

# SPORTS AND EXERCISE HEALTH CARE (BS)

The Department of Kinesiology offers a **Bachelor of Science degree in Sports and Exercise Health Care**. This degree is designed to provide an introductory education and experience for those looking to pursue sports medicine careers in medical and allied health fields (physical therapy, occupational therapy, chiropractic care, physician assistant, athletic training, and nursing). The **Sports and Exercise Health Care** program includes 54 major credits (laboratory credits included), 54 core curriculum credits, and 18 credits of electives. Between the major and elective courses, students will be able to complete prerequisites for application to allied health care and medical schools.

Students interested in graduate work in a pre-professional allied health program (Medicine, Athletic Training, Physical Therapy, Chiropractic, Occupational Therapy, Physician Assistant, etc.) should seek advisement through the Canisius University Dr. George E. Schreiner '43 Pre-Medical Center (<https://www-prod.canisius.edu/academics/programs/undergraduate/pre-medical-pre-health-professions/catalog/>) director in addition to the major advisor.

## Qualifications

Students must maintain a 2.3 GPA in their major and a 2.3 overall average to graduate with a degree in Sports and Exercise Health Care. All students must complete a minimum of 120 credit hours to graduate.

## Advisement

All students should have an advisor in the major and should contact the department directly to have an advisor assigned if they do not already have one. Meetings with academic advisors are required prior to students receiving their PIN for course registration each semester. All majors should work closely with their advisor in discussing career expectations, choosing their major electives, developing their entire academic program and planning their co-curricular or supplemental academic experiences.

## Double Majors

Students who wish to expand their educational opportunities may decide to declare a double major. This decision may be based on career goals, planned graduate studies, and/or other student interests. Before a student declares a double major, it is important to meet with the appropriate academic departments for advisement. In order to declare a double major, the student must complete the Major/Minor Declaration form. This form will be submitted electronically and reviewed and approved by each department chairperson as well as the appropriate associate dean.

Per university policy, each additional major requires a minimum of 15 credits that do not apply to the student's first or subsequent major. Some double major combinations can be completed within the minimum 120 credit hour degree requirement, but in other cases additional course work may be required. Please note that students will receive only one degree unless completing the dual degree (<https://catalog.canisius.edu/undergraduate/academics/curricular-information/>) requirement including at least 150 undergraduate credit hours, regardless of the number of majors they complete. Both (all) majors appear on a student's transcript.

## Minors in Other Disciplines

Minors provide students the opportunity to pursue additional interests but generally do not require as many courses as a major. Minors generally range from five to eight required courses. To receive a minor, the student must complete at least 9 credit hours of coursework distinct from their other credentials (i.e., majors, other minors). The complete list of minors is available on the Canisius website (<https://www.canisius.edu/academics/programs/undergraduate/?type%5B%5D=17>) and in the catalog (<https://catalog.canisius.edu/undergraduate/minors/>) and provides links to each minor. Some majors and minors can be completed within the minimum 120 credit hour degree requirement, but in some cases additional coursework may be required. Students must complete the appropriate minor request form.

## PASS-FAIL PROGRAM (<http://catalog.canisius.edu/undergraduate/academics/academic-policies/grades/#passfailoptiontext>)

Undergraduate students are eligible to elect one course per semester not to exceed four courses total for which they will receive a passing grade "Pass," "P" on the transcript, or a failing grade "Unsatisfactory," "U" on the transcript. The purpose of this plan is to enable students to take more difficult courses than they would normally take or to continue in difficult classes without negatively impacting their grade point average. Please see the Pass-Fail Policy (<http://catalog.canisius.edu/undergraduate/academics/academic-policies/grades/#passfailoptiontext>) for more details.

## Curriculum

Code	Title	Credits
BIO 114	Human Anatomy and Physiology I	3
BIO 114L	Human Anatomy and Physiology I Laboratory	1
BIO 115	Human Anatomy and Physiology II	3
BIO 115L	Human Anatomy and Physiology II Laboratory	1
KIN 115	Nutrition	3
KIN 170	Emergency Care	3
KIN 200	Athletic Taping and Bracing	3
KIN 205	Wellness and Fitness	3
KIN 220	Healthy Behaviors	3
KIN 235	Kinesiology	3
KIN 261	Injury/Illness Evaluation Techniques	3
KIN 301	General Medicine Seminar	3
KIN 342	Therapeutic Exercise & Modalities	3
KIN 336	Physiology of Exercise	3
KIN 336L	Physiology of Exercise Lab	1
KIN 398	Statistics and Research Design	3
KIN 401	Practicum in Sport & Exercise Health Care	3
KIN 497	Internship in Sports and Exercise Health Care	6
PSY 101	Introduction to Psychology I	3
<b>Total Credits</b>		<b>54</b>

## Roadmap

### Freshman

Fall	Spring
ENG 111	ENG 112
PHI 101	RST 101
BIO 114 & 114L	BIO 115 & 115L
KIN 205	KIN 170
PSY 101	Field 1

### Sophomore

Fall	Spring
KIN 200	KIN 261
KIN 235	KIN 398
KIN 220	Field 3
Elective	Elective
Field 2	Elective

### Junior

Fall	Spring
KIN 342	KIN 301
KIN 115	Field 5
Elective	Diversity Course
Field 4	Global Awareness Course
Ethics Course	KIN 336
	KIN 336L

### Senior

Fall	Spring
KIN 401	KIN 497
Oral Communications	Core Capstone
Advanced Writing	Elective
Justice Course	
Elective	

## Learning Goals and Objectives

The Sports and Exercise Care program will follow the assessment plan as set forth in the School of Education and Human Services (SEHS) Assessment Manual. Five broad learning goals have been established for all SEHS programs. They are:

**Learning Goal 1:** Candidates in SEHS programs will demonstrate content knowledge, pedagogical, and professional knowledge necessary for successful performance in their field.

**Learning Goal 2:** Candidates in SEHS programs will demonstrate professional skills and dispositions necessary for successful performance in their field.

**Learning Goal 3:** Candidates in SEHS programs will demonstrate willingness to use their skills to benefit and serve society. Within the contexts of their work, candidates promote authentic learning, social and emotional development, and a commitment to social justice in environments that foster respect for diversity and the dignity of all.

**Learning Goal 4:** Candidates will demonstrate self-reflection as a habit of mind, continuously assessing and refining their professional practice as they construct a rich repertoire of research-based knowledge, skills, and attitudes for effective performance ensuring that all students and/or clients have optimal opportunities to learn and grow.

**Learning Goal 5:** Candidates will become adept at applying their acquired knowledge in the process of evaluating their own professional performance and decision-making with respect to its impact on students and/or clients, organizations, and the wider community.