



CONCORDIA UNIVERSITY CHICAGO

Exercise Science Program Guide



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CONCORDIA UNIVERSITY CHICAGO
COLLEGE of INNOVATION and PROFESSIONAL PROGRAMS

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“While at CUC, I was inspired to be great by my professors. [They] pushed me to learn more and expand my knowledge. Their presence as my professors made a difference in my education.”

Joseph Demosthene

Master’s of Science in Applied Exercise Science Alum

Future Students,

Sometimes the hardest part of pursuing a degree is getting started. Deciding on which university to attend is challenging, but the application process does not have to be. An enrollment specialist is here to answer any questions that you have along the way. This includes anything from general questions about our programs to how to register for classes.

Please reach out to an enrollment specialist once you have had time to browse through this program guide and check out our website. It is our goal to help you get started in an Exercise Science program that works best for your needs. Feel free to email any questions to exsci.admissions@cuchicago.edu or call an enrollment specialist at 708-888-2031.

Thank you for considering an online degree from Concordia University Chicago!



Master of Science Applied Exercise Science

Program Overview

The Master of Science in Applied Exercise Science Program with concentrations in Fitness and Health Promotion, Human Movement Science, Sports Nutrition, Strength and Conditioning, and Sports Performance Training is designed in collaboration with the National Academy of Sports Medicine (NASM) and the International Society of Sports Nutrition (ISSN) for their respective certifications. The curriculum is designed to prepare students for careers in strength and conditioning, personal training, corporate wellness, fitness, sports performance training, and sports nutrition. The program includes an 18 credit hour exercise science core and 12 credit hours in one of five concentration areas. Students may choose from one or more concentrations and still complete the program in as little as one year.

Admission Requirements

Bachelor's Degree

A conferred bachelor's degree from a regionally accredited U.S. institution or an equivalent non-U.S. degree.

Full Admission

To be considered for Full Admission, candidates will present a cumulative grade point average above 2.85 or will have earned a master's degree with a 3.0 GPA or higher.

Provisional Admission

To be considered for Provisional Admission, candidates will present credentials that generally satisfy full admission requirements, but need to satisfy additional admission requirements such as special program prerequisites. All admission requirements must be satisfied by the end of the candidate's first semester of enrollment to continue in the program. Provisional Admission is only available to US residents and citizens.

Probationary Admission

To be considered for Probationary Admission, one or more of the following special conditions may exist: 1) a cumulative GPA between 2.25 and 2.84 (on a 4.0 scale); 2) holding a master's degree with a cumulative GPA below 3.0; and/or 3) credentials/documents that raise cause for reservation for admission. Students admitted on probationary status must earn a 3.0 GPA in graduate course work within their first semester of enrollment to continue in the program.



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Core Courses

All concentrations are required to complete the following core courses.

Core Courses: 18 Credit Hours

COURSE #	COURSE TITLE	CREDITS
AES 6020	Kinesiology I	3
AES 6030	Kinesiology II	3
AES 6050	Research Design and Methods in Exercise Science	3
AES 6200	Applied Exercise Physiology	3
AES 6300	Exercise and Sport Nutrition	3
AES 6990	Capstone	3

“I wanted to diversify my educational background and the coursework wasn’t just classes associated with sports, it was something that I could build a future career from.”

Corey Hicks

PhD in Health and Human Performance



MS Applied Exercise Science Concentrations

Fitness and Health Promotion*

The Fitness and Health Promotion concentration is designed to meet the needs of individuals who are currently working in, or hoping to enter into a career in the health and fitness industry. This strand prepares individuals for the National Academy of Sports Medicine's Certified Personal Trainer (CPT) exam. According to recent Bureau of Labor Statistics (BLS) data, employment opportunities are expected to increase by 24% through 2020, and the field is expected to add more than 60,000 jobs over that time.

Concentration Courses (Fitness and Health Promotion): 12 Credit Hours

COURSE #	COURSE TITLE	CREDITS
AES 6400	Principles of Fitness and Health Promotion	3
AES 6420	Program Design in Fitness and Health Promotion	3
AES 6440	Practicum: Fitness and Health Promotion	3
AES 6460	Business Development and Entrepreneurship in Fitness and Health Promotion	3

**Concentration courses can be taken as a standalone graduate certificate.*

Human Movement Science*

As injuries become increasingly more common, injury prevention is a critical part of working with any athlete. The Human Movement Science concentration will give students the knowledge to develop injury prevention programs and teach students how to help athletes improve functional capacity and correct faulty movement patterns. Students pursuing this concentration will be prepared to pursue the National Academy of Sports Medicine's Corrective Exercise Specialist (CES) credential.

Concentration Courses (Human Movement Science): 12 Credit Hours

COURSE #	COURSE TITLE	CREDITS
AES 6500	Principles of Human Movement Science	3
AES 6520	Program Design in Corrective Exercise Training	3
AES 6540	Practicum: Human Movement Science	3
AES 6560	Special Topics: Seminar in Human Movement Science	3

**Concentration courses can be taken as a standalone graduate certificate.*

Sports Nutrition*

The Sports Nutrition concentration is designed for individuals who aspire to provide sound sports nutrition information to athletes and physically active individuals. The program focuses on using evidence-based principles in designing and implementing exercise and nutrition programs and interpreting research in the field of exercise and sport nutrition. This strand prepares individuals for Certified Sports Nutrition (CISSN) exam from the International Society of Sports Nutrition. Additionally, those who take the exam can open doors in personal training and the food, beverage, and supplement industry.

Concentration Courses (Sports Nutrition): 12 Credit Hours

COURSE #	COURSE TITLE	CREDITS
AES 6320	Vitamins and Minerals	3
AES 6340	Nutrition and Exercise for Weight Management	3
AES 6360	Practicum: Sports Nutrition	3
AES 6380	Special Topics: Seminar in Sports Nutrition	3

**Concentration courses can be taken as a standalone graduate certificate.*

MS Applied Exercise Science Concentrations, *continued*

Sports Performance Training*

The Sports Performance and Training concentration was designed for coaches, athletic trainers and other sports professionals who work with all levels of athletes from high school players up through Olympic competitors. This strand prepares individuals for the Performance Enhancement Specialist (PES) exam. According to the NASM website, “top teams in the NFL and NBA have now begun requiring the NASM–PES credential.”

