
SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE

School Dean:

Athletic Training Program and Exercise Physiology Program Faculty: Ms. Aronson, Dr. Bradney, Mr. Hannah, Dr. Laurent, Dr. Magyari, Ms. Piatt, Ms. Wallin

Health and Movement Science Program, Health Promotion Program and Sports Management Program Faculty: Dr. Kuchler, Dr. Nye, Dr. Olsen, Dr. O'Toole, Mrs. Steele

General Education Program Faculty: Mr. Koudelka

Nursing Program Faculty: Dr. Andrews, Mrs. Briceland, Dr. Deluca, Dr. Hale, Mrs. Hunter, Mrs. Lloyd-Fitzgerald, Dr. Rinker, Mrs. Schultz

The School of Health Sciences and Human Performance provides curricular and co-curricular activities for students who have career interests in health and human services and sports-related professions. Through formal classroom instruction, guided practical experiences, and independent internships, faculty assist students with acquiring knowledge, building skills and competencies, and developing an appreciation for the importance of healthy lifestyles. Community initiatives allow students and faculty to be involved in a variety of activities that promote health.

ATHLETIC TRAINING MAJOR

Athletic training is an allied health care profession focusing on the prevention, treatment, and rehabilitation of injuries and illnesses occurring to physically active individuals. Athletic trainers find employment in secondary schools, colleges and universities, sports medicine clinics, professional sports programs, industrial settings, and other health care environments.

This major combines didactic and clinical education so students can apply theoretical and practical athletic training knowledge in professional work settings. Students will assist in providing quality health care services to Lynchburg College intercollegiate athletic teams, an educational experience that will prepare students to (1) take the National Athletic Trainers' Association Board of Certification Examination, which, in turn, will allow them to serve as entry-level certified athletic trainers and/or (2) pursue an advanced degree in athletic training or other health-related field.

Entry into the athletic training major is competitive, and all students who apply may not be accepted into the program. Students must have a QPA of 2.5 or higher; completed (or in the process of completing) AT 100; fifty hours of observation in the Lynchburg College athletic training facility; completed the "observation check list"; and completed the technical standards form. Transfer students are welcome. Placement is based on admission criteria, competencies, and proficiencies completed at the prior institution.

Applications, which may be obtained from the Athletic Training Program coordinator, must be completed before students can be considered for admission to the program. To maintain status as an athletic training major, students must maintain 2.50 QPA or higher, pass semester-end competency examinations associated with each clinical course, receive a grade of B- or higher in all athletic training major courses, and satisfactorily complete all clinical experiences and proficiencies assigned to each clinical course. Specific policies and regulations for athletic training majors are published in the course syllabi and/or the athletic training student handbook.

Students are expected to provide their own transportation to clinical education sites, and they must follow the dress code of their assigned clinical site. Students must also have a complete series of immunizations, including hepatitis B, on file with the Health Center prior to their first clinical education course, AT 240. A one-time professional fee is charged after acceptance into the Program major.

Support Courses			Hours
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
EXPH	255	Scientific Principles of Strength and Conditioning	2
EXPH	325	Exercise Physiology	3
EXPH	340	Health and Fitness Appraisal and Programming	2
EXPH	380	Kinesiology	3
HLTH	300	Pharmacology	3
HMS	304	Psychology of Motor Behavior and Learning	3
HMSR	312	Introduction to Research in Health and Movement Science	3
HP	270	Nutrition	3
 Athletic Training			
A T	100	Introduction to Athletic Training	3
A T	150	Prevention of Athletic Injuries	3
A T	225	Safety and Management of Health Emergencies	3
A T	325	Assessment Techniques of Lower Body Injuries	3
A T	326	Assessment Techniques of Upper Body Injuries	3
A T	327	Assessment Techniques of General Medical Conditions	3
A T	350	Therapeutic Exercise	3
A T	351	Therapeutic Modalities	3
A T	425	Administration of Athletic Training Programs	3
A T	450	Issues and Research in Athletic Training	3
 Clinical Education			
A T	200	Field Experience I	1
A T	240	Clinical Education I	2
A T	340	Clinical Education II	2
A T	342	Clinical Education III	2
A T	400	Field Experience II	1
A T	440	Clinical Education IV	<u>2</u>
<i>Total Hours Required</i>			70

