

**BACONE COLLEGE
2299 OLD BACONE ROAD
MUSKOGEE, OK 74403**



EXERCISE SCIENCE STUDENT HANDBOOK

2020-2021

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Bacone College

Division of Professional Studies

Bachelor of Science in Exercise Science Handbook

Introduction

This handbook provides an aid to Students, Faculty, Internship site Instructors, and students in the Bacone College Exercise Science Program. It should be used as a guide for all students seeking admission and during their education in exercise science department. Policies, rules, rights and responsibilities are established in this handbook.

The students are also governed by the policies as stated in the Bacone College Student Handbook, the policies and procedures of the internship facility during their senior year, and any other Code of Ethics implemented by Bacone College.

The Bacone College Exercise Science Program faculty developed this Program Handbook in compliance with Bacone policies and higher education best practices, and it will be updated frequently to reflect current practice and compliance with industry standards. The Exercise Science Program faculty reserve the right to make changes for the betterment of the program and welcome any recommendations for changes.

Program Overview

The Bacone College Exercise Science program is committed to serving all qualified students in a culturally diverse community by giving them the academic basis and awareness for pursuing career opportunities in areas requiring a foundation of human science. Students who participate and successfully complete the program requirements have a highly specialized skill set to improve fitness and wellness in the community.

The Bacone College Exercise Science major provides students with an understanding of the physiological, biomechanical, and psychological effects of exercise on the human body. This program is designed to prepare students for a wide range of careers in the fast-growing fields of health, wellness, and fitness. The Exercise Science major at Bacone College provides students with a foundation of both theoretical and practical knowledge while adhering to Bacone's mission and Medicine Wheel Framework.

Degree offered

Bachelor of Science (B.S.) in Exercise Science

Intended Student Learning Outcomes for Bachelor of Science in Exercise Science: The successful student who completes the Bachelor of Science in Exercise Science degree program will be able to:

1. Demonstrate effective communication and critical thinking skills that will enable success in graduate school, and workplace.
2. Demonstrate recognition of harmful health practices and intervene to effect attitudinal and behavioral change towards the adoption of healthy activities.
3. Demonstrate knowledge of principles of safe conduct and benefits of exercise activities.
4. Demonstrate the ability to interpret physical fitness and health assessment data.
5. Demonstrate the ability to develop physical fitness and health assessment programs.
6. Demonstrate the competencies to become certified as personal trainers, strength and conditioning coaches obtaining national certifications such as ACSM Health Fitness Specialist and/or NSCA Certified Strength and Conditioning Coach.

Program Faculty

Program Coordinator and Advisor: Jyoti Abraham, Ph.D., abrahamj@bacone.edu, Cell: 918-688-2444

Adjunct Faculty

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Bessie Drake Hokette, MS, drakeb@bacone.edu

Abby Hill, MS, hilla@bacone.edu

National Strength and Conditioning Association - CSCS, CPT
American Council on Exercise - Group Fitness Instructor

Internship Experience

Students within the Exercise Science program are required to complete a 240-hour (6 credits) practical internship at an approved site. Our internship site partnerships include: Jack Montgomery Veterans Hospital, Indian Health, Muskogee Swim and Fitness Center, Muskogee Bone and Joint Clinic, Champions Fitness, St. Francis Health Zone-Tulsa, Dynamic Sports Development-Tulsa, OU Human Performance Lab-Tulsa, OSU Outpatient Cardiac Rehabilitation-Tulsa, University of Tulsa Strength and Conditioning Department, Oral Roberts University Strength and Conditioning Department, Bacone Athletic Training, and many other sites outside of the area. Students will follow guidelines set forth in the ESE Internship Handbook.

Admission Process

For students interested in pursuing a degree in Exercise Science at Bacone College , applications for admission may be obtained by contacting the Office of Admission at Bacone College. Applications are also available online at www.bacone.edu. For questions, contact Admissions at 918-360-7771 or Jyoti Abraham, Exercise Science Coordinator, at abrahamj@bacone.edu. It is the applicant's responsibility to ensure that application documentation has been submitted including ACT/SAT scores and/or high school transcripts and transfer transcripts, if applicable. Student must meet the physical standards of the program. A laptop is a requirement for this program. All assignments and exams are completed with laptop, progression in the program cannot happen without one.

