



School of Exercise and Nutrition Sciences

Exercise Science Program Student Handbook

2023-2024

School of Exercise and Nutrition Sciences

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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.

Physical Demands

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

- Performance of appropriate exercise recommendations involves standing, walking, and moving of heavy exercise equipment. Lead and demonstrate safe and effective methods of exercise by applying the fundamental principles of exercise science.
- Sufficient motor skills to learn and implement the essential functions of an exercise science student. Motor demands include average endurance, strength and precision.
- Be able to participate in all demonstrations, laboratory and facility/clinical and internships.
- Possess physical coordination to perform safe and effective methods of exercise (eye-hand coordination).
- Possess a full range of body motion including handling, lifting and possible transfer of clients.
- Possess fine motor functions (manual dexterity).
- Ability to sit or stand for extended periods of time (7-8 hours) per day.
- Be aware of proper infection control, including precautionary procedures (all facilities).
- Recognize and respond to emergency situations (CPR, ACLS). Perform cardiopulmonary resuscitation and emergency treatment to patients in a safe and effective manner.
- Elicit information from patients/clients/subjects by palpation, auscultation, and diagnostic maneuvers and procedures in a safe and effective manner without the use of an intermediary.

Specifically, a candidate/student must be able to:

- Attend and participate in classes during each academic semester. Classes consist of a combination of lecture, independent discovery, discussion, laboratory, and clinical activities.
- Sit and/or stand for 2 consecutive hours during specific courses.
- Occasionally lift weights of 25 pounds and frequently lift weights of 10 pounds.
- Frequently twist, bend, stoop, and squat.
- Frequently move from place to place and position to position and must do so at a speed that permits safe handling of classmates and patients/clients.
- Frequently coordinate verbal and manual activities with gross motor activities.

Intellectual-Mental Demands

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

- 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 retrieving information.

Behavioral and Social Skills

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

- Adequate mental and emotional health required for full utilization of his or her intellectual abilities, engaging in self-assessment, exercising good judgment, and functioning effectively during periods of high stress. A candidate/student must be able to display flexibility and learn to function in the face of uncertainties.
- Accept responsibility for professional behavior, complete all responsibilities promptly and interact maturely and sensitively with people of all ages, gender, races, socio-economic, religious, and cultural backgrounds. All students are responsible for understanding and complying with the Code of Student Conduct defined by The University of Akron. <https://www.uakron.edu/ogc/UniversityRules/pdf/41-01.pdf>

Curriculum Requirements

Please see the Exercise Science Advising Portal for up-to-date curriculum requirements. Overall, the requirements for graduation are:

Prerequisite course requirements-27 credits

General Education requirements-17 credits

Program requirements-38 credits

Concentration elective course requirements-38 credits

Total Credits:120 credits

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
www.acsm.org

NSCA National Strength and Conditioning Association
Student Membership Cost-\$70/year
1885 Bob Johnson Drive
Colorado Springs, CO 80906
www.nasca-lift.org

CEPA Clinical Exercise Physiology Association
Student Membership Cost-\$15/year
401 W. Michigan St
Indianapolis, IN 46202
www.acsm-cepa.org

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) is a federal law (20 U.S.C. 1232g) that protects the privacy of a student's education record. FERPA applies to all educational institutions receiving funds from the United States Department of Education, from kindergarten through the higher education level.

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 C virus (HCV), and human immunodeficiency virus (HIV). Some student class/lab activities and practicum sites in the Exercise Science program may require proper handling of potentially infectious materials. Those who are exposed to bloodborne pathogens are at risk for serious or life-threatening illnesses.

All the requirements of OSHA's Bloodborne Pathogens standard can be found in Title 29 of the Code of Federal Regulations at 29 CFR 1910.1030.

For more information, access <https://www.osha.gov/index.html>

UA Exercise Science Program Policies and Procedures

Professional Appearance

Dress Code

Students are expected to dress appropriately for classroom, lab activities and off campus practicum activities.

Attire for the Off-Campus Activities and Guest Lectures

Attire described as "business casual dress" will meet the requirement for attending guest lectures, off-campus activities, when delivering classroom presentations or attending a professional conference. The program interprets business casual as a collared shirt (includes polo shirts) and khaki or dress pants. Shoes should be closed toe. Failure to comply with these standards may result in students being denied participation in activities.

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

Professional dress is always required. Students are expected to verify the practicum's site dress code and always comply with those guidelines. 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).

Student Evaluation

Letter grades are assigned for all courses. The grading scale is interpreted as follows:

A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%
F	BELOW 60%

Note: this is the University's grading scale; each instructor will identify their grading scale in their course syllabi.

Per the University Rule 3359-42-01-C2, any questions or concerns about grades should first be discussed directly with the instructor. If students are unable to resolve the matter with the instructor, they may appeal to School Director, followed by the Dean and then the provost.

Attendance

The Exercise Science program believes that professional behavior patterns are critical to success within our profession. Consistent attendance, promptness, and readiness to participate in class and internship experiences are examples of expected professional behavior. Students are expected to attend ALL their scheduled classes to satisfy all academic objectives and outlines by the course instructor.

Student Responsibility to Stay Informed

It is the student's responsibility to keep informed of all rules, regulations and/or policies required for this program. This includes all the information in this handbook, course syllabi, email notifications, Brightspace announcements, and any verbal notifications issued during class lecture, lab, or practicum. Rules, regulations and/or policies will NOT be waived because students do not know and understand their expectations. As such, students are responsible for reading the student handbook and will be held responsible for abiding by the policies and procedures.

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.
- Cooperation with a person involved in academic misconduct.
- Submitting the same assignment in two different classes.
- If you are repeating this course and any of the assignments are the same as when you previously took the course, you are NOT permitted to submit the same assignment. You MUST submit new original responses.
- Uploading course documents to a crowd-sourcing site where other students can download them or sharing course documents in any other way.

If a faculty member suspects that a student has violated the Academic Misconduct provision in the Code of Student Conduct, the faculty member will follow the procedure outlined in Section J of the Code of Student Conduct. More information is available at the website of the Department of Student Conduct and Community Standards.

Applying to Graduate

Students must apply to graduate the semester prior to graduation. Please see this [LINK](#) for instructions.

Appendix 1

**UNIVERSITY OF AKRON
EXERCISE SCIENCE PROGRAM**

**Policies and Procedures
Informed Consent**

I hereby attest that I have obtained a copy of the Exercise Science Student Handbook, 1st Edition. I have read this handbook thoroughly and I agree to abide by all standards, policies and procedures set forth therein. I understand that this Handbook may be revised and that I am subject to adhere to any revised policies and procedures communicated to me by and Exercise Science Faculty Member. I recognize the importance of always conducting oneself as a professional. I understand the student evaluation process and expectations. I understand the consequences of unprofessional behavior or violation of the academic integrity and/or honor code while a student in this program. Failure to adhere to all verbal or written policies or procedures will result in disciplinary action that may include a reprimand, probation, or dismissal from the Exercise Science Program at The University of Akron.

I hereby attest that I have received training and will abide by all federal and university regulations under the Bloodborne Pathogens and Universal Precautions in both didactic and clinical education settings.

Student's Name (print)

Student's Name (signed)

Date