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## SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE

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School Dean: Dr. Linda Andrews

Athletic Training Program and Exercise Physiology Program Faculty: Dr. Aronson, Mr. Bowman,  
Dr. Bradney, Ms. Evans, Dr. Kremer, Dr. McLaughlin

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

Nursing Program Faculty: Ms. Ayscue, Dr. Deluca, Mrs. DeLauder, Mrs. Foster, Mrs. Hunter,  
Mrs. Hutchinson, Ms. Johnson, Mrs. Kraje, Mrs. O'Meara, Dr. Rinker, Mrs. Schultze, Mrs. Warren,  
Dr. Whitman

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

Coaching Minor

Exercise Physiology Major

Health and Physical Education Major

Health Promotion Major

Nursing Major

Outdoor Recreation Minor

Sport Management Major

Sport Management Minor

Sports Medicine 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 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 fields.

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 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 200. A one-time professional fee is charged after acceptance into the Program major. The Athletic Training Program is accredited by the Commission on Athletic Training Education (CAATE).

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Support Courses:			<b>Hours</b>
^BIOL	214-214L	Human Anatomy and Lab	4
^BIOL	215-215L	Human Physiology and Lab	4
^EXPH	325	Physiology of Exercise	3
^EXPH	330	Assessment and Treatment of General Medical Conditions	3
^EXPH	342	Measurement Techniques in Exercise Physiology	3
^EXPH	380	Kinesiology	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	2
^A T	325	Assessment Techniques of Lower-Body Injuries	3
^A T	326	Assessment Techniques of Upper-Body Injuries	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	2
^A T	240	Clinical Education I	2
^A T	340	Clinical Education II	2
^A T	342	Clinical Education III	2
^A T	415	Athletic Training Internship	2
^A T	440	Clinical Education IV	<u>2</u>
<i>Total Hours Required</i>			<b>64</b>

^ Minimum grade of B- is required for this course.

**COACHING MINOR**

The minor in coaching requires:

HPE	205*	Coaching Apprenticeship	3-6
Electives:			12
A T	100	Introduction to Athletic Training	
EXPH	355	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>

\* Students are encouraged to take several apprenticeships. 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.

**EXERCISE PHYSIOLOGY MAJOR**

The Exercise Physiology program is committed to providing accurate and current information for majors to prepare them to be future health professionals with career interests in the application of physical activity to address issues of health, fitness, and performance.

When combined with a strong liberal arts foundation, the major provides comprehensive coverage of

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theoretical and practical information necessary to pursue graduate school and/or careers in exercise physiology, strength and conditioning, and fitness. The curriculum also provides pre-professional background for students interested in pursuing physical therapy, occupational therapy, medicine, and other health-related professions.

Through a variety of practical learning opportunities, students experience “hands-on” application of the theory learned in the formal classroom setting. Faculty from multiple professional specializations promote diversity in teaching, research, and service activities that enrich student learning experiences.

Support Courses:			<b>Hours</b>
A T	100	Introduction to Athletic Training	3
A T	225	Safety and Management of Health Emergencies	2
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
HPE	303	Motor Development	3
HPE	304	Sport Psychology	3
H P	270	Nutrition	3
MATH	222	Introductory Statistics	3
Exercise Physiology:			
EXPH	325	Physiology of Exercise	3
EXPH	326	Advanced Physiology of Exercise	3
EXPH	330	Assessment and Treatment of General Medical Conditions	3
EXPH	342	Measurement Techniques in Exercise Physiology	3
EXPH	355	Scientific Principles of Strength and Conditioning	3
EXPH	370	Sports Nutrition	3
EXPH	380	Kinesiology	3
EXPH	382	Exercise Physiology of Special Populations	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>58</u>

\* This major requires students to take EXPH 415 Internship in Exercise Physiology. 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 major 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:			
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
EDUC	351	Reading in the Content Area	3
EXPH	325	Physiology of Exercise	3
EXPH	380	Kinesiology	3

			<b>Hours</b>
H P	239	Dimensions of Health and Wellness	3
H P	270	Nutrition	3
H P	300	Drugs and Behavior Management	3
PSYC	241	Developmental Psychology	3
<b>Health and Physical Education:</b>			
HPE	105L	Elementary Physical Education Content Lab	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	258	Foundations of Health and Physical Education	3
HPE	303	Motor Development	3
HPE	304	Sport Psychology	3
HPE	310	PK-5 Physical Education Methods Practicum	4
HPE	320	6-12 Physical Education Methods Practicum	4
HPE	335	Comprehensive School Health Practicum	4
HPE	362	Health and Physical Education for Exceptional Populations	<u>3</u>
<i>Total Hours Required</i>			58
<b>Teacher Licensure Requirement:</b>			
EDUC	448	Student Teaching Seminar	1
HPE	467	Student Teaching in Health and Physical Education	<u>11</u>
<i>Total Hours Required</i>			12

### HEALTH PROMOTION MAJOR

The health promotion major program prepares students to work in today's health care delivery system and provides many health-related career options. Graduates of this program are provided educational experiences designed to prepare them for entry-level health promotion/wellness work and health care provider licensing. In addition, students are exposed to a variety of field experiences and can expect to find employment opportunities in community mental health centers, schools, hospitals, ambulatory care clinics, nursing homes, psychiatric facilities, health maintenance organizations, local, state, national and international health education service centers, insurance companies, and corporate wellness programs. Also, this program includes academic preparation for entrance to specific biomedical/technological fields. Such professional programs include medicine, dentistry, medical technology, physical therapy, pharmacy, optometry, dental hygiene, medical record administration, occupational therapy, and physician's assistant.