Concentration Courses (Sports Performance Training): 12 Credit Hours

COURSE #	COURSE TITLE	CREDITS
AES 6600	Principles of Sports Performance Training	3
AES 6620	Program Design in Sports Performance Training	3
AES 6640	Practicum: Sports Performance Training	3
AES 6660	Special Topics: Seminar in Sports Performance Training	3

**Concentration courses can be taken as a standalone graduate certificate.*

Strength & Conditioning*

The Strength and Conditioning concentration was designed for current practitioners, aspiring strength and conditioning coaches, personal trainers and athletic performance coaches. Our extensive curriculum goes well beyond the standard NCSA curriculum. Students will study advanced topics such as strength and conditioning theory as well as gain the skills and knowledge to develop a strength and conditioning philosophy of their own. Not only will students be prepared for the Certified Strength and Conditioning (CSCS) exam they will learn how to apply strength and conditioning principles and fine tune their programming skills.

Concentration Courses (Strength & Conditioning): 12 Credit Hours

COURSE #	COURSE TITLE	CREDITS
AES 6810	Essentials of Strength Training and Conditioning	3
AES 6820	Advanced Strength and Conditioning Theory	3
AES 6840	Practicum in Strength and Conditioning	3
AES 6860	Seminar in Strength and Conditioning	3

**Concentration courses can be taken as a standalone graduate certificate.*



Doctoral Programs in Health and Human Performance

Program Overview

The doctoral program in leadership with a specialization in health & human Performance is an interdisciplinary degree program designed to prepare students to pursue academic, clinical, leadership, and/or research roles in the fields of health promotion, exercise science, kinesiology, human performance and other related disciplines. The program is offered 100% online by nationally recognized faculty members. There is neither a residency requirement nor an onsite visit requirement. Depending on the degree track, you will be required to take between 61-67 credit hours.

Admission Requirements

Master's Degree

Master's Degree in Health Science, Exercise Science, or related field with a minimum of 3.0 GPA on 4.0 scale.

GRE or MAT

Graduate Record Exam (GRE) or Millers Analogy Test (MAT), there is no minimum score requirement; however, the score is evaluated by the program coordinator during the application process. GRE or MAT must be taken within the past three years.

Required Documentation

Application for Admission

Writing Sample

Resume/Curriculum Vitae

Objective Statement

Transcripts from each Institution through which a Degree was Earned

Two Letters of Recommendation



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PhD Leadership - Health and Human Performance

The PhD in Leadership – Health & Human Performance program has a strong research orientation and aims to develop outstanding scholars and researchers who create and disseminate new knowledge about issues arising out of the intersection of physical activity, health promotion, and human performance. The 67 credit hour program includes coursework in leadership, health, exercise science, research and statistics and a 9 credit hour dissertation requirement.

Core Courses: 30 Credit Hours

COURSE #	COURSE TITLE	CREDITS
HHP 7000	Cardiovascular Responses to Exercise	3
HHP 7010	Neuromuscular Responses to Exercise	3
HHP 7030	Advanced Exercise and Sports Nutrition	3
GME 6300	Introduction to Grants	3
HHP 7050	Program Design in Physical Activity and Health	3
HHP 7060	Health Promotion and Disease Prevention	3
	Cognate Electives* (4)	12

*students may elect graduate coursework in Health & Human Performance, exercise science, sports nutrition, human movement science, sports performance training, strength and conditioning, gerontology, and fitness.

Research and Statistics: 16 Credit Hours

COURSE #	COURSE TITLE	CREDITS
RES 7900	Research Design	4
RES 7605	Quantitative Analysis	3
RES 7700	Qualitative Analysis	3
RES 7800	Mixed Methods Research	3
	PICK ONE	
RES 7620	Advanced Topics in Statistics	3
RES 7710	Advanced Topics in Qualitative Analysis	3

Foundations/Philosophy/Ethics: 12 Credit Hours

COURSE #	COURSE TITLE	CREDITS
EDL 7140	Organizational Change	3
FPR 7011	Philosophical and Theoretical Foundations of Leadership	3
EDL 7211	Policy Analysis	3
HHP 7090	Ethical Issues in HHP	3

Dissertation/Comprehensive Exam: 9 Credit Hours

COURSE #	COURSE TITLE	CREDITS
COMP 7000	Comprehensive Exam	
DIS 7010-30	Dissertation	9



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Edd Leadership - Health and Human Performance

The Edd in Leadership – Health & Human Performance emphasizes a rigorous application of evidenced based research, assessment, and scholarship as the basis for identifying and addressing issues arising out of the intersection of physical activity, health promotion, and human performance. The 61 credit hour program includes coursework in leadership, health, exercise science, research and statistics and a 9 credit hour dissertation requirement.

Core Courses: 30 Credit Hours

COURSE #	COURSE TITLE	CREDITS
HHP 7000	Cardiovascular Responses to Exercise	3
HHP 7010	Neuromuscular Responses to Exercise	3
HHP 7030	Advanced Exercise and Sports Nutrition	3
GME 6300	Introduction to Grants	3
HHP 7050	Program Design in Physical Activity and Health	3
HHP 7060	Health Promotion and Disease Prevention	3
	Cognate Electives* (4)	12

*students may elect graduate coursework in Health & Human Performance, exercise science, sports nutrition, human movement science, sports performance training, strength and conditioning, gerontology, and fitness.

Research and Statistics: 10 Credit Hours

COURSE #	COURSE TITLE	CREDITS
RES 7900	Research Design	4
RES 7605	Quantitative Analysis	3
RES 7700	Qualitative Analysis	3

Foundations/Philosophy/Ethics: 12 Credit Hours

COURSE #	COURSE TITLE	CREDITS
EDL 7140	Organizational Change	3
FPR 7011	Philosophical and Theoretical Foundations of Leadership	3
EDL 7211	Policy Analysis	3
HHP 7090	Ethical Issues in HHP	3

Dissertation/Comprehensive Exam: 9 Credit Hours

COURSE #	COURSE TITLE	CREDITS
COMP 7000	Comprehensive Exam	
DIS 7010-30	Dissertation	9



