

Fitness and Exercise Science Program



STUDENT HANDBOOK

2015-2016

Andrews  University
Department of Public Health, Nutrition & Wellness

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Dear Student:

Welcome to Andrews University and the Department of Public Health, Nutrition & Wellness. The time you spend at Andrews will be important for both your professional and personal growth. It will be a time to distinguish yourself as a professional and a leader in the area of fitness and exercise science. As we look around we see millions lacking the knowledge and/or resources to engage in physical activity to ensure optimal health. These individuals can be found in every race, economic and age group. Many are ill and no other health professional is better prepared to understand the foundations of exercise and physical activity needs of these individuals than personal trainers and exercise physiologists.

During the next few years you will be challenged by your instructors to achieve your maximum potential. They will expect to see you act and work in a professional manner. At times you will feel overwhelmed by the demands being placed upon you. You will be asked to attempt things that you have never done before and this will create feelings of uncertainty and discomfort. However, it is important to realize that you are not the only one feeling this way and that these feelings are normal. It is also important to know that the faculties, as well as your fellow students, are supporting you. Throughout this time we encourage you to explore the fascinating world of exercise science. Be thorough, ask questions, and don't be afraid to accept any challenge that is placed before you. Most importantly, through it all seek the strength, comfort and will of your best friend, Jesus Christ. In the atmosphere of Christian education we encourage you to develop a closer relationship with God so you can fulfill the commission of Christ to minister His love to individuals who are in need.

With every good blessing,
The Fitness and Exercise Studies Faculty

best wishes

CALENDAR OF EVENTS 2015-2016

August 24

Fall Semester Classes Begin

August 25

Departmental Assembly #1

August 28

New Student Orientation (Dietetics & Fitness) @12:30pm

August 30

Student Welcome Back Event

September 2

Last Day to Add/Drop a Class

September 7

Labor Day-Holiday

September 14-18

Spiritual Emphasis Week

September 26

Alumni Weekend
International Cuisine Potluck @ 1:30 p.m. at Marsh Hall

September 27

Alumni Weekend
Health Expo

October 2

SHP Welcome Vespers 6-8pm PMC Commons

October 3-6

FNCE Conference & Expo (Nashville, TN)

October 12-13

Fall Recess – HOLIDAY

October 16

Fall Fun at Five Pines Vespers

October 20

Departmental Assembly #2

October 31-Nov 4

APHA Conference (Chicago)

November 2

Registration for Spring Classes begins

November 24

Last day for students to change from credit to audit

November 25-29

Thanksgiving Break – HOLIDAY

December 1

Departmental Assembly #3

December 3

Last Day of Fall Classes

December 4

Christmas Vespers 5-7p.m. at PMC Commons

January 4

Spring Semester Classes Begin

January 5

Departmental Assembly #4

January 13

Last day to Add/Drop a class

January 18

Dr. Martin Luther King Jr. Day - HOLIDAY

January 25-29

Spiritual Emphasis Week

February 15

President's Day – HOLIDAY

February 15

- Andrews Dietetic Internship Application
- Deadline for Fall Internship
- Academy of Nutrition and Dietetics Scholarship
- Andrews Scholarship Applications (Neva Hall, Marsh, and Vymeister) due

February 16

Departmental Assembly #5

March

National Nutrition Month Booth @Campus Center 11-2pm

March

Empower Conference (Chicago)

March 11-20

Spring Break – HOLIDAY

March 21

Registration Opens for Summer 2016

March 21 – April 4

Portfolio review (make an appointment with your advisor)

March 28 – April 11

Junior Evaluations

April 6

DI Application Notification Day

April

Gymnics Home show

April 7

Departmental Assembly #6

April 15

Senior Comprehensive exam 12:30-2:30 pm (Departmental)

April 30

Public Health, Nutrition & Wellness Dedication Ceremony @ 6:00pm (HPAC Lobby)

May 2

Standards of Conduct of Health Science/Fitness and Exercise Science Students

Webster defines professional as "of, relating to, or characteristic of a profession or calling" and professionalism as "the conduct, aims, or qualities that characterize or mark a profession or professional person".

As a wellness/fitness professional you will be expected to perform in a professional manner while interacting with clients, patients, physicians, nurses, faculty and other students. Your success will depend largely upon your ability to communicate and carry yourself in a way that is becoming of a professional. Therefore, it is important you begin immediately to form behaviors and habits that are the hallmarks of a professional such as excellence, promptness, reliability, dependability, courteousness, commitment and self-motivation. Your professional growth and behavior will be monitored and evaluated throughout this program and will impact upon your readiness for an internship program. Below are the standards of conduct that you, as a student, will be expected to follow:

1. Excellence

Professionals constantly strive for higher levels of performance and achievement. Therefore, they gracefully accept and value criticism from others knowing that it stimulates growth. They keep an open mind and respond non-defensively. They are self-motivated, directed, and positive in their conversations with others avoiding unproductive negative communication.

2. Promptness

Professionals value each individual's time and resources knowing that everyone works under very tight schedules. They are prompt for meetings and exhibit good time management skills and the ability to prioritize their schedule. To best serve everyone they do not over commit themselves. To prevent confusion and save time they are good listeners and strive to express themselves clearly and concisely both orally and in writing.

3. Reliability and Dependability

Professionals are aware that people rely on them for accurate information and therefore continuously strive to remain informed. They know that others are depending on them to perform their responsibilities with completeness and thoroughness.

4. Courteousness

Professionals recognize each individual's self-worth and are courteous and polite to each person regardless of his/her position or profession. They respond to invitations to meetings or other professional and social functions in a timely manner. If they are going to be late for a meeting they call the person in charge of the meeting to apologize and let them know when they expect to arrive. If they are going to be late and can't call ahead they apologize to the person in charge of the meeting at the most appropriate time after arriving at the meeting. If they are unable to attend they call with regrets.

5. Commitment

Professionals are committed to their profession and to the people they serve. They are committed to continuously maintaining the highest standards of conduct and ethics in their professional and private lives.
***Please read the code of ethics in Appendix C of the handbook for more information on standards of conduct.**

PART ONE:

BACHELOR OF HEALTH SCIENCE / FITNESS EMPHASIS

BACHELOR OF EXERCISE SCIENCE

UNIVERSITY PHILOSOPHY

The ideals of the university are portrayed in the seal and embodied in the Latin words - Spiritus, Mens, Corpus.

SPIRITUS - Striving for Spiritual Maturity . . .

