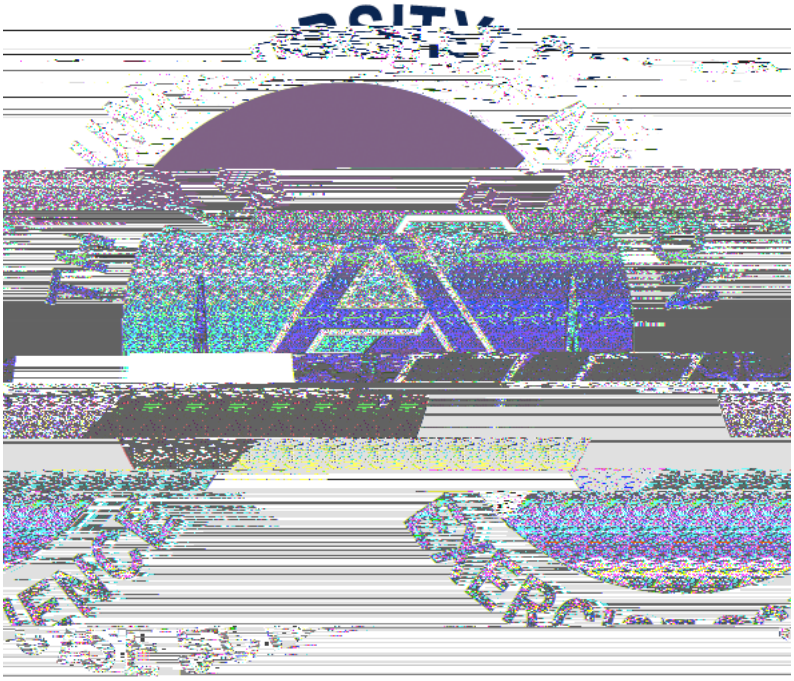

School of Exercise and Nutrition Sciences

Exercise Science Program Student Handbook

2023-2024

School of Exercise and Nutrition Sciences
InfoCision Stadium Room 317
Akron, Ohio 44325-5103
P: (330) 972.6679 F: (330) 972.5293
Website: https://www.uakron.edu/sswe/programs/exercise-science

Program Director: Rachele M. Kappler, Ph.D., ACSM CEP
Email: kappler@uakron.edu

TABLE OF CONTENTS

Faculty/Email	Office Location	Telephone
Dr. Stacey Buser buser@uakron.edu	InfoCision 317	330-972-7475
Mr. Tim Campbell trc6@uakron.edu	InfoCision 317	-----
Ms. Renee DeSalvo rmd18@uakron.edu	InfoCision 317	-----
Mrs. Melissa Dreisbach mdk24@uakron.edu	InfoCision 317	330-972-4731

University of Akron
Exercise Science Program

School Mission Statement

The School of Exercise and Nutrition Sciences prepares mindful and well-rounded students for entry within exercise, nutrition, dietetics, food industry, and health-focused careers. With an emphasis on critical thinking, experiential learning, and leadership skill development, we empower our students to serve diverse populations in local, national, and global communities.

Employment Outlook

According to the Bureau of Labor Statistics, employment of exercise physiologists is projected to grow 11 percent from 2019 to 2029, much faster than the average for all occupations. Demand may rise as healthcare providers emphasize exercise and preventive care to help patients recover from cardiovascular and pulmonary diseases and improve their overall health. For more information, https://www.bls.gov/ooh/healthcare/exercise-physiologists.htm#tab-1.

Exercise Science Student Expectations

Exercise Science Program students are expected to be self-disciplined adult learners and demonstrate professionalism. You are expected to:

1. Attend each of your scheduled classes on time.
2. Come to classes prepared by completing readings for class ahead of time and bringing materials (book, notes, syllabi, etc.).
3. Review course material provided on Brightspace (content, announcements, etc.)
4. Ask for assistance if needed.
5. Be respectful and professional towards faculty, staff, practicum supervisors, classmates, and guest speakers.
6. Be a responsible, supportive, and honest class and/or group project member.
7. Stay organized and self-manage your work/study schedule.
8. Take responsibility for and value your skill development and learning.
9. Do not bring food or beverages into the InfoCision Labs.
10. Turn off cell phones when entering the classroom, guest lecture or labs. Students are expected to be active in the learning process (no sleeping, texting, studying for another class, or web surfing during class).
11. All email correspondence should be written as a professional email. This includes proper spelling, grammar, capitalization and respectful in nature.

12. Understand that technical challenges are not an acceptable excuse for missing deadlines. Be pro-active and plan ahead.
13. Be familiar with and follow all policies found in this handbook.

Exercise Science Student Technical Standards

Below you will find specific requirements of the Exercise Science (ES) program so that candidates/students may compare their own capabilities with these educational challenges and make requests for reasonable accommodation(s), as necessary.

The technical standards are a list of essential qualities considered necessary for students within the ES program to achieve the knowledge, skills, and abilities of an entry-level exercise scientist.