Health & Human Performance Cognate Electives

COURSE #	COURSE TITLE	CREDITS
HHP 7020	Exercise for Disease Prevention and Management	3
HHP 7100	Seminar in Health & Human Performance	3
HHP 7040	Measurement and Evaluation in Health and Human Performance	3
HHP 7070	The Professoriate	3
AES 6200	Applied Exercise Physiology	3
AES 6300	Exercise and Sports Nutrition	3
AES 6500	Principles of Human Movement Science	3
AES 6600	Principles of Sports Performance Training	3
AES 6320	Vitamins and Minerals	3
AES 6420	Program Design in Fitness and Health Promotion	3
AES 6520	Program Design in Corrective Exercise Training	3
AES 6620	Program Design in Sports Performance Training	3
AES 6340	Nutrition and Exercise for Weight Management	3
AES 6380	Special Topics: Seminar in Sports Nutrition	3
AES 6460	Bus Dev and Entrepreneurship in Fitness and Health	3
AES 6560	Special Topics: Seminar in Human Movement Science	3
AES 6660	Special Topics: Sports Performance Training	3
GERO 7560	Socio-Cultural Aspects of Aging	3
GERO 7820	Leadership, Applied Ethics, Aging & Global Change	3
GERO 7505	The Psychological Aspects of Aging	3
GERO 7000	Gerontological Theory	3
GERO 7805	Issues in Aging Policy	3
GERO 7800	Demography and Epidemiology of Aging	3
GERO 7500	The Physiology of Aging	3
GERO 7900	Diversity in Aging Societies	3
GERO 7810	Foundations of Teaching and Learning in Gerontology	3
GERO 6000	Perspectives in Gerontology	3
GERO 6160	Sociology of Aging	3
GERO 6045	Aging, Values, Attitudes, & Ethics	3
GERO 6050	Adult Development & Aging	3
GERO 6500	Public Policies & Aging	3
GERO 6510	Diversity in Aging	3



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Bachelor of Science Kinesiology

Program Overview

The Bachelor's in Kinesiology from Concordia University – Chicago was developed to provide opportunities in health and human performance for individuals who aspire to work in an industry to curb the national obesity epidemic, improve human movement function, and meet the needs of aging individuals.

Admission Requirements

Must have GPA of 2.0 or above on most recent transcript

Required Documentation

Application for admission

Transcripts: Provide one official, sealed transcript from each institution attended

International Transcripts: Any foreign transcripts must be evaluated by a Concordia-approved international credentialing service, such as WES (World Education Services) or ECE (Educational Credential Evaluators)

Resume



BS Kinesiology

Required Core: 36 Credit Hours

COURSE #	COURSE TITLE	CREDITS
KIN 1000	Physiological Basis of Exercise	3
KIN 1200	Applied Kinesiology	3
KIN 1400	Health and Fitness Assessment	3
KIN 2000	Health Risk Appraisal	3
KIN 2200	Nutrition, Exercise, and Behavior	3
KIN 2400	Principles of Strength and Conditioning	3
KIN 3000	Managing Lifetime Fitness	3
KIN 3200	Health and Fitness Programming Management I	3
KIN 3400	Health and Fitness Programming Management II	3
KIN 4000	Exercise Psychology	3
KIN 4200	Special Topics in Kinesiology	3
KIN 4400	Exercise Leadership	3

General Education Courses

- Communication
- Humanities
- Social Sciences, including Macroeconomics
- Mathematics, must be above Intermediate Algebra
- Sciences, one biological science and one physical science, including one lab course
- World Studies, multicultural or non-Western emphasis
- Health and Wellness
- Mission-Specific Courses: Theology

For a listing of General Education and elective courses, please consult the Undergraduate Catalog, <https://www.cuchicago.edu/academics/catalog/>



Bachelor of Arts Sports & Recreation Management

Program Overview

Sports and Recreation Management involves the administration, marketing and promotion, and making financial and human resource decisions in sport and fitness organizations. Occupations in this field include: collegiate and professional sport administrators including athletic directors, managers, and general managers, sports agents, recreation center directors, youth sport directors, as well as coaches, scouts, and strength and conditioning directors. The field of sports and recreation management encompasses implementation of skills that serve in event and facility coordination and management as well as managing resources for not-for-profit and for-profit organizations. Sports and recreation management professionals must have an understanding of basic sport law and ethics, finance, accounting, market and management in a sport-specific climate.

Admission Requirements

Must have GPA of 2.0 or above on most recent transcript

Required Documentation

Application for admission

Transcripts: Provide one official, sealed transcript from each institution attended

International Transcripts: Any foreign transcripts must be evaluated by a Concordia-approved international credentialing service, such as WES (World Education Services) or ECE (Educational Credential Evaluators)

Resume



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BA Sports & Recreation Management

Required Core: 37 Credit Hours

COURSE #	COURSE TITLE	CREDITS
SRMP 2000	Introduction to Sports & Recreation Mangement	3
SRMP 2010	Legal & Ethical Issues	3
SRMP 2020	Social & Historical Foundations-Sports & Recreation	3
SRMP 2030	Managing Lifetime Fitness	3
SRMP 3010	Introduction to Facilities & Events Management	3
OMP 4236	Research Design & Methodology	3
OMP 4431	Principles of Management	3
OMP 4440	Human Resource Management	3
OMP 4601	Managerial Accounting	3
OMP 4605	Managerial Marketing	3
OMP 4610	Personal Values/Ethics	3
SRMP 4700	Senior Project	4

General Education Courses

- Communication
- Humanities
- Social Sciences, including Macroeconomics
- Mathematics, must be above Intermediate Algebra
- Sciences, one biological science and one physical science, including one lab course
- World Studies, multicultural or non-Western emphasis
- Health and Wellness
- Mission-Specific Courses: Theology

For a listing of General Education and elective courses, please consult the Undergraduate Catalog, <https://www.cuchicago.edu/academics/catalog/>



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BA to MA Sports Leadership

Program Overview

The Master of Arts in sports leadership degree is a 33-credit program. The program's focus is on preparing graduates to assume leadership responsibilities in many key areas of the sports industry, including promotion and marketing, team resource assessment, organizational leadership and fiscal oversight.

The sports leadership program provides professional preparation for management and leadership positions with professional sports teams, intercollegiate and intramural athletics and recreation programs at secondary and post-secondary institutions, colleges and universities, and amateur athletic organizations. Profession preparation is also given for careers in private and public health and fitness clubs, corporate fitness and wellness programs, sports stadiums and arenas, and the sports marketing, management and communications firms that service the larger marketplace.

Admission Requirements

Must have GPA of 2.0 or above on most recent transcript



WHAT IS A DUAL DEGREE?

Through careful planning and academic advising, a student majoring in Concordia-Chicago's Sports and Recreation Management accelerated degree program may move seamlessly into Concordia-Chicago's MA, Sports Leadership program.

