

Bachelor of Science Degrees in Exercise, Health, and Sport Sciences

The Department of Exercise, Health, and Sport Sciences offers degrees in athletic training, exercise science (majoring in health fitness or exercise physiology), and health sciences. The Department's athletic training education program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Upon completion of the curriculum, the undergraduate athletic training student will be eligible to challenge the Board of Certification (BOC) examination for the athletic trainer. Upon completion of their respective curricula, health fitness and exercise physiology majors will be eligible to challenge an eclectic mix of national certification examinations including the American College of Sports Medicine's (ACSM) Health Fitness Instructor and Exercise Specialist certification examinations and the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist examination. Health sciences graduates are prepared for careers in general health science fields and for admission to graduate and professional programs.

Admission and Program Requirements

In addition to the requirements established for admission to the University, the Department of Exercise, Health, and Sport Sciences requires applicants to have successfully completed high school chemistry and biology with labs. See the admission section of the catalog for further requirements.

Athletic training, health fitness, and exercise physiology include required supervised clinical, practicum, and internship experiences. The exercise, health, and sport sciences faculty reserve the right to limit enrollment in these programs. In addition, because these experiences occur in a variety of settings in the southern Maine area, students must provide their own transportation to rural as well as urban areas. It is highly recommended that students purchase professional liability insurance. Students cannot double major within department offerings.

Students enrolled in other USM programs of study must meet with the Department chairperson to discuss transfer requirements and their reasons for transfer. Such students will be required to complete SPM 100 with a grade of C- or better. Acceptance into the Department is dependent on reasons for transfer, cumulative GPA, and space availability.

Each exercise, health, and sport sciences laboratory and clinical course offering has a fee ranging from \$20 to \$150.

Probation

Regardless of degree, probation within the Department of Exercise, Health, and Sport Sciences lasts for a period of one year.

Justifications for a student being placed on academic probation for poor academic performance following any semester include:

1. Failure to maintain a minimum cumulative GPA of 2.25 for health fitness and health sciences majors or failure to maintain a minimum cumulative GPA of 2.50 for athletic training and exercise physiology majors.
2. Receiving grades lower than a C- in a required course.
 - a. Students who receive a grade below C- in a course will maintain probation status within the Department until the student earns a grade of C- or higher within the one-year probation period.
 - b. Students receiving a grade lower than a C- in a required course will not be allowed to sequence into post-requisite coursework until the prerequisite deficiency has been rectified.

Students enrolled in a Department of Exercise, Health, and Sport Sciences major may be placed on academic probation twice during the student's academic career. Subsequent to a third infraction and/or failing to rectify deficiencies within any given one-year probation period, students will be removed from their declared major and from their status as a student within the Department. Upon rectifying all deficiencies students can reapply for admission into a Departmental major. Readmitted students who become academically deficient will immediately, and permanently, relinquish their status as a student within the Department.

Note: A student who admits to or is found guilty of a violation of academic integrity (see USM Student Academic Integrity policy), the ACSM's or NATA's Code of Ethics may be suspended or dismissed from the Department and/or the University.

**Bachelor of Science in
Exercise Science—
Health Fitness Major**

Retention and Progression Requirements

Students will be retained within the health fitness major providing the following criteria are maintained throughout their undergraduate experience:

1. Meet the published “technical standards” for the health fitness major. Technical standards will be addressed and completed during SPM 100.
2. Maintain a minimum cumulative GPA of 2.25
3. Earn a minimum grade of C- in required courses
4. Present proof of current American Red Cross Cardiopulmonary Resuscitation (CPR) for the Professional Rescuer certification, or its equivalent, prior to enrolling in the following courses: SPM 385, SPM 395, SPM 495.

Graduation Requirements

Students will graduate with a bachelor of science degree in exercise science with a major in health fitness when the following are satisfied:

1. Minimum cumulative GPA of 2.25
2. Completion of all University Core curriculum requirements
3. Completion of all exercise, health, and sport sciences core required coursework
4. Completion of all health fitness major coursework
5. Completion of 121-123 credit hours.

Major Requirements

The major consists of 121-123 credit hours, which includes the University’s Core curriculum.

<i>University Core Courses (31-32 or 34-35 credit hours)</i>	<i>Credits</i>
Required (7-8 credit hours)	
D MAT 120D Introduction to Statistics	
D PSY 105D Statistics in Psychology	3-4
K PHY 101K Introduction to Physics	3
PHY 102K Introduction to Physics Lab	1
W Writing-intensive requirement	

Electives (24-27 credit hours)	
C Basic Composition	3
E Skills of Analysis	3
*F Fine Arts - Performance	3
G Fine Arts - History	3
H Humanities - Literature	3
I Humanities - Other Times/Culture	3
J Social Science	3
#J Social Science	3
EYE Course	3

For students who matriculate with less than 24 total credit hours

*THE 170 Public Speaking highly recommended

#Students pursuing a business minor should take BUS 165J – Consumer Studies

Exercise, Health and Sport Sciences Core Requirements (39-40 credit hours)

