

# DIVISION OF PHYSICAL EDUCATION AND EXERCISE STUDIES

Charles Sacoco, M.S.

Assistant Professor of Physical Education and Exercise Studies and Division Interim Chair

Kent Atkins, MS, ATC

Lecturer of Physical Education  
and Exercise Studies  
Head Athletic Trainer

Gina V. Barton, PhD

Assistant Professor of Physical Education  
and Exercise Studies

Gregory Dominick, MS

Visiting Lecturer of Physical Education  
and Exercise Studies

Jerald D. Hawkins, EdD, ATC

Professor of Physical Education  
and Exercise Studies

DuAnn E. Kremer, PhD

Associate Professor of Physical Education  
and Exercise Studies

Stacy Ostrowski, MS, ATC

Lecturer of Physical Education and  
Exercise Studies

Kimberly P. Spangler, MA

Visiting Lecturer of Physical Education  
and Exercise Studies

J. Christopher Wirszyła, PhD

Assistant Professor of Physical Education  
and Exercise Studies

Carolyn C. Bishop

Administrative Assistant

# Division of Physical Education and Exercise Studies

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Three degrees are offered by the Physical Education and Exercise Studies Division; the Bachelor of Science in Physical Education, the Bachelor of Science in Exercise Science, and the Bachelor of Science in Sports Medicine/ Athletic Training.

The degree programs are uniquely designed to thoroughly prepare students in their chosen professions. The objectives listed for each program will be fostered through a carefully arranged and diverse variety of educational and practical opportunities.

Upon completion of a Bachelor of Science degree in Exercise Science or Sports Medicine/Athletic Training, the student will have a thorough knowledge of the scientific, physiological, and anatomical aspects of the human body and a basic knowledge of the social, emotional, and psychological aspects impacting exercise and performance.

Students majoring in Exercise Science or Sports Medicine/ Athletic Training must earn a grade of "C" or higher in all required major courses.

Further, all students majoring in Exercise Science or Sports Medicine/Athletic Training must complete all necessary assessment requirements. These requirements include: taking the PEES Professional Knowledge Inventory test, providing a writing sample, and participating in an exit interview. *These assessment activities will be administered in the PEES 499 Capstone Course and satisfactory performance on each assessment criteria is required to receiving a passing grade for the course.*

## **SPORTS MEDICINE/ATHLETIC TRAINING MAJOR**

The Sports Medicine/Athletic Training major is designed to provide the undergraduate student with a blend of academic coursework and clinical experiences in appropriate athletic training settings. Major emphasis is placed on the development of cognitive knowledge and specific applied psychomotor skill competencies required by the Joint Review Committee on Educational Programs in Athletic Training (JRC-AT). At the completion of all coursework, students graduating from this program will be prepared to take the NATA-BOC examination to become a certified athletic trainer. Graduates who successfully pass the NATA-BOC exam are qualified to practice athletic training in a high

school, college/university, professional, industrial or clinical setting. Students who aspire to serve as an athletic trainer in the public school must also complete all requirements for teacher certification, a process typically requiring a fifth year of academic coursework.

## **Accreditation**

The athletic training program at Lander University is currently an internship program. The program has been granted JRC-AT Candidacy status. Candidacy status is an intermediate step in the accreditation process, but it does not guarantee accreditation. Following completion of a program self-study, Lander University will apply for accreditation with the Commission on Accreditation of Allied Health Education Programs (CAAHEP) in the Fall 2002.

## **Curriculum**

A Bachelor of Science in Sports Medicine/Athletic Training consists of 61 hours of major core courses, 46-52 hours of general education, a three-hour computer science course and 9-15 elective hours. In addition to the curricular requirements, students are required to complete clinical experience hours under the supervision of a certified athletic trainer to fulfill the current program requirements.

## **Admission Requirements**

Admission to the Sports Medicine/Athletic Training program is competitive and is based upon a comprehensive screening process that includes the following:

1. Completion of a minimum of 60 semester hours of coursework including MATH 121, BIOL 101, BIOL 202, BIOL 203, CHEM 111, PEES 144, PEES 165, PEES 219, PEES 221, and PEES 225.
2. A minimum GPR of 2.5
3. 100 hours of observation and work in the Lander University Athletic Training Room.
4. Current CPR-FPR certification
5. Completed application form by October 1 for spring acceptance and March 15 for fall candidacy acceptance.

