
SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE

School Dean: Dr. Linda Andrews

Athletic Training Department and Exercise Physiology Department Faculty: Dr. Aronson, Mr. Bowman, Dr. Bradley, Dr. Collins, Ms. Evans, Dr. Kremer

Health and Physical Education Department, Health Promotion Department Faculty: Dr. Guynes, Mrs. Hamilton, Dr. McKinney, Dr. Olsen, Dr. Smith, Mrs. Steele

Nursing Department Faculty: Ms. Ayscue, Dr. Deluca, Mrs. Foster, Mrs. Hahn, Mrs. Harris, Ms. Johnson, Mrs. Otey, Dr. Overstreet, Mrs. Saunier, Dr. St. Clair

Sport Management Department Faculty: Mr. Hedrick

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.

Majors and Minors Listing

Athletic Training Major

Coaching Minor

Exercise Physiology Major

Health and Physical Education Major

Health Promotion Major

Health Promotion Minor

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; observation hours 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 Department chair, must be completed before students can be considered for admission to the major. 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 required 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 physical examination and a complete series of immunizations, including hepatitis B, on file with the department chair prior to their first clinical education course. A one-time non-refundable professional fee is charged after acceptance into the athletic training major. The athletic training program is accredited by the Commission on Athletic Training Education (CAATE).

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	330	Assessment and Treatment of General Medical Conditions	3
^EXPH	342	Laboratory Techniques in Exercise Physiology	3
^EXPH	380	Kinesiology	3
^EXPH	370	Sports 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 for 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	344	General Medical Clinical Rotation in Athletic Training	1
^A T	415	Internship In Athletic Training	2
^A T	440	Clinical Education IV	<u>2</u>
<i>Total Hours Required</i>			65

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

COACHING MINOR

HPE	205*	Coaching Apprenticeship	3-6
Electives:			12
A T	100	Introduction to Athletic Training	
EXPH	355	Scientific Principles of Strength and Conditioning	
HPE	106L	Invasion Sport Lab I	
HPE	107L	Invasion Sport Lab II	
HPE	114L	Net/Wall Sport Lab	
HPE	304	Sports and Exercise 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 for multiple apprenticeships.

EXERCISE PHYSIOLOGY MAJOR

The Exercise Physiology Department 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 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. The exercise physiology program is accredited by the Commission on Accreditation of the Allied Health Education Programs (CAAHEP).

Support Courses:			Hours
BIOL	214-214L	Human Anatomy and Lab	4
BIOL	215-215L	Human Physiology and Lab	4
HPE	303	Motor Development	3
HPE	304	Sports and Exercise Psychology	3
MATH	222	Introductory Statistics	3
Exercise Physiology:			
EXPH	100	Physiological Assessments in Exercise Physiology	3
EXPH	200	Exploration in Exercise Physiology	3
EXPH	225	Basic Emergency and Injury Care Management	3
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	Laboratory 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	415*	Internship in Exercise Physiology	3
EXPH	425	Advanced Health and Fitness Evaluation and Programming	3
EXPH	450	Research Methods in Exercise Physiology: The Proposal Process	3
EXPH	451	Research Methods in Exercise Physiology: Data Collection	3
and Final Manuscript			<u>2</u>
<i>Total Hours Required</i>			61

* 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 Department 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 major 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 20 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

			Hours
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
 Health and Physical Education:			
HPE	105L	Elementary Physical Education Content Lab	1
HPE	106L	Invasion Sport Lab I	1
HPE	107L	Invasion Sport Lab II	1
HPE	114L	Net/Wall Sport Lab	1
HPE	115L	Fielding/Target/Fitness Sport Lab	1
HPE	223	Behavior Management in Health and Physical Education	1
HPE	258	Foundations of Health and Physical Education	3
HPE	303	Motor Development	3
HPE	304	Sports and Exercise 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	361	The Measurement of Performance in Health and Physical Education	3
HPE	362	Health and Physical Education for Exceptional Populations	<u>3</u>
<i>Total Hours Required</i>			62
 Teacher Licensure Requirement:			
EDUC	448	Student Teaching Seminar	1
HPE	467	Student Teaching in Health and Physical Education K-12	<u>11</u>
<i>Total Hours Required</i>			12