		<i>Credits</i>
CHY 107	Chemistry for Health Sciences	3
	or	
CHY 113K	Principles of Chemistry I	3
CHY 114K	Laboratory Techniques I	1
BIO 111	Human Anatomy and Physiology I	3
BIO 112	Practical Human Anatomy and Physiology I	1.5
BIO 211	Human Anatomy and Physiology II	3
BIO 212	Practical Human Anatomy and Physiology II	1.5
CON 216	Emergency Response	3
CON 219	Lifetime Physical Fitness and Wellness	3
CON 252	Human Nutrition	3
CON 352	Nutrition for Physical Performance	3
SPM 100	Introduction to Sports Medicine	3

SPM	325	Methods of Resistance Training and Conditioning	3
SPM	330	Physiology of Exercise	3
SPM	381	Kinesiology	3
SPM	430	Exercise Testing, Assessment, and Prescription	3
<i>Health Fitness Major Requirements (48-51 credit hours)</i>			<i>Credits</i>
Required (36 credit hours)			
BUS	200	Introduction to Business	3
SPM	230	Psychology of Physical Activity and Sport	3
SPM	260	Exercise Leadership	3
SPM	315	Group Exercise Instruction	3
SPM	350	Health Promotion Programs	3
SPM	385	Health Fitness Practicum I	3
SPM	395	Health Fitness Practicum II	3
SPM	450	Exercise for Special Populations	3
SPM	481	Fitness Facility Management	3
SPM	495	Clinical Internship/Co-op	9
Electives (12-15 credit hours)			<i>Credits</i>
SPM	235	Lab Techniques in Nutrition and Exercise	3
SPM	340	Therapeutic Exercise	3
SPM	398	Independent Study	1-3
SPM	400	Sports Nutrition Symposium	3
SPM	431	Advanced Exercise Physiology	3
SPM	435	Practical Application of Nutrition	3
SPM	460	EKG Interpretation	3
SPM	485	Senior Thesis	3
CON	302	Pharmacology	3
CON	321	Health-Related Research	3
PSY	400	Sport Psychology Institute	3
PSY	400	Health Psychology Institute	3
ITS	300	Ergonomics/Time Study	3
ITS	320	Occupational Safety and Health	3
ITS	321	Workplace Design Ergonomics	3
* CON	280	Holistic Health I	3
* CON	281	Holistic Health II	3
* CON	283	Healing and Spirituality	3
* CON	284	Botanical Therapies	3
* CON	285	Perspectives on Animal-Assisted Therapy	3
* CON	311	Psychosocial Interventions for Older Adults	3
* CON	490	Therapeutic Touch	3
~BIO	201	Genetics	3
~BIO	281	Microbiology and Human Disease	3
~BIO	345	Pathophysiology	3
~BIO	401	General Physiology	3
~BIO	431	Immunology	3
~BIO		Any 200-level or higher BIO courses	
# ACC	110	Financial Accounting Information for Decision Making	3
# ACC	211	Managerial Accounting Information for Decision Making	3
# BUS	165J	Consumer Studies	3
# BUS	210	Introduction to Sports Management	3
# BUS	260	Marketing	3
# BUS	280	Legal Environment of Business	3
# FIN	190	Personal Finance	3
# BUS		Any 300-level or higher BUS, FIN, or RMI course	

Other courses per Departmental permission.

* # Along with required Department courses (CON 219, CON 252), students who successfully complete CON 280, CON 281 and any other 2 * courses satisfy requirements for the holistic and integrative health minor (HIH). Consult with the coordinator of the HIH minor in the School of Nursing to declare the HIH minor. Along with required health fitness courses (BUS 200), students who successfully

complete any 6 # courses satisfy requirements for the minor in business administration offered through the School of Business Consult with the School of Business to declare a business minor.

~Along with required biology courses (BIO 111, 112, 211, 212), students who successfully complete any 3 ~ courses satisfy requirements for a biology minor offered through the Department of Biological Sciences.

***Bachelor of Science in
Exercise Science—
Exercise Physiology
Major***

Retention and Progression Requirements

Students will be retained within the exercise physiology major providing the following criteria are maintained throughout their undergraduate experience:

1. Meet the published “technical standards” for the exercise physiology major. Technical standards will be addressed and completed during SPM 100.
2. Maintain a minimum cumulative GPA of 2.50
3. Earn a minimum grade of C- in required courses
4. Present proof of current American Red Cross Cardiopulmonary Resuscitation (CPR) for the Professional Rescuer Certification, or its equivalent, prior to enrolling in the following courses: SPM 375, SPM 431, SPM 460, SPM 495.
5. Present proof of health insurance coverage equal to or better than the USM Student Health Insurance Plan (basic) prior to enrolling in the following courses: SPM 375, SPM 460, SPM 495. Documentation should include a copy of a current health insurance card with the name of an insurance carrier, policy number, etc.
6. Documentation of receiving the first two of three required Hepatitis B immunization injections prior to enrolling in SPM 460. Documentation should include copies of the laboratory reports that the student received the injections. If the student chooses not to be Hepatitis B immunized, he or she must read, complete, and sign the form entitled “Hepatitis B Vaccine Declination Assumption of Risk and Release” prior to enrolling in SPM 460.
7. Documented proof of receiving the third injection of the Hepatitis B Immunization series prior to enrolling in SPM 495. Formal documentation indicating the aforementioned CPR, health insurance, and Hepatitis B immunization requirements have been met must be on file with the Department of Exercise, Health, and Sport Sciences.