6. Demonstrated proficiency of basic athletic training skills outlined in the application form
7. Successful interview with the Sports Medicine/Athletic Training Program screening committee.
8. Completion of a medical history and medical exam.
9. Completion of the Hepatitis B vaccination series.

Failure to maintain the above standards throughout the student's enrollment in the program will result in probation or suspension from the program.

Transfer and Second Degree Students: Transfer and second degree students will be considered for admission to the Sports Medicine/Athletic Training Program upon the completion of a minimum of 12 hours of applicable athletic training coursework taken at Lander University. The Sports Medicine/Athletic Training program screening committee reserves the right to accept athletic training program coursework from other colleges and universities to satisfy the minimum requirements.

### **PROGRAM REQUIREMENTS**

Application materials may be obtained from the Program Director. Students must apply for admission by October 1 for spring candidacy. Those seeking candidacy in the fall must submit the application to the Program Director by March 15. Those who are denied admission to the athletic training program may re-submit their application materials upon successful completion of all admission requirements.

Students who are admitted to the Sports Medicine/Athletic Training program will be subject to ongoing evaluation. To continue in good standing in the program, students must maintain a minimum GPR of 2.5, must successfully complete required competencies in the clinical experience, and must receive a favorable evaluation by the Sports Medicine/Athletic Training screening committee at the end of each year in the program. A student who has been admitted to the athletic training program but fails to maintain any of the above requirements will be given one semester to reestablish compliance with the requirement(s) before being withdrawn from the program.

### **Health Requirements**

Athletic training is a very physically demanding profession. It is important that the student understand the need to be physically able to handle these demands. To ensure the safety of the student, a physical screen must be completed and the appropriate form submitted by the application deadline. The student is responsible for scheduling this screen with Lander University Health Services or a personal physician.

### **Transportation to Off-Campus Clinical Sites**

Each student is responsible for transportation to and from off-campus clinical sites. Students are required to have one off-

campus clinical experience in the four semester clinical rotation.

### **EXERCISE SCIENCE MAJOR**

This major is designed to prepare students for careers in public, private, and corporate wellness programs, industrial and cardiac rehabilitation programs as well as fitness and conditioning programs. The student will also be well prepared for graduate study in areas such as cardiac rehabilitation, exercise physiology and physical therapy.

The student will possess necessary competencies and knowledge by meeting the following objectives/goals of the exercise science emphasis.

Demonstrate competencies in:

1. The role of exercise in maintenance of lifetime physical fitness.
2. The physiological/biochemical changes occurring in the human organism when placed under physical stress.
3. Methods, techniques, and procedures used to assess physical fitness, i.e. cardiovascular endurance, body composition, muscular strength and endurance, and flexibility.
4. Use of scientifically collected data to prepare accurate programs of exercise, progressive resistance, flexibility and body composition alterations.
5. The scientific method of conducting research and possess the ability to understand basic discipline-based research material presented in verbal or written form.
6. The basic legal implications associated with every aspect of a wellness (fitness) program.
7. The scientific basis of nutrition and the relationship of proper nutrition to physical performance.
8. Knowledge of and have earned certification in CPR and first-aid.

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### **PHYSICAL EDUCATION TEACHER EDUCATION MAJOR**

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The Bachelor of Science in Physical Education-Teacher Education (K-12) prepares a student for teaching and coaching careers in the public schools. The student must meet all the requirements of the School of Education and the Division of Physical Education and Exercise Studies Teacher Education Program in order to be admitted into the teacher education program and before being allowed to student teach.

To receive a Bachelor of Science degree in Physical Education-Teacher Certification, a student must earn a grade of "C" or higher in English 102, all professional education courses, and all required physical education major courses. In

addition, students in the teacher certification emphasis must satisfactorily complete the following assessment activities:

1. the Praxis I (PPST) examination series for entry into the School of Education Teacher Education Program
2. the Professional Knowledge Exam (PKE) of the Praxis II series of examinations for completion of the teacher education major.
3. the General Education section of the Praxis II series of examinations for completion of the teacher education major.