BENEFITS OF A DUAL DEGREE

- As a graduate of the Accelerated Degree Program, candidates will take three (3) fewer credit hours toward the Sports Leadership degree.
- Letters of recommendation are waived
- 1 course may be waived in the Leadership Studies Master's Cohort (if eligible)—SPML 6130 Social and Historical Foundations
- No application fee
- No GRE requirement
- Transcript service will be provided upon completion of ADP degree

Required Documentation

Transcripts: Provide one official, sealed transcript from each institution attended

International Transcripts: Any foreign transcripts must be evaluated by a Concordia-approved international credentialing service, such as WES (World Education Services) or ECE (Educational Credential Evaluators)

Resume

Application for admission

BA to MA, Sports Leadership

Sports & Recreation Management Major: 15 Credit Hours

COURSE #	COURSE TITLE	CREDITS
SPML 6090	Sports Administration	3
SPML 6130	Social and Historical Foundations	3
SPML 6030	Sports Leadership and Ethics	3
SPML 6140	Research in Sport Studies	3
SPML 6100	Capstone Experience	3

Sports Leadership Electives: Choose any six courses from the electives below for a total of 18 credit hours. All courses are three credit hours each.

COURSE #	COURSE TITLE	CREDITS
SPML 6010	Essentials of Law	3
SPML 6020	Economics of Sport	3
SPML 6040	Sports Finance	3
SPML 6070	Sports Promotion	3
SPML 6050	Leading in a Time of Change	3
SPML 6060	Diversity in Sports	3
SPML 6120	Dynamics of Coaching	3
SPML 6000	Organization and Administration of Recreation and Leisure Programs	3
SPMP 6150	Philisophy and Educational Value of Sport	3
SPML 6160	Assessment and Evaluation of Recreation and Leisure Programs	3
SPML 6170	Current Trends in Recreation and Leisure	3
SPML 6180	Foundations and Theoretical Perspectives of Recreation and Leisure Programs	3



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Frequently Asked Questions

Q What is the dissertation like in the doctoral programs?

A The dissertation process is the same as a traditional program. You will have a dissertation committee, IRB process, and defense. Your research will likely be conducted in a location that is most convenient for you. These details are agreed upon with your dissertation chair. Your project must undergo IRB scrutiny and approval.

Dissertation chairs are not assigned. The students play an integral role in the recruitment of their dissertation chair. If you have a research interest that aligns with current faculty, and the faculty member agrees, you can work with one of the current faculty OR we may hire a faculty member to chair your committee.

Q What careers will I be able to pursue with these programs?

A Education enhances your previous and current knowledge in an area of expertise. While jobs don't become automatically available when a student receives a degree, the student does become more qualified and, therefore, more hireable for a position. Please keep this in mind when looking at the careers listed below. This list is not exhaustive.

Exercise Science: Performance Enhancement Specialist, Strength and conditioning coach, Sports coach, Athletic trainer, Employee fitness director, Worksite health promotion specialist, Exercise physiologist, Physical Education Teacher, Corporate wellness director, Human performance/public health, Fitness center supervisor, Health coach, Strength coach, Physical therapy assistant, Fitness specialist, Fitness coordinator of personal training and assessments, Performance specialist

Sports Leadership: Sports agent, Sports coach, Athletic director, Physical education teacher, Sports information director, Sports marketer

Also Note: Upon completion of doctoral programs, our students often go into various leadership and/or research roles such as teaching at the collegiate level.

Q Do I ever have to come to campus?

A Our programs are done 100% online. We will never require that you come to our campus.

Q How much does my program cost?

A Master's & Graduate Certificate Programs have a tuition rate of \$460 per credit hour, which is guaranteed to not increase once you begin your studies. A \$15 technology fee is assessed to each credit hour as well. Therefore, the total cost per credit hour is \$475. To find the cost of your program, multiply \$475 by the number of credit hours required.

Doctoral Programs have a tuition rate of \$711 per credit hour, which is guaranteed to not increase once you begin your studies. A \$15 technology fee is assessed to each credit hour as well. Therefore, the total cost per credit hour is \$726. To find the cost of your program, multiply \$726 by the number of credit hours required.

Bachelor's Programs have a tuition rate of \$415 per credit hour, which is guaranteed to not increase once you begin your studies. A \$15 technology fee is assessed to each credit hour as well. Therefore, the total cost per credit hour is \$430. To find the cost of your program, multiply \$430 by the number of credit hours required.



Frequently Asked Questions, *continued*

Q **What is the Tuition Guarantee?**

A CU Chicago's tuition guarantee program is an important way we help keep tuition affordable and predictable, so you know what the total cost of your education will be. As long as there are no interruptions in your course of study, we guarantee your tuition will remain the same and never increase while earning your degree.

Q **Can I transfer any credits into my program?**

A Concordia University Chicago understands the importance of being able to apply classes you have taken in the past to the program you are pursuing with us. Because of this, we allow up to 50% of our required classes to be transferred in from other accredited universities. To find out if your classes are transferable, please ask for qualifications.

Q **Does CUC offer military tuition assistance?**

A Multiple financial programs are available to assist veterans and their dependents in achieving a college education. The Post-9/11 GI Bill provides educational assistance to individuals who served on active duty on or after September 11, 2001. One such program under The Post-9/11 GI Bill is the Yellow Ribbon program, which Concordia-Chicago is a participating institution.

Q **When can I start my studies with CUC?**

A Our online Exercise Science programs offer rolling admission. This means that you can apply for Spring, Summer, or Fall semesters. You may start classes as soon as every 5 - 8 weeks. There are two start terms per semester.

Q **Is tuition different for out-of-state or international students?**

A We offer the same affordable tuition to all of our online students, regardless of location

Q **What application materials will I need to submit after completing the online application?**

A **Bachelor's students** will need to submit their current resume and all official college transcripts.

Master's students will need to submit two letters of recommendation, an objective statement, and transcripts.

Doctoral students will need to submit two letters of recommendation, an objective statement, transcripts, CV or resume, a writing sample, and GRE or MAT test scores from the last three years.

International students will need to provide TOEFL scores if English is not their first language. Any transcripts from a country

Q from outside the U.S. will need to have a course-by-course evaluation done by WES or ECE.

A

What is the class structure like?

- Students typically take one course in the first 5 - 8 weeks, then another in the second 5 - 8 weeks.
- Students may opt to take more than one class at a time.
- Each course is asynchronous, meaning you do not have to log on at a set time to complete your coursework. However, there are weekly assignment deadlines.
- Each course requires about 8-10 hours of study time per week.
- Each course is offered every semester, but some are only available in the first or second 5 - 8 weeks.
- For Graduate Students, by opting for a dual concentration program, you are adding 12 credit hours (4 courses) to your program.