EXERCISE PHYSIOLOGY MAJOR

The exercise physiology major provides accurate and current information to future health professionals who have career interests in working with the physically active population. Combined with a strong liberal arts foundation, the exercise physiology major provides theoretical and practical aspects of exercise, health and fitness training, and clinical exercise testing. The major also provides a pre-professional background for those interested in pursuing physical therapy, occupational therapy, medicine, and other health-related professions. Through varied practical learning opportunities, students experience “hands-on” application of the theory learned in the formal classroom setting.

Support Courses			Hours
A T	225	Safety and Management of Health Emergencies	3
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
HMS	303	The Structure and Sequence of Developmental Human Movement	3
HMSR	312	Introduction to Research in Health and Movement Science	3
HP	224	Addiction and Behavior Management	2

HP	239	Dimensions of Health and Wellness	3
HP	270	Nutrition	3

Exercise Physiology

EXPH	255	Scientific Principles of Strength and Conditioning	2
EXPH	325	Exercise Physiology	3
EXPH	340	Health and Fitness Appraisal and Programming	2
EXPH	328	Clinical Exercise Testing	3
EXPH	380	Kinesiology	3
EXPH	382	Exercise Physiology, Assessment, and Programming-Spec Populations	3
EXPH	395	Environmental Exercise Physiology	3
EXPH	425	Advanced Health and Fitness Evaluation and Programming	3
HMSR	415*	Internship in Health/Fitness and Sport Programming	3
<i>Total Hours Required</i>			50

*This major requires students to take HMSR 415 Internship in Health/Fitness and Sport Programming. Prerequisites for this course include junior or senior status and a minimum 2.25 QPA

HEALTH AND MOVEMENT SCIENCE MAJOR

The Health and Movement Science Program is committed to providing the highest quality educational experience for those preparing for professional careers in health and movement science settings. The program is dedicated to providing HMS majors with a broad background in health and movement science. Coupled with the physical education teacher licensure minor, the major provides preparation for teacher licensure at the PK-12 levels. The educational program for health and movement science, along with the physical education teacher licensure minor, incorporates the endorsement competencies required by the Virginia Department of Education and the National Association of Sport and Physical Education and prepares students to teach health and movement from a humanistic philosophy perspective. The program enhances professional development by applying theory to practice through experiential learning, practice opportunities with children, and peer teaching and learning.

Support Courses			Hours
A T	225	Safety and Management of Health Emergencies	3
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
EXPH	325	Physiology of Exercise	3
EXPH	340	Health and Fitness Appraisal and Programming	2
EXPH	380	Kinesiology	3
HMSR	312	Introduction to Research in Health and Movement Science	3
HP	239	Dimensions of Health and Wellness	3
HP	270	Nutrition	3
HP	271	Foundations of Health Education	3
PSYC	241	Developmental Psychology	3

Health and Movement Science

HMSR	128	Basic Team Sports Skills	1
HMSR	129	Basic Individual Sports Skills	1
HMSR	165	Folk and Social Dance	1
HMS	250	Cultural Foundations of Movement, Sports, and Dance	3

HMS	303	The Structure and Sequence of Developmental Human Movement	3
HMS	304	The Psychology of Motor Behavior and Learning	3
HMS	361	The Measurement of Performance in Health and Movement Science	3
HMS	362	Movement Learning for Exceptional Populations	3
<i>Total Hours Required</i>			52

HEALTH PROMOTION MAJOR

Students who select a health promotion major explore the biological, social, behavioral, and environmental factors that influence the health and well-being of individuals and society. Students develop and implement health promotion and disease prevention programs through classroom activities, community outreach experiences, and required internships in community health agencies or fitness facilities. After graduation, students may seek careers in health agencies such as the American Cancer Society, the American Red Cross, and the American Heart Association; health care settings; corporate work sites; city, county, state, and federal public health programs; and a variety of other health- and wellness-related programs in the private sector. Students may also pursue advanced degrees in health education or public health. Graduates are strongly encouraged to become certified health education specialists through credentialing by the National Commission on Health Education.