Graduation Requirements

1. Completion of all courses in the Exercise Science curriculum
2. A minimum grade of "C" in all Exercise Science or related courses (sciences, math, psychology, education, and other electives)
3. A minimum cumulative grade point average of 2.25.
4. Successful completion of all required internship credits

EXERCISE SCIENCE TRACK

Program Description

With the expansion of professions in sports, fitness and activity related to health care, Exercise Science is widely recognized as a degree program that can be used as a foundational Bachelor's degree for acquiring health profession certifications and degrees. Graduating with a degree in Exercise Science and possibly pursuing other post-graduate certification opens the door to a broad range of opportunities for careers including personal training and/or strength and conditioning, athletic training, exercise testing technician for cardiac rehabilitation patients, wellness program director, exercise-based research, coaching and other health care-related field careers. This program prepares students to sit for the ACSM Certified Personal Trainer Certification and the NSCA Certified Strength and Conditioning Specialist Certification. Students take a substantial number of applied exercise science classes and perform an internship.

Entrance Requirements for Exercise Science

The Exercise Science Program requires students meet the following threshold criteria for program admission: completion of two semesters of study with 24 or more hours toward graduation (developmental courses do not count), completion of ENG 1113 Composition I, ENG 1213 Composition II, MTH 1513 College Algebra, two of three science courses with a "C" or better (BIO 1114, BIO 2134, and/or CHM 1364), and a 2.25 composite GPA. After successful completion of these criteria, students will be transferred into the ESE program in which the program coordinator will serve as their advisor.

Suggested Program Curriculum and Course Sequence

Bacone College Division of Professional Studies Bachelor of Science in Exercise Science Recommended Course Sequence
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Freshman – Fall 4 BIO 1114 Human Biology 3 ENG 1113 English Composition I 3 MTH 1513 College Algebra 3 AIS American Indian Studies 3 <u>CLE 1103 Freshman Seminar</u> 16 Total	Freshman – Spring 3 ENG 1213 English Composition II 4 CHM 1364 Chemistry 3 LIT or COM 1113 Guided Elective Course 3 SPC 1713 Speaking and Thinking Critically 3 <u>REL Religion</u> 16 Total
Sophomore – Fall 3 RAD 1003 Medical Terminology 3 ESE 2103 Foundations of Ex Science 2 ESE 2112 Personal Health 3 PSY or SOC Guided Elective Course 3 BIO 2123 Nutrition 3 <u>HIS History</u> 17 Total	Sophomore – Spring 3 ESE 3303 Wellness & Fitness 4 BIO 2134 Anatomy & Physio I 3 SME 4113 Sports Law 2 ESE 3102 Consumer, Env & Community Health 1 HPE Sport Elective 3 <u>SME 4303 Psy of Human Behavior in Sports</u> 16 Total
Junior – Fall	Junior – Spring

4 ESE 3114 Exercise Physiology I 4 BIO 2134 Anatomy and Physiology II 3 LOGIC 3213 3 RME 2313 Sociology of Sports& Recreation <u>2 PED 2002 Educational Technology</u> 16 Total	4 BIO 2324 Microbiology 4 ESE 3124 Physiology II 3 ESE 3403 Care & Prevention of Injuries 3 AES Aesthetics & Social Sciences <u>1 HPE Sport Elective</u> 15 Total
Senior – Fall 3 ESE 3513 Kinesiology 3 ESE 3603 Strength & Conditioning Pre. 3 ESE 4113 Sports Law 3 ESE 3703 Personal Train. Certificate Prep. <u>3 ART Art Elective</u> 15 Total	Senior – Spring 3 ESE 4213 Fitness Assessment & Ex. Prescription 3 RME 3403 Org. & Adm. Of Sports Management 3 *ESE Capstone Project (ESE seniors only) <u>4 *ESE 4994 Internship (ESE seniors only)</u> 13 Total

*Student may instead take ESE 4996 and RAD 2431 Health Science Club.

**A minimum of 124 credit hours with Internship and 2.25 GPA are required to graduate. All ‘Degree Requirement’ courses, ‘Program Electives’ courses, as well as ENG 1113, ENG 1213, BIO 1114, and MTH 1513 must have a grade of C or better.