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Faculty

Ayanna Lyles, PhD

PhD in Health Education, Southern Illinois University Carbondale

MS in Athletic Training Education, California University of Pennsylvania

BS in Sport Science with emphasis in Athletic Training, University of Connecticut

Michael Heifferon, PhD

PhD in Motor Learning/Orthopedic Sports Medicine, The University of Toledo

MS in Strength Training and Athletic Conditioning, The Ohio State University

MBA -- Healthcare Administration, Baker College, Flint Michigan, MI

BA in Physical Education, The Ohio State University

Ronald Wagner, PhD

PhD in Kinesiology, Exercise Science, and Pedagogy, University of Arkansas

MS in Instructional Technology, Bloomsburg University

MS in Physical Education, Eastern Kentucky University

BS in Health Management and Athletic Training, Southeast Missouri State University

Jordan Moon, PhD

PhD in Exercise Physiology, University of Oklahoma

MS in Exercise Science and Health Promotion, Florida Atlantic University

BS in Physical Education with an emphasis in Corporate Fitness and Wellness, Grand Valley State University.

Robert Ferguson, PhD

PhD in Exercise Science and Pedagogy, University of Arkansas

MA in Health and Physical Education, Adams State College

BA in Business Administration, Adams State College

Theresa Miyashita, PhD

PhD in Education in Biomedical Sciences, Colorado State University

MA in Exercise and Sport Science with a concentration in Athletic Training, University of North Carolina

BS in Athletic Training, Canisius College

Faculty, continued**Ronald Merryman, MS**

MS in Exercise Science and Health Promotion with a concentration in Rehab Science

BS in Business Administration and Management

William Torrence, PhD

PhD in Health Education, Texas A&M University

MS in Health Science, University of Arkansas

BS in Regulatory Science, University of Arkansas

Bo Andel, DC

DC in Chiropractic, Logan University

MS in Sports Science and Rehabilitation, Logan University

BS in Life Sciences, Logan University

BS in Interdisciplinary Sciences, Southeast Missouri State

BA in German Language and Culture

Kimberly Harris, PhD

PhD in Health Science, University of Arkansas

MS in Kinesiology, California University of Pennsylvania

BS in Education, Kinesiology, and Exercise Science

Lacy Puttuck, MS, RD

MS in Applied Exercise Science, Concordia University Chicago

BS in Nutrition, University of Nevada Las Vegas

BS in Kinesiology, University of Nevada Las Vegas

Sean Pruitt, MS

MA in Education, Lindenwood University

MS in Human Performance, Lindenwood University

BS in Movement Science, University of Michigan

“This degree will put me in a position to really fulfill my life-long goals. To not just impact and teach, but to work with athletes, coaches and everyday individuals.”

Corey Hicks

PhD in Health and Human Performance



Below you will find descriptions on each course offered. For information on prerequisites please see our course catalog at <https://www.cuchicago.edu/academics/catalog/>.

Course Descriptions - Kinesiology

COURSE #	COURSE TITLE	CREDITS
	Physiological Basis of Exercise	
KIN 1000	Introduction to the domains of exercise science including: physiological systems, exercise physiology, clinical assessment, and exercise and sports nutrition.	3
	Applied Kinesiology	
KIN 1200	Introduction to functional anatomy. Topics covered include: anatomical terminology, musculoskeletal anatomy, and common musculoskeletal injuries.	3
	Health and Fitness Assessment	
KIN 1400	Introduction to health and fitness assessments methodology. Topics covered include: risk factor assessment, pre-participation screening, and health and fitness assessments.	3
	Health Risk Appraisal	
KIN 2000	Application of health and fitness assessments. Prepares students to complete health and fitness assessments and interpret results.	3
	Nutrition, Exercise, and Behavior	
KIN 2200	Introduction to nutrition and behavioral science. Topics covered include: components of nutrition, dietary recommendations for health and performance, popular diets, and dietary adherence strategies.	3
	Principles of Strength and Conditioning	
KIN 2400	Introduction to the foundational concepts of strength and conditioning. Topics covered include: strength and conditioning terminology and foundations, strength and conditioning exercises, and warmup strategies.	3
	Managing Lifetime Fitness	
KIN 3000	Explores health and fitness considerations for special populations. Topics covered include: chronic diseases, considerations for special populations, and strategies for managing lifetime fitness.	3
	Health and Fitness Programming Management I	
KIN 3200	Introduction to the health and fitness programming. Topics covered with include: adults CPR and first aid, foundations of programming, program set up, and introduction to periodization.	3
	Health and Fitness Programming Management II	
KIN 3400	Application of health and fitness programming. Prepares students to program for different health and fitness goals.	3
	Exercise Psychology	
KIN 4000	Introduction to exercise psychology. Topics covered include: principles of exercise psychology, trans-theoretical model, goal setting strategies, strategies for increasing exercise adherence, and strategy implementation.	3
	Special Topics in Kinesiology	
KIN 4200	Exploration of current topics in Kinesiology.	3
	Exercise Leadership	
KIN 4400	Introduction to career management in health and fitness. Topics covered include: ethical considerations, sales and marketing, operation and facilities, and career management.	3



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Course Descriptions - Sports & Recreation Management

COURSE #	COURSE TITLE	CREDITS
	Introduction to Sports & Recreation Administration	
SRMP 2000	Overview of the primary principles and practices, theories and concepts of sports and recreation administration and program development.	3
	Legal/Ethical Issues	
SRMP 2010	Introduces critical concepts and challenges involving legal and ethical issues in sports and recreation industry. An exploration and examination of the various roles of regulation, compliance, government intervention, liability, contracts and antitrust issues and their ethical responsibilities and ramifications.	3
	Social & Historical Foundations of Sports & Recreation	
SRMP 2020	A topical study of the social and historical significance of sport and leisure in human history ranging from Greco-Roman history through the present; examination of the role and influence of sport in major social and cultural developments.	3
	Managing Lifetime Fitness	
SRMP 2030	A study of health-related fitness and wellness plans; the National Health Objectives; health and physical fitness standards; setting nutrition, dietary and fitness goals; evaluating fitness activities, fitness self-assessment.	3
	Introduction to Facilities & Events Management	
SRMP 3010	Introductory consideration of facilities and events management issues such as event scheduling, finance and profitability, personnel and equipment oversight as well as liability and risk management concerns in sports and recreation settings.	3
	Research Design and Methodology	
OMP 4236	This course provides an overview of research methodology. Students will identify a well-researched problem or solution. Students will develop a research proposal.	3
	Principles in Management	
OMP 4431	This course is designed as an introductory study and analysis of the management process from the general manager's perspective. As such, a broad overview of management topics is undertaken: corporate culture, managing in a global environment, managing ethics and social responsibility, managerial decision-making, organizational design and structure, and motivating employees. The emphasis of the course is on the skills and knowledge needed to successfully manage an organization.	3
	Human Resource Management	
OMP 4440	Personnel function, development and organizational structure. Developing job descriptions, personnel planning and forecasting, internal and external recruitment, personnel selection and orientation, legal aspects of personnel. Employee benefits and costs, performance appraisal and discipline, labor relations, unions and negotiation.	3
	Managerial Accounting	
OMP 4601	Financial tools for managers in decision-making: financial statements, bookkeeping process, financial statement analysis, statement of cash flow, internal cost concepts, present value concepts, budgeting.	3