1. To direct the attention of the student to the significance of man's relationship to God as it affects man's origin, nature, and destiny through personal contacts and classroom learning.
2. To invite each student to discover in the study of Nutrition a personal and growing relationship with God.
3. To encourage the student to make a commitment to service to God, the church, and humanity through their professional and personal life goals.

MENS - Striving for mental excellence . . .

1. To promote within the program a fellowship of Christian scholars who are companions in learning.
2. To utilize knowledge of man's past as it relates to the fitness profession in order to put in perspective current and future professional practice.
3. To foster the attitude of habitual inquiry leading to a lifetime of learning.

CORPUS - Striving for physical well-being . . .

1. To provide students with the opportunity to live a balanced lifestyle.
2. To encourage students to establish lifetime habits of time management that includes opportunities for meeting physical and social needs.

These ideals are vitally linked to the philosophy of the Fitness and Exercise Studies Program.

This program seeks to engender a sensitivity to and willingness to serve all members of society, irrespective of gender, race, economic status, or religion.

The faculty of the program is committed to providing a quality fitness education in a Seventh-day Adventist Christian environment. It is our sincere desire to enable program graduates to dedicate their lives to Christian service and leadership for humanity as professionals.

Vision Statement

The Exercise Science Program at Andrews University aspires to prepare health and fitness professionals with a strong scientific concepts that is practiced in a plethora of health careers.

Mission Statement

The mission of the Exercise Science Program at Andrews University is to prepare competent Exercise Science professionals in learning domains that will help others adopt healthy and active lifestyles. Graduates will be able to raise awareness about individual health, physical activity and population health in order to change poor health-related behavior and create environments that support good health behaviors including exercise and physical activity. As future professionals, Exercise Science and Fitness students will develop self-responsibility for their own behaviors and be able to design and implement wellness programs that may be used in corporate, clinical, community or wellness environments. The program also wishes to ensure that Exercise Science graduates are able to apply their knowledge of both acute and chronic exercise physiology to promote better health, reduce chronic disease in individuals.

Program Goals

The goals of the Exercise Science Program and Andrews University is to:

- Prepare students to gain entry-level employment in fitness, health or wellness agencies or to continue on into graduate schools
- Prepare students to become an ACSM certified personal trainer
- Provide a satisfying academic experience for students
- Provide a comprehensive and competitive academic curriculum that engages students and equips them with hand-on experiences

Academic Program Outcomes

- Conduct personal fitness assessments
- Prescribe exercise to both healthy and diseased populations
- Develop and Implement comprehensive wellness programs for diverse populations and health initiatives
- Demonstrate strong leadership and interpersonal skills

Exercise Science Program Admission Requirements

Entry into the Exercise Science program at Andrews University is a competitive process. Upon completion of the prerequisite classes, all students will need to submit a formal application for admission to Exercise Science Program. The Exercise Science faculty will review the application and select the students to enter the program. The application process serves two basic purposes:

1. To assist students in determining if the Exercise Science major will provide them with the appropriate education and opportunities necessary in order to best meet their career/professional goals.
2. To assist faculty and staff in determining if the student applying meets the technical standards, interest level, professionalism, integrity and potential to become a successful Exercise Science student.

All students in the Department of Public Health, Nutrition and Wellness may apply to the Exercise Science Program. Students who are admitted and complete the program will graduate with a Bachelors of Science degree in Exercise Science from the Department of Public Health, Nutrition and Wellness. Application can begin during or after a student's sophomore year (at least 24 credit hours completed). In order to stay on track to graduate in four years, students should plan to apply to the program in their sophomore year and if accepted, officially begin the program the Fall Semester of their junior year. The Exercise Science program is a 4 semester (2 year) program that cannot be accelerated due to the structured progression of coursework. You need to meet the minimal qualifications listed below in order to submit an application, but this does not ensure you will be admitted. Admittance to the Exercise Science program is *highly* competitive and we encourage students to look ahead and start participating in activities that will strengthen their application for admission to the program during their early years at Andrews University (see the *Getting Involved* section below for ideas on how to gain experience and be active in the Exercise Science program prior to admission).

The application process includes completion/submission of the components listed below. For a detailed description of each item, please see the Application Documents Section.

1. Application form
2. Documentation of Previous Coursework

If all of your postsecondary coursework is from Andrews University you can submit a copy of your academic record from iVue.

If some or all of your previous post-secondary course work was completed at colleges/Universities other than Andrews, you will need to submit an official transcript.

Two letters of Reference/Recommendation
Student Responses to Self-Evaluation Questions
Signed Technical Standards Form
Signed Amendment Consent
Personal Interview (if applicable)

Personal interviews are subject to faculty recommendation and may be asked of any applicant.

Prerequisite Classes

Prior to application students must successfully (C or better) complete the following courses or their equivalent:

- a. BIOL 221 and 222: Anatomy & Physiology I and II

Prior to start of the Exercise Science Program students must successfully (C or better) complete the following courses or their equivalent:

- a. CHEM 110 Intro to Organic & Inorganic Chemistry or CHEM 131/L General Chemistry I and Lab
b. BCHEM120 Intro to Biochemistry or CHEM 132/L General Chemistry II and Lab
c. STAT 285 Statistics

Submit application materials to the Department of Public Health, Nutrition and Wellness. Attn: Jasel McCoy

Program Requirements

Exercise Science BS

ACSM CPT or ACE CPT (Certified Personal Trainer) Certification is required (to pass) before a student can graduate with BS: Exercise Science. A minimum grade of C is required in all majors and cognate courses. A minimum cumulative GPA of 3.0 is required for junior acceptance.