Graduation Requirements

Students will graduate with a bachelor of science degree in exercise science with a major in exercise physiology when the following are satisfied:

1. Minimum cumulative GPA of 2.50
2. Completion of all University Core curriculum requirements
3. Completion of all exercise, health, and sport sciences core required coursework
4. Completion of all exercise physiology major coursework
5. Completion of 121-123 credits

Major Requirements

The major consists of 121-123 credit hours, which includes the University’s Core curriculum.

<i>University Core Courses (31-32 or 34-35 credit hours)</i>	<i>Credits</i>
<i>Required (7-8 credit hours)</i>	
D MAT 120D Introduction to Statistics or	
D PSY 105D Statistics in Psychology	3-4
K PHY 101K Introduction to Physics	3
PHY 102K Introduction to Physics Lab	1
W Writing-intensive requirement	
<i>Electives (24-27 credit hours)</i>	
C Basic Composition	3
E Skills of Analysis	3
*F Fine Arts - Performance	3
G Fine Arts - History	3
H Humanities - Literature	3

I	Humanities - Other Times/Cultures	3
J	Social Science	3
J	Social Science	3
	EYE Course	3

For students who matriculate with less than 24 total credit hours.

*THE 170F Public Speaking highly recommended

Exercise, Health, and Sport Sciences Core Requirements (39-40 credit hours)

			<i>Credits</i>
CHY	107	Chemistry for Health Sciences	3
or			
CHY	113K	Principles of Chemistry I	3
CHY	114K	Laboratory Techniques I	1
BIO	111	Human Anatomy and Physiology I	3
BIO	112	Practical Human Anatomy and Physiology I	1.5
BIO	211	Human Anatomy and Physiology II	3
BIO	212	Practical Human Anatomy and Physiology II	1.5
CON	216	Emergency Response	3
CON	219	Lifetime Physical Fitness and Wellness	3
CON	252	Human Nutrition	3
CON	352	Nutrition for Physical Performance	3
SPM	100	Introduction to Sports Medicine	3
SPM	325	Methods of Resistance Training and Conditioning	3
SPM	330	Physiology of Exercise	3
SPM	381	Kinesiology	3
SPM	430	Exercise Testing, Assessment, and Prescription	3

Exercise Physiology Major Requirements (48-51 credit hours) *Credits*

Required (36 credit hours)			
CON	302	Pharmacology	3
CON	321	Health-Related Research	3
BIO	345	Pathophysiology	3
SPM	235	Lab Techniques in Nutrition and Exercise	3
SPM	375	Exercise Physiology Practicum	3
SPM	431	Advanced Exercise Physiology	3
SPM	435	Practical Application of Nutrition	3
SPM	460	EKG Interpretation	3
SPM	485	Senior Thesis	3
SPM	495	Clinical Internship/Co-op	9

Electives (12-15 credit hours)

SPM	260	Exercise Leadership	3
SPM	315	Group Exercise Instruction	3
SPM	398	Independent Study	1-3
SPM	495	Clinical Internship/Co-op	3
* BIO	201	Genetics	3
* BIO	281	Microbiology and Human Disease	3
* BIO	401	General Physiology	3
* BIO	431	Immunology	3
CHY	115	Principles of Chemistry II	3
CHY	116	Laboratory Techniques II	1
CHY	251	Organic Chemistry I	3
CHY	252	Organic Chemistry Lab	2
CHY	253	Organic Chemistry II	3
CHY	254	Organic Chemistry Lab II	2
CHY	461	Biochemistry	3
CHY	462	Biochemistry Lab	2
CHY	463	Biochemistry II	3
CHY	464	Biochemistry Lab II	2
NUR	209	Health Assessment	2
NUR	210	Health Assessment Practicum	2
MAT	152D	Calculus A	4

MAT	220	Statistics for the Biological Sciences	4
PSY	400	Sport Psychology Institute	3
PSY	400	Health Psychology Institute	3
SPM	400	Sports Nutrition Symposium	3
Other courses per Departmental permission			

*Along with required biology courses (BIO 111, BIO 112, BIO 211, BIO 212, BIO 345), students who successfully complete any other 2 * courses satisfy requirements for a biology minor offered through the Department of Biological Sciences.