The mission of the health promotion program is to provide learning environments that support acquiring the knowledge and skills necessary for majors to perform compassionately and effectively as educators for health and wellness, whether working with individuals, schools, communities or policy makers.

Support Courses			Hours
A T	225	Safety and Management of Health Emergencies	3
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
EXPH	325	Exercise Physiology	3
EXPH	340	Health and Fitness Appraisal and Programming	2
HMSR	312	Introduction to Research in Health and Movement Science	3
Health Promotion			
HP	224	Addiction and Behavior Management	2
HP	239	Dimensions of Health and Wellness	3
HP	270	Nutrition	3
HP	271	Foundations of Health Education	3
HP	315	Health Behavior and Communication	3
HP	372	Contemporary Health Issues	2
HP	420	Health Program Planning	3
HMSR	415*	Internship in Health/Fitness/Sports Programming	6
<i>Total Hours Required</i>			44

*This major requires students to take HMSR 415 Internship in Health/Fitness and Sport Programming. Prerequisites for this course include junior or senior status and a minimum 2.25 QPA.

It is highly recommended that health promotion majors choose additional courses to support core requirements of the major. Students may choose a minor from other disciplines such as biology, environmental science, gerontology,

journalism, speech communication, psychology, or a combination of courses from various disciplines.

NURSING MAJOR

The educational program for professional nursing is based on an integration of liberal arts and sciences, nursing knowledge, and clinical practice which prepares the professional nurse to practice from a caring, holistic, and scientific foundation and to adhere to the American Nurses' Association Standards of Practice. Professional nurses become prepared to maximize the quality of nursing care through the application of theory and research to practice and to function in a variety of roles to assist individuals, families, groups, and communities to attain, maintain, and restore health. Faculty emphasize the importance of self-assessment, as well as self-directed lifelong learning. The faculty's dedication to excellence in teaching, to individual teacher/learner encounters, to the use of technology, and to role modeling of professional behaviors contributes to a broad range of individual and group learning experiences which establish a solid foundation for beginning nursing practice and graduate study.

Professional nurses serve to effect positive change in the delivery of health care and in the health of individuals, families, groups, and communities. Through progressive development of curricular concepts, students become increasingly independent in using critical thinking skills, nursing interventions, and communication skills. The goals of the Lynchburg College nursing program are to prepare graduates to:

1. Make appropriate nursing practice decisions for persons of various ages and health states;
2. Provide nursing care to promote optimum health responses in individuals, families, groups, communities, and populations representing a variety of ages, cultural backgrounds, and health states;
3. Effectively communicate orally and in writing;
4. Partner with others to accomplish health care goals;
5. Use research to support nursing practice to improve health care outcomes;
6. Demonstrate management skills useful for planning and coordinating care; and
7. Demonstrate professional behaviors and values.

Students participate in clinical learning experiences in various hospital and community health agencies. Hospital experience is obtained at Virginia Baptist Hospital and Lynchburg General Hospital. Ambulatory and home care experiences with families, the convalescing, and the chronically ill are directed from hospitals and community agencies.

During the first two years of the program, students take General Education courses and prerequisite courses for the nursing major. Progression to the upper division nursing major in the junior year is competitive. To be considered for progression, students need to meet College criteria for junior standing, have completed the prerequisite courses listed below with a quality point average of at least 2.5 and a minimum grade of C- in all courses with an NRSNG prefix. If a nursing major fails to earn a grade of C- on any two required nursing courses (NRSNG or HLTH 300/300L), whether in the same semester or in a course which is being repeated, the student must withdraw from the nursing major. If the student feels there have been extenuating circumstances, he or she may file a written appeal documenting these circumstances to the school dean.