HEALTH PROMOTION MAJOR

The health promotion major prepares students to work in today’s healthcare delivery system and provides many health-related career options. Graduates are provided educational experiences designed to prepare them for entry-level health promotion/wellness work and healthcare 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 major 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 healthcare professions show there is a need for more supervised study, experience, and “hands-on” training. A unique feature of this major is an internship that provides students with actual on-the-job experience that awards academic credit for working in a health-related/healthcare 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 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 twenty-seven 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 department chair, who meets with practitioners in 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 who have an interest in the biomedical/technological fields and will require an academic foundation in the natural sciences. It is typical of health professionals to want 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
MATH	222	Introductory Statistics	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	340	Women's Health Issues	3
H P	371	Research in Health Promotion	3
H P	372	Contemporary Health Issues	3
H P	415	Internship in Health Promotion	6
H P	420	Health Program Planning	<u>3</u>
<i>Total Hours Required</i>			50

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.

HEALTH PROMOTION MINOR

H P	239	Dimensions of Health and Wellness	3
H P	271	Foundations of Health Promotion	3
Choose four courses from the following:			12
H P	270	Nutrition	
H P	275	Medical Terminology	
H P	290	Spirituality and Health	
H P	300	Drugs and Behavior Management	
H P	322	Health Aspects of Aging	
H P	325	Human Diseases	
H P	340	Women's Health Issues	
H P	372	Contemporary Health Issues	
<i>Total Hours Required</i>			<u>18</u>

NURSING MAJOR

The educational program for professional nursing is based on an integration of liberal arts and sciences, nursing knowledge, and clinical practice that 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 com-

munication 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 primarily at Centra Hospitals in Lynchburg. Ambulatory and home care experiences with families occur in a variety of local community agencies.

Application and Deadline

1. Freshman students must enter Lynchburg College with an intended program goal of nursing. A separate application to the nursing major must be completed and submitted by April 1 of the freshman spring semester. Applications will be reviewed following completion of spring semester.
2. Transfer students must complete both an application to Lynchburg College and the nursing major by April 1. Applications will be reviewed following receipt of spring grades.
3. Second-degree students who have completed all required nursing prerequisite courses must complete an application to Lynchburg College by April 1 (effective spring 2013).

Application Requirements

1. Completion of CHEM 127 with a minimum grade of "C"
2. Completion of or enrollment in non-science prerequisite courses PSYC 241, MATH 222, and HP 270
3. Completion of or registered for BIOL 222/222L and BIOL 223/223L

Application Decisions

1. Following review of applications, forty-five freshmen and transfer students will be admitted to the nursing major. Nursing classes begin at the sophomore level.
2. In addition, ten second-degree or qualified transfer students will be admitted to the nursing major. They will be scheduled for an intensive summer session to complete the sophomore level nursing courses and will begin junior-level nursing courses in the fall semester.
3. Second degree students who complete the intensive summer session qualify for the accelerated nursing program allowing them to complete the BS in Nursing program in four semesters.

Admission Requirements

1. Completion of CHEM 127, MATH 222, HP 270, and PSYC 241 with a minimum grade of "C"
2. Minimum overall QPA of 3.0 at end of spring semester of the freshman year
3. Minimum QPA of 3.0 in completed prerequisite courses at end of spring semester (must be maintained through completion of all prerequisite courses)
4. Minimum total score on Test of Essential Academic Skills (TEAS) of 60 percent, with minimum sub-scores of 50 percent in each category. The test must be completed in spring semester, freshman year.

Admission Decisions

1. Once all admission requirements are fulfilled, priority will be determined by the following ranking:
 - a. QPA in completed prerequisite courses
 - b. Overall QPA
 - c. Total score on TEAS
 - d. Number of hours completed at Lynchburg College
2. Students will be notified of admission decisions by June 15 of each year.
3. Students who have preregistered for nursing courses but are not admitted to the major must meet with their advisors to change their schedule for the upcoming year.