Students must also satisfactorily complete a writing sample and an exit interview taken in the PEES 499 capstone course. Students must receive a passing score on the PKE to receive a passing grade in the PEES 499 capstone course.

The student in the teacher education concentration will meet the objectives/goals listed herein in order to develop the competencies necessary to be successful in the teaching profession.

Demonstrate competence in the knowledge of the biological sciences, including physiological, anatomical, and mechanical principles pertaining to the structure and function of the human body.

Demonstrate competence in the knowledge of and experiences in motor development and function of the body in exercise and movement.

1. Demonstrate competence in the knowledge of and experiences in the development of performance skills in a variety of physical activities.
2. Demonstrate competence in the knowledge of and experiences related to conditioning, exercise, and health-related fitness.
3. Demonstrate competence in the knowledge of safety precautions, injury prevention, water safety, and legal issues.
4. Have earned basic certification in first aid and cardiopulmonary resuscitation (CPR).
5. Demonstrate competence in adapting physical education activities for handicapped learners.
6. Demonstrate competence in the knowledge of and experiences in organizing, planning, implementing, administering, and assessing/evaluating a total school program of physical education in accordance with South Carolina Department of Education guidelines.

**STUDENT PROGRAM WORKSHEET FOR  
2001-2002 CATALOG**

**BACHELOR OF SCIENCE  
SPORTS MEDICINE/ATHLETIC TRAINING**

Course	Hrs
<b>I. <u>GENERAL EDUCATION CORE REQUIREMENTS</u></b>	
<i>Approved courses are listed on pages 63-66.</i>	
_____ Behavioral Science	3
_____ FALS	1
_____ Fine Arts	3
_____ Foreign Language	0-6*
_____ Foreign Language	0-6*
_____ Global Issues/Nonwestern Studies	3
_____ History	3
_____ Humanities/Literature	3
_____ Humanities	3
_____ Laboratory Science (BIOL 101)	4
_____ Laboratory Science	4
_____ Logic & Analytical Thought (MATH 211)	3
_____ Mathematics (MATH 121)	3
_____ Political Economy	3
_____ Prof Concerns Seminar (PEES 499)	1
_____ Wellness (PEES 165)	3
_____ Writing	3
_____ Writing	3
<b>TOTAL GENERAL EDUCATION CORE</b>	<b>46-52</b>
<b>II. <u>ADDITIONAL REQUIREMENTS</u></b>	
_____ CS 101	3
<b>TOTAL ADDITIONAL HOURS</b>	<b>3</b>

**NOTE:** The Sports Medicine/Athletic Training program is currently in candidacy for JRC-AT/CAAHEP accreditation. Candidacy status is an intermediate step in the accreditation process, but does not guarantee accreditation. Application for acceptance into the Sports Medicine/Athletic Training program may be submitted no earlier than the first semester of the sophomore year.

\* See page 63 for information on foreign language requirement.

Program must include at least 30 hours earned in 300 or above level courses, of which 15 hours must be in the major.

\*Effective Spring 2001, students must be admitted to the athletic training education program before being permitted to enroll in upper level (300 and 400) athletic training courses.

□ **First-time freshmen and all students transferring fewer than 13 semester hours to Lander will be required to pass Lander University 101 (LU 101) in their first semester (excluding summer terms).**