Bacone College - Bachelor of Science Degree – Exercise Science

Student: _____ Advisor: _____

Bacone General Education Requirements (36)

	Sem.	Hrs.	Gr.
CLE 1103 First Year Seminar	_____	_____	_____
AIS _____ Am Indian Studies (3 hours)	_____	_____	_____
ENG 1113 English Composition I	_____	_____	_____
ENG 1213 English Composition II	_____	_____	_____
HIS _____ U.S. History Course (3 hours)	_____	_____	_____
ESE 2112 Personal Health	_____	_____	_____
AES _____ Aesthetics & Social Sciences	_____	_____	_____
LOGIC 3213 Intro to Critical Thinking & Logic	_____	_____	_____
MTH 1513 College Algebra	_____	_____	_____
REL 1003 Religion	_____	_____	_____
SPC 1713 Speaking/Thinking Critically	_____	_____	_____
BIO 1114 Human Biology	_____	_____	_____

Liberal Arts Guided Electives (9)

ART _____	_____	_____	_____
LIT or COM 1113 _____	_____	_____	_____
PSY or SOC _____	_____	_____	_____

Program Electives (5)

HPE 2111 Athlete Sport (2 credits allowed over 4 yrs)	_____	_____	_____
RME 2313 Sociology of Sports & Recreation	_____	_____	_____
ESE 2433 SS in ESE: Advanced Fitness Assessment	_____	_____	_____
MGT 3253 Business Statistics	_____	_____	_____
ESE 4203 Health & Fitness Specialist Preparation	_____	_____	_____
CHM 2364 Organic & Biological Chemistry	_____	_____	_____
PED _____ PED Elective (PED 1002/2602/3103/3113)	_____	_____	_____
SME _____ SME Elective (SME 1003/3003)	_____	_____	_____

All 3000 and 4000 level courses MUST be taken on the Bacone campus

All "Degree Requirement" courses as well as ENG 1113, ENG 1213, College Algebra and SPC 1713 must have a grade of "C" or better.

Degree Requirements (74)

Lower Level Courses Required: (24)

(Pre-requisites / Co-requisites)

	Sem.	Hrs.	Gr.
CHM 1364 Chemistry	_____	_____	_____
BIO 2123 Nutrition	_____	_____	_____
RAD 1103 Medical Terminology	_____	_____	_____
BIO 2134 Anatomy & Physiology I (cc/c - BIO 1114, CHM 1364 & Med Term)	_____	_____	_____
BIO 2144 Anatomy & Physiology II (c-BIO2134)	_____	_____	_____
BIO 2324 Microbiology (c-BIO1114)	_____	_____	_____
PED 2002 Educational Technology	_____	_____	_____

Upper Level Courses Required: (50)

ESE 2103 Foundations of Exercise Science	_____	_____	_____
ESE 3102 Consumer, Environment & Community Health (c-ESE2112)	_____	_____	_____
ESE 3114 Exercise Physiology I (ESE majors Only: cc/c- CHM 1364, BIO 2134)	_____	_____	_____
ESE 3124 Exercise Physiology II (c-ESE3114)	_____	_____	_____
RME 3403 Org. & Adm. Of Sports Management	_____	_____	_____
ESE 3303 Wellness and Fitness	_____	_____	_____
ESE 3403 Care and Prevention of Injuries	_____	_____	_____
ESE 3513 Kinesiology (c-MTH 1513)	_____	_____	_____
ESE 3603 Strength and Conditioning Prep	_____	_____	_____
ESE 3703 Personal Training Certificate Prep	_____	_____	_____
SME 4113 Sports Law	_____	_____	_____
SME 4303 Psychology of Human Behavior in Sports	_____	_____	_____
ESE 4113 Admin. of Exercise Prescription (c-ESE4213)	_____	_____	_____
ESE 4213 Fitness Assessment and Exercise Prescription (cc/c – ESE 3114)	_____	_____	_____
ESE 4953 Capstone Project (Sr. ESE Majors)	_____	_____	_____
ESE 4994 Internship in Exercise Science (Sr. ESE Majors)	_____	_____	_____

() prerequisites, cc-concurrent, c-completed, cc/c- concurrent or completed.

Qualifying exams must be taken prior to graduation.

Advisor Check by: _____

Date: _____

Total Hours Completed _____

Required Courses needed after current semester _____

Current Enrollment (Hrs) _____

Hrs. needed after current semester _____

Elective hours needed after current semester _____

Minimum 124 credit hours and cumulative grade point average of 2.25 are required to graduate.

