

4-29-1991

Exercise Physiology Concentration

The College at Brockport, College Senate

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Resolution # 31 1990-91

RECEIVED
APR 30 1991

TO: President John E. Van de Wetering
FROM: The Faculty Senate Meeting on 4/29/91
(Date)

RE: X I. Formal Resolution (Act of Determination)
II. Recommendation (Urging the fitness of)
III. Other (Notice, Request, Report, etc.)
For your information

SUBJECT: An Exercise Physiology Concentration Proposed by
the Department of Physical Education and Sport

Signed Thomas P. Kell Date Sent 4/30/91
(For the Senate)

TO: The Faculty Senate
FROM: President John E. Van de Wetering

RE: I. Decision and Action Taken on Formal Resolution
a. Accepted. Effective Date Fall 91
b. Deferred for discussion with the Faculty Senate
on _____
c. Unacceptable for the reasons contained in the
attached explanation

II, III.
a. Received and acknowledged
b. Comment:

DISTRIBUTION: Coverpage only to attached list.
See Faculty Senate for full copy.

Distribution Date 5/1/91 Signed: [Signature]
(President of the College)

EXERCISE PHYSIOLOGY CONCENTRATION

PROGRAM

This program is designed to prepare students for careers in a variety of health and fitness organizations in the public and private sector, for admission to graduate school, and certification programs. Depending upon course selection, students may be eligible to sit for certification examinations conducted by various accrediting organizations such as the American College of Sports Medicine, Aerobics Institute, etc.

FACILITIES

The Exercise Physiology Laboratory, located in Tuttle South, is equipped for metabolic, cardiovascular, and anthropometric testing. Ample curricular opportunities are available to gain experience in the areas of fitness and athletic testing.

INTERNSHIP

This required program is designed to enable students to utilize their classroom and laboratory experiences in clinical settings, health organizations, fitness corporations, and sport organizations. Students will be placed in accordance with their professional or graduate study aspirations, and must apply to the concentration coordinator for placement. The internship requires the equivalent of a quarter - semester working full-time, and may fit into a flexible time configuration. Students are responsible for their own transportation and living expenses.

CAREER OPPORTUNITIES

Professional opportunities for exercise physiologists and fitness specialists have continued to increase during the past several years. Placement is possible in a variety of settings including hospitals, clinics, "Y's", health spas, athletic clubs, industry, elite sport organizations, and professional teams. Salary and level of responsibility are usually commensurate with years of experience and level of education.

ADDITIONAL INFORMATION

*Contact: Department of Physical Education
SUNY College at Brockport
Brockport, New York 14420
(716) 395-2579*

*OR
Admissions Office
(716) 395-2751*

CONCENTRATION IN EXERCISE PHYSIOLOGY/ADULT FITNESS

PAGE IV
PROGRAM

These concentrations are designed to prepare students for employment in clinics, community fitness corporations, industrial settings, and sport research centers. The exercise physiology concentration is particularly focused on preparation for graduate study.

ADULT FITNESS

Core	16
Internship	3
Electives	3
	22

EXERCISE PHYSIOLOGY

Core	10
Internship	3
Electives	9
	22

ADULT FITNESS CORE

PES 310	Physiol. Persp.	2
PES 320	Kines. Persp.	2
PES 410	Physiol. of Sport	3
PES 411	Spt. Medicine	3
PES 311	Nutrition	3
PES 343	Wgt. Train. & Cond.	3

EXERCISE PHYSIOLOGY CORE

PES 310	Physiol. Persp.	2
PES 320	Kines. Persp.	2
PES 410	Physiol. of Sport	3
PES 420	Biomechanics	3
		10

PEP 458	Internship	3
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PEP 458	Internship	3
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Electives 3
(In consultation with advisor)

Electives 9
(In consultation with advisor)

1. Internship sites might include:
 - A. Fitness Centers
 - B. Professional teams (strength and conditioning coordinator)
 - C. Clinics
 - D. Industrial or Corporate Fitness Programs

2. Electives. These courses would be agreed upon with an advisor and would reflect the academic and professional goals of the student. Those students wishing to pursue graduate degree programs would use the elective credits to meet admission requirements which are typical of the program to which they intend to apply. In some cases, notably research-oriented programs in Exercise Physiology, students will need to exceed the requirements of this concentration to fulfill Chemistry, Math, or Physics requirements.