Bachelor of Science in Athletic Training

Athletic training accreditation guidelines dictate that only a limited number of students can matriculate into the athletic training education program (ATEP) at any one time. Please see the curriculum director of the CAATE accredited athletic training education program for additional information.

Special note to transfer students: All transfer students are encouraged to schedule an appointment with the ATEP director to discuss admission criteria and other pertinent information concerning the program. It is not possible to give complete and accurate information about your specific situation on a Web site or in a catalog. Speaking with the ATEP director is the only way to be correctly advised about transferring.

The following criteria must be met in order for an athletic training student to begin the clinical rotation component of the ATEP. Thus, prior to SPM 210 Athletic Training Principles I a student must:

1. Complete SPM 100 with a minimum grade of C-.
2. Complete CON 216 with a minimum grade of C-.
3. 2.25 required to enroll in SPM 210; maintain a minimum cumulative GPA of 2.50 thereafter.
4. Meet the published "technical standards" for the athletic training education program. Technical standards will be addressed and completed during SPM 100.
5. Complete a formal interview with the ATEP director and the clinical instructors of athletic training, if necessary.
6. Present proof of current American Red Cross Emergency Response certification, or its equivalent.
7. Present proof of current American Red Cross Cardiopulmonary Resuscitation (CPR) for the Professional Rescuer certification, or its equivalent.
8. Present documentation of receiving the first two of three required Hepatitis B immunization injections. Documentation should include copies of the laboratory reports that the student received the injections. If the student chooses not to be Hepatitis B immunized, he or she must read, complete, and sign the form entitled "Hepatitis B Vaccine Declination Assumption of Risk and Release".
9. Present a current (within one year) health history and physical examination performed by a health care worker approved to perform such services (e.g., licensed physician, nurse practitioner). Documentation should include written verification that the student passed a physical examination..
10. Present proof of health insurance coverage equal to or better than the USM Student Health Insurance Plan (basic). Documentation should include a copy of a current health insurance card with the name of an insurance carrier, policy number, etc.

Retention and Progression Requirements

Prior to starting clinical rotations in SPM 270 Athletic Training Clinic I, all students must:

1. Complete SPM 210/211 with a minimum grade of C-.
2. Complete BIO 111/112 with a minimum grade of C-.

Students will be retained within the athletic training education program providing the following criteria are maintained throughout their undergraduate experience:

1. Maintain a minimum cumulative GPA of 2.50
2. Earn a minimum grade of C- in required courses
3. Documented proof of receiving the third injection of the Hepatitis B Immunization series prior to enrolling in SPM 370.

4. Present proof of current health insurance coverage, emergency response and CPR for the professional rescuer certifications, or their equivalents, prior to enrolling in the following courses: SPM 270, SPM 370, SPM 371, SPM 470, SPM 495.

Students failing to fulfill any of the above requirements will be placed on probation (see the Department of Exercise, Health, and Sport Sciences probation policy).

Graduation Requirements

Students will graduate with a bachelor of science degree in athletic training when the following are satisfied.

1. Minimum cumulative GPA of 2.50
2. Completion of all University Core curriculum requirements
3. Completion of all exercise, health, and sport sciences core required coursework
4. Completion of all athletic training major coursework
5. Completion of 121-122 credits

Degree Requirements

The bachelor of science in athletic training consists of 121-122 credit hours, which includes the University's Core curriculum.

<i>University Core Courses (31-32 or 34-35 credit hours)</i>		<i>Credits</i>
Required (10-11 credit hours)		
D MAT 120D	Introduction to Statistics or	
PSY 105D	Statistics in Psychology	3-4
J PSY 101J	General Psychology I	3
K PHY 101K	Introduction to Physics	3
PHY 102K	Introduction to Physics Lab	1
W	Writing-intensive requirement	

Electives (21-24 credit hours)

C	Basic Composition	3
E	Skills of Analysis	3
*F	Fine Arts - Performance	3
G	Fine Arts - History	3
H	Humanities - Literature	3
I	Humanities - Other Times/Culture	3
J	Social Science	3
EYE	Course	3

For students who matriculate with less than 24 total credit hours.

*THE 170F Public Speaking highly recommended

Exercise, Health, & Sport Sciences Core Requirements (39-40 credit hours)

			<i>Credits</i>
CHY	107	Chemistry for Health Sciences	3
or			
CHY	113K	Principles of Chemistry I	3
CHY	114K	Laboratory Techniques I	1
BIO	111	Human Anatomy and Physiology I	3
BIO	112	Practical Human Anatomy and Physiology I	1.5
BIO	211	Human Anatomy and Physiology II	3
BIO	212	Practical Human Anatomy and Physiology II	1.5
CON	216	Emergency Response	3
CON	219	Lifetime Physical Fitness and Wellness	3
CON	252	Human Nutrition	3
CON	352	Nutrition for Physical Performance	3
SPM	100	Introduction to Sports Medicine	3
SPM	325	Methods of Resistance Training and Conditioning	3
SPM	330	Physiology of Exercise	3
SPM	381	Kinesiology	3
SPM	430	Exercise Testing, Assessment, and Prescription	3