For Registrar Use Only:	Core Credit Hours _____	Core GPA _____	Total Credit Hours _____
Date Graduation Requirements Met: _____	Approved by _____		

Estimated Program Costs (Responsibility of student)

These will include:

1. Tuition and Fees: as established by Bacone Board of Trustees
2. Books/Laptops: will be specific to each class.
3. Course Material Fees: Lab fees will be charged as applicable.
4. Alpha Chi Honor Society: Juniors and Seniors at Bacone College- 3.5 GPA or higher and top 10% of class: \$ 60/onetime fee for lifetime membership and benefits.
5. Graduation Fees: \$ 75
6. Any other miscellaneous costs/ fees may apply.

Program Progression/Program Completion

1. **Students MUST earn a C- or higher** for all courses within the major. If a student does not earn a C- or higher they will need to repeat the course. This will prevent the student from registering for the next level course and may delay the student's graduation.
2. **Students may ONLY take a course 2 times.** It is our policy that no student will be allowed to take the same course 3 times. Students must understand the importance of earning grades to prevent this from happening. If a student does not earn a C- or higher for the second time of the same course, they will need **to change majors.**
3. **Attendance.** It is the Department of Exercise Science policy that all students must attend at least 75% of the classes throughout the semester or they will be required to withdraw from the class. If the student does not withdraw then they will earn an "F" for the course. It is important for students to understand that this includes excused and unexcused absences. As an example, for a class that meets 2 times per week, students can miss up to 6 classes during the semester, but the 7th class would cause them to exceed 25% of the class. They would then need **to withdraw.**
4. **Handling Issues** in courses or the Exercise Science program. It is essential for students to follow proper procedures when dealing with issues in a course or any aspect of the program. Students should always meet with the teacher first to address the concern. If the student feels the issue was not resolved properly, then the next procedure is to meet with the Academic advisor followed by the chair of the department.
5. **The following** criteria must be met to successfully complete the exercise science program. Once all criteria are met, the Program Coordinator will provide verification of eligibility and permission to apply for graduation:
 - Submit Graduation application before due date
 - Complete all science course work with a grade of "C" or better
 - Complete the Program Internship with satisfactory evaluation.
 - Complete all pre- and post-course evaluations.
 - Complete an exit survey
 - Submit a current address, email and phone number.
 - Satisfy all financial obligations to the college per requirements.
6. **Program Probation.** Students may be placed on program probation as a warning of deficiencies in certain areas. The exact terms of probation will be specified in writing to the student. A specific probationary period will be allowed for the student to demonstrate improvement. The terms will include the

behaviors required to remove the probationary status. If the terms of the probation are not met, the student may be dismissed from the program.

Conduct that may be justification for probation (but not limited to):

- Unprofessional behavior
- Unprofessional appearance in class or internship
- Personal problems that interfere with class
- Use of profane or abusive language
- Lack of organization and lack of performance
- Attendance issue
- Late assignments
- Course grade of less than C
- Failing exams
- Failure to demonstrate motivation and consistency
- Failure to follow Bacone Student Handbook.

7. **Program dismissal** will follow if improvements are not demonstrated within the same semester.

8. **Program Re-admission.** Student must reapply and may be accepted for admission to the exercise science program if the conditions of dismissal have been addressed and corrected.

9. **Transfer students** will require to provide complete transcripts with Course Descriptions in order to assign correct transfer credit. In some cases, students may be asked to provide copies of their previous course syllabi to correctly assign the transfer credit.

10. **Program Withdrawal** process will be in accordance with Bacone College policy and procedure as stated in College Catalog. Student must inform their adviser of this decision.

11. **Program Surveys.** Exit/Student Satisfaction Surveys will be completed by the graduating class during the finals week. All data will be collected and tabulated; the results will be utilized for program improvement and reflection, and are a **part of program assessment**.

12. **Student Employment.** Students are not discouraged from holding jobs outside the program. Students must realize that no special privileges will be given. The job cannot interfere with academic or internship responsibilities. Students may not receive any compensation in relation to their employment while in the midst of Internship.

13. **Student Conduct.** We want all of our graduates to be successful in finding desirable jobs and entering graduate school programs including medical school, physical therapy programs, and others. We find that our most successful students and graduates demonstrate the following good habits, which is why we ask all of our students to strive for them.

- Active participation and contribution to class. Students learn best when they are actively engaged in their learning process.
- Honesty. Student is expected in all classes to complete their work honestly and fairly.
- Good attendance
- Stop texting and using devices in class
- Time commitment to complete high quality work
- Use of students email and Moodle
- Expected to fully utilize Moodle and check it frequently.