Required Courses - 47

FDNT 230 - Nutrition Credits: 3
FTES 325 - Sports Nutrition Credits: 3
FDNT 448 - Nutrition and Wellness Credits: 3
FDNT 460 - Seminar Credits: 1-2
FDNT 498 - Research Methods Credits: 2
HLED 210 - Philosophy of Health Credits: 3
HLED 380 - Natural Therapies Credits: 2 or
NRSG 466 - Complementary Wellness and Restoration II
HLED 445 - Consumer Health Credits: 2
HLED 480 - Wellness Programs Credits: 3
FTES214
FTES 305 - Current Concepts and Applications in Physical Fitness Credits: 3
FTES 355 - Methods of Fitness Instruction Credits: 3
FTES 410 - Issues in Exercise Studies Credits: 2
FTES 465 - Exercise Physiology Credits: 4
two additional FTES activity courses (1 credit each) selected in consultation with your advisor
FTES 475 - Kinesiology Credits: 3
FTES 497 - Internship Credits: 2
PSYC 210 - Introduction to Health Psychology Credits: 3

Required Cognates - 28

BIOL 221 - Anatomy and Physiology I Credits: 4
BIOL 222 - Anatomy and Physiology II Credits: 4
BSAD 355 - Management and Organization Credits: 3
MKTG 310 - Principles of Marketing Credits: 3
PSYC 471 - Behavior Modification Credits: 3
CHEM 110 - Introduction to Inorganic and Organic Chemistry Credits: 4
BCHM 120 - Introduction to Biological Chemistry Credits: 4
STAT 285 - Elementary Statistics Credits: 3

Total Credits: 75

Wellness BHS/ Fitness Emphasis

Required Courses - 13

FDNT 230 - Nutrition Credits: 3
FDNT 448 - Nutrition and Wellness Credits: 3
FDNT 460 - Seminar Credits: 1–2
HLED 120 - Fit for Life Credits: 1
HLED 445 - Consumer Health Credits: 2
FTES 205 - Fitness Conditioning Credits: 1

Required Cognates - Minimum of 12

Choose one of the following:

BIOL 260 - General Microbiology Credits: 4

or

MLSC 230 - Fundamentals of Clinical Microbiology Credits: 3

or

SPPA 280 - Anatomy and Physiology of Speech and Hearing Credits: 4

or

PHYS 141 - General Physics I Credits: 4 **AND** PHYS 142 - General Physics II

Choose one of the following:

BIOL 221 - Anatomy and Physiology I Credits: 4

BIOL 222 - Anatomy and Physiology II Credits: 4

or

BIOL 165 - Foundations of Biology Credits: 5 or 4

BIOL 166 - Foundations of Biology Credits: 5 or 4

or

BIOL 165 - Foundations of Biology

credits: 3

BIOL 221 - Anatomy and Physiology I

Credits: 3

or

BIOL 100 - Human Biology Credits: 4

or

BIOL 221 - Anatomy and Physiology I

Choose one of the following:

CHEM 110 - Introduction to Inorganic and Organic Chemistry Credits: 4

BCHM 120 - Introduction to Biological Chemistry Credits: 4

or

CHEM 131 - General Chemistry I Credits: 4

BCHM 120 - Introduction to Biological Chemistry

Religion: One religion course per academic year of attendance in a Seventh-day Adventist college or university.

Language/Communication:

ENGL 115 - English Composition I Credits: 3

ENGL 215 - English Composition II Credits: 3

COMM 104 - Communication Skills Credits: 3

History:

HIST 117 - Civilizations and Ideas I Credits: 3 or

HIST 118 - Civilizations and Ideas II

Mathematics:

A basic statistics or research methods course

MATH 145 - Reasoning with Functions Credits: 3 or

STAT 285 - Elementary Statistics

Social Sciences:

Psychology

PSYC 101 - Introduction to Psychology Credits: 3 or

PSYC 301 - Human Development—Lifespan

Fitness Education:

Andrews freshmen take HLED 120 and one additional course from personal fitness, outdoor skills or team activity. Non-Andrews students take two from the three categories above.

HLED 120 - Fit for Life Credits: 1

Computer Literacy

INFS 120 - Foundations of Information Technology Credits: 3

Fitness - 23

FTES 210 - Personal Fitness Plan Credits: 1

FTES 214 - Men's Weight Training and Conditioning Credits: 1 could be replaced by:

FTES 214-002 - Women's Strength Training and Toning

FTES 305 - Current Concepts and Applications in Physical Fitness Credits: 3

FTES 355 - Methods of Fitness Instruction Credits: 3

FTES 410 - Issues in Exercise Studies Credits: 2

FTES 465 - Exercise Physiology Credits: 4

FTES 495 - Independent Study/Reading/Research/Project Credits: 1–4

FTES 475 - Kinesiology Credits: 3

HLED 380 - Natural Therapies Credits: 2 or , NRSG 366 - Complementary Wellness and Restoration I or NRSG 466 - Complementary Wellness and Restoration II

HLED 480 - Wellness Programs Credits: 3

Total Credits for Fitness Emphasis: 60

<i>Fall Semester</i>	FRESHMAN	Time	Day	Credits	<i>Spring Semester</i>	FRESHMAN	Time	Day	Credits
CHEM110 ENG 115 RELT 100 HLED120 FTES xxx MUHL 214*	Intro to Chemistry College Writing God and Human Life Fit for Life Team activity or outdoor skills Enjoyment of Music	11:30 10:00 8:30 8:30 varies 10:00	MWF TR T T varies TR	4 3 3 1 1 <u>3</u>	BCHM 120 HIST 110 COMM 104 MATH xxx PSYC 101	Intro to Biochemistry & Lab World Views, Cultures and Gods Communication Skills Math GE Intro to Psychology	11:30 9:30 8:00 2:00 10:30	MWF MWF TR TR MWF	4 3 3 3 3
	Total credits			15		Total credits			16
<i>Fall Semester</i>	SOPHOMORE	Time	Day	Credits	<i>Spring Semester</i>	SOPHOMORE	Time	Day	Credits
BIOL 221 & 221L FDNT 230 HLED 210 MLSC 110 PHYS 141 & 141L	Anatomy & Physiology I Anatomy & Physiology Lab Nutrition Philosophy of Health Medical Terminology General Physics I General Physics I Lab	8:30 2:30 11:30 12:30 online 10:30 2:30 12:30 3:30	TR W MWF TR online M-F T W W	4 3 4 0 1 4 <u>0</u>	BIOL 222 & 222L FDNT 230 RELT 250 FTES 214 PHYS 142 & 142L	Anatomy & Physiology II Anatomy & Physiology II College Writing II Personal Spirituality & Faith Weight Training & Conditioning ^{MW} General Physics II General Physics II Lab	8:30 2:00 10:00 2:00 8:30/ 2:00 10:30 12:30 3:30	MWF W TR TR MW/TR M-F W W	4 0 3 3 1 4 <u>0</u>
	Total credits			16		Total credits			15
<i>Fall Semester</i>	JUNIOR	Time	Day	Credits	<i>Spring Semester</i>	JUNIOR	Time	Day	Credits
FTES 205 RELB 210 FTES 305 PYSC 301 _____ _____	Fitness conditioning Jesus in His Time & Ours Curr. Concepts & Apps Fitness Human Dev & Lifespan General Elective General Elective	4:00 2:00 2:00 8:00 _____ _____	TR MW MW MW _____ _____	1 3 3 3 3 3	NRSG 466/HLED 380 FTES 465 HLED 412 _____ _____	Natural Remedies/Comp Wellness Exercise Physiology Exercise Physiology Lab Consumer Health Gen Ed Elective General Elective	9:30 9:30 9:30 2:30 12:30 _____ _____	T R MWF T/R MW _____ _____	2-3 3 4 0 2 3 3
	Total credits			16		Total credits			15
<i>Fall Semester</i>	SENIOR	Time	Day	Credits	<i>Spring Semester</i>	SENIOR	Time	Day	Credits
FTES 325 HLED 411 FTES 210 FDNT 448 FTES 495 PBHL 440 RELT 340	Sports Nutrition Community Health & Fitness I Community Health & Fitness I Lab Personal Fitness Plan Nutrition & Wellness Independent Study Fund. Spirit. & Ethics in Htlhcare Religion and Ethics	3:30 10:030 12:30 10:30 varies 6:30 online	TR T T MW MW varies MR online	3 2 0 1 3 1 3 <u>3</u>	FTES 355 HLED 412 FTES 410 FDNT 460 _____ _____ _____	Methods of Fitness Instruction Community Health & Fitness II Community Health & Fitness II Lab Issues in Exercise Studies Seminar EG White General Elective General Elective General Elective	2:00 10:30 3:30 6:30 _____ _____ _____	MW T TR T _____ _____ _____	2 2 2 1 3 3 2
	Total credits			16		Total credits			15
					CREDIT TOTAL – 124				