<i>Athletic Training Major Requirements (48-51 credit hours)</i>			<i>Credits</i>
Required (42 credit hours)			
NUR	209	Health Assessment	3
NUR	210	Health Assessment Practicum	2
CON	302	Pharmacology	3
CON	321	Health-Related Research	3
SPM	210	Athletic Training Principles I	3
SPM	211	Protective Taping and Wrapping	1
SPM	230	Psychology of Physical Activity and Sport	3
SPM	265	Therapeutic Modalities	3
SPM	310	Athletic Training Principles II	3
SPM	340	Therapeutic Exercise	3
SPM	410	Athletic Training Principles III	3
SPM	480	Organization and Administration of Athletic Training	3
SPM	270	Athletic Training Clinic I	2
SPM	370	Athletic Training Clinic II	2
SPM	371	Athletic Training Clinic III	2
SPM	470	Athletic Training Clinic IV	3
SPM	485	Senior Thesis	3
or			
SPM	495	Athletic Training Internship/Co-op	3
Electives (3-6 credit hours)			
SPM	235	Lab Techniques in Nutrition and Exercise	3
SPM	375	Exercise Physiology Practicum	3
SPM	398	Independent Study	1-3
SPM	431	Advanced Exercise Physiology	3
SPM	435	Practical Applications of Nutrition	3
SPM	450	Exercise for Special Populations	3
SPM	460	EKG Interpretation	3
SPM	499	Athletic Training International Service Learning	3
* BIO	201	Genetics	3
* BIO	281	Microbiology and Human Disease	3
* BIO	345	Pathophysiology	3
* BIO	401	General Physiology	3
* BIO	431	Immunology	3
ITS	300	Ergonomics/Time Study	3
ITS	320	Occupational Safety and Health	3
ITS	321	Workplace Design Ergonomics	3
† PSY	400	Sport Psychology Institute	3
† PSY	400	Health Psychology Institute	3
† SPM	400	Sports Nutrition Symposium	3

Other courses per Departmental permission.

*Along with required biology courses (BIO 111, 112, 211, 212), students who successfully complete any other 3 * courses satisfy requirements for a biology minor offered through the Department of Biological Sciences.

†Students may take 1 of 3 † courses as electives

Bachelor of Science in Health Sciences

The bachelor of science in health sciences curriculum reflects the different educational goals and breadth of needs of the students enrolled in the program. The bachelor of science in health sciences can also be a baccalaureate completion program for associate's degree allied health graduates. As health care shifts to outpatient and community settings, and more health promotion and health education, these graduates with their expanded professional role capability will be able to provide more effective care to the community. The curriculum includes completion of the USM Core curriculum requirements, the health sciences core requirements, and one track of study: health and wellness, exercise and nutrition, or health administration.

Retention and Progression Policies

Students will be retained within the health sciences major providing the following criteria are maintained throughout their undergraduate experience:

1. Maintain a minimum cumulative GPA of 2.25.
2. Earn a minimum of C- in required courses.

Graduation Requirements

Students will graduate with a bachelor of science degree in health sciences when the following are satisfied:

1. Maintain a minimum cumulative GPA of 2.25.
2. Earn a minimum grade of C- in required courses.
3. Completion of all University Core curriculum requirements.
4. Completion of all health sciences coursework per related track.
5. Completion of 121-122 credit hours.

Degree Requirements

The degree consists of 121-122 credit hours, which includes the University's Core curriculum.

University Core Curriculum (34-35 credits)

C	Basic Composition	3
D	MAT 120D Introduction to Statistics or PSY 105D Statistics in Psychology	3-4
J	PSY 101J General Psychology I	3
J	HRD 200J Human Growth and Development	3
E	Skills of Analysis	3
F	Fine Arts—Performance	3
G	Fine Arts—History	3
H	Humanities—Literature	3
I	Other Times/Other Cultures	3
K	Natural Sciences and Lab	4
W	Writing Intensive	
EYE	Course	3

For students who matriculate with less than 24 total credit hours.

Health Sciences Core (30-33 credits)

BIO	111	Human Anatomy and Physiology I	3
BIO	112	Practical Human Anatomy and Physiology Lab I	1.5
BIO	211	Human Anatomy and Physiology II	3
BIO	212	Practical Human Anatomy and Physiology Lab II	1.5
CON	216	Emergency Response	3
CON	219	Lifetime Physical Fitness and Wellness	3
CON	252	Human Nutrition	3
CON	321 or CON 322W	Health-Related Research	3
CON	356	Concepts in Community Health	3
PHI	210	Ethical Theories	3
SPM	230	Psychology of Physical Activity and Sport	3
*SPM	100	Introduction to Sports Medicine	3

*SPM 100 is required for students with less than 12 credit hours at the time of matriculation.

