Health, Wellness, and Exercise Science (HWES)

The objectives of the Department of Health, Wellness, and Exercise Science are to provide the following: 1) The professional preparation of skilled teachers of physical education and health, as well as qualified persons in the allied areas of strength and conditioning, coaching, athletic health care, and the fields of leisure and sport management; 2) Preparation for the student to pursue graduate studies; 3) The opportunity for the student to experience both the learning of theory and the discovery of application through practical extracurricular experiences; 4) The opportunity for certification in first aid, CPR, strength and conditioning, and water safety instruction; and 5) Wholesome health and fitness attitudes and knowledge for all students so that they may have the opportunity to discover and to choose healthy life styles.

Prospective elementary and secondary teachers of health and physical education must student teach at both levels for state certification. Education courses offered through the Education Department for teacher certification are required. Consultation may be secured through the Education Department.

A student may receive a B.A. in Exercise Science without teacher certification.

Transfer students must complete at least 40% of their major course work at Benedictine College to receive a B.A. in Exercise Science, Strength and Conditioning, or Athletic Health Care, and at least 40% of their minor course work at Benedictine College to receive an Exercise Science minor or a Teaching Physical Education minor.

As a general school requirement, all students are required to take EXSC-1115, Wellness for Life and one fitness course.

A maximum of one hour of fitness credit may be acquired through varsity sport participation. This applies both to majors and to non-majors.

Exercise Science Major Core Curriculum (24–26)

EXSC-1150, Foundations of Human Movement (2)
EXSC-2209, Personal and Community Health (2)
EXSC-2210, First Aid and Personal Safety (2)
EXSC-2263, Care and Prevention of Athletic Injuries (3)
EXSC-3357, Tests and Measurements in Health and Physical Education (3)
EXSC-3366, Physiology of Exercise (3)
EXSC-3380, Kinesiology and Biomechanical Analysis (3)
EXSC-4402, Organization and Administration of Physical Education and Sports (2)
EXSC-COMP, Senior Comprehensive plus one swimming course (1) or swim proficiency test, and one dance course (1) chosen from EXSC-1101, Aerobics, EXSC-1123, Country Social Dance, EXSC-1126, Fitness Zumba, or EXSC-1111 (Dance Team only).
A major will choose one area of concentration.

**Areas of Concentration**

1. **Teaching Physical Education and Health:**
   - EXSC-1105, EXSC-2220, EXSC-2222, EXSC-3302, EXSC-3303, EXSC-3350, EXSC-3365, and EXSC-4457, an approved fitness course, auxiliary requirement, BIOL-1107, BIOL-2242, and BIOL-2243. For teacher licensing, students must also complete the appropriate K–12 teacher licensure program courses.

2. **Coaching:**
   - EXSC-2220, EXSC-2222, EXSC-2240, EXSC-3303, EXSC-3350, and two Theory of Coaching courses.

3. **Leisure Management:**
   - EXSC-2240, EXSC-3365, EXSC-4401, EXSC-2205, EXSC-4404, and an approved fitness course.

4. **Sports Management:**
   - EXSC core curriculum, an approved fitness course, EXSC-2240, minor in business administration, and EXSC-4411

5. **General Health Care:** New in Fall 2018
   - This General Health Care Specialization consists of courses from the Exercise Science and Athletic Health Care majors as you can see below. These required courses are a good foundation for knowledge needed to prepare the student for a career in a variety of health areas. The Life Science electives, the Psychology electives and the Sociology electives will allow the student to make choices and allow them to specialize in courses tailored toward their career goals. A 1-4 credit EXSC internship is required to culminate the educational experience and allow the student to learn firsthand in an authentic setting. 56-59 credit hours for the major will give the students a solid schedule and at the same time allow them to cover a good number of general education courses (see suggested sequence of course below).