Academic Appeals:

Relationships between students and educators at Bacone College are based on the assumption of mutual acceptance of certain rights and responsibilities. Disputes involving academic performance (grades) can

often be resolved through an appeal process. An Academic Affairs Committee will be appointed to review an appeal only after an attempt has been made by the involved persons to resolve their differences within the following framework:

- Student conferences with the instructor.
- If necessary, student conferences with his or her faculty advisor.
- If necessary, student conferences with the appropriate Division Chair.
- If necessary, the Division Chair conducts a conference with all parties present.

When appealing a final grade received in a course, students must file an appeal before the end of the eighth week of the fall or spring semester following the semester, session or term in which the grade was recorded.

Information on appeal procedures is available in the Office of Academic Affairs. After an Academic Committee has issued an opinion on an appeal, the plaintiff or defendant can appeal the decision to the Office of Academic Affairs. An appeal must be submitted in writing to the Office of Academic Affairs within ten days after the decision of the Academic Committee. (College Catalog)

Policies related to the Senior Internship and assessment:

Students are encouraged to carefully select a site based on their interests, needs, and future goals. Since there are a tremendous number of options available, it is the student's responsibility to carefully consider what he/she wants to gain from the experience prior to choosing a site. Students may choose a local or "distance" site in another state. Corporate, clinical, rehabilitation, hospital, and community sites are all acceptable if they meet basic guidelines described in the Internship Handbook. Check with the internship coordinator to get a site approved.

It is recommended that the student begin exploring potential interests and sites one year prior to the anticipated start date. The student should begin by meeting and receive the Internship Handbook to learn the specific requirements. A student CANNOT begin accruing hours until the internship coordinator has received the contract and verification from the site supervisor.

It is the STUDENT'S RESPONSIBILITY to initiate the planning, discussions and meetings with the program coordinator/ advisor PRIOR to internship decision and AFTER internship has started. It is the STUDENT'S RESPONSIBILITY to maintain communication with the faculty advisor throughout the senior internship. This includes meetings with the site coordinator, weekly logs, reports, evaluations, site visits and the final portfolio, which must be completed and turned in ON TIME. Failure to do so may mean loss of internship hours.

Please see Internship Handbook for complete details.

Courses to take and degree sheet: explained elsewhere in this document.

Course Descriptions: Please see the Bacone College Catalog for full course descriptions @ www.bacone.edu

Graduate Placement

Student who capitalize on their experiences within the Bacone College Exercise Science Program have a skill set in high demand within the work force or for health and fitness graduate programs. Past graduates of the Bacone Exercise Science Program have obtained placements in the following settings: Certified Personal Trainer, Respiratory Therapist, Strength and Conditioning Coach, Fitness Center Management, Masters Level Athletic Training Graduate programs, Doctoral Level Physical Therapy Programs, Graduate Occupational Therapy Programs, and Masters Level Exercise Science programs.

Student Campus Resources:

BACONE COLLEGE CATALOG:

The following policies can be found in the Bacone College Catalog:

Go to www.bacone.edu, locate under Main Menu

<https://www.bacone.edu/wp-content/uploads/2020/08/2020-2021-STUDENT-ACADEMIC-CAL-2-Week-Delay.pdf> (revised 08/28/20)

- ⤴ General Information
- ⤴ Admission Information
- ⤴ Financial Information
- ⤴ Student Life Information
- ⤴ Academic Information

BACONE COLLEGE STUDENT HANDBOOK:

The following can be found in the Bacone College Student Handbook:

Go to www.bacone.edu, locate under Main Menu

<http://learn.bacone.edu/mod/book/view.php?id=142237> (revised 08/28/20)

- ⤴ Student Life
- ⤴ Academic Support
- ⤴ College Policies
- ⤴ Residential Life Handbook
- ⤴ Safety
- ⤴ Other Pertinent Information

BACONE COLLEGE TRIO/STUDENT SUPPORT SERVICES:

The following can be found on the website or visit the Palmer Center:

Go to www.bacone.edu, locate under Academics/Student Services/ <https://www.bacone.edu/student-support-services/>

- Academics
- Financial
- Mentoring
- Personal
- Social and Cultural

OTHER:

Please refer to www.bacone.edu for all other information including:

President's Hotline <https://www.bacone.edu/presidents-hotline/> Locate on Website/Academics/Student Services

Advisor:

Each student will be assigned an advisor and each advisor will consult with the student and provide advisement to guide the student through the enrollment process and towards success in their educational goals. Exercise Science students will be assigned to the program coordinator or their representative.