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Course Descriptions - Sports & Recreation Management (continued)

COURSE #	COURSE TITLE	CREDITS
OMP 4605	<p>Managerial Marketing</p> <p>Basic marketing theory and terminology. Analyze real-world cases exploring domestic and international marketing opportunities and problems. Identify and evaluate critical marketing data.</p>	3
OMP 4610	<p>Personal Values and Organizational Ethics</p> <p>Topics discussed from a Christian perspective include: nature of ethics and meaning of being ethical; ethical problems in organizations; environmental change and ethical considerations; moral reasoning, personal values, and decision making; alternate modes of moral reasoning; ethical issues between individuals and organizations and principled leadership.</p>	3
SRMP 4700	<p>Senior Project</p> <p>The Senior Project is the Accelerated Degree Program capstone. This course is an intensive, process-oriented, active learning project through which students apply learning acquired through all major coursework. Designing and developing the Senior Project requires students to follow a problem from recognition to providing a well-researched solution or from the development of an opportunity to a well-researched action plan. Students are required to complete a comprehensive document and present their findings.</p>	3



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Course Descriptions - BA to MA, Sports Leadership - Sports & Recreation Major (15 credit hours)

COURSE #	COURSE TITLE	CREDITS
	Sports Administration	
SPML 6090	Emphasis on practical application of concepts, principles and practices between sports organizations and community associations and the role of sport leader and administrator.	3
	Social and Historical Foundations	
SPML 6130	Examines the social, political, cultural, philosophical, psychological, historical and practical aspects of sport history and evolution. Role of sport in contemporary society nationally and internationally.	3
	Sports Leadership and Ethics	
SPML 6030	Leadership and ethical practices in business decision-making in the field of sports management.	3
	Research in Sports Studies	
SPML 6140	Explores and examines the different methodological approaches to researching contemporary issues in sports; research design and reporting; bibliography.	3
	Capstone Experience	
SPML 6100	A master's capstone is required for all Master of Arts candidates. This culminating project highlights the candidate's mastery of content throughout his or her studies. Capstones are traditionally a summary of work demonstrating overall growth and specific understandings of the professional standards. The capstone serves as a performance-based evaluation and promotes reflective practice. It also demonstrates the professional's proficiency in integrating technology and his or her ability to translate theory into practice.	3

Course Descriptions - BA to MA, Sports Leadership - Sports Leadership Electives (choose six courses for a total of 18 credit hours)

COURSE #	COURSE TITLE	CREDITS
	Essentials of Law	
SPML 6010	The law, legal issues and professional ramifications in the field of sports management.	3
	Economics of Sport	
SPML 6020	The role of economics in the sports industry. Specifically, economics related to the business of sports, revenue sharing, profit margins and marginal revenue product. Economic theory and the tools of quantitative analysis used in management decision making.	3
	Sports Finance	
SPML 6040	Fiscal responsibility and financial stewardship in the field of sports management.	3
	Sports Promotion	
SPML 6070	Explore and examine the relationship between the mass media and the sports industry. Topics include sports broadcasting, print media and the development of public relation tools such as media guides and press releases, effective principles, theories, practices and methods involved with all aspects of sports communications.	3
	Leading in a Time of Change	
SPML 6050	Change theory, change processes, change agency in the field of sports leadership and management.	



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Course Descriptions - BA to MA, Sports Leadership - Sports Leadership Electives (choose six courses for a total of 18 credit hours) (continued)

COURSE #	COURSE TITLE	CREDITS
SPML 6060	Diversity in Sports Diversity in the field of sports in general and specifically in relationship to gender, race and various cultures.	3
SPML 6120	Dynamics of Coaching Focuses on the major coaching theories and models, methods, practices and outcomes. Topics include study of first principles in coaching, coaching cases and analyses, great coaches, coaching decision-making and other contemporary issues.	3
SPML 6110	Facilities and Events Management Examines the principles and practices necessary to plan, develop, promote, operate and maintain sporting events, athletic centers and recreational facilities. Emphasis is on issues concerning personnel, finance, profitability, security, concessions, convention centers, event scheduling, equipment management, facilities maintenance and topics related to liability and risk management.	3
SPML 6000	Organization and Administration of Recreation and Leisure Programs This course provides an overview of principles and practices related to effectively managing a recreation and leisure program. Issues of branding, marketing, media, and personnel selection and development are considered.	3
SPML 6150	Philisophy and Educational Value of Sport This course will build on Foundations and Theoretical Perspectives and provide students' academic opportunities to identify and establish their personal and professional ideals and dispositions in relation to the academic literature and the mission/vision of their educational, recreational, and professional setting. Academic/co-curricular connectivity of sport and society.	3
SPML 6160	Assessment and Evaluation of Recreation and Leisure Programs This course explores and examines the purpose and added value of assessment and evaluation in the recreation/leisure settings. Basic procedures and designs are used to develop a professional program evaluation/assessment plan. Cycle of evaluation/assessment, needs assessment, program planning and design, outcomes, objectives, findings, reporting for data driven decision-making.	3
SPML 6170	Current Trends in Recreation and Leisure Trends in recreation and leisure sport industry of the 21st century are examined in order to facilitate effective planning and implementing of programs designed to meeting the recreational needs of the general public from 5-85 years of age. Critical review and analysis of sport as a social phenomenon and the impact on delivery of and participation in recreation and leisure activities.	3
SPML 6180	Foundations and Theoretical Perspectives of Recreation and Leisure Programs This course will provide the framework for the specialization by reviewing and applying recreation/leisure theory to the private, public, and/or entrepreneurial setting. Theoretical and conceptual foundations of recreation and leisure, sports, play. A review of historical ideas and practices in the recreation and leisure with an examination to the relationship to present day professional and social sports issues.	3