PHYSICAL EDUCATION

PEP 361	Coronary Intervention	3
PES 343	Wgt. Tng. & Cond.	3
PES 355	Dist. Running	3
PES 362	Racquetball	3
PES 370	Swimming	3
PES 111	Beg. Dist. Running	1
PES 211	Inter. Dist. Run.	2
PES 277	Bicycle Touring	2
PES 164	Wgt. Train. & Cond.	2
PES 264	Wgt. Train. & Cond.	2
PES 178	Aerobics	1
PES 420	Biomechanics	3
PES 411	Sport Medicine	3
PES 399	Ind. Study	3
PEP 499	Ind. Study	3

CHEMISTRY

CHM 205	College Chem I	4
CHM 206	College Chem II	4
CHM 305	Organic I	4
CHM 306	Organic II	4

BIOLOGY

BIO 321	Anat. & Physiol. I	4
BIO 322	Anat. & Physiol. II	4
BIO 466	Gen. Endocrinology	3
BIO 467	Biochem I	3
BIO 468	Biochem II	3

HEALTH SCIENCE

HLS 211	First Aid	1
HLS 212	CPR	1
HLS 311	Nutrition	3

CONCENTRATION IN EXERCISE PHYSIOLOGY

This concentration is designed to prepare students for graduate study in exercise physiology, and for employment in clinics, fitness corporations, industrial settings, and sport research centers. It will also prepare students for certification exams conducted by the American College of Sports Medicine, Aerobics Institute, National Strength and Conditioning Association, and International Dance in Education Association.

Upon completion of the required course work, students must apply for acceptance into the internship component of the program. Assignment to an internship site is based upon meeting the following criteria:

- minimum concentration GPA of 2.5 or above.
- minimum of a "C" grade in each course.
- satisfactory performance in an interview and oral exam conducted by the exercise physiology faculty.

Program Requirements (30 credits)

Core	13	credits
Electives	9-11	credits
Corequisites	8	credits
Prerequisites	3	credits

	33-35	credits

I. Prerequisite

BIO 221 Survey of Anatomy and Physiology 3 cr.

II. Corequisites

CHM 205 College Chemistry I 4 cr.
CHM 206 College Chemistry II 4 cr.

III. Required Core

PES 310 Physiology Perspective 2 cr.
PES 320 Kinesiology Perspective 2 cr.
PES 410 Exercise Physiology 3 cr.
PEP 361 Cardiac Rehabilitation:
Theory and Application 3 cr.
PEP 458 Internship 3 cr.

IV. Electives

BIO 321 Anatomy and Physiology I 4 cr.
BIO 322 Anatomy and Physiology II 4 cr.
BIO 466 General Endocrinology 3 cr.
BIO 467 Biochemistry I 3 cr.
BIO 468 Biochemistry II 3 cr.

<i>CHM 305 Organic Chemistry I</i>	<i>4 cr.</i>
<i>CHM 306 Organic Chemistry II</i>	<i>4 cr.</i>
<i>HLS 311 Nutrition</i>	<i>3 cr.</i>
<i>MTH 201 Calculus I</i>	<i>3 cr.</i>
<i>PES 420 Biomechanics</i>	<i>3 cr.</i>
<i>PES 343 Advanced Weight Training</i>	<i>3 cr.</i>
<i>CSC xxx Programming</i>	<i>3 cr.</i>
<i>XXX xxx Statistics</i>	<i>3 cr.</i>

INTERNSHIP PROGRAMS

PURPOSE

This program is designed to enable students to utilize their classroom and laboratory experiences in clinical settings, health organizations, fitness corporations, and sport organizations. Students will be placed in accordance with their professional or graduate study aspirations. Depending upon the setting, they will be expected to engage in supervised testing, data analysis and interpretation, and individualized exercise prescription. They will also be expected to become thoroughly conversant with the procedures and techniques employed by the host institution, and assume responsibilities mutually agreed upon by that institution, Brockport, and the student.

CRITERIA FOR ACCEPTANCE

Students must apply for the internship experience. Acceptance will be based upon completion of the concentration with a minimum of 2.5 G.P.A., and at least a "C" in each course within the concentration, demonstrated ability to work successfully with faculty and other students, and performance during an interview with appropriate faculty.

ORAL EXAMINATION

The interview panel will provide a list of questions for the candidate to respond to. A practical and oral examination will be conducted based upon the areas selected.

EVALUATION

Three credit hours will be granted for successful completion of the internship. A grade will be assigned by the internship coordinator after consultation with the on - site supervisor.

DURATION OF THE PROGRAM

The internship requires the equivalent of a quarter semester working full-time or a half semester working half-time. This requirement may be met by interning an equivalent amount of time during the summer or winter break. Students are responsible for their own transportation and living expenses.

APPLICATION PROCEDURES

Students are responsible for contacting the internship coordinator to arrange for an interview with the faculty, and to arrange for an appropriate internship site.

EQUAL OPPORTUNITY

All internship sites have agreed to accept qualified students without regard for gender, race, religion, or sexual orientation.

CRITERIA FOR SUCCESSFUL COMPLETION OF INTERNSHIP INTERVIEW

ORAL

Students will select the area in which they wish to be tested prior to the interview to allow them adequate preparation time.

During the interview, general questions will be selected at random from an available pool.

Criteria for satisfactory answers:

- evidence of mastery of subject matter*
- breadth of knowledge*
- familiarity with well-known published literature*
- comfort with technical language*
- reasonable communication skills*

PRACTICAL

Comfort in working with human subjects
Knowledge of specific test procedures
Knowledge of use of equipment