Surveys of job opportunities for health care professions show there is a need for more supervised study, experience, and "hands-on" training. A unique feature of this program is an internship that provides students with actual on-the-job experience that awards academic credit for working in a health-related/health care agency. Practical training given through the internship affords the student specific insight into certain career choices and experiences of a chosen field prior to graduation. The internship is the culminating experience for the major, and student applications for placement are due during the spring of their junior year. The program advisor works closely with each student in order to find the appropriate setting for an internship, and assigns field placements.

Upon completion of the Bachelor Degree, students with a health promotion major or a minimum of 27 hours of health education will be eligible to take the National/International Certification Exam under the auspices of the National Commission for Health Education Credentialing, Inc. to become a Certified Health Education Specialist (CHES).

The program advisor who has met with practitioners in the selected field guides career programs will determine the best courses for developing needed skills. Students must maintain an above-average grade point in the major and designated science/technical courses. Students must also demonstrate sincere, concerned interest in society's mental and physical health and welfare and achieve the objectives of the clinical internship.

The Health Promotion major has two tracks, which will allow more flexibility for students to attain necessary skills for specific career interests. The Public/Community track will enable students to pursue careers focusing on health-related interests within a community setting. The Allied Health track is intended to prepare students with an interest in the biomedical/technological fields and will require an academic

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foundation in the natural sciences. It is typical of health professionals to desire an array of health-related skills, and the Health Promotion major provides such an entity while meeting the public's demand.

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	342	Measurement Techniques in Exercise Physiology	3
MATH	222	Introductory Statistics	3
SOCI	371	Methods of Social Research	3
Health Promotion:			
H P	239	Dimensions of Health and Wellness	3
H P	270	Nutrition	3
H P	271	Foundations of Health Promotion	3
H P	275	Medical Terminology	3
H P	300	Drugs and Behavior Management	3
H P	325	Human Diseases	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>			<u>49</u>

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, journalism, speech communication, psychology, sports medicine, 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 hospi-

tals and community agencies.

During the first two years of the program, students take General Education courses and prerequisite 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); Math 103, or Math 105, or Math 106; 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. Score on a Pre-Nursing Assessment Test
2. Overall quality point average
3. Grade in Chemistry 127 (must achieve a C to pass)

**Student selection into the junior class is based on:**

1. Completion of all nursing and required prerequisite courses with a minimum of C+ (NRS 223, 223L, 224, 224L, 232, 232L)
2. Completion of all non-nursing prerequisite courses with a minimum of C (CHEM 127, BIOL 222, 222L, 223, 223L, H P 270, MATH 103, 105 or 106, PSYC 241)
3. Achievement of a minimum QPA of 2.5 in nursing and non-nursing prerequisite courses as listed above
4. Overall quality point average
5. Average grade for Biology 222 and 223 and their associated labs

**Preference will be given to:**

1. Students who have not retaken nursing or non-nursing prerequisite courses
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 student is not successful in obtaining the required grade, he or she may repeat the course once space is available. If a nursing major fails to earn a grade of C+ on any two required nursing courses (NRS 223 or HLTH 300/300L) 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, NRS 224/224L, and a Criminal History Records Check. Students are also responsible for their own transportation to clinical sites. A one time skills lab fee for sophomores and a professional fee, charged upon entry to the major, covers some supplies and standardized testing. There may be additional charges related to equipment or testing; these are listed in the Nursing Student Handbook.

During the junior and senior years, students will take a variety of tests in the nursing specialties and at program completion to prepare for the NCLEX RN exam required for practice. The Health Education Systems, Inc. (HESI) exit exam is given in the senior year and is a prerequisite for the NRS 416 Synthesis Practicum course. There is a charge for this test of \$35 (as of May 2006) or more if the student is required to take the HESI exit exam more than once to succeed. The program is accredited by the Commission on Collegiate Nursing Education (CCNE) and approved by the Virginia State Board of Nursing.