<i>Fall Semester</i>	FRESHMAN	Time	Day	Credits	<i>Spring Semester</i>	FRESHMAN	Time	Day	Credits
CHEM110	Intro to Chemistry	11:30	MWF	4	BCHM 120	Intro to Biochemistry & Lab	11:30	MWF	4
ENG 115	College Writing	10:00	TR	3	HIST 110	World Views, Cultures and Gods	9:30	MWF	3
RELT 100	God and Human Life	8:30	T	3	COMM 104	Communication Skills	8:00	TR	3
HLED120	Fit for Life	8:30	T	1	MATH xxx	Math GE	2:00	TR	3
FTES xxx	Team activity or outdoor skills	varies	varies	1	PSYC 101	Intro to Psychology	10:30	MWF	3
MUHL 214*	Enjoyment of Music	10:00	TR	3					
	Total credits			15		Total credits			16
<i>Fall Semester</i>	SOPHOMORE	Time	Day	Credits	<i>Spring Semester</i>	SOPHOMORE	Time	Day	Credits
BIOL 221 & 221L	Anatomy & Physiology I	8:30	TR	4	BIOL 222 & 222L	Anatomy & Physiology II	8:30	MWF	4
	Anatomy & Physiology Lab	2:30	W	3		Anatomy & Physiology II	2:00	W	0
FDNT 230	Nutrition	11:30	MWF	4	FDNT 230	College Writing II	10:00	TR	3
HLED 210	Philosophy of Health	12:30	TR	0	RELT 250	Personal Spirituality & Faith	2:00	TR	3
MLSC 110	Medical Terminology	online	online	1	FTES 214	Weight Training & Conditioning _{M/W}	8:30/ 2:00	MW/TR	1
PHYS 141 & 141L	General Physics I	10:30	M-F	4					
	General Physics I Lab	2:30	T	0	PHYS 142 & 142L	General Physics II	10:30	M-F	4
		12:30	W			General Physics II Lab	12:30	W	0
		3:30	W				3:30	W	
	Total credits			16		Total credits			15
<i>Fall Semester</i>	JUNIOR	Time	Day	Credits	<i>Spring Semester</i>	JUNIOR	Time	Day	Credits
FTES 205	Fitness conditioning	4:00	TR	1	NRSG 466/HLED	Natural Remedies/Comp	9:30	T	2-3
RELB 210	Jesus in His Time & Ours	2:00	MW	3	380	Wellness	9:30	R	3
FTES 305	Curr. Concepts & Apps Fitness	2:00	MW	3	FTES 465		9:30	MWF	4
PYSC 301	Human Dev & Lifespan	8:00	MW	3		Exercise Physiology	2:30	T/R	0
BSAD 355	Mngmnt and Organization	11:30	MWF	3	HLED 412	Exercise Physiology Lab	12:30	MW	2
	General Elective			3	PSYC 319	Consumer Health	12:30	TR	3
					PYSC 210	Stress Management	12:30	MW	3
						Intro to Health Psychology			
	Total credits			16		Total credits			15
<i>Fall Semester</i>	SENIOR	Time	Day	Credits	<i>Spring Semester</i>	SENIOR	Time	Day	Credits
FTES 325	Sports Nutrition	3:30	TR	3	FTES 355	Methods of Fitness Instruction	2:00	MW	2
HLED 411	Community Health & Fitness I	10:030	T	2	HLED 412	Community Health and Fitness II	10:30	T	2
	Community Health & Fitness I Lab		T	0		Community Health & Fitness II Lab			
FTES 210	Personal Fitness Plan	12:30	MW	1	FTES 410	Issues in Exercise Studies	3:30	TR	2
FDNT 448	Nutrition & Wellness	10:30	MW	3	FDNT 460	Seminar EG White	6:30	T	1
FTES 495	Independent Study	varies	varies	1	MKTG	Principles of Marketing	12:30	TR	3
PBHL 440	Fund. Spirit. & Ethics in Htlhcare	6:30	MR	3	PSYC 471	Behavior Modification	8:30	TR	3
RELT 340	Religion and Ethics	online	online	3	FTES 497	Internship	TBD	TBS	2
						Fitness Elective			1
	Total credits			16		Total credits			15
						CREDIT TOTAL – 124			

STUDENT RIGHTS AND PROCEDURES

University policies and procedures addressing student records, freedom of association, discrimination and harassment, right of entry, classroom rights and other student rights can be found in the Andrews University General Information Bulletin and in the Student Handbook.

GRIEVANCE PROCEDURES

Every effort should be made by the student and the program director to provide an experience that is conducive to the development of professional competencies. However, as in any professional environment, behavior or circumstances may arise causing grievance to one or both parties.

The student should realize that for all concerns that cannot be resolved with the party causing the injury the following chain of command should be contacted. For efficient resolution of the concern, it is important that the sequential order of the chain be observed (please see below). You may be requested to state your grievance in writing.