Abilities and Skills in Observation (vision and hearing demands)

A candidate/student must be able to or must have:

Possess hearing to communicate effectively with or without aides.
Possess sufficient vision to delineate incorrectly performed skills.
Acquire a defined level of information presented through demonstrations/labs and other learning experiences. The required learning outcomes include delineation and analysis of quantitative and qualitative characteristics and/or criteria.
Learn to observe a patient/client accurately, up close and at a distance, and observe and appreciate verbal, non-verbal communications.
Determine a patient's medical history and determine a patient's condition and safety when performing physical or manual exercises.
Be well versed in medical terminology.
Be able to read and accurately complete reports.
Understand and interpret information from written documents and to process information presented in images from paper, slides, video, computer, and various anatomical models.

Communication

A candidate/student must be able to or must have:

Expressively and receptively communicate effectively with others in verbal, non-verbal, and written forms, demonstrating sensitivity to individual and cultural differences. Communication includes the ability to read, listen, observe body language, speak, and write in a manner which is concise, accurate, technically correct, and non-judgmental. Computer literacy is required.
Seek out, use, and provide constructive feedback for improving personal and therapeutic interventions.

Must possess the emotional health required for full utilization of intellectual abilities (appropriate medical judgment). The intellectual capacity and ability to understand fundamental theory and to assimilate, within a reasonable time, large amounts of complex, technical, and detailed information.

Be familiar with, and in compliance with relevant laws regarding client confidentiality and privacy.

Be able to solve daily operational problems related to performing exercise testing, including troubleshooting equipment malfunctions.

Recognize any condition, in the facility or client behavior that may pose an immediate threat to health or life (act appropriately).

Be ready for the unpredictable (technical quality, unexpected findings) and exhibit flexibility, independent judgment, and critical thinking.

Read, write technically, measure, calculate, reason, analyze, integrate, evaluate, and synthesize pertinent aspects of the client's history and examination to develop an effective exercise program. A candidate/student must be able to perform the above problem-solving skills in a timely manner to provide effective programming.

The ability to use computers for searching, recording, storing, and retrieve

Exercise Science Club

The Exercise Science Club exists to develop professional skills and knowledge for students majoring in exercise science at The University of Akron. With that intent, the club will seek out and/ or create opportunities that increase students' knowledge and understanding of exercise physiology and the profession, provide students with professional experiences within the University and community, improve professional writing and presentation skills, enable students to attend and participate in professional conferences, and build a social and professional network. The Exercise Science Club is dedicated to creating volunteer opportunities that will enhance resumes and connect people with similar interests. Please watch for updates on social media (@UAExSci on Instagram, email clubexercisescience@gmail.com) and in class announcements/building for more information.

Professional Organizations

The UA Exercise Science program strongly recommends its students become active in professional organizations appropriate for their career direction. Activity within a professional organization (attending meetings, participating in seminars) can be effective means of developing knowledge, developing professional relationships, and learning about job/graduate school opportunities.
The following recommended organizations provide student memberships at a relatively low membership cost:

ACSM: American College of Sports Medicine (National Chapter)
Student Membership Cost-$30/year
401 W. Michigan Street
Indianapolis, IN 46202
317.637.9200

Others to consider depending on career direction:
American Academy of Physician Assistants (AAPA), American Occupational Therapy Association (AOTA), American Physical Therapy Association (APTA), National Athletic Trainers' Association (NATA), Society of Public Health Education (SOPHE), Academy of Nutrition & Dietetics, National Academy of Sports Medicine (NASM)

Advising

Each student is provided an academic advisor and a career advisor to matriculate through the curriculum. Updated advising information can be found on the Exercise Science Advising Portal. Please note the following information regarding advising:

- Students are required to meet with their CHHS academic advisor immediately after being formally accepted into the ES program to sign their program plan. The program plan is signed only once, however, edits can be made.
- Students must receive a C or better in all courses on the program plan (except general education courses, these require a D- or higher). Students will need to repeat a course in which they receive a C- or below.
- Academic advisors are only able to override/enroll students in classes that are EXER. For example, if you would like to get into a humanities course, please contact the department in which the course is housed.
- Prerequisites for all courses can be found on your My Akron during scheduling and in the undergraduate bulletin found here and on the cyclical schedule found on the Exercise Science Advising Portal.

Health Information Portability and Accountability Act (HIPAA)

The privacy provisions of the federal law, the Health Insurance Portability and Accountability Act of 1996 (HIPAA), apply to health information created or maintained by health care providers who engage in certain electronic transactions, health plans, and health care clearinghouses. The Department of Health and Human Services (HHS) has issued the regulation, "Standards for Privacy of Individually Identifiable Health Information," applicable to entities covered by HIPAA. The Office for Civil Rights (OCR) is the Departmental component responsible for implementing and enforcing the HIPAA privacy regulation.

For more information, access https://www.hhs.gov/hipaa/index.html

Family Educational Rights and Privacy Act of 1974 (FERPA)

The 1974 Family Educational Rights and Privacy Act (FERPA)

For more detailed information, please consult the University's rule 3359-11-08 on policies and procedure for student records.