Course Descriptions - Master's Fitness & Health Promotion Concentration

COURSE #	COURSE TITLE	CREDITS
AES 6400	<p>Principals of Fitness and Health Promotion</p> <p>Examines a systematic approach to personal training using the National Academy of Sports Medicine's Optimum Performance Training model. The course provides an overview of evidence-based principles of fitness assessment, program design, balance, flexibility, strength, stabilization, and power. Designed to prepare students interested in becoming a Certified Personal Trainer through the National Academy of Sports Medicine (NASM).</p>	3
AES 6420	<p>Program Design in Fitness and Health Promotion</p> <p>Explores program design principles for fitness and health promotion, with an emphasis on the National Academy of Sports Medicine's Optimum Performance Training model.</p>	3
AES 6440	<p>Research Design and Methods in Exercise Science</p> <p>Planning and implementation of a fitness or health promotion program through a case study with a member of their community.</p>	3
AES 6460	<p>Business Development and Entrepreneurship in Fitness and Health</p> <p>Interfaces between human resource management, operations, marketing, and entrepreneurship within the context of entrepreneurial, for-profit and nonprofit fitness and health promotion ventures.</p>	3

Course Descriptions - Master's Human Movement Science Concentration

COURSE #	COURSE TITLE	CREDITS
AES 6500	<p>Principles of Human Movement Science</p> <p>Examines a systematic approach for identifying neuromusculoskeletal dysfunctions and the National Academy of Sports Medicine's Corrective Exercise Continuum. Designed to prepare students interested in becoming a Corrective Exercise Specialist through the National Academy of Sports Medicine.</p>	3
AES 6520	<p>Program Design in Corrective Exercise Training</p> <p>Explores program design principles for corrective exercise training, with an emphasis on the National Academy of Sports Medicine's Corrective Exercise Continuum.</p>	3
AES 6540	<p>Practicum: Human Movement Science</p> <p>Provides practical experience in planning and implementing a corrective exercise program through a case study with a member of their community.</p>	3
AES 6560	<p>Special Topics: Seminar in Movement Science</p> <p>In-depth study of selected advanced topics in human movement science.</p>	3



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Course Descriptions - Master's Core Classes

COURSE #	COURSE TITLE	CREDITS
AES 6020	<p>Kinesiology I</p> <p>Students will explore upper extremity musculoskeletal anatomy with emphasis on systems that enable the human body to maintain proper stabilization and produce efficient movements. Students will develop human movement analysis techniques through assessment and evaluation of biomechanical movement patterns.</p>	3
AES 6030	<p>Kinesiology II</p> <p>Students will explore trunk and lower extremity musculoskeletal anatomy with emphasis on systems that enable the human body to maintain proper stabilization and produce efficient movements. Students will develop human movement analysis techniques through assessment and evaluation of biomechanical movement patterns.</p>	3
AES 6050	<p>Research Design and Methods in Exercise Science</p> <p>Selected research techniques and designs utilized in exercise science research with emphasis on general statistics, interpretation of data, research ethics, scientific writing and library use.</p>	3
AES 6200	<p>Health Risk Appraisal</p> <p>Application of health and fitness assessments. Prepares students to complete health and fitness assessments and interpret results.</p>	3
AES 6300	<p>Exercise and Sports Nutrition</p> <p>Explores the relationships between nutrition, energy metabolism, and exercise and sport performance, with an in-depth analysis of dietary and nutritional supplementation.</p>	3
AES 6990	<p>Capstone Experience</p> <p>Culminating experience in the Master of Science in Applied Exercise Science degree. Experiences may include, but is not limited to, independent research that leads to an actual product such as a publishable journal article, professional field experience, conference presentation, advanced certifications, program or facility development, web site, on-line course materials, curriculum development.</p>	3



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Course Descriptions - Master's Sports Nutrition Concentration

COURSE #	COURSE TITLE	CREDITS
	Vitamins and Minerals	
AES 6320	Examination of the role and function of vitamins and minerals from physiological and clinical perspectives.	3
	Nutrition and Exercise for Weight Management	
AES 6340	Examines nutrition and exercise strategies for weight management with an emphasis on metabolic, physiological and psychological factors..	3
	Practicum: Sports Nutrition	
AES 6360	This course examines the planning and implementation of a sports nutrition program. Students are required to complete a nutrition assessment and planning case study on a member of their community.	3
	Special Topics Seminar in Sports Nutrition	
AES 6380	In-depth study of selected advanced topics in sports nutrition.	3

Course Descriptions - Master's Sports Performance Training Concentration

COURSE #	COURSE TITLE	CREDITS
	Principles of Sports Performance Training	
AES 6600	Examines a systematic approach to integrated performance training using the National Academy of Sports Medicine's Optimum Performance Training model. Designed to prepare students interested in becoming a Performance Enhancement Specialist through the National Academy of Sports Medicine (NASM).	3
	Program Design in Sports Performance Training	
AES 6620	Explores program design principles for integrated sports performance training, with an emphasis on the National Academy of Sports Medicine's Optimum Performance Training model.	3
	Practicum: Sports Performance Training	
AES 6640	Planning and implementation of an integrated sports performance training program through a case study with a member of their community.	3
	Special Topics: Seminar in Sports Performance Training	
AES 6660	In-depth study of selected advanced topics in sports performance training.	3



Course Descriptions - Master's Strength and Conditioning Concentration

COURSE #	COURSE TITLE	CREDITS
AES 6810	<p>Essentials of Strength Training and Conditioning</p> <p>Explore the foundations of strength and conditioning as established by the National Strength and Conditioning Association (NSCA). Design and critique strength and conditioning programs based on NSCA guidelines. Designed to prepare students interested in becoming Certified Strength and Conditioning Specialist (CSCS) through the NSCA.</p>	3
AES 6820	<p>Advanced Strength and Conditioning Theory</p> <p>Explore the principles of resistance training and periodization. Develop periodized programs based on foundational and current literature. Critique and justify programming selections.</p>	3
AES 6840	<p>Practicum: Strength and Conditioning Theory</p> <p>Development and implementation of a strength and conditioning program through a case study with a member of the community. Justify your programming selection and assess program success.</p>	3
AES 6860	<p>Special Topics Seminar in Sports Nutrition</p> <p>In depth exploration and analysis of advanced topics in strength and conditioning. Evaluation of current industry trends and practices. Creation of personal strength and conditioning philosophy.</p>	3



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Course Descriptions - Doctoral Core Classes