Chain of Command for Grievances

Professor, Andrews University



Director, Fitness and Exercise Science Program



Chair, Department of Public Health, Nutrition & Wellness



Dean, School of Health Professions



Vice President for Academic Administration



President, Andrews University

A university ombudsperson may be helpful in this process.
See the Student Handbook for more information.

PART TWO:
EVALUATION, SCHOLARSHIP,
&
INFORMATION

Grading

The authority to determine letter grades rests with the teacher of the course. Policies on the Andrews University grading system including deferred grades and incompletes are found in the current University Bulletin and in each course syllabus.

A	94-100%
A-	90-93%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	A grade of C- or lower is not acceptable for dietetics students

Evaluation of the Progress of Fitness and Exercise Science Students

Evaluations are completed at regular intervals during the program as an overall index of student growth. Information from the evaluations is used to strengthen and enrich counseling of the student.

Steady growth and progress is expected from the initial levels toward the ideal level. The evaluation is completed by the director of the program using information from course instructors and the fitness faculty. Evaluations will occur at the following intervals:

1st evaluation	Spring Semester, Sophomore Year (application)
2nd evaluation	Spring Semester, Junior Year (evaluation interview)
3rd evaluation	Spring Semester, Senior Year (portfolio)

Forms used in the evaluation process can be found in the appendix of this handbook. The evaluation forms for each student are compiled by the director and reviewed along with a self-evaluation completed by the student using the same forms. All ratings are recorded on a summary sheet which is maintained in the students' file. The director may summarize the general strengths and limitations of the student in conference with other faculty and the student; however the actual ratings and comments will be kept in confidence.

Application

Students who wish to enter into exercise science must apply to the program in the spring semester of their sophomore year. Applicants must meet the requirements on page 9 to be accepted into the program.

Freshmen and sophomores are permitted to retake a maximum of 2 science or FTES courses to improve their standing for admission to the exercise science program.

Interview

In the spring semester of their junior year each student will meet with the program director and one other faculty member for an interview. The student completes the evaluation form, available in Appendix A of the handbook, and brings it to the meeting. The director and additional faculty member complete the evaluation for the student also and compare the evaluations during the meeting time.

Portfolio

Students are presented with information on starting their portfolio during their freshman year. Projects, papers, and presentations are collected by each student throughout the program to put into the final portfolio.

Each year students *are encouraged* to make an appointment with their advisor to sit down and review their current portfolio. A new learning plan and evaluation, updated resume, and a revised self-reflection should be completed each year of the program, and placed in their portfolio.

All senior students need to submit the final copy of their portfolio in the Spring semester each year (usually due in March). Graduation is contingent on the student turning in their finalized portfolio. This is submitted during the Exit Interview with the FES Director and Department Chair of Public Health, Nutrition and Wellness.

*Log sheets for departmental assemblies and volunteer/work hours can be found in Appendix D. An outline of the volunteer/work hour guidelines can be found in Appendix E.

Student Involvement in the Department and Community

In order to submit a strong application to the Exercise Science Program we suggest getting involved in Exercise Science activities early in your career at Andrews University. In addition to strengthening your application to the Exercise Science Program, getting involved early will allow you to: 1) gain valuable experience in the field of Exercise Science, 2) learn about the career opportunities available in Exercise Science, 3) decide if you are interested and passionate about Exercise Science, 4) meet Exercise Science faculty, 4) meet other students interested in Exercise Science. Some activities that you can get involved in early are listed below:

Elected officers of the Nutrition & Fitness Student Association (NFSA) represent students in the Department of Public Health, Nutrition and Wellness. This association has two faculty co-sponsors who bring the academic issues and other concerns of the students to the departmental faculty meetings for discussion and action. Students will be informed of pertinent decisions occurring in faculty meetings by email and at the monthly departmental assemblies. **All students are required to attend 5 of the 6 departmental assemblies for each school year. Assembly attendance MUST be recorded and turned in with the senior portfolio.**

Join a professional organization, such as: The National chapter of ACSM or the National Strength and Conditioning Association (NSCA). The ACSM is one of the primary professional organizations for the Exercise Science major. We encourage students to become members of ACSM to take part in the many opportunities and learning experiences available. See the following links to the National ACSM webpage.

National ACSM <http://www.acsm.org/>

National Strength and Conditioning Association <http://www.nasca-lift.org>

Shadow professionals to learn about your career options. We strongly recommend taking time to shadow professional to learn about career options in the field of Exercise Science. Spending time with professionals is a great way to gain insight about different career opportunities and identify if a particular career is a good fit for you. Talk to your advisor to get a list of contacts for your specific area of interest.

Gain work experience in the area of Exercise Science. If you are looking for employment while you are a student, we encourage students to look for positions in the field of Exercise Science.

Preparation for the Certified Personal Trainer (CPT) Exam (and/or Health and Fitness Specialist (HFS) exam)

The Exercise Science program at Andrews University is designed to prepare the student for the certification examination given by the American College of Sports Medicine (ACSM).

Students are encourages to study the Certification Review manual published by ACSM, Guidelines for Exercise Testing and Prescription published by ACSM, review class notes and portfolio material and recall experiences gained during internship.

Exit Interview

Prior to graduation all senior Exercise Science students will need to schedule an exit interview with the Director of Fitness and Exercise Studies. Exit interviews will be scheduled prior to finals of the semester you are graduating and will be attended by 3 to 8 individuals at one time, which allows for an open discussion to occur regarding the program.

Professional Policy

It is the expectations of all faculty and staff that students accepted to the Exercise Science Program maintain a high level of professionalism. Students will frequently be working with other Andrews University students and faculty, Wellness Center members, and community members. As a young professional, your appearance and behaviors display confidence as well as set the Exercise Science student apart from the clients within your population. When you are representing the Exercise Science Program we require that you:

1. Wear professional attire, such as a collared shirt and appropriate shorts or pants. Your attire should distinguish your role with the client. We will provide you with an Exercise Science collared shirt and T-shirt, which can be worn when necessary.
2. Maintain a professional attitude and be polite at all times when representing the Exercise Science Program and AU.
3. Respect the confidentiality of all clients. Information obtained during Practicums, Internships, Field Experience, and Research is to remain confidential.
4. Know your limitations. You will be given a fair amount of responsibility during your time in the Exercise Science program, and you will be held accountable for your actions. You are encouraged to think for yourself and problem solve, but to stay within your limitations and hesitate to ask for help or advice from faculty when needed.