General Electives as accepted with academic advisor's approval (27-30 credits)

Choose one track of study (27-30 credits)*

- Health and Wellness
- Exercise and Nutrition
- Health Administration

Health and Wellness Track Courses

AMS	435	Introduction to Epidemiological Research
BIO	345	Pathophysiology
+CON	280	Holistic Health I
+CON	281	Holistic Health II
+CON	283	Healing and Spirituality
+CON	284	Botanical Therapies
+CON	285	Perspectives on Animal-Assisted Therapy
CON	302	Pharmacology
+CON	311	Psychosocial Intervention for Older Adults
CON	352	Nutrition for Physical Performance
CON	435	Death and Dying: Contemporary Issues

CON	440	International Health
CON	497	Substance Use and Abuse: Issues and Policies
EDU	210	Theoretical Foundations of Learning
ITS	300	Ergonomics/Time Study
ITS	320	Occupational Safety and Health
CON	308	Professional Communication and Technology Utilization in Nursing and the Health Sciences
+NUR	590	Therapeutic Touch
PSY	366	Drugs, Mind and Behavior
PSY	400	Health Psychology Institute
RHF	(2 – 1.5 credit courses)	
SPM	350	Health Promotion Programs
SPM	398	Independent Study 1-3 cr.
SPM	495	Clinical Internship

+ Along with completing CON 219 and CON 252, students who complete CON 280 and CON 281 and any other 2 + courses satisfy the requirement for the holistic and integrative health minor (HIH). Consult with the coordinator of the HIH minor in the School of Nursing to declare the HIH minor.

Exercise and Nutrition Track Courses

CHY	107	Chemistry for Health Sciences
CHY	115/116	Chemistry II w/Lab
CHY	251/252	Organic Chemistry w/Lab
CHY	253/254	Organic Chemistry II w/Lab
CHY	461/462	Biochemistry w/Lab
CHY	463/464	Biochemistry II w/Lab
CON	302	Pharmacology
CON	352	Nutrition for Physical Performance
PHY	101/102K	Introduction to Physics w/Lab
PHY	111/114K	Elements of Physics I w/Lab
PHY	112/116	Elements of Physics II w/Lab
SPM	235	Lab Techniques in Nutrition and Exercise
SPM	325	Methods of Resistance Training and Conditioning
SPM	330	Physiology of Exercise
SPM	375	Exercise Physiology Practicum
SPM	381	Kinesiology
SPM	400	Sports Nutrition Symposium
SPM	430	Exercise Testing, Assessment and Prescription
SPM	431	Advanced Exercise Physiology
SPM	435	Practical Applications of Nutrition
SPM	460	EKG Interpretation
SPM	485	Senior Thesis
SPM	495	Clinical Internship

Health Administration Track Courses

ITP	210	Technical Writing
ITP	230	Project Management
ITP	350	Conference Leading
ITP	381	Human Resource Development in Industry
ITS	320	Occupational Safety and Health
CON	440	International Health
CON	308	Professional Communication and Technology Utilization in Nursing and the Health Sciences
SPM	350	Health Promotion Programs

Choose 15-21 credits from the School of Business. Consult with the School of Business to determine requirements for a minor in accounting, business administration, or information management.

Courses with a CON prefix are listed at the end of the College of Nursing and Health Professions section.

SPM 100 Introduction to Sports Medicine

This course orients the student to the expectations of a baccalaureate education in athletic training, exercise science (majoring in exercise physiology or health fitness), or health sciences. Allied health historical perspectives, education, careers, certification, and professional associations are explored. Educating the students about the structure and progression of the three degrees will be discussed. Outside field experiences will be required. Prerequisite: ALT, EXS, HEF, or HLS student or permission of the Department chair. Cr 3.

SPM 210 Athletic Training Principles I

An introduction to the principles of prevention, examination, treatment, and reconditioning of physical activity injuries. Lecture and laboratory competencies prepare students for supervised clinical experiences. Completion of 75 clinical observation hours required. Prerequisites: ALT student; SPM 100; CON 216; BIO 111 and 112 or SCI 170K and 171K, or concurrent; 2.25 cumulative GPA. Corequisite: SPM 211. Cr 3.

SPM 211 Protective Taping and Wrapping

An introduction to the principles of taping and wrapping as they pertain to preventative, protective, and post injury situations. In addition, basic skills in stretching will be taught. Lecture information and lab competencies prepare students for supervised clinical experience. Prerequisite: ALT student; Corequisite: SPM 210. Cr 1.

SPM 230 Psychology of Physical Activity and Sport

Course presents an overview of concepts, theories, principles, and research related to physical activity behavior. Practical application of psychological principles and techniques that help facilitate behavior change will be covered. Prerequisites: ALT, HEF, or HLS major; SPM 100. Cr 3.

