

Exercise and Sport (EXS)

Lundgren (chair), Hjelm, Quinn, Potteiger

The mission of the Department of Exercise and Sport is to develop well-educated, competent, reflective and respectful leaders in the fields of human movement and health dedicated to serving diverse populations and committed to lifelong learning. Its programs seek to prepare leaders in education, health, athletics, and recreation by developing a thorough understanding of that body of knowledge related to human movement and its scientific foundations. The department offers three majors: physical education, exercise science, and athletic training.

Physical Education Major:

The Physical Education curriculum is designed to prepare students for teaching careers. Students may qualify for K-12 or secondary teaching certificates. Students who do not seek teacher certification may concentrate on a non-school curriculum.

Major requirements for the B.A. degree in Physical Education

Required semester hours

36 sh

Prerequisites and supporting courses

BIOL 1250; STAT 1490

Required core courses

EXS 1500, 1600, 2700, 3010, 3130 or 3140, 3160, 3700

Electives

Any EXS courses or others approved by advisor (10 sh)

Major requirements for the B.S. degree in Physical Education

Required semester hours

41 sh

Prerequisites and supporting courses

BIOL 1250; STAT 1490

Required core courses

EXS 1500, 1600, 2700, 2800, 3000, 3010, 3130, 3140, 3160, 3700, and one course from EXS 4970, EDUC 4110, EDUC 4120

Electives

Any EXS courses

Notes and restrictions

Recommended Supporting Courses: EXS 2500, 3190;
Students seeking teaching certification must complete the education sequence.

Exercise Science Major:

The Exercise Science curriculum prepares students for careers as physical fitness specialists. Graduates are prepared to enter the field as personal trainers, group fitness leaders, and fitness consultants, as well as do graduate work in exercise-related fields.

Major requirements for the B.S. degree in Exercise Science

Required semester hours

42 sh

Prerequisites and supporting courses

BIOL 1250; STAT 1490

Required core courses

EXS 1400, 1600, 2500, 3010, 3160, 3190, 3500, 3700, 3800, 4010, BIOL 2170

Electives

EXS 1610, 2950, 4910, 4970, other courses as approved by advisor (4 sh)

Notes and restrictions

A comprehensive exam is required. Students interested in pursuing graduate work should take BIOL 2930. Courses in Business, Marketing and Communications are recommended.

Honors

No requirements beyond the University guidelines

Athletic Training Educational Program

The Athletic Training Educational Program prepares students to sit for the Board of Certification (BOC) national examination. Successful completion of the BOC examination is required in order for the student to work as an entry-level Certified Athletic Trainer. Students will typically take this exam during their last semester at North Park. The Athletic Training Education Program (ATEP) has a competitive admission process. Entrance into North Park does not guarantee entrance into the Athletic Training Educational Program (ATEP). Application to the ATEP is made during the spring semester of the student's first year. Interested students will receive an application packet during the first week of EXS 1610. Students will be informed of their status in early April. The entire application packet is maintained in the program director's office and can be accessed upon request at any time. Transfer students should contact the Athletic Training Program Director. If accepted into the formal ATEP, transfer students will have to successfully complete all 58 required credits for the major at North Park.

Application requirements for Athletic Training Educational Program include:

- A completed application form
- Verification by an appropriate health care provider that the student is in good health and has had necessary immunizations
- Verification that student can meet technical standards
- Two letters of recommendation
- A passing score on the ATEP entrance examination
- The completion of 50 observation hours in one of the NPU athletic training rooms
- Completed selected clinical proficiencies
- A transcript showing the successful completion of the following courses taken at North Park with a GPA of 2.50 or better and a 2.67 ("B-") or better in EXS 1610:
 1. EXS 1000 Personal Health
 2. EXS 1600 First Aid and CPR
 3. EXS 1610 Introduction to Athletic Training
 4. BIOL 1250 Introduction to Human Anatomy

- A transcript from North Park showing a cumulative GPA of 2.50 or better
- Completion of a formal interview with the selection committee

Notes:

- Deficiencies in one area can be offset by exceptional marks in another
- Fulfilling these requirements does not guarantee entrance into the ATEP since an 8:1 student to Certified Athletic Trainer ratio must be maintained to satisfy accreditation requirements

Major requirements for the B.S. degree in Athletic Training

Required semester hours

60 sh

Prerequisites and supporting courses

BIOL 1250, EXS 1000, 1600, 1610 (10 sh)