Guidelines for Formal Papers

When completing writing assignments in the Exercise Science major we request that the following formatting recommendations be followed:

All assignments must be typed using a 12 point standard font, such as Times New Roman, Arial, etc.

Text should be double spaced on 8 1/2" x 11" paper with 1-inch margins, single sided

Number pages consecutively

Use APA style for all works cited

Use peer-reviewed publications for citations.

Career Opportunities

Exercise Science major may seek employment in a number of areas. Jobs exist in the private and public sectors.

Some examples may include:

Hospitals – cardiac and pulmonary rehabilitation, exercise specialists, clinical exercise specialists, exercise stress testing technologist, research technologists, disease management, diabetes education, and wellness/health coaching

Military – research technologist, exercise physiologist, exercise-testing technologists, wellness center manager

Corporate – pharmaceutical sales representative, health and fitness technology development, corporate fitness management, medical device sales, personal training

Community – worksite wellness, wellness programming, health education, fitness club management, personal training, health programming, state and local health department specialist

Academic – strength and conditioning, research technologist, wellness programming, health education.

The Exercise Science major is also an excellent preparatory major for students who plan to go on to pursue advanced degrees.

Common graduate areas of study include:

Physical Therapy

Exercise Physiology

Occupational Therapy

Aquatics Fitness Instructor

Chiropractic Medicine

Cardiac Rehabilitation

Physician's Assistant

Athletic Training

Medical School

Public Health

Strength and Conditioning

Appendix

JUNIOR EVALUATION OF PROFESSIONAL PERFORMANCE

Name:

	Excellent (3)	Very Good (2)	Good (1)	Needs improvement (0)
Knowledge of Fitness and Exercise Science				
Knowledge of fitness (mostly grade of B or higher in FTES and Science courses)				
Cumulative GPA of 3.0 or higher				
Teacher's Comment				
Accuracy				
Follows teachers instructions				
Follows professional standards				
Assignments are completed in detail				
Teacher's Comment				
Attitude				
Works well with groups				
Keeps appointments				
Dresses appropriately				
Punctuality				
Gets work/assignments turned in on time				
Teacher's Comment				
Cooperation				
Willingness to complete job tasks				
Participates in the department activities and assemblies				
Teacher's Comment				
Communication				
Communicates appropriately with teachers & seeks information				
Uses electronic tools effectively for professional communication and research				
Communicates effectively in written forms				
Communicates effectively in verbal, and non-verbal forms				
Teacher's Comment				
Lifelong learner				
Demonstrates continuing professional growth				
Diligence in working on portfolio on a yearly basis				
Teacher's Comment				

	Excellent (3)	Very Good (2)	Good (1)	Needs improvement (0)
Acceptance of Criticism				
Willingness to accept criticism				
Utilizes constructive criticism for self-development				
Teacher's Comment				
Organization				
Ability to organize materials				
Turns in papers that are neat and orderly				
Teacher's Comment				
Total score				
Definitions of the Professional Performance Evaluation				
Excellent: Meet all the standards				
Very good: Meet most of the standards				
Good: Generally meets standards but shows need for improvement				
Needs improvement: Fails to meets various standards				
Students that scores less than 50 points out of 66 will be considered on probation and having an overall GPA below 3.00 will be uncompetitive when applying for an Exercise Science Internship.				
<u>Advisor's overall comments:</u>				
Signature of the Advisor:			Date:	
<u>Student's comments:</u>				
Signature of Student:			Date:	

EXERCISE SCIENCE INTERNSHIP PROGRAM

Internship Options

Students choose internship sites in consultation with their academic advisor during the Spring of their Junior year. Currently, the Exercise Science Program has partnered with several local organizations to assist students in gaining knowledge in clinical, corporate, and athletic and community settings. Please consult your advisor for more information concerning the internship program.

Handbook

Students enrolled in the Internship course will receive a Student Handbook from the Program Director. The handbook contains important program guidelines, evaluation instruments and reporting forms.

Program Description

The internship program at Andrews is designed to provide professional experiences at various institutions in the United States. The experiences are supervised by Exercise Physiologists, Physical Therapists, Physicians or other medical/wellness professionals in leadership positions.

Departmental Assembly Log

It is required that Exercise Science and Fitness Majors attend at least 4 of 6 departmental assemblies per year. Please use this form to log your participation in these activities.

Name:

—

Major:

—

Program Standing: (circle one) Freshman Sophomore Junior Senior

School Year: _____ - _____

Date

Subject Matter

Fitness & Exercise Science

Portfolio Volunteer/Work Experience Requirements

Purpose: To participate in meaningful fitness and exercise experiences preferably with a fitness professional.

Required Hours: 50 hours for freshman. For those transferring to AU or the department as a sophomore, 38 hours are required. For those transferring as a junior 25 hours are required.

The required hours are as follows:

Clinical	Examples: Shadowing a clinical exercise physiologist, fitness instructor, or personal trainer (long-term care, hospital, cardiac rehab, and bariatric) Clinical research assistant (in hospital setting) Attendance at a support group meeting
Community	Examples: Shadowing a personal trainer Shadowing a group fitness instructor Shadowing an exercise physiologist Active participation in a community program (WE CAN, FLIP, etc.) Nutrition related camps (weight loss or diabetic camps) Health fairs Fitness related handouts/brochures Church wellness programs (Lifestyle Matters, CHIP, GROW) Health presentations Department informational booths for the Health & Fitness Expo, Eating Disorder Awareness Week, and etc. Domestic & international mission projects related to fitness/wellness (as approved by the health & fitness director) Assisting Faculty in research
Corporate or Athletic	Examples: Shadowing in Whirlpool Corporate Health Program Shadowing at a gym or recreational center (Renaissance Athletic Club in Benton Harbor, MI) Shadowing athletic trainers at a university (Notre Dame, South Bend, IN)

Additional Guidelines:

*Hours done for class, working in the department as a lab assistant or office assistant, will NOT count towards your portfolio hours.

*ALL work must be done under the supervision of a Certified Trainer (AU faculty or outside). If unsure that the activity meets these requirements check with the Health & Fitness Director, BEFORE engaging in an activity. (If the program does not have a certified trainer associated with it, submission of lesson plans, handouts, or other materials being used MUST be approved by a certified trainer in the department BEFORE participating in the program/event.)