Course	Hrs
<b>III. <u>MAJOR PROGRAM REQUIREMENTS</u></b>	
<b>Freshman</b>	
_____ PEES 165 (Fall/Spring)	-
_____ PEES 100-level activities	3
(Must take one activity from each category: aquatics, dance, fitness, and sport. PEES 144 is required. One activity can be taken as a PEES 165 Lab)	
_____ BIOL 202 (Spring only)	4
<b>Sophomore</b>	
_____ PEES 202 (Spring only)	3
_____ PEES 219 (Fall only)	3
_____ PEES 221 (Fall only)	3
_____ PEES 225 (Fall only)	1
_____ PEES 301 (Spring only)	1
_____ PEES 323 (Spring only)	3
_____ BIOL 203 (Fall Only)	4
<b>Junior</b>	
_____ PEES 302 (Fall only)	1
_____ PEES 311 (Fall only)	4
_____ PEES 326 (Spring only)	3
_____ PEES 328 (Fall only)	3
_____ PEES 360 (Spring only)	1
_____ PEES 361 (Fall only)	3
_____ PEES 401 (Spring only)	1
_____ PEES 406 (Spring only)	3
_____ PEES 425 (Spring only)	3
<b>Senior</b>	
_____ PEES 308 (Fall only)	3
_____ PEES 310 (Spring only)	3
_____ PEES 341 (Fall only)	2
_____ PEES 342 (Spring only)	1
_____ PEES 402 (Fall only)	2
_____ PEES 420 (Spring only)	3
_____ PEES 424 (every other Spring)	3
_____ PEES 460 (Spring only)	1
<b>TOTAL MAJOR</b>	<b>65</b>
<b>IV. <u>ELECTIVES</u></b>	
_____	_____
_____	_____
<b>TOTAL ELECTIVES</b>	<b>5-11</b>
<b>TOTAL FOR BS DEGREE</b>	<b>125</b>

**STUDENT PROGRAM WORKSHEET FOR  
2001-2002 CATALOG**

**BACHELOR OF SCIENCE  
EXERCISE SCIENCE**

Course

Hrs

Course	Hrs
<b>I. <u>GENERAL EDUCATION CORE REQUIREMENTS</u></b>	
<i>Approved courses are listed on pages 63-66.</i>	
_____ Behavioral Science	3
_____ FALS	1
_____ Fine Arts	3
_____ Foreign Language	0-6*
_____ Foreign Language	
_____ Global Issues/Nonwestern Studies	3
_____ History	3
_____ Humanities/Literature	3
_____ Humanities	3
_____ Laboratory Science (BIOL 101)	4
_____ Laboratory Science	4
_____ Logic & Analytical Thought (MATH 211)	3
_____ Mathematics	3
_____ Political Economy	3
_____ Prof Concerns Seminar (PEES 499)	1
_____ Wellness (PEES 165)	3
_____ Writing	3
_____ Writing	3
<b>TOTAL GENERAL EDUCATION CORE</b>	<b>46-52</b>
<b>II. <u>ADDITIONAL REQUIREMENTS</u></b>	
_____ CS 101	3
<b>TOTAL ADDIT'L HOURS</b>	<b>3</b>

**III. MAJOR PROGRAM REQUIREMENTS**

<b>Freshman</b>	
_____ PEES 165 (Fall/Spring)	-
_____ PEES 100-level Activities	3
(Must take one activity from each category: aquatics, dance, fitness, and sport. One activity can be taken as a PEES 165)	
<b>Sophomore</b>	
_____ PEES 200 (Fall/Spring)	3
_____ PEES 202 (Spring only)	3
_____ PEES 210 (Spring only)	4
_____ PEES 219 (Fall only)	3
<b>Junior</b>	
_____ PEES 308 (Fall only)	3
_____ PEES 310 (Spring only)	3
_____ PEES 311 (Fall only)	4
_____ PEES 326 (Spring only)	3
_____ PEES 361 (Fall only)	3
_____ PEES 362 (Spring only)	3
<b>Senior</b>	
_____ PEES 330 (Spring only)	3
_____ PEES 341 (Fall only)	2
_____ PEES 342 (Spring only)	1
_____ PEES 406 (Spring only)	3
_____ PEES 490I (Fall/Spring)	3
_____ PEES 490II (Fall/Spring)	3
<b>TOTAL MAJOR</b>	<b>50</b>

**IV. ELECTIVES**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
<b>TOTAL ELECTIVES</b>	<b>20-26</b>
<b>TOTAL FOR BS DEGREE</b>	<b>125</b>

\* See page 63 for information on foreign language requirement.

Program must include at least 30 hours earned in 300 or above level courses, of which 15 hours must be in the major.

