

EXERCISE SPORTS STUDIES, AAS

The Associate of Applied Science in Exercise & Sports Studies (AAS in ESS) program is designed to prepare students for a professional career in a variety of fitness settings such as private health clubs, corporate fitness, community health and sports and recreation. The Exercise & Sports Studies program provides instruction and application of the theoretical components of health and exercise, and principles of fitness training. Coursework includes exercise science, anatomy and physiology, biomechanics, fitness assessment and programming, injury prevention, and certification preparation. Graduates are prepared to become certified fitness professionals through the American College of Sports Medicine.

Students will participate in applied fitness and sports activities as part of their classes. Students will gain real world experience through field internships, work with RU student athletes, and service-learning projects.

Program Objectives

The Exercise & Sports program at Roosevelt University will:

Equip students with theories and principles of basic sciences to the fields of exercise science and sports studies.

- *Students will acquire knowledge in human anatomy, physiology, biomechanics, nutrition, health/wellness and understand application to physical activity and human performance.*

Furnish students with fundamental concepts of applied science to the fields of exercise science and sports studies.

- *Students will be able to integrate knowledge and skills from exercise science and sports studies toward the application of skills necessary to exhibit proficiency in fitness assessment, program design and exercise implementation for healthy individuals, student athletes, and rehabilitative services.*

Prepare students to understand and incorporate appropriate application and communication techniques from exercise science and sports studies into exercise and sport environments.

- *Students will demonstrate the ability to function as a professional member of an exercise and sport team, integrating their knowledge and skills to promote health/wellness, and educate, train and motivate clients and athletes to pursue a self-directed healthy lifestyle.*

The following certifications are embedded into program classes

American Heart Association:

Cardio Pulmonary Resuscitation (CPR & AED)

First Aid (FA)

Bloodborne Pathogens (BBP)

Students are qualified to sit for the following credentials upon successful completion of the program:

American College of Sports Medicine

Certified Personal Trainer (cPT)

AAS in ESS program admission

Admission decisions are based on a review of each student's academic record and professional experience. Each candidate is considered on an individual basis. In making admission decisions, the following materials are considered:

- High school diploma, GED score, military documentation or college coursework.
- Work or community service experience.
- Standardized examination results.
- Some majors require demonstrated levels of achievement in particular courses.
- Demonstration of character necessary for success in college.

Standards

To achieve satisfactory academic progress (SAP) for Grade Maintenance, the undergraduate ESS student must maintain a cumulative C (2.0) grade point average at the end of every quarter. Students who do not achieve this level of academic progress may be dismissed from the program.

Professionalism

Appearance, attitude and professional behavior are important elements of the student's preparation and professional success in the field. Students are expected to dress, speak, and exhibit professional behavior at all times. When a student's appearance, behavior, and/or attitude are in opposition to the educational goals to which the University's academic programs are dedicated, the student's conduct may result in probation or dismissal.

Students are expected to demonstrate evidence of personal and professional growth and conduct themselves in an ethical and professional manner while in class, on campus and at all university functions. Students are also expected to provide safe practice during all exercise science lab and food/nutrition lab work.

Students in the Associate of Applied Science in Exercise & Sports Studies (AAS in ESS), Bachelor of Professional Studies in Health & Wellness (BPS in H&W), and Bachelor of Science in Exercise, Nutrition, & Health Science (BS in ENHS) must wear athletic clothes for some exercise and fitness lab experiences. The dress code should reflect professionalism for the field of health and fitness.

Unsafe exercise science lab or food/nutrition lab practice shall be deemed to be behaviors demonstrated by the student which threaten or violate the physical, biological, or emotional safety of others or the student partner. *Unprofessional* practice shall be deemed to be behaviors demonstrated by the student which are inappropriate.

In addition to the General Education Core of 25 semester hours, requirements for the Associate of Applied Science in Exercise & Sports Studies includes 33 semester hours of credit in the core specialization area for Exercise and Sports Studies. Students complete 61 semester hours that includes interdisciplinary courses between Exercise and Sports Studies.

- Courses must be taken the order of the curriculum plan.
- Following enrollment, completion of all remaining AHS, ALH, BIO and FIT courses must be accomplished at Roosevelt University. Under special circumstances, written permission to take required courses elsewhere may be granted by the Program Director.

- Courses in Exercise and Sports Studies must have been taken within the last four years to be accepted for graduation.
- A minimum GPA of 2.0 is required for graduation.

Code	Title	Credit Hours
AHS 121	ANATOMY & PHYSIOLOGY	3
AHS 151	EXERCISE PHYSIOLOGY	3
ALH 119	INTRODUCTION TO MEDICAL TERMINOLOGY	3
FIT 100	EXERCISE SCI	3
FIT 140	HUMAN PERFORM	3
FIT 180	FITNESS ASSESS	3
FIT 192	ATHL TRAINING	3
FIT 222	KINESIO AND BIO	3
FIT 225	EXERCISE EXTERN	3
FIT 235	NUTRITION SPORT	3
FIT 290	EXER PROG DES	3
General Education CORE & Electives		28

Code	Title	Credit Hours
First Year Success Courses or Transfer Success Course		
FYS 101	FIRST YEAR SUCCESS COURSE	1
or TRS 101	TRANSFER SUCCESS 101	
Communication Requirement		
ENG 101	COMPOSITION I: CRITICAL READING & WRITING	3
ENG 102	COMPOSITION II: INTRODUCTION TO ACADEMIC RESEARCH	3
COMM 101	PUBLIC SPEAKING	3
Humanities and Fine and Performing Arts		3
3 credits from the following subject areas: African-American Studies, Art History, English (excluding ENG 101 and ENG 102), History, Languages, Music, Philosophy, Theatre, Communication and Women's and Gender Studies		
Mathematics		
MATH 110	QUANTITATIVE LITERACY	3
Social Sciences		3
3 credits from the following subject areas: African-American Studies, Anthropology, Economics, History, Journalism, Philosophy, Political Science, Psychology, Sociology and Women's and Gender Studies		
Experiential Learning		3
3 credits from coursework categorized as Experiential Learning		
Total Credit Hours		22

Year 1

Fall	Credit Hours Spring	Credit Hours
FYS 101	1 ENG 102	3
ENG 101	3 AHS 121	3
Social Science #1	3 FIT 140	3
ALH 119	3 MATH 110	3
FIT 100	3 FIT 180	3

Humanities #1	3	
	16	15

Year 2

Fall	Credit Hours Spring	Credit Hours
AHS 151	3 FIT 221	3
FIT 235	3 FIT 225	3
General Elective	3 FIT 290	3
COMM 101	3 Experiential Learning #1 ¹	3
FIT 192	3 General Elective	3
	15	15

Total Credit Hours 61