SPM 235 Lab Techniques in Nutrition and Exercise

An introduction to those laboratory techniques that are found in the nutritional and exercise sciences. Students will be introduced to the concepts of energy exchange in the human body and the measurement of those exchanges. Emphasis also will be placed on the impact nutritional practices have on human performance and disease. Prerequisites: ALT, EXS, HEF, or HLS major. Cr 3.

SPM 260 Exercise Leadership

An overview of the knowledge, skills, and abilities needed by fitness instructors to plan, implement, and evaluate safe and effective exercise programs. Emphasis is on exercise programs for individuals. Prerequisites: HEF, EXS major; SPM 100 or con-

current; CON 219 or concurrent. 2 credits lecture; 1 credit lab. Cr 3.

SPM 265 Therapeutic Modalities

An exploration of the physical principles, physiological effects, indications, contraindications, safety precautions, and operating procedures of therapeutic modalities. Includes application of modalities in the laboratory setting. Prerequisite: ALT major; SPM 210; PHY 101K, 102K. 2 credits lecture; 1 credit lab. Cr 3.

SPM 270 Athletic Training Clinic I

Completion of a minimum of 150 clinical hours applying proficiency knowledge and skills in an athletic training clinical setting. The first clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 100, SPM 210; SPM 211; SPM 264. Cr 2.

SPM 310 Athletic Training Principles II

This is an intermediate study of principles for the prevention, examination, treatment and reconditioning of physical activity injuries. Lecture and laboratory competencies prepare students for supervised clinical experiences. Prerequisites: ALT major; SPM 210, SPM 264; BIO 111 and 112 or SCI 170K and 171K. 2 credits lecture; 1 credit lab. Cr 3.

SPM 315 Group Exercise Instruction

This course provides knowledge, skills, and practical experience needed to plan, lead, and evaluate a variety of group exercise sessions effectively. Developing and leading various components of group exercise sessions constitute a major part of this course. Prerequisites: EXS, HEF major; SPM 260. Cr 3.

SPM 325 Methods of Resistance Training and Conditioning

Theoretical and practical study of practices and methods involved in developing and implementing resistance training and conditioning programs for clinical and non-clinical populations. Prerequisites: ALT, EXS, HEF, or HLS major; BIO 211 and 212 or SCI 172 and 173; CON 219. Cr 3.

SPM 330 Physiology of Exercise

An investigation of the acute and chronic effects exercise incurs on the body. Muscle physiology, respiration, cardiac function, circulation, energy metabolism and application to training will be emphasized and applied in laboratory activities. Prerequisites: ALT, EXS, HEF, or HLS major; CHY 107 or CHY 113K and 114K or concurrent; BIO 111 and 112 or SCI 170K and 171K; and BIO 211 and 212 or SCI 172 and 173. 2 credits lecture; 1 credit lab. Cr 3.

SPM 340 Therapeutic Exercise

A study of the basic components of a comprehensive therapeutic exercise program including functional anatomy, joint mobilizations, and rehabilita-

tion programs will be discussed for the appendicular and axial skeletons. In addition, the physiological effects, safety precautions, indications, contraindications, modes of resistance, and specific rehabilitation protocols will be discussed. Prerequisites: ALT major; SPM 381 or concurrent, SPM 410. Prerequisites may be waived for students in allied health degree programs. 2 credits lecture; 1 credit lab. Cr 3.

SPM 350 Health Promotion Programs

This course examines the assessment, planning, implementation, and evaluation of health promotion programs in a variety of settings. Prerequisites: HEF, HLS major. SPM 230; CON 219. Cr 3.

SPM 370 Athletic Training Clinic II

Completion of a minimum of 150 clinical hours applying proficiency knowledge and skills in an athletic training clinical setting. The second clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 265, 270, 310. Cr 2.

SPM 371 Athletic Training Clinic III

Completion of a minimum of 150 clinical hours applying proficiency knowledge and skills in an athletic training clinical setting. The third clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 370, 410; NUR 209, 210; SPM 381, or concurrent. Cr 2.

SPM 375 Exercise Physiology Practicum

This introductory field experience emphasizes hands-on practice for students. The course includes an introduction to a variety of experiences such as fitness testing, group fitness leadership, personal training, workplace wellness, and special populations (e.g., cardiac and pulmonary rehabilitation) within USM's Lifeline Center for Wellness and Health Promotion. The student will also have the opportunity to discuss field experiences in a weekly seminar. Prerequisite SPM 235 or concurrent. Cr 3.

SPM 381 Kinesiology

Structural and functional anatomical analysis of human movement. Course will also incorporate principles of mechanics as they apply to the analysis of human movement. Prerequisites: ALT, EXS, HEF, or HLS major; BIO 211 and 212 or SCI 172 and 173; PHY 101K, 102K. Cr 3.

SPM 385 Health Fitness Practicum I

This introductory field experience provides opportunity for practical application of knowledge gained through prior coursework in health fitness. The student will assist in the leadership of a wide variety of university-based physical fitness programs, with special emphasis on either fitness center experiences or group exercise instruction. Prerequisites: junior level HEF major; SPM 315; SPM 325 or concurrent. Cr 3.