To continue to progress in the nursing major, students must maintain a B- 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

if space is available. If a nursing major fails to earn a grade of B- on any two required nursing courses the student must withdraw from the nursing major. If a student feels that he/she has not completed a nursing course with a B- or better due to an extenuating circumstance, he or she may file a written appeal documenting these circumstances to the nursing program department chair.

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 B, prior to beginning the first clinical course, and a Criminal History Records Check. Students are also responsible for their own transportation to clinical sites. A non-refundable professional fee, charged upon entry to the pre-nursing courses and at the beginning of the junior and senior years, covers some skills lab supplies and standardized testing. There may be additional charges related to equipment or testing; these are listed in the Nursing Student Handbook. During the sophomore, junior, and senior years, the student will take a variety of tests to prepare for the NCLEX RN exam, which is required to practice. 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:			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	4
#HP	270	Nutrition	3
#MATH	222	Introductory Statistics	3
^NRSG	220	Pathophysiology	3
^NRSG	225	Nursing Fundamentals	3
^NRSG	225L	Nursing Fundamentals and Lab	1
^NRSG	232/232L	Health Assessment and Lab	3
#PSYC	241	Developmental Psychology	3

Nursing major-upper division:

^NRSG	300/300L	Pharmacology and 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	341/341L	Nursing of Adults Experiencing Acute Illness and Lab	5
^NRSG	342/342L	Nursing Care of Adults and Families with Chronic Illness and Lab	5
^NRSG	402	Professional Nursing Seminar	2
^NRSG	410	Clinical Management and Research Project	3
^NRSG	412	Nursing Research and Evidence Based Practice	2
^NRSG	418/418L	Community Health and Psychiatric Mental Health Nursing and Lab	4
^NRSG	419	Synthesis Practicum	3
^NRSG	428/428L	Care of Adults with Complex Illnesses and Lab	<u>5</u>
<i>Total Hours Required</i>			<u>72</u>

Minimum of C is required for this course.

^ Minimum of B- is required for this course.

OUTDOOR RECREATION MINOR

A T	225	Safety and the 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	Introduction 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	

			Hours
HPE	127	Basic Backpacking and Hiking	
HPE	128	Basic Canoeing and Kayaking	
HPE	129	Mountain Biking	
<i>Total Hours Required</i>			15

SPORT MANAGEMENT MAJOR

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

Business courses:

ACCT	201	Principles of Accounting I	3
ECON	201	Principles of Economics - Micro	3
MGMT	260	Principles of Management and Organizational Behavior	3
MKTG	209	Principles of Marketing	3

School of Business and Economics courses:

ACCT		Other ACCT courses 200 and above	6
ECON		Other ECON courses 200 and above	
MGMT		Other MGMT course 200 and above	
MKTG		Other MKTG courses 200 and above	

Sport management core:

SPMG	260	Principles of Sport Management	3
SPMG	270	Governance of Sport Organizations	3
SPMG	300	Sport in American Society	3
SPMG	340	Sport Finance	3
SPMG	353	Sports Law	3
SPMG	368	Sports Facilities and Event Management	3
SPMG	370	Sport Promotions and Marketing	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
<i>Total Hours Required</i>			57

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 areas, among others: marketing, business administration, management, and communication studies.

Required courses:

MGMT	260	Principles of Management and Organizational Behavior	3
SPMG	260	Principles of Sport Management	3
SPMG	353	Sports Law	3

			Hours
Sport management elective:			3
SPMG	275	History of Sport in America	
SPMG	300	Sport in American Society	
SPMG	350	Gender and Sport: Issues and Controversies	
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.

A T	100	Introduction to Athletic Training	3
EXPH	325	Physiology of Exercise	3
EXPH	342	Laboratory 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 and Treatment of General Medical Conditions	
EXPH	355	Scientific Principles of Strength and Conditioning	__
<i>Total Hours Required</i>			18