Specific policies and regulations for nursing majors and clinical practice are published in the course syllabi and/or the nursing student handbook. Policies

include having on file in the Office of Health and Counseling Services a complete series of immunizations, including hepatitis, prior to beginning the first clinical course, NRSG 224/224L. Students are also responsible for their own transportation to clinical sites. A one-time professional fee, charged upon entry to the major, covers some supplies and standardized testing. The program is accredited by the National League for Nursing and approved by the Virginia State Board of Nursing.

Following are the nursing major requirements: **Hours**

In addition to other required General Education courses, these courses are prerequisites to the nursing major:

BIOL	222-222L	Human Anatomy and Physiology I and Lab	4
BIOL	223-223L	Human Anatomy and Physiology II and Lab	4
CHEM	127	The Chemistry of Life and Laboratory	4
HP	270	Nutrition	3
NRSG	223/223L	Contemporary Professional Nursing Practice	4
NRSG	224/224L	Nursing of the Older Adult	3
NRSG	230/230L	Health Assessment	2
PSYC	241	Developmental Psychology	3

Nursing major–upper division

HLTH	300/300L	Pharmacology	4
NRSG	310	Nursing Research	3
NRSG	325	Role Development in Nursing	1
NRSG	331/331L	Nursing of Adults Experiencing Acute Illness	4
NRSG	332/332L	Nursing of Adults and Families with Chronic Illness	4
NRSG	333/333L	Nursing of the Developing Family	4
NRSG	334/334L	Nursing of Families with Alterations in Health	4
NRSG	402	Professional Nursing Seminar	2
NRSG	407	Clinical Management	2
NRSG	408/408L	Care of Adults with Complex Illnesses	4
NRSG	413/413L	Community Health Nursing	4
NRSG	414/414L	Psychiatric-Mental Health Nursing	4
NRSG	416*	Synthesis Practicum	<u>2</u>
<i>Total Hours Required</i>			69

* Prerequisite: Satisfactory score on the Assessment Test; see course description for others.

SPORTS MANAGEMENT MAJOR

This major is a professional program leading to careers in management and administration of college sports programs, community recreation, YMCAs and YWCAs, sports sales and marketing, public relations and marketing for college and professional sports organizations, and management of health clubs.

The program prepares students to succeed in this diverse and challenging field in which participation in sports for health, leisure, education, or entertainment continues to occupy an increasing share of human endeavor throughout the world. Commerce in sports represents an expanding market that transcends age, gender, race, religion, language, nationality, and geography. Retiring athletes and coaches, the traditional wellspring of preparation for sports management positions, can no longer meet the global demand; nor do mere athletic experiences provide the breadth or depth of competencies necessary to succeed. Consequently, this program blends general education studies with business skills and concepts and interprets them in current sports settings via professional courses to be tested during the student’s internship opportunities, and, ultimately, to be practiced in professional service.

Supporting Courses			Hours
ACCT	201-202	Principles of Accounting	6
A T	225	Safety and Management of Emergencies	3
HMSR	128 or 129	Basic Team Sports Skills or Individual Sports Skills I	
HMSR	312	Introduction to Research in Health and Movement Science	3
HMS	250	Cultural Foundations of Movement, Sport and Dance	3
MGMT	260	Principles of Management & Organizational Behavior	3
MKTG	309	Principles of Marketing	3
MKTG	379	Marketing Communication	3

Sports Management			
SPMG	260	Principles of Sports Management	3
SPMG	353	Sports Law	3
SPMG	368	Sports Facilities and Event Management	3
SPMG	441	Management and Administrative Processes in Fitness and Sport	3
HMSR	415*	Internship in Health/Fitness/Sport Programming	6
<i>Total Hours Required</i>			<u>43</u>

*This major requires students to take HMSR 415 Internship in Health/Fitness and Sport Programming. Prerequisites for this course include junior or senior status and a minimum 2.25 QPA.

