (3 credits) 3 remaining from KNES 309, 311, 315, 361, 363, 372 3 credits free electives	KNES 398 (3 credits) KNES 469 KNES Required Elective 3 credits free electives

## **PROGRAM OF STUDY- INFORMATION SPECIFIC TO EXERCISE SCIENCE MAJOR**

### **Internship Experience (KNES 398)**

An internship is a short-term professional experience related to a student's major or career goals. Students have the opportunity to gain practical work experience, learn new skills, and develop professional contacts through internships. The internship is a critical component of the exercise science major. The work is performed in a professional environment under the guidance and supervision of a professional staff member with expertise in the student's field of interest. Although the work may be similar to some part-time jobs or volunteer experiences, an internship is identified by the intentional, self-directed learning, and student reflection about the work experience.

Students in the EXSC major must complete 6 credits of KNES 398. This can be accomplished by completing two 3 credit internships or one 6 credit internship. A 3 credit experience requires a minimum of 120 contact hours; a 6 credit experience requires a minimum of 240 hours contact hours. If the agreement with the internship site requires completion of more than 120 hours or 240 hours, respectively, the student will be expected to complete that number of hours in order to be eligible for satisfactory completion of the course. The hours must be completed during the semester in which the student is enrolled in the course. The prerequisites for KNES 398 are a grade of "C" or better in KNES 365 and KNES 369 as well as a cumulative grade point average of 2.5 or higher.

The internship site must be approved by the TU Internship Office and the Internship Coordinator for the Department of Kinesiology. The internship cannot be completed at a site at which the student is employed.

### **Criminal Background Check**

Prior to participation in course that includes clinical experiences, students may be required by the placement site to undergo a criminal background check. The course instructor or site supervisor will inform students if a background check is required, including the specific type of background check. Criminal background checks will be obtained at the student's expense.

Note: Many hospitals and health care organizations have chosen to adopt the policies and procedures recommended by the Maryland Hospital Association (MHA). These facilities may require students to use a specific company called StudentCheck to obtain their background checks. Other facilities accept criminal background checks from any company. The list of facilities that have adopted MHA policies is provided on the College of Health Professions website under "Internships and Clinical Placements" (<http://wwwnew.towson.edu/chp/internship.asp>)

The results of the background check will only be shared between the student and the placement site.

### **Grade Requirements for Courses in the Major**

A grade of "C" or better must be earned in all courses required for the academic major. If the required grade is not achieved, the course may be repeated without permission a second time. Students may not make a third attempt of a course except with prior approval. Students must complete a *Petition for a Third Attempt Form* before registering for the course. Please note: If the required grade is not earned, there is no provision for guaranteeing student enrollment in the course the following semester.

### **Professional Certification**

Certification is one means by which a professional can demonstrate competence in their area of specialization to potential employers, their peers, and the general public. Students interested in employment as a personal trainer, fitness instructor, strength and conditioning coach, or other positions in the fitness industry are strongly encouraged to seek professional certification through the American College of Sports Medicine ([www.acsm.org](http://www.acsm.org)) or the National Strength and Conditioning Association ([www.nscac.org](http://www.nscac.org)) to enhance their opportunities for employment. There are numerous organizations that offer certification for professionals in the fitness industry. However, some of those organizations may lack the credibility that potential employers seek. While numerous organizations may be suspect, certification through the ACSM and the NSCA is recognized as consistent with quality professional standards.

### **Graduate Studies in Physical Therapy**

Students interested in pursuing graduate student in physical therapy are strongly encouraged to visit the American Physical Therapy Association (APTA) website as a way to become familiar with potential graduate schools and their admission requirements. While the EXSC major is a viable option for students interested in PT, the major is not intended to serve as a pre-physical therapy or physical therapy program of study. In general, graduate schools offering physical therapy programs are not concerned with the student's undergraduate major. Rather, their admission criterion focuses on the completion of specific courses. While most schools require courses in Anatomy and Physiology I & II, General Chemistry I & II, and Physics I & II, each school establishes their own admission prerequisites, policies, and procedures. As such, it is the responsibility of the student to ensure meeting the criteria for the schools of interest.