The following are the nursing major requirements:

Prerequisites to the nursing major:

	<b>Hours</b>
`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
One of the following:	3
`MATH 103 Calculus	
`MATH 105 Problem Solving in Mathematics	
`MATH 106 Liberal Arts Mathematics	

		Hours
^NRSG 223/223L	Contemporary Professional Nursing Practice and Lab	4
^NRSG 224/224L	Nursing of the Older Adult and Lab	3
^NRSG 232/232L	Health Assessment and Lab	3
`PSYC 241	Developmental Psychology	3
Nursing major-upper division:		
^HLTH 300/300L	Pharmacology and Lab	4
^NRSG 310	Nursing Research	3
^NRSG 331/331L	Nursing of Adults Experiencing Acute Illness and Lab	4
^NRSG 332/332L	Nursing Care-Individuals & Families with Chronic Illness & Lab	4
^NRSG 335/335L	Nursing Care of Childbearing Family and Lab	4
^NRSG 336/336L	Nursing Care of Children and Families and Lab	4
^NRSG 402	Professional Nursing Seminar	2
^NRSG 407	Clinical Management	2
^NRSG 408/408L	Care of Adults with Complex Illness and Lab	4
^NRSG 413/413L	Community Health Nursing and Lab	4
^NRSG 414/414L	Psychiatric Mental Health Nursing and Lab	4
^NRSG 416*	Synthesis Practicum	<u>2</u>
<i>Total Hours Required</i>		72

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

^ Minimum of C+ is required for this course.

` Minimum of C is required for this course.

#### OUTDOOR RECREATION MINOR

The minor in outdoor recreation requires:

A T	225	Safety and Management of Health Emergencies	2
HPE	265	Philosophy of Outdoor Experiential Education	3
HPE	266	Outdoor Recreation Leadership	3
HPE	415	Internship in Health and Physical Education	3
Electives:			4
HPE	108	Intro to Adventure Activities	
HPE	109	Cooperative and Competitive Movement Challenges	
HPE	125	Rock Climbing and Vertical Rope Work	
HPE	126	Challenge Course and Adventure Training	
HPE	127	Basic Backpacking and Hiking	
HPE	128	Basic Canoeing and Kayaking	
HPE	129	Mountain Biking	<u>—</u>
<i>Total Hours Required</i>			15

#### SPORT MANAGEMENT MAJOR

This sport management 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 cur-

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rent sports settings via professional courses to be tested during the student's internship opportunities, and, ultimately, to be practiced in professional service.

Business Courses:			<b>Hours</b>
ACCT	201	Principles of Accounting	3
ECON	201	Principles of Microeconomics	3
MGMT	260	Principles of Management and Organizational Behavior	3
MKTG	309	Principles of Marketing	3
School of Business and Economics Courses:			6
ACCT		Other ACCT courses 200 and above	
ECON		Other ECON courses 200 and above	
MGMT		Other MGMT courses 200 and above	
MKTG		Other MKTG courses 200 and above	
Sport management Core:			
SPMG	260	Principles of Sport Management	3
SPMG	353	Sports Law	3
SPMG	368	Sports Facilities and Event Management	3
SPMG	415	Internship in Sport Management	12
SPMG	420	Sport Ethics and Current Issues	3
SPMG	441	Management and Administrative Processes in Fitness and Sport	3
Sport management elective:			3
SPMG	250	Sport in American Society	
SPMG	275	History of Sport in America	
SPMG	350	Gender and Sport: Issues and Controversies	
Electives:			9
COMM	312 or 341	Small Group Communication or Organizational Communication	
MGMT	310	Management Information Systems	
SPMG	215	Sport Management Practicum	
SPMG	250	Sport in American Society	
SPMG	270	Governance of Sport Organizations	
SPMG	275	History of Sport in America	
SPMG	340	Sport Finance	
SPMG	350	Gender and Sport: Issues and Controversies	
SPMG	370	Sport Promotions and Marketing	
<i>Total Hours Required</i>			<u>57</u>

It is highly recommended that each sport management major have a supporting area, some examples of which are a coaching minor, public relations/journalism minor, sports medicine minor, economics minor, outdoor recreation minor, or sociology minor.

### **SPORT MANAGEMENT MINOR**

The sport management minor may be a beneficial specialized area for students majoring in the following programs, among others: marketing, business administration, management, and communication studies.

Required courses:			
MGMT	260	Principles of Management & Organizational Behavior	3
SPMG	260	Principles of Sport Management	3
SPMG	353	Sports Law	3
Sport management elective:			3
SPMG	250	Sport in American Society	
SPMG	275	History of Sport in America	
SPMG	350	Gender and Sport: Issues and Controversies	

			<b>Hours</b>
Additional sport management electives:			6
SPMG	270	Governance of Sport Organizations	
SPMG	340	Sport Finance	
SPMG	368	Sports Facilities and Event Management	
SPMG	370	Sport Promotions and Marketing	
SPMG	420	Sport Ethics and Current Issues	
SPMG	441	Management and Administrative Processes in Fitness and Sport	—
<i>Total Hours Required</i>			18

**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.

The minor in sports medicine requires:			
A T	100	Introduction to Athletic Training	3
EXPH	325	Physiology of Exercise	3
EXPH	342	Measurement Techniques in Exercise Physiology	3
EXPH	380	Kinesiology	3
Electives:			6
A T	350	Therapeutic Exercise for Athletic Injuries	
A T	351	Therapeutic Modalities for Athletic Injuries	
EXPH	330	Assessment Techniques of General Medical Conditions	
EXPH	355	Scientific Principles of Strength and Conditioning	—
<i>Total Hours Required</i>			18