Required core courses

BIOL 2170, 2930, EXS 2100, 2110, 2300, 2350, 2400, 2500, 2950, 3010, 3100, 3110, 3160, 3300, 3400, 4100, 4110, 4300, 4400 (50 sh)

Notes and restrictions

See admissions policy to enter major; Students must supply their own transportation for off-campus clinical rotations; Additional expense for athletic training attire and/or equipment. A clinical experience with North Park football or an acceptable equipment intensive sport at another affiliated site is required for each Athletic Training student. This may necessitate fall athletes staying for an extra semester to fulfill the clinical portion of the curriculum. A criminal background check may be required.; Student must adhere to the Athletic Training Policies and Procedures Manual kept on file in the Athletic Training Room.; Students may be required to be a student member of the NATA.

GE Designates a course that fulfills all or part of a General Education (G.E.) requirement; see the General Education Program section of the catalog for more information.

1000 Personal Health (2 sh) GE

A study of physical and psychological well-being, including exercise and nutrition.

1400 Foundations of Exercise Science (4 sh)

An overview of health/fitness professions and content areas including exercise physiology, biomechanics, and exercise programming. Career paths and professional ethics are also presented. This also offers the basic knowledge and skills required to work as a Personal Trainer.

1500 Foundations of Exercise and Sport (4 sh)

An introductory course giving an overview of physical education including history and principles and a study of organization, administration and assessment in physical education exercise science, and sport. Includes the development of a philosophy of physical education.

1600 First Aid/CPR (2 sh)

Study of immediate care of the injured or ill. Based on American Red Cross standards. Certification in First Aid, CPR, and AED available.

2100 Introduction to Athletic Training (2 sh)

Introduction to the care and rehabilitation of athletic injuries with emphasis on current methods of athletic training.

2100 Practicum I (2 sh)

A course designed to formally structure a minimum of 150 clock hours of clinical experience 150 (time by arrangement) 150 specific to the first semester of enrollment in the Athletic Training Educational Program (ATEP). Includes observation, fieldwork and practical experience in the North Park University athletic training room. All will be under the direct supervision of a Certified Athletic Trainer (ATC). Emphasis is athletic training room operations and procedures. Student must have formal acceptance into the ATEP. Prerequisite: EXS 1000, 1600, 1610, BIOL 1250. Co-requisite: EXS 2300, 2350.

2110 Practicum II (2 sh)

A course designed to formally structure a minimum of 150 clock hours of clinical experience 150 (time by arrangement) 150 specific to the second semester of enrollment in the Athletic Training Educational Program (ATEP). Includes observation, fieldwork and practical experience in the North Park University athletic training room. All will be under the direct supervision of a Certified Athletic Trainer (ATC). Emphasis is on lower extremity injury evaluation and lower body taping/splinting. Prerequisite: EXS 2100, 2300, 2350. Co-requisite EXS 2400.

2210 Coaching Basketball (2 sh)

The theory, methods, and techniques of coaching basketball are taught including conditioning, selecting personnel, drills, scouting, rules, and team strategy.

2220 Coaching Track and Field (2 sh)

The theory, methods, and techniques of coaching track and field are taught, including conditioning, coaching the specific events, rules, and meet organization.

2230 Coaching Football (2 sh)

The theory, methods, and techniques of coaching football are taught, including preseason conditioning, selecting personnel, drills, scouting, rules, and strategy.

2250 Coaching Baseball and Softball (2 sh)

The theory, methods, and techniques of coaching baseball and softball are taught with emphasis on preseason conditioning, individual skills, team strategy, and rules.

2260 Coaching Volleyball (2 sh)

The theory, methods, and techniques of coaching volleyball are taught with emphasis on preseason conditioning, individual skills, team strategy, and rules.

2270 Coaching Soccer (2 sh)

The theory, methods and techniques of coaching soccer are taught with emphasis on pre-season conditioning, individual skills, team strategy, and rules.

2300 Orthopedic Assessment I (3 sh)

A comprehensive study of the lower extremities including the foot, ankle, knee, thigh, hip, pelvis, and spine. Injuries will be discussed from the following viewpoints: 1) prevention, 2) etiology and mechanism of injury, 3) pathology, 4) recognition and evaluation

techniques, and 5) treatment. Student must have formal acceptance into ATEP. Prerequisite: EXS 1000, 1600, 1610, BIOL 1250. Co-requisite: EXS 2100, 2350.