COURSE #	COURSE TITLE	CREDITS
HHP 7000	<p>Cardiovascular Responses to Exercise</p> <p>This course examines cardiovascular adaptations to acute and chronic exercise. The course will provide an in-depth analysis of metabolic, systemic, and hormonal responses to the stress of exercise and the adaptive changes that occur with training, as well as the underlying mechanisms.</p>	3
HHP 7010	<p>Neuromuscular Responses to Exercise</p> <p>This course examines neuromuscular adaptations to acute and chronic exercise. Students will engage in an in-depth analysis of neuromuscular structure and function, motor unit recruitment during different types of movement, and muscle adaptations to resistance and endurance training.</p>	3
	<p>Cognate Elective</p> <p>Students may elect graduate coursework in Health & Human Performance, exercise science, sports nutrition, human movement science, sports performance training, strength and conditioning, gerontology, and fitness. (As a student you will choose 4 Cognate Electives)</p>	3
HHP 7030	<p>Advanced Exercise and Sports Nutrition</p> <p>This course examines the latest evidence-based principles and recommendations on meal, energy, and nutrient timing for optimal fueling and performance. Topics include principles of nutrient timing, regulation of metabolism by micronutrients and macronutrients and their role in weight control in athletes, safety and validity of supplements and ergogenic aids, and nutritional aspects of optimal performance.</p>	3
GME 6300	<p>Introduction to Grants</p> <p>Provides an overview of key components of the grant process. Identifying priorities, utilizing grant databases and distinguishing various giving sources such as foundations, corporations, government agencies, and individuals. Strategies for proposal development, researching, identifying, and cultivating partnerships.</p>	3
HHP 7050	<p>Program Design in Physical Activity and Health</p> <p>This course examines planning and organization of health programs. Students will investigate, contrast, develop, and evaluate a variety in intervention activities. Theories regarding techniques to enhance behavior change and instructional design strategies to meet the health needs of a diverse population will be explored.</p>	3
HHP 7060	<p>Health Promotion and Disease Prevention</p> <p>The course examines the process of disease prevention and control through the education and advocacy of health promotion. Students will examine the physiological and medical factors associated with common diseases/conditions including asthma, obesity, diabetes, hypertension, heart disease, and other metabolic disease states. Students examine various topics while utilizing methods of health communication for prevention/control of chronic diseases.</p>	3



Course Descriptions - Research and Statistics

COURSE #	COURSE TITLE	CREDITS
	Research Design	
RES 7900	Principles of research theory, methods, inquiry, problem formulation, data collection, literature searches, and ethical considerations. Emphasis on how to design a doctoral-level research study.	3
	Quantitative Analysis	
RES 7605	An introduction to quantitative analysis of data. Statistical software will be used to explore descriptive and inferential statistics using both non-parametric and parametric techniques.	3
	Qualitative Analysis	
RES 7700	An examination and application of qualitative research approaches with a focus on research design, the role of the researcher, data collection and analysis, and writing from a qualitative perspective.	3

Course Descriptions - Foundations/Philosophy/Ethics

COURSE #	COURSE TITLE	CREDITS
	Organizational Change	
EDL 7140	Application of change theory to large and small organizations. Leadership strategies for successful change implementation.	3
	Philosophical and Theoretical Foundations of Leadership	
FPR 7011	Study of the philosophical and theoretical foundations of education, including analysis of the aims and goals of education, processes of attainment, content and curriculum, and the socialization function of education and schooling. Develop an understanding of the intersections between theory/philosophy, ethical perspectives and the development of policy, practice and institutions.	3
	Policy Analysis Non K-12	
EDL 7210	Educational policy-making at the macro (national, regional and state) and micro (local and institutional) levels. Selected educational policies.	3
	Ethical Issues in HHP	
HHP 7090	This course examines the ethical conflicts and challenges around autonomy, liberty, individual rights, and the common good in regard to healthful living and quality of life. Human rights, civil rights, influence of race, social class, and gender/sex will be examined in the context of health issues, such as social determinants of illness, health promotion and behavior modification, social justice, and research equity. Ethical considerations will center on the program design, evaluation, and research aspects related to Health and Human Performance with special attention to inclusion.	3



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Course Descriptions - Dissertation/Comprehensive Exam

COURSE #	COURSE TITLE	CREDITS
COMP 7000	Comprehensive Exam	0
	The comprehensive exam is a written exam in two parts that is administered in Blackboard. The purpose of the exam is to evaluate a) your content knowledge and your ability to apply that knowledge to address a problem in the field, and b) your ability to formulate a scholarly argument based on a literature review on a topic of your choice.	
DIS 7010 - 7040	Dissertation	9

Course Descriptions - Cognate Electives

COURSE #	COURSE TITLE	CREDITS
HHP 7020	Exercise for Disease Prevention and Mangement	3
	The purpose of this course is to provide the student with a framework for evaluating current information on exercise recommendations for special populations. Students will engage in an in-depth analysis of the implications for exercise in preventing and managing obesity, coronary heart disease, diabetes, cancer, asthma, neurological conditions and musculoskeletal conditions.	
HHP 7100	Seminar in Health & Human Performance	3
	This course is designed to provide an opportunity for the students to study a specific topic/area of interest within the field and develop an academically sound project with the aid of an advisor. Topics/ area of interest will be approved by the Program Director. Independent study should be related to specific program design of Health & Human Performance interventions, grant proposals for agency submission, or academic manuscript preparation for professional presentation and/or publication. This course will culminate in an independent study that will directly demonstrate program competencies.	
HHP 7040	Measurement and Evaluation in Health and Human Performance	3
	This course develops skills for the selection, development, and implementation of various types of instruments and techniques for measuring and evaluating health and human performance interventions. Evaluation of these interventions includes general health behaviors, health-related fitness, nutritional and dietary intake, body composition, and other areas related to an individual's quality of life. Students will learn methods for developing/choosing psychometric and biometric tools, choosing appropriate evaluation designs, procedures for data collection, and describing evaluation results.	
HHP 7070	The Proffesoriarte	3
	This course examines the roles and responsibilities of the professor in American colleges and universities. Topics will include teaching and advising strategies, job search strategies, academic research requirement, the tenure system, and issues facing women and faculty of color, and professional socialization.	



Course Descriptions - Cognate Electives (continued)

COURSE #	COURSE TITLE	CREDITS
AES 6200	Applied Exercise Physiology Effects of exercise on the major systems of the human body, including cardiorespiratory, neuromuscular, glandular and digestive; with emphasis on optimizing human performance.	3
AES 6300	Exercise and Sports Nutrition Explores the relationships between nutrition, energy metabolism, and exercise and sport performance, with an in-depth analysis of dietary and nutritional supplementation.	3
AES 6400	Principles of Fitness and Health Promotion Examines a systematic approach to personal training using the National Academy of Sports