Students in the EXSC major who planning to pursue graduate studies in physical therapy should consider taking CHEM 110 *General Chemistry I* (not CHEM 105 *Chemistry for Allied Health Professionals*) and PHYS 211 *General Physics I* (not PHYS 202 *Physics for Allied Health Professionals*), as CHEM 105 and PHYS 202 are not automatically recognized as the equivalent of general chemistry and general physics. In addition, student should anticipate that it will take three years to complete A&P I & II, Chemistry I & II, and Physics I & II to avoid having to take two of the courses in the same semester. It is suggested that students complete A&P I & II during their sophomore year, Physics I & II during the junior year, and Chemistry I & II in senior year.

## GENERAL INFORMATION

### Student Responsibility

Students are expected to familiarize themselves with the *Undergraduate Catalog* and the *Department of Kinesiology Exercise Science Advising Manual*. It is the responsibility of the student to ensure the satisfactory completion of all published degree requirements. Students can access their records and check the status of the various degree requirements using TU's Online Services.

### Academic Advising

Freshman students participate in the First Year Experience (FYE) advising program. As such, freshman students are assigned an advisor for the year by the University's Academic Advising Center. Students, other than freshman, participate in the intentional advising program. Exercise Science majors in the intentional advising program are assigned an advisor in the Department of Kinesiology. Faculty advisors are available to assist students with regard to their progress toward completion of their academic major in a timely manner.

Prior to the start of registration for the Fall and Spring semesters, the Registrar's Office places an intentional advising hold on student accounts. The advising hold flag can only be removed by an advisor.

### Degree Progress Report

The Degree Progress Report (DPR), which is accessed through the student's online services account, is a tool that should be used to assess progress toward meeting the requirements for graduation. Students should review their DPR every semester. The DPR includes the following information:

- Unofficial Transcript
- Upper-Level Units (i.e., 300-level or above)
- Progress on each GenEd category
- Overall credits or units towards graduation
- Overall QPA
- Major and Minor course evaluation

### Registration

Students can view their registration appointments by accessing their online services account. It is the student's responsibility to log into their account on a regular basis. Students should not expect to be notified of their registration date through any means other than their online services account (e.g., notification of registration appointments is not provided by email). In order to increase the chances of successful enrollment in courses, students should register as close to their assigned date/ time as possible.

Guidelines for the registration process are available on the Registration website (<http://www.towson.edu/registrar/Registration/>). The site also provides important information, pertaining to drop-add procedures, the academic calendar, and exam schedules.

### **Prerequisites**

As part of the actual registration process, when a student selects a class for enrollment, the system checks the student's academic record to ensure that the prerequisites for the course have been met. It will determine whether the student is currently enrolled in or has completed the prerequisite course(s) with a grade of "C" or higher. If a student is currently enrolled in a prerequisite, registration for a course is permitted on the condition that a grade of "C" or higher grade is earned in that course. If a grade of "C" or better is not earned in the prerequisite course, the class requiring this prerequisite must be dropped. If a student does not drop the class, steps will be taken to drop the student from the class.

### **Catalog Year**

All requirements for graduation (including requirements for the major) must be fulfilled according to the catalog year assigned. The catalog year a student is expected to follow is identified on their DPR. It is important to note that following the incorrect catalog could result in taking the wrong courses.

Transfer students have the option to use the catalog that was in effect at the time of their initial matriculation at the transfer institution provided the requirements for graduation will be completed within 10 years.

### **Graduation Requirements**

In addition to completing the requirements for the academic major, the requirements for the Bachelor of Science degree include:

- the GenEd requirements (GenEd I.A. and I.D. requires a QPA of 2.0 or higher),
- a minimum of 120 earned credit hours,
- a cumulative QPA of at least 2.0,
- a grade equivalent of 2.0 or higher in all courses required for the major.
- at least 32 upper-level (300-400) credits (includes transfer and TU credits),
- at least 30 credits completed at TU.

All students must apply to graduate. First-time applicants may apply online through Towson Online Services. All others must call the Undergraduate Graduation Office.

The deadlines to apply for graduation are as follows:

- Spring - January 20th (online application deadline)
- Summer - July 10th (online application deadline)
- Fall - August 21st (online application deadline)

All requirements must be satisfied at the end of the anticipated graduation term in order to participate in the Commencement ceremony. Additional information is available at <http://www.towson.edu/registrar/Graduation/undergrad/index.asp>.