Deadlines:

To ensure that you are meeting the requirements above appropriately and showing progress (12.5 hrs/yr), you need to take your portfolio to your Exit Interview.

**Fitness & Exercise Science Program
Portfolio Log**

**Circle which part of the portfolio these hours are for: Clinical Corporate Community
Self-selected**

Name _____

Experience	Hours

Fitness and Exercise Science Program
Volunteer/Work Hours for Portfolio

Circle which part of the portfolio these hours are for: Clinical Corporate Community
Self-selected

Name _____ Date _____

Location

Type of Service Performed

Total Hours _____

.....

.....

Please write briefly summary about your experience, and what you learned from this experience:

.....

Exercise Science Application Form

This form is to be used by prospective students who are applying to the Andrews University Exercise Science program

Section I: PERSONAL PROFILE OF APPLICANT

Name of Applicant: _____ Date of Birth: _____
(Last Name) (First Name)
(Month/Day/Year)

Permanent Address of Applicant:

(Street Address)

(City) (State) (Zip Code) (Country)

Telephone Number: _____ Email Address: _____

Gender of Applicant: [] Male [] Female

Ethnicity of Applicant:

[] White (non-Hispanic) [] Hispanic [] Black/Non-Hispanic [] Indian

[] Asian [] Native American [] Pacific Islander [] Other _____

Section II: APPLICATION PROFILE

1. Check the option that best describes your current application category:

- [] Sophomore at Andrews wishing to apply to the Exercise Science program at Andrews
- [] Student changing from another academic major at Andrews University
- [] **Student** transferring from another college or university
- [] Special student with a B.S. degree (other than Exercise Science)

2. Please indicate whether you have already completed the following application activities:

- a. For all students applying to the Andrews University Exercise Science Program:
Have you already applied and received general acceptance to Andrews University?
[] Yes [] No

If No, please visit the Andrews University Admissions website link for general application requirements, instructions and procedures:
<http://www.andrews.edu/future/apply/index.html>

b. For those with Non U.S. Degrees or Foreign Transfer Students:

Has your academic transcript already been evaluated by one of the AND-approved evaluating agencies?

☐ Yes ☐ No

If No, please visit the following AND website link for instructions:
<http://www.eatright.org/CADE/content.aspx?id=10152>

Section III: ACADEMIC PROFILE OF APPLICANT

1. Most Recent Educational Institute Attended:

_____ (Name of High School/College/University)

_____ (City or State) (Zip Code)
(Country)

2. The number of college credits you have already successfully completed is:

3. Please complete the following academic course profile by indicating whether you have already successfully completed any of the listed college courses or equivalents:

<input type="checkbox"/>	Basic Nutrition	Year Completed: _____	Grade: _____	Credits: _____
<input type="checkbox"/>	Anatomy & Physiology I	Year Completed: _____	Grade: _____	Credits: _____
<input type="checkbox"/>	Anatomy & Physiology II	Year Completed: _____	Grade: _____	Credits: _____
<input type="checkbox"/>	General Microbiology	Year Completed: _____	Grade: _____	Credits: _____
<input type="checkbox"/>	Inorganic/Org. Chemistry	Year Completed: _____	Grade: _____	Credits: _____
<input type="checkbox"/>	Intro to Biochemistry	Year Completed: _____	Grade: _____	Credits: _____
<input type="checkbox"/>	Statistics	Year Completed: _____	Grade: _____	Credits: _____

Total Credits: _____

Were the credits taken on the quarter or semester system? _____

Please be prepared to submit course descriptions upon request for any of the above courses.

4. Based on your academic transcript, your overall cumulative Grade Point Average (GPA) is: _____

5. Have you taken a math course? **Yes** **No** If yes, list the name of the course and your grade.
Course name: _____ Grade: _____
6. I certify that the above information is complete and accurate, to the best of my knowledge.

APPLICANT SIGNATURE: _____ DATE: _____

Please fax completed form to: 269-471-3485

or mail to:

**Director of Fitness and Exercise Science
Public Health, Nutrition & Wellness Dept. Rm 320
Andrews University
Berrien Springs, MI 49104-0210**

For Official Use Only

Accepted to Program:

Probationary Acceptance to Program:

RECOMMENDATION LETTERS

Please submit two letters of reference with your application. List those individuals who will be providing recommendation letters below. Recommendation letters should come from individuals who can speak to your academic abilities, work habits and interest in the Exercise Science field. Andrews University Department of Public Health, Nutrition and Wellness faculty cannot provide recommendation letters. Provide each person writing you a letter with the "Letter of Reference Form" which can be found within the pages following this application form in the Exercise Science Manual. This form has a portion for you to complete and then provide to your reference to fill out and turn in with their formal letter.

Name	Title	Phone	Email
1. _____	_____	_____	_____
2. _____	_____	_____	_____

Letter of Reference Form

Name of Applicant _____

This document will be utilized by the selection committee to evaluate your qualifications for admission into the Exercise Science Program at Andrews University. Before submitting this form to the person who will be writing your recommendation, please sign one of the following statements relative to the confidentiality of this form.

I DO voluntarily waive my right to inspect and review this evaluation

Signature: _____

Date: _____

I DO NOT waive my right to inspect and review this evaluation

Signature: _____

Date: _____

To the Individual Writing the Recommendation:

The above student wishes you to provide a recommendation on behalf of his/her application to the Andrews University Exercise Science Program. The Exercise Science graduate possess the knowledge, skills and abilities to enhance awareness, change behavior and create environments that support good health practices. In addition these individual develop self-responsibility for their own health and wellness and promote a healthy lifestyle to others. Therefore, we ask you to provide thoughtful and honest responses to this inquiry. You may either give the recommendation to the student in a sealed envelope with your name signed across the seal or send directly to: Jasel McCoy; 8475 University Blvd, Berrien Springs, MI 49104-0210, Marsh Hall, Third Floor, #320

Name:	Date:	
Signature:		
Profession:		
Address:		
Email and/or Phone Number:		
How well are you acquainted with applicant?		
In what capacity do you know the applicant? (circle)		
Student	Employee	Friend

How long have you known the applicant?

Very Well

Better than Average

Not Very Well

If you have taught this student, please list which course(s).

General Recommendation: (circle)

Strongly Recommend

Average

Recommend With Reservation

Letter of Reference Form *(continued)*

Part A - Please place a mark in the appropriate column based on your experience with the applicant.

	Exceptional Top 5%	Very Good Next 10%	Good Next 25%	Above Average 50%	Below Average	No Basis for Judgment
Motivation and energy Level						
Cooperation						
Dependability						
Ability to follow directions						
Ability to handle stressful situations						
Ability to accept responsibility						
Emotional/ social maturity						
Reaction to criticism						
Work ethic						
Ability to interact with peers						
Problem solving skills						
Ability to work with groups						
Ability to be a role model in the health field						
Organizational qualities						
Leadership potential						
Communication skills						

Part B – Personal letter (optional)

Attach a personal letter of recommendation indicating the applicant's strengths and weaknesses. Please discuss additional information regarding any of the characteristics above, personal characteristic qualities, professionalism and

interpersonal skills.

Student Self Evaluation Questions

Respond to the following questions in essay format on a separate piece of paper and attach to the application. Responses must be typed, double-spaced and limited to 100 words per question. They will be evaluated on content as well as sentence structure and grammar.

1. What is your definition/description of Exercise Science? If you are accepted in the Exercise Science major, what are your expectations of the program?
2. If you are assigned to work a group project, and you have someone not “pulling their weight”, how do you handle this situation? Please address your interpersonal skills in the response.
3. Describe talents, aptitudes, or gifts you possess and how these could contribute to a successful career in Exercise Science.
4. Express your position on whether or not you believe it is important for society as a whole to lead a physically active and healthy lifestyle. Include your personal health related activities as well as examples of you being a wellness role model.
5. Describe any life experiences that have contributed to your interest in a career in Exercise Science. Include your personal desires and strengths that may contribute to the Exercise Science field.
6. What do you plan to do with your Exercise Science background after graduation?

Professional Standards Form

The Exercise Science program at Andrews University requires students to have the knowledge and physical ability to perform specific tasks. The technical standards listed below, as established by the Andrews Exercise Science faculty, represent the qualities and abilities the student must possess to succeed in the Exercise Science program.

1. Possess verbal and non-verbal communication skills that are necessary to communicate effectively within diverse situations and to people with different social and cultural backgrounds.
 - a. Communicate with others in a respectful, polite and confident manner
 - b. Demonstrate understanding of the English language
 - c. Demonstrate effective and appropriate non-verbal behavior to deliver communication messages
2. Demonstrate professional behaviors and standards needed to assimilate, analyze and clearly process information in a logical, practical manner.
 - a. Demonstrate ability to prioritize multiple tasks, integrate information, and make decisions
 - b. Demonstrate emotional well being necessary to exercising sound judgment
3. Demonstrate a calm demeanor during stressful/emergency situations and make sound judgments.
 - a. Demonstrate problem-solving skills necessary for identifying/prioritizing problems
 - b. Demonstrate ability to cope effectively with the stresses of academic demands and clinical situations
4. Develop a rapport with fellow students, health care professionals, faculty and off campus site mentors to insure quality care is achieved.
 - a. Demonstrate interpersonal skills that are evidenced by sensitive and effective professional interactions
 - b. Demonstrate respect of personal space of clients and others
 - c. Seek help when necessary and appropriately utilize constructive feedback
5. Record information efficiently and accurately.
 - a. Maintain accurate documentation of records
 - b. Maintain confidentiality of client/information records
6. Demonstrate strength, endurance, coordination, auditory perception and sensory function to be able to perform physical tasks and assessments.
 - a. Demonstrate motor control necessary to manipulate/operate equipment controls and use of assessment tools
 - b. Demonstrate ability to perform examinations and procedures, which require changing position: sitting, standing, squatting, kneeling, and maintaining balance.

Candidates for admission to the Exercise Science program will be required to verify they understand and meet these technical standards or that they believe with certain accommodations can meet the standards.

If a student with a qualified disability status can meet the technical standards with accommodation, then the student and appropriate University personnel will discuss what accommodation(s) may be effective and whether the accommodations requested are reasonable - taking into account client safety, and whether the requested accommodations would fundamentally alter the nature of the program, including academic standards.

I certify that I have read and understand the technical standards for selection to the Andrews University Exercise Science program. I believe to the best of my knowledge that I meet each of these standards **without accommodation**. I understand that if I am unable to meet these standards I will not be admitted into the program.

Signature of Applicant

Date

Alternative statement for students requesting accommodations.

I certify that I have read and understand the technical standards for selection to the Andrews University Exercise Science program. I believe to the best of my knowledge that I can meet each of these standards with certain accommodations. I will contact the Program Coordinator of Exercise Science and the Office of Disability Services to determine what accommodations may be available. I understand that if I am unable to meet these standards with or without accommodations, I will not be admitted into the program.

Signature of Applicant

Date

Amendment Consent Form

A. For Students on Campus: By signing this part of the form, you are agreeing to disclose your education records to the Exercise Science faculty in order to determine your academic status and eligibility, not only for entrance into the program, but also progression through the program.

Please provide your signature and date in the area below if you understand and agree to comply with this statement.

Date:	Name (Print):
Student ID number:	Signature:

Exercise Science Application Evaluation Form

Name of Student: _____ Name of Evaluator: _____

I. Curriculum Requirements

A. Cumulative GPA

> 2.5 (0) _____
2.5 – 2.75 (1) _____
2.76 – 3.0 (2) _____
3.01 – 3.25 (3) _____
3.26 – 3.50 (4) _____
3.51 – 3.75 (5) _____
3.76 – 4.0 (6) _____

B. BIOL 221 (Anatomy)

D or F (0) _____
C grade (1) _____
B grade (3) _____
A grade (5) _____
Currently enrolled _____

C. BIOL 325 (Physiology)

D or F (0) _____
C grade (1) _____
B grade (3) _____
A grade (5) _____
Currently enrolled _____

D. CHEM 108 or CHEM 114 (106/112 if 108/114 not completed yet)

D or F (0) _____
C grade (1) _____
B grade (3) _____
A grade (4) _____
Currently enrolled _____

Total CURRICULUM SCORE ____/20

II. Overall Evaluation from essay questions

	Good	Fair	Poor
Knowledge of expectations and requirements of major	2	1	0
Knowledge of the profession and current issues	2	1	0
Personal health habits and role model activities	2	1	0
Interest and desire to be part of HP profession	2	1	0
Quality of written communication skills	2	1	0

Total OVERALL EVAL SCORE ____/10

III. Recommendation Letters

Score 1 _____ Score 2 _____

Total RECOMMENDATION SCORE ____/10

TOTAL POINTS ____/40 points

Recommend Interview? Yes No

Areas of Concern: