
SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE

School Dean: Dr. Linda Andrews

Athletic Training Program and Exercise Physiology Program Faculty: Ms. Aronson, Dr. Bradney,

Mr. Bowman, Dr. Laurent, Dr. Magyari, Ms. Evans

Health and Physical Education Program, Health Promotion Program and Sport Management Program Faculty: Dr. Kuchler, Dr. Olsen, Dr. Guynes, Mrs. Steele, Mr. Smith, Dr. Sperry

Nursing Program Faculty: Ms. Bently, Mrs. Breckenridge, Dr. Deluca, Ms. Johnson, Dr. Hale, Mrs. Hunter, Mrs. Lloyd-Fitzgerald, Dr. Rinker, Mrs. Schultze, Mrs. Warren

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.

Program Listing

Athletic Training Major

Sports Medicine Minor

Exercise Physiology Major

Health and Physical Education Major

Coaching Minor

Outdoor Recreation Minor

Health Promotion Major

Nursing Major

Sport Management Major

Sport Management Minor

ATHLETIC TRAINING MAJOR

Athletic training is an allied healthcare 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 healthcare 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 healthcare 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. The Athletic Training Program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

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	Physiology of Exercise	3
EXPH	340	Health and Fitness Appraisal and Programming	2
EXPH	380	Kinesiology	3
HLTH	300	Pharmacology	3
HPE	304	Sport Psychology	3
H P	270	Nutrition	3
MATH	222	Introductory Statistics	3

Athletic Training

A T	100	Introduction to Athletic Training	3
A T	175	Basic Athletic Training Skills	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 for Athletic Injuries	3
A T	351	Therapeutic Modalities for Athletic Injuries	3
A T	425	Administration of Athletic Training Programs	3
A T	450	Current 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

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 healthcare 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	Physiology of Exercise	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>			<u>16-17</u>

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

60 School of Health Sciences and Human Performance Lynchburg College

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
HPE	303	The Structure and Sequence of Developmental Human Movement	3
H P	224	Addiction and Behavior Management	2
H P	239	Dimensions of Health and Wellness	3
H P	270	Nutrition	3
MATH	222	Introductory Statistics	3
Exercise Physiology			
EXPH	255	Scientific Principles of Strength and Conditioning	2
EXPH	325	Physiology of Exercise	3
EXPH	340	Health and Fitness Appraisal and Programming	2
EXPH	328	Clinical Exercise Physiology	3
EXPH	380	Kinesiology	3
EXPH	382	Exercise Physiology of Special Populations	3
EXPH	395	Environmental Exercise Physiology	3
EXPH	425	Advanced Health and Fitness Evaluation and Programming	3
EXPH	415*	Internship in Exercise Physiology	3
EXPH	450	Issues and Research in Exercise Physiology	3
<i>Total Hours Required</i>			<u>53</u>

- * This major requires students to take EXPH 415 Internship in Exercise Physiology Programming. Prerequisites for this course include junior or senior status and a minimum 2.25 QPA.

HEALTH AND PHYSICAL EDUCATION MAJOR

The Health and Physical Education Program is committed to providing the highest quality educational experience for those preparing for professional careers in teaching health and physical education. The program is dedicated to the preparation of majors for teacher licensure at the PK-12 levels. The educational program for health and physical education incorporates the endorsement competencies required by the Virginia Department of Education and prepares students to teach health and movement from a humanistic philosophical perspective. The program enhances professional development by applying theory to practice through experiential learning, practice opportunities with children and youth, and peer teaching and learning.

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 grades of C- or above, overall QPA of 2.5 and major QPA of 2.75), and apply, and be admitted, to student teaching. Please refer to the Teacher Preparation Program for teacher licensure requirements.

Support Courses			Hours
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
EXPH	325	Physiology of Exercise	3
EXPH	380	Kinesiology	3
HPE	312	Introduction to Research in Health and Human Performance	3

			Hours
H P	239	Dimensions of Health and Wellness	3
H P	270	Nutrition	3
H P	271	Foundations of Health Education	3
PSYC	241	Developmental Psychology	3

Health and Physical Education

HPE	100	Introduction to Health, Fitness, & Sports Professions	1
HPE	110L	Individual Sport Education Lab	1
HPE	111L	Life Sport Education Lab	1
HPE	112L	Team Sport Education Lab II	1
HPE	113L	Team Sport Education Lab I	1
HPE	201	Assessment of Teaching Behavior	3
HPE	219	Curriculum for PK-5 Physical Education	3
HPE	219L	Field Experience for HPE 219	1
HPE	220	Curriculum for 6-12 Physical Education	3
HPE	220L	Field Experience for HPE 220	1
HPE	303	Structure and Sequence of Developmental Human Movement	3
HPE	330	School Health Curriculum	3
HPE	330L	Field Experience for HPE 330	1
HDVL	351	Reading in the Content Area	3
HPE	362	Health and Physical Education for Exceptional Populations	3
HPE	365	Prescriptive Models for Teaching Health/Physical Education	<u>3</u>
		<i>Total Hours Required</i>	61

Teacher Licensure Requirement

HPE	467	Student Teaching in Health and Physical Education	11
HDVL	448	Student Teaching Seminar	<u>1</u>
		<i>Total Hours Required</i>	12

COACHING MINOR

This minor requires you choose 3-6 credits from: 3-6

HPE	205	Coaching Apprenticeship (Students are encouraged to take several.)	
-----	-----	---	--

		Choose 12 credits from the following:	12
A T	100	Introduction to Athletic Training	
EXPH	225	Scientific Principles of Strength and Conditioning	
HPE	110L	Individual Sport Education Lab	
HPE	112L	Team Sport Education Lab II	
HPE	113L	Team Sport Education Lab I	
HPE	304	Sport Psychology	
H P	270	Nutrition	
		<i>Total Hours Required</i>	<u>15-18</u>

*The apprenticeship can be taken more than once for 1-6 credits. If more than one HPE 205 is taken it must be applied to experiences with different sports. The student and advisor must be aware of the application of multiple apprenticeships.

OUTDOOR RECREATION MINOR

		This minor requires:	
A T	225	Safety and Management of Health Emergencies	3
HPE	265	Philosophy of Outdoor Experiential Education	3
HPE	266	Outdoor Recreation Leadership	3
HPE	415*	Internship in Health and Physical Education	3

			Hours
Four hours from the following:			4
HPE	108	Intro to Adventure Activities	
HPE	109	Cooperative and Competitive Movement Challenges	
HPE	112	Intro to Basic Canoeing/Bicycling	
HPE	123	Basic Backpacking	
HPE	124	Hiking	
HPE	125	Rock Climbing and Vertical Rope Work	
HPE	126	Challenge Course and Adventure Training	
<i>Total Hours Required</i>			<u>16</u>

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

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
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
HPE	312	Introduction to Research in Health and Human Performance	3
 Health Promotion			
H P	224	Addiction and Behavior Management	2
H P	239	Dimensions of Health and Wellness	3
H P	270	Nutrition	3
H P	271	Foundations of Health Education	3
H P	315	Health Behavior and Communication	3
H P	372	Contemporary Health Issues	2
H P	420	Health Program Planning	3
H P	415*	Internship in Health Promotion	<u>6</u>
<i>Total Hours Required</i>			41

- * This major requires students to take H P 415 Internship in Health Promotion 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 pre-requisite courses for the nursing major. Nursing prerequisite courses for the major include Chemistry 127, Biology 222 and Biology 222L, Biology 223 and Biology 223L, Psychology 241, Health Promotion 270 (Nutrition), Nursing 223 and Nursing 223L, Nursing 224 and Nursing 224L and Nursing 232 and Nursing 232L. Progression to the upper division major is competitive. All who apply may not progress.

Student selection into the sophomore class is based on:

1. Completion of Chemistry 127 with a minimum of C+
2. Score on a Pre-Nursing Assessment Test
3. Overall quality point average

Student selection into the junior class is based on:

1. Completion of all nursing and required prerequisite courses with a minimum of C+ in each course
2. Overall quality point average
3. Average grade for Biology 222 and 223 and their associated labs

Preference will be given to:

1. Students who have not retaken a prerequisite course
2. Students who entered Lynchburg College as freshman nursing majors
3. Students who have taken at least two semesters at LC.
4. Students who are not selected will be put on a waiting list.

To continue to progress in the nursing major, students must maintain a C+ or better in all nursing courses. If a nursing major fails to earn a grade of C+ on any two required nursing courses (NRSG or HLTH 300/300L) whether in the same semester or a course which is being repeated, the student must withdraw from the nursing major. If a student feels that he/she has not completed a nursing course with a C+ or better due to an extenuating circumstance, 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 or in the Office of Health and Counseling Services a complete list of immunizations, including hepatitis, prior to beginning the first clinical course, NRSRG 224/224L, and a Criminal History Records Check. 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 Commission on Collegiate Nursing Education (CCNE) and approved by the Virginia State Board of Nursing.

Following are the nursing major requirements:

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

		Hours
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 Lab	4
HP 270	Nutrition	3
NRSRG 223/223/L	Contemporary Professional Nursing Practice and Lab	4
NRSRG 224/224L	Nursing of the Older Adult and Lab	3
NRSRG 232/232L	Health Assessment and Lab	3
PSYC 241	Developmental Psychology	3

Nursing major-upper division

HLTH 300/300L	Pharmacology and Lab	4
NRSRG 310	Nursing Research	3
NRSRG 331/331L	Nursing of Adults Experiencing Acute Illness and Lab	4
NRSRG 332/332L	Nursing Care-Individuals & Families with Chronic Illness & Lab	4
NRSRG 333/333L	Nursing of the Developing Family and Lab	4
NRSRG 334/334L	Nursing of Families with Alterations in Health and Lab	4
NRSRG 402	Professional Nursing Seminar	2
NRSRG 407	Clinical Management	2
NRSRG 408/408L	Care of Adults with Complex Illness and Lab	4
NRSRG 413/413/L	Community Health Nursing and Lab	4
NRSRG 414/414L	Psychiatric mental Health Nursing and Lab	4
NRSRG 416*	Synthesis Practicum	<u>2</u>

Total Hours Required

69

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

SPORT 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
HPE	110L, 111L 112L, or 113L	Education Lab (Individual, Life, or Team)	1
HPE	312	Introduction to Research in Health and Human Performance	3
HPE	250	Cultural Foundations of Movement, Sport, and Dance	3
MGMT	260	Principles of Management and Organizational Behavior	3
MKTG	309	Principles of Marketing	3
MKTG	379	Marketing Communication	3

Sport Management

SPMG	260	Principles of Sport 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
SPMG	415*	Internship in Sport Management	<u>6</u>
		<i>Total Hours Required</i>	43

* This major requires students to take SPMG 415 Internship in Sport Management. Prerequisites for this course include junior or senior status and a minimum 2.25 QPA.

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

SPORT MANAGEMENT MINOR

This minor requires:

MGMT	260	Principles of Management & Organizational Behavior	3
SPMG	260	Principles of Sport 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>	15