It is highly recommended that each sports management major have a supporting area, some examples of which are a coaching minor, a journalism minor, and a sports medicine minor.

COACHING MINOR

This minor requires:			Hours
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
EXPH	325	Exercise Physiology	3
EXPH	380	Kinesiology	3
HMSR	205	Coaching Apprenticeship (Students are encouraged to take several.)	1
HMS	304	Psychology of Motor Behavior and Learning	3
<i>Total Hours Required</i>			<u>18</u>

OUTDOOR RECREATION MINOR

This minor requires:			Hours
A T	225	Safety and Management of Emergencies	3
HMSR	265	Philosophy of Outdoor Experiential Education	3
HMSR	266	Outdoor Recreation Leadership	3
HMSR	415*	Internship	3
Four hours from the following:			4
HMSR	108	Adventure Activities	
HMSR	109	Cooperative and Competitive Movement Challenges	
HMSR	112	Basic Canoeing/Mountain or Road Biking	
HMSR	123	Backpacking	
HMSR	124	Hiking	
HMSR	125	Rock Climbing and Vertical Rope Work	

Total Hours Required 16

*Prerequisites for this course include junior or senior status and a minimum 2.25 QPA.

PHYSICAL EDUCATION TEACHER LICENSURE MINOR

Courses required for this minor, in addition to those required for the health and movement science major, complete the necessary competencies for teaching health and physical education, PK-12. Students seeking teacher licensure who do not declare this interest during freshman year will have difficulty completing requirements in four years.

Students must apply to the teacher preparation program by submitting an application to the School of Education and Human Development prior to November 1 or March 30 of the sophomore year and, if a junior transfer student, not later than February 1 of the junior year. Students must also complete designated courses, take Praxis I, and submit passing scores prior to applying to the teacher preparation program. Prior to student teaching, students must take Praxis II, meet QPA requirements (major and minor grades of C- or above, overall QPA of 2.5 and major/minor QPA of 2.75), and apply, and be admitted, to student teaching. All requirements listed in the Teacher Preparation section of the catalogue must be satisfied.

This minor requires:			Hours
HDVL 101	Introduction to Education and Related Fields		3
HDVL 351*	Reading in the Content Area		3
HMS 219	Movement Curriculum for PK-5		3
HMS 220**	Movement Curriculum for 6-12		3
HMS 330	School Health Curriculum		3
HMS 365**	Prescriptive Models for Teaching Movement and Health		<u>3</u>
<i>Total Hours Required</i>			<u>18</u>

- * Must have taken or be concurrently enrolled in HMS 219 and HMS 220
- ** Admission to Teacher Preparation Program required for enrollment

Licensure Requirement

HMS 465 Student Teaching in Health and Movement Science 12

Prerequisites: Admission to student teaching; completion of all courses in Physical Education Teacher Licensure minor and HM major courses.

SPORTS MANAGEMENT MINOR

This minor requires:			Hours
MGMT 260	Principles of Management & Organizational Behavior		3
SPMG 260	Principles of Sports Management		3
SPMG 353	Sports Law		3
SPMG 368	Sports Facilities and Event Management		3
SPMG 441	Management and Administrative Processes in Fitness and Sport		<u>3</u>
<i>Total Hours Required</i>			<u>15</u>

SPORTS MEDICINE MINOR

The broad goal of this minor is to provide students with the opportunity to acquire practical skills and knowledge that can be used in any health care field. A second objective is to give students resume-building experience to make them more marketable to graduate schools.

This minor requires:			Hours
A T	100	Introduction to Athletic Training	3
EXPH	325	Exercise Physiology	3
EXPH	340	Health and Fitness Appraisal and Programming	2
EXPH	380	Kinesiology	3
Two courses from:			5-6
A T	327	Assessment Techniques of General Medical Conditions	
A T	350	Therapeutic Exercise for Athletic Injuries	
A T	351	Therapeutic Modalities for Athletic Injuries	
EXPH	255	Scientific Principles of Strength and Conditioning	_____
<i>Total Hours Required</i>			16-17