For more information on this policy at UA: https://www.uakron.edu/ogc/legal-policies-and-procedures/privacy-practices-and-policies/ferpa.dot

Occupational Safety & Health Administration (OSHA) Bloodborne Pathogens Standard

Bloodborne pathogens are infectious microorganisms present in blood that can cause disease in humans. These pathogens include, but are not limited to, Hepatitis B virus (HBV), Hepatitis Cnt-3(u)4(s)-4(o-5(a

Exercise Science Laboratory Attire

Appropriate laboratory attire will be required to facilitate learning. Both males and females will be required to wear exercise clothing. Females may be required to wear a halter top or sports bra when requested. Men may be required to bare the trunk/upper body during some activities. No sandals, heels, open-toed shoes, or bare feet are permitted (except when necessary for lab activity). Failure to comply with these standards may result in students being denied participation in lab activities.

Practicum Attire

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The following is a *general description* of appropriate attire:

Dress pants or khaki pants that are clean, pressed and in good condition.

- All pants must have a clean hem (no frayed bottoms).
- Pants should fit well – not too tight/revealing and not too loose such that they hang below hips.
- Pants must be neutral colored; acceptable colors include black, navy or shades of beige or tan.
- If permitted by the practicum site, khaki shorts (of appropriate length) may be worn during outdoor events but must follow the above guidelines. No shorts may be worn to physician offices.
- Jeans, jean shorts, cut-off shorts, leggings, and spandex are not permitted.

Dress shirt or polo shirt that is clean, pressed and in good condition.

- Shirts should be always tucked in. If the shirt is designed to be un-tucked, it must be at a length where the bottom of the shirt reaches well below the top of the pants so that the midriff is not visible when arms are raised.
- Shirts should fit well without being too tight or revealing.
- Sleeveless shirts of any type are not permitted.

Casual shoes or dress shoes should be clean and in good condition.

- Sandals, open toe shoes, heels, boots, clogs, platforms, Crocs™ and flip-flops are not permitted.
- Tennis shoes may be worn at athletic event sites, but not clinical sites.

Jackets or other inclement weather gear must be issued by UA or the affiliate site, or be neutral colors (black, gray, navy, white, or beige).

Communication

All official correspondence will be sent to students via the uakron.edu email system. This may include important and time sensitive notifications. Therefore, it is important that each student checks their email daily. Prompt communication is important for professionalism and success.

Email correspondence with UA faculty is expected to be professional and clear. Use of text/slang language is unprofessional and therefore not acceptable. Students should use complete sentences, proper punctuation/capitalization and should contain an appropriate greeting (e.g., Dear Dr. ___ or Professor _____) and salutation (e.g., Sincerely). If a question is vital to understanding a concept for an assignment, plan ahead.

Practicum

Each Exercise Science student is required to complete a practicum that accrues a minimum of 90 contact hours (3 credit hours) their senior year. Practicums provide an opportunity to apply the knowledge and skills developed in the classroom.

For more information, see the Practicum Handbook and video found in Exercise Science Advising Portal.

Letters of Recommendation

Faculty receive many requests for writing letters of recommendations. Please keep in mind this information when making this request:

Please give a minimum of 3 weeks for a letter to be completed.
Inform the faculty member of the purpose of the letter (employment, graduate school, etc.) and any guidelines that you have about the letter of recommendation.

Each student must provide a current resume (see UA Career Services) prior to sending letter of recommendation request

What is most likely to get a student a top recommendation?

Professional conduct in and out of class (demeanor, integrity/ethics, reliability, quality of oral presentations and written work, timeliness, foresight, response to stress, presentation of self, positive response, and use of constructive criticism, respectful of others, teamwork, etc.)
A/B grades, especially in EXER courses
Active in the classroom, participation in club/service activities

* Getting to know your professors allows them to write a more personal recommendation highlighting not only your academics but other characteristics which they can align with the purpose of the recommendation.

Academic Integrity

It is each student's responsibility to know what constitutes academic dishonesty and to seek clarification directly from your instructor if necessary. The University of Akron, University Libraries web site is an excellent source to help you, the student, understand plagiarism and how to avoid it. Select this link to learn more about how to avoid plagiarism.

Examples of academic dishonesty include, but are not limited to:

Submission of an assignment as the student's original work that is entirely or partly the work of another person or artificial intelligence.

Failure to appropriately cite references from published or unpublished works or print/non-print materials.

Unauthorized copying of an assignment in computer programming, or the unauthorized examination or view of the computer, specifically during examinations.

Possession and/or unauthorized use of tests, notes, books, calculators, or formulas stored in calculators not authorized by the instructor during an examination.

Providing and/or receiving information from another student other than the instructor, by any verbal or written means.

Observing or assisting another student's work, when not part of a group activity.

Violation of the procedures prescribed by the professor to protect the integrity of the examination.

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Appendix 1