**First-time freshmen and all students transferring fewer than 13 semester hours to Lander will be required to pass Lander University 101 (LU 101) in their first semester (excluding summer terms).**

**STUDENT PROGRAM WORKSHEET FOR  
2001-2002 CATALOG**

**BACHELOR OF SCIENCE  
PHYSICAL EDUCATION  
K-12 TEACHER CERTIFICATION**

Course	Hrs
<b>I. <u>GENERAL EDUCATION CORE REQUIREMENTS*</u></b>	
<i>Approved courses are listed on pages 63-66.</i>	
_____ Behavioral Science	3
_____ FALS	1
_____ Fine Arts (ART 101 or MUSI 101)	3
_____ Foreign Language	0-6*
_____ Foreign Language	
_____ Global Issues/Nonwestern Studies (See **, pages 59-62)	3
_____ History	3
_____ Humanities/Literature (ENGL 214 or ENGL 221)	3
_____ Humanities (PHIL 102)	3
_____ Laboratory Science (BIOL)	4
_____ Laboratory Science (CHEM, PHYS, or PSCI)	4
_____ Logic & Analytical Thought	3
_____ Mathematics	3
_____ Political Economy	3
_____ Prof Concerns Seminar (PEES 499)	1 <sup>†</sup>
_____ Wellness (PEES 165)	3
_____ Writing	3
_____ Writing (ENGL 102)	3 <sup>†</sup>
<b>TOTAL GENERAL EDUCATION CORE</b>	<b>46-52</b>

<b>II. <u>ADDITIONAL REQUIREMENTS</u></b>	
_____ CS 101 or EDUC 204	<u>3</u>
<b>TOTAL ADDITIONAL REQUIREMENTS</b>	<b>3</b>

\* See page 63 for information on foreign language requirement.

<sup>†</sup>Student must earn a "C" or better in English 102 and all professional education and major program courses.

Program must include at least 30 hours earned in 300 or above level courses, of which 15 hours must be in the major.

\*Requires admission to teacher education program.

- First-time freshmen and all students transferring fewer than 13 semester hours to Lander will be required to pass Lander University 101 (LU 101) in their first semester (excluding summer terms).**

Course	Hrs
<b>III. <u>MAJOR PROGRAM REQUIREMENTS<sup>†</sup></u></b>	
<b>Freshman</b>	
_____ PEES 100-level activities (Must take one activity from each category: aquatics, dance, fitness, and sport. One activity can be taken as a PEES 165 Lab)	3
<b>Sophomore</b>	
_____ PEES 200 (Fall/Spring)	3
_____ PEES 204 (Spring only)	2
_____ PEES 210 (Spring only)	4
_____ PEES 219 (Fall only)	3
_____ PEES 222 (Spring only)	2
_____ PEES 223 (Fall only)	2
_____ PEES 226 (Fall only)	3
<b>Junior</b>	
_____ PEES 305 (Fall only)	3
_____ PEES 308 (Fall only)	3
_____ PEES 310 (Spring only)	3
_____ PEES 311 (Fall only)	4
_____ PEES 318 (Fall only)	3
_____ PEES 320 (Spring only)*	3
_____ PEES 324 (Spring only)*	3
_____ PEES 420 or SPED 323*	3
<b>Senior</b>	
_____ PEES 422 (Fall only)*	3
_____ PEES 451 (Fall only)*	3
<b>TOTAL MAJOR</b>	<b>49</b>

<b>IV. <u>CONCENTRATION<sup>†</sup></u></b>	
<b>Sophomore</b>	
_____ EDUC 202 (Fall/Spring)	3
_____ EDUC 203 (Fall/Spring)	0.5
_____ EDUC 240 (Fall/Spring)	3
_____ PSYC 203 (Fall/Spring)	3
<b>Senior</b>	
_____ EDUC 320 (Fall/Spring)*	1
_____ EDUC 329 (Fall/Spring)*	0.5
_____ EDUC 351 (Fall/Spring)*	3
_____ EDUC 460 (Fall/Spring)*	1
_____ EDUC 461 (Fall/Spring)*	11
<b>TOTAL CONCENTRATION</b>	<b>27</b>

**TOTAL FOR BS DEGREE 125-131**