2350 Prevention and Care of Athletic Injuries (2 sh)

A study of preventative measures and acute care techniques used in athletic training. Concepts, applications, and procedures used in taping, equipment fitting, and splinting will be emphasized. This course also includes environmental conditions and strength conditioning concepts. Student must have formal acceptance into ATEP. Prerequisite: EXS 1010, 1600, 1610, BIOL 1250. Co-requisite: EXS 2100, 2300.

2400 Orthopedic Assessment II (3 sh)

A comprehensive study of the upper extremities including the shoulder, upper arm, elbow, forearm, wrist, hand, thumb, fingers, spine, thorax, abdomen, head, and face. This course also includes general medical conditions, skin infections, and common viruses. Injuries will be discussed from the following viewpoints: 1) prevention, 2) etiology and mechanism of injury, 3) pathology, 4) recognition and evaluation techniques, and 5) treatment. Prerequisite: EXS 2100, 2300. Co-requisite: EXS 2110.

2500 Health and Behavior (4 sh)

Study of the dimensions of health and selected health topics with emphasis on how one's behavior affects health. Prerequisite: EXS 1000, 2700.

2700 Movement Experiences for Elementary School Age Children (4 sh)

Introduction to designing physical education programs for regular and special populations in elementary schools. Emphasis is on application of curricular models to programming of physical education activities in order to accomplish desired outcomes. A focus on tumbling, appropriate apparatus stunts and rhythmic activities based upon movement analysis and an exploratory approach.

2800 Physical Education Curriculum: 6-12 (4 sh)

Introduction to designing physical education programs for regular and special populations in the secondary schools. Emphasis is on application of curricular models to programming of physical education activities in order to accomplish desired outcomes within an established philosophical framework.

2950 Sport Psychology (2 sh)

Develop an understanding of the principles of motivation, the importance of leadership and communication skills, and the different psychological skills athletes can use to improve performance.

3000 Methods of Teaching Aquatic Skills (2 sh)

Instruction and practice for teaching basic swimming skills and American Red Cross water safety courses. Emphasis on the various educational methods and approaches applicable to swimming and water safety instruction, as well as on health and safety precautions and guidelines. American Red Cross certification as Water Safety Instructor is available. Prerequisite: EXS 1600, 2800.

3010 Biomechanics (4 sh)

Systematic analysis of human movement. The integrated study of applied anatomy and applied mechanics to the analysis of movement. Movement terminology as well as muscular system function

in sport will be studied. Prerequisite: BIOL 1250.

3100 Practicum III (2 sh)

A course designed to formally structure a minimum of 150 clock hours of clinical experience 150 (time by arrangement) 150 specific to the third semester of enrollment in the Athletic Training Educational Program (ATEP). Includes observation, field-work and practical experience in the North Park University athletic training room. All will be under the direct supervision of a Certified Athletic Trainer (ATC). Emphasis is on upper extremity injury evaluation and upper extremity taping/splinting. Prerequisite: EXS 2110, 2400. Co-requisite: EXS 3300 (required).

3110 Practicum IV (2 sh)

A course designed to formally structure a minimum of 150 hours of clinical experience(time by arrangement)- specific to the fourth semester of enrollment in the Athletic Training Educational Program (ATEP). Includes observation, fieldwork and practical experience in an affiliate sports medicine clinic. All will be under the direct supervision of a Certified Athletic Trainer (ATC) and/or Physical Therapist (PT). Emphasis is on therapeutic exercise and general medical conditions. Prerequisite: EXS 3100, 3300. Co-requisite: EXS 3400 (required).

3120 Principles and Practice of Physical Education for Children and Adolescents (2 sh)

Study of child growth and development, motor learning, and movement experiences, including teaching of elementary and middle school games, as well as evaluation procedures with regular and special education students. Cross-listed with EDUC 3120. Co-requisite: EDUC 3520.

3130 Individual and Dual Sports (4 sh)

Instruction and practice for teaching basic motor skills related to individual and dual activities to regular and special populations with specific study of rules and equipment required. Prerequisite: EXS 1500, 2800, 3010, or EDUC 2140.

3140 Team Sports (4 sh)

Instruction and practice for teaching basic motor skills related to team sports to regular and special populations and specific study of the rules and equipment required. Prerequisite: EXS 1500, 2800, 3010, or EDUC 2140.