Program Awards

Outstanding Student Award:

The Outstanding Student Award is provided by Exercise Science Program to recognize graduating students. To receive this award, a successful candidate must demonstrate academic achievement, leadership, professionalism, cooperation, contribution to the Exercise Science program and Bacone College. Selection of the recipient is made by the program coordinator.

Department Award:

The Department Award is provided by the Exercise Science Program to recognize graduating students. To receive this award, a successful candidate must demonstrate outstanding service to the program, college, and the profession. Selection of the recipient is made by the program coordinator.

Careers. A student graduating from this program could work in areas such as health promotion, fitness development, sport and athletic programs, and clinical and hospital rehabilitation. Some examples are personal trainer, health coach, exercise physiologist, physical therapist*, chiropractors*, veterinarians*, physical education teacher, small business owners and entrepreneurs in exercise science industry, and fitness instructors in YMCA, spas, and resort centers.

*additional course work in organic chemistry, biochemistry, and/or microbiology may be required depending on the specific graduate program.

Graduate School Options: Consult Program Coordinator and your advisor. Additional Information can be gathered from Bacone College Career Services Center.

Frequently Asked Questions

- 1. What is exercise science?** Exercise science deals with the study of both the immediate and long term effects of physical activity focusing on the “how” and “why” the body responds to physical activity. Exercise Science encompasses a wide variety of disciplines including, but not limited to: Biomechanics, Sports Nutrition, Sport Psychology, Motor Control/Development, and Exercise Physiology. The study of these disciplines is integrated into the academic preparation of Exercise Science professionals. Exercise Science professionals work in the health and fitness industry, and are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. They conduct these activities in university, corporate, commercial or community settings where their clients participate in health promotion and fitness-related activities. (Source – Commission on Accreditation of Allied Health Education Programs- CAAHEP)
- 2. Why study exercise science at Bacone College?** Bacone college has a track record of producing graduates that go on to meaningful careers that cultivate and enrich lives of others. This program is for you if you are interested in attaining the knowledge, skills, and abilities to succeed as a health, exercise, and fitness professional, and are committed to assisting others in improving their health and physical fitness by increasing their participation in safe and effective exercise.
- 3. What is a national certification?** Most employers expect Exercise Science professionals to have earned professional certification from a nationally recognized organization. Such organizations are:

*National Strength and Conditioning Association: -Certified Strength and Conditioning Specialist (NSCA-CSCS), Certified Personal Trainer (NSCA-CPT)

* American College of Sports Medicine:- Certified Personal Trainer (ACSM-CPT)

* National Academy of Sports Medicine:- Corrective Exercise Specialist (CES), Fitness Nutrition Specialist (FNS).

Students may be prepared to sit for various certification exams at the conclusion of the program. It is the STUDENT’S RESPONSIBILITY to stay motivated to pursue such certifications.

Handbook Acknowledgment Form

I, _____, acknowledge that I have read and understand the Exercise Science Department Handbook. The policies and procedures have been reviewed and questions have been answered by the Program Coordinator or their representative.

Student- print: _____

Student – signature: _____

Date: _____

Medicine Wheel Framework



The Medicine Wheel framework is a circular, cyclical concept that is unending. It is an opportunity for teaching and learning, growth, and education.

The First Section – East quadrant allows brainstorming and thinking of cultural ideas/activities that engage students, staff, faculty, administrators, Board members, and community members. Thinking about the appropriate cultural activities that respect the tribe, region and timing of the event is presented. As well, there is discussion about the personnel, budget, and intended audience.

The Second Section – South quadrant involves planning events that celebrate the various American Indian cultures of our students that creates a home-like setting for students. College employees work with student sponsors and students themselves to plan when, where, how, and why events and activities are held. Discussions are held for everyone to communicate what resources, location of the activities, and key individuals who will lead and assist in the planned activity. Time and preparation, as well as required human and fiscal resources are identified, raised, and identified.

The Third Section – West quadrant is the time to implement the idea with the appropriate resources into action. Individual and teamwork, building trust, communication, responsibility, and confidence are achieved. To see the actual idea planned and implemented creates a sense of pride and allows students and college employees to build a sense of community.

The Fourth Section – North quadrant is the opportunity to reconvene and talk about what students learned or achieved. This time to reflect allows students to identify what worked and what did not so the next time the event is held the identified missteps will not reoccur. This also opens new or additional ideas and activities to be part of the monthly, semester, or annual activities of the College, creating a sense of community