SPM 395 Health Fitness Practicum II

Building upon experiences gained from Health

Fitness Practicum I, the student continues assisting in the leadership of university-based physical fitness programs, with emphasis on fitness center experiences or group exercise instruction. Prerequisites: senior level HEF major; SPM 385. Cr 3.

SPM 398 Independent Study

This course is intended to provide majors in the Department of Exercise, Health, and Sport Sciences with an opportunity to pursue a project independently. Students should select a faculty advisor and develop a course proposal with that person. A final written paper is required. Prerequisites: ALT, EXS, HEF, HLS major; junior or senior standing, instructor permission. Cr 1-3.

SPM 400 Sports Nutrition Symposium

This course will provide students with up-to-date information that addresses the nutritional issues facing today's athletes. National, regional, and local experts will present current scientific information in a practical manner. Cr 3.

SPM 410 Athletic Training Principles III

This is an advanced study of principles for the prevention, examination, treatment and reconditioning of physical activity injuries. Lecture and laboratory competencies prepare students for supervised clinical experiences. Prerequisites: ALT major; SPM 310; BIO 211 and 212 or SCI 172 and 173. 2 credits lecture; 1 credit lab. Cr 3.

SPM 430 Exercise Testing, Assessment, and Prescription

Course focuses on knowledge and skills necessary for assessing health-related components of physical fitness. Course will also focus on prescription and design of programs to develop health-related fitness which will be applied in the laboratory setting. Prerequisites: ALT, EXS, HEF, or HLS major; SPM 330. Cr 3.

SPM 431 Advanced Exercise Physiology

An advanced study of the physiological responses and adaptations to exercise related to human performance limitations, training effects, and health related benefits. Emphasis is on human bioenergetics, metabolism, cardiovascular structure and function; and cardiopulmonary responses to exercise will be discussed. Prerequisites: ALT, EXS, HEF, or HLS major; SPM 330. Cr 3.

SPM 435 Practical Application of Nutrition

An intensive study of the biochemical regulatory mechanisms of energy production and expenditure involved in cellular metabolism. Emphasis will be placed on carbohydrates, protein, and lipid metabolism and the acute and chronic effects that exercise and physical activity have on these systems. Prerequisites: BIO 211, BIO 212, CON 252. Cr 3.

SPM 450 Exercise for Special Populations

Course focuses on exercise programming guide-

lines and recommendations for a variety of special populations. Prerequisites: ALT, HEF major; SPM 430 or concurrent. Cr 3.

SPM 460 EKG Interpretation

A clinical, practical study of the physiological and biochemical mechanisms involved in the body's response to certain diseases and pathological situations. Emphasis in both lecture and laboratory activities will be placed on cardiac electrophysiology and the pathophysiology of coronary arteriosclerosis, hypertension, and COPD. Prerequisites: ALT, EXS, or HLS major; BIO 111, BIO 112, BIO 211, BIO 212. Cr 3.

SPM 470 Athletic Training Clinic IV

Completion of a minimum of 225 clinical hours applying proficiency, knowledge, and skills in traditional (200 clinical hours) and athletic training and general medical (25 clinical hours) settings. Fifty of the traditional setting hours will be completed during the month of August within an athletic pre-season venue. The fourth clinical course for students enrolled in the athletic training major. Prerequisite: ALT major; SPM 330, 340, 371; SPM 430 or concurrent. Cr 3.

SPM 480 Organization and Administration of Athletic Training

Administrative components of an athletic training program. Facility design; supply ordering, budget and inventory; insurance, personnel and athletic training educational considerations. Prerequisites: junior or senior level ALT major. Cr 3.

SPM 481 Fitness Facility Management

An introduction to the management and operation of health fitness facilities. Knowledge and skills needed to plan, lead, manage and evaluate various health fitness programs will be discussed. Prerequisites: senior level HEF major. Cr 3.

SPM 485 Senior Thesis

A study of the various physiological and biochemical techniques involved in research in exercise physiology. Emphasis will be given to clinical/applied science techniques such as phlebotomy, blood chemistry and metabolic analyses of V02, lactate threshold and cardiac output. Students will be required to conduct a research experiment using learned techniques. Prerequisites: ALT, EXS, or HLS major; SPM 430, 431. Cr 3.

SPM 495 Clinical Internship/Co-op

This culminating experience for athletic training, exercise physiology, health fitness and health sciences majors provides the opportunity for students to apply knowledge and skills gained through didactic, practicum, clinical, and laboratory experiences in a work setting. Prerequisites: All ALT, EXS, HEF, or HLS major requirements must be completed. Instructor permission required. Cr 3-12.

SPM 499 Athletic Training International Service Learning

This culminating experience for athletic training majors provides the opportunity to apply knowledge and skills gained didactic and clinical experiences in remote villages in the mountains of the Dominican Republic. Prerequisites: SPM 410; instructor permission. Cr. 3.