3160 Exercise Physiology (4 sh)

Study of human physiology with emphasis on the acute and chronic effects of exercise upon the muscular and cardiorespiratory systems. Lecture and lab required. Cross-listed with BIOL 3160 Prerequisite: EXS 1000, BIOL 1250.

3190 Health Promotion (4 sh)

Study of health issues as they relate to fitness professionals. Topics of study include weight management, stress management, and substance abuse. Counseling skills, screening instruments, and referral procedures will also be covered. Prerequisite: EXS 2500.

3300 Therapeutic Exercise (3 sh)

A study of the theory and application of exercise rehabilitation techniques on athletic injuries. Emphasis will be placed on scientific/ physiological rationales, selection criteria, indications/ contraindications, and clinical application. Prerequisite: EXS 2110, 2400. Co-requisite: EXS 3100 (required).

3400 Therapeutic Modalities (3 sh)

Classroom and clinical experience stressing the proper use of therapeutic modalities in the rehabilitation of athletic injuries. Indications and contraindications are stressed with laser/light therapy, ultrasound, electrical muscle stimulation, cryotherapy, thermotherapy, diathermy, massage, and cervical, lumbar traction. Prerequisite: EXS 2300, 2400.

3500 Health Appraisal and Fitness Testing (4 sh)

Knowledge and skills necessary to obtain health appraisals and conduct physical fitness assessments for diverse populations. Interpretation of results and application to fitness activities is also emphasized. Prerequisite: EXS 1000, 3160.

3700 Exercise Programming and Leadership (4 sh)

Class planning and exercise prescription based on test and appraisal results. Teaching group exercise classes and use of exercise equipment is also emphasized. Prerequisite: EXS 3010, 3160.

3800 Conditioning for Health and Performance (2 sh)

Classroom education and practical experience using advanced techniques of conditioning. Includes theory and practice of a variety of conditioning models, exercises, and equipment. Prerequisite: EXS 3700.

3910 Topics in Exercise and Sport (1-4 sh)

Concentrated study in areas of special interest to students and faculty. Consent of Instructor required. Prerequisite: Two Exercise and Sport Courses in 3000 level.

4000 Departmental Honors in Exercise and Sport (1-4 sh)

Consent of instructor required.

4010 Seminar in Exercise Science (4 sh)

This course examines principles and practices of program organization and administration, including equipment design and purchase, marketing and promotion strategies, and legal issues. Guidelines of professional organizations and government agencies will be studied, compared, and applied to diverse populations. Prerequisite: EXS 3700.

4100 Practicum V (2 sh)

A course designed to formally structure a minimum of 150 hours of clinical experience (time by arrangement)- specific to the fifth semester of enrollment in the Athletic Training Educational Program (ATEP). Includes observation, field-work and practical experience in either an affiliate college/university athletic training room or in an affiliate high school athletic training room. All will be under the direct supervision of a Certified Athletic Trainer (ATC). Emphasis is on the integration of therapeutic modalities. Prerequisite: EXS 3110, 3400. Co-requisite: EXS 4300.

4110 Practicum VI (2 sh)

A course designed to formally structure a minimum of 150 hours of clinical experience (time by arrangement)- specific to the sixth semester of enrollment in the Athletic Training Educational Program (ATEP). Includes observation, fieldwork and practical experience in either an affiliate college/university athletic training room or in an affiliate high school athletic training room. All will be under the direct supervision of a Certified Athletic Trainer (ATC). Emphasis will be on integration of therapeutic exercise and modalities. Prerequisite: EXS 4100, 4300. Co-requisite: EXS 4400.

4300 Athletic Training Administration (2 sh)

Designed to give an understanding of the planning, coordinating, and supervision of all administrative components of an athletic training program in a clinical, high school, collegiate, professional, or industrial setting. Emphasis will be placed on facility organization and design, budgeting, legal liability, day-to-day scheduling, personnel management, and record keeping. Prerequisite: EXS 2400, 3110. Co-requisite: EXS 4100.

4400 Senior Seminar (2 sh)

This is the last course in the athletic training sequence. The focus is on pharmacology, general medical conditions, preparation for the NATA certification exam, and professional development. Prerequisite: EXS 4100, 4300. Co-requisite: EXS 4110.

4910 Independent Study in Exercise and Sport (1-4 sh)

Consent of instructor and chairperson of division required.

4970 Internship in Exercise and Sport (1-4 sh)

Please refer to internship requirements and guidelines in another section of this catalog. Prerequisite: Completion of at least 30 hours in the Exercise and Sport department.