**Strength and Conditioning Major (43)**
- EXSC-1107, Beginning Weight Training (1)
- EXSC-2209, Personal and Community Health (2)
- EXSC-2210, First Aid and Personal Safety (2)
- EXSC-2240, Structural Anatomy (3) or BIOL-2242/2243, Human Anatomy & Physiology I/Human Anatomy & Physiology II
- EXSC-2263, Care and Prevention of Athletic Injuries (3)
- EXSC-3303, Basic Nutrition (3)
- EXSC-3310, Introduction to Personal Training (3)
- EXSC-3320, Essentials of Strength and Conditioning (3)
- EXSC-3330, Advanced Weight Training and Plyometrics (2)
- Two Theory of Coaching Courses (EXSC-3351, EXSC-3352, EXSC-3353, EXSC-3354, EXSC-3355, EXSC-3369 —two credits each)
- EXSC-3350, Psychology and Methods of Coaching (2)
- EXSC-3357, Tests and Measurement (3)
- EXSC-3366, Exercise Physiology (3)
- EXSC-3380, Kinesiology and Biomechanical Analysis (3)
- EXSC-4402, Organization and Administration of Physical Education and Sport (2)
- ATTR-4407, Pharmacology in Athletic Training (2)
- EXSC-4422/4423, Strength and Conditioning Practicums (One credit each)
- STRC-COMP, Senior Comprehensive

An internship in Strength and Conditioning is strongly encouraged.

**Athletic Health Care Major**

The HWES Department also offers a major in Athletic Health Care to prepare students for a career in athletic health care. The following list of courses are required for this major:
- BIOL-2242, BIOL-2243. A grade of ‘C’ or better is required in all courses counting toward the major. In addition, the student must complete the courses necessary for general education requirements.

Athletic Health Care majors must also complete an appropriate swimming course, or pass the proficiency test.

Students must be formally accepted into the Athletic Health Care (AHC) major, receive a Hepatitis B immunization, and purchase their own student malpractice liability insurance to enroll in any of the clinical practicum courses. Obtain applications and other supporting documents by contacting the director of the Athletic Health Care major. Applicants must satisfy the following entrance requirements.
before the deadline (April 1 every spring) to be accepted into the major. Only those students who have been accepted are allowed to enroll in the AHC practicum courses (ATTR-2212, ATTR-2213, ATTR-3312, ATTR-3313, ATTR-4412, ATTR-4413).

**Entrance Requirements:**
1. Formal acceptance to Benedictine College.
2. Successful completion of EXSC-2210 and EXSC-2263.126
3. Current CPR and First Aid certificate. A separate fee may be required for this.
4. A cumulative GPA of 2.75 requires an ACT of 22 or higher, a cumulative GPA of 3.0 will require an ACT of 21 or higher, and a cumulative GPA of 3.25 or higher will require an ACT of at least 20.
5. Completion of at least 30 hours of athletic health care and written recommendation for admission to the AHC from one of the current Benedictine College certified/licensed athletic trainers.
6. Completed application to the AHC major plus two academic letters of recommendation.
7. Declare Athletic Health Care as academic major.
8. A completed health history and physical exam must be on file with the school nurse. This health history must include a current MMR, tuberculosis screening, and hepatitis B immunization. The physical exam must be conducted by a MD/DO/NP/PA and must include his or her signature, his or her printed name, and the date. A fee may be required for a physical exam.
9. Students are responsible for their own malpractice insurance and must pay their own premiums. These documents must be completed before any campus or off-campus athletic health care practicum can be taken.
10. Acceptance of the technical standards. Students with disabilities or those who do not meet these standards can request reasonable accommodations to these technical standards.
11. Students must have their own reliable source of transportation to travel to off-campus clinical rotations. Students are also responsible for any travel expenses or insurance needs for their source of transportation.

In addition to the above-mentioned requirements for admission, students must meet requirements for continued enrollment. Students are financially responsible for any costs associated with any of these requirements for continued enrollment (e.g., the blood borne pathogen training that is required every year).

**Minor in Exercise Science:**
EXSC-1150, EXSC-2209, EXSC-2210, EXSC-2263, EXSC-3350, EXSC-3357, EXSC-3366 or EXSC-3380, EXSC-4402, EXSC-4404.

**Teaching Minor in Physical Education:**
EXSC-1150, EXSC-2220, EXSC-2222, EXSC-3350, EXSC-2209, EXSC-2210, EXSC-2263, EXSC-3357, EXSC-3366 or EXSC-3380, EXSC-4402, EXSC-3302, EXSC-3365, EXSC-4457.

**General Education Approved Fitness Activity Courses:**
EXSC-1100, Physical Fitness
EXSC-1101, Aerobics
EXSC-1105, Beginning Gymnastics and Body Mechanics
EXSC-1107, Beginning Weight and Circuit Training
EXSC-1108, Intermediate Swimming
EXSC-1111, Varsity Sport
EXSC-1118, Power Yoga
EXSC-1126, Zumba Fitness
EXSC-1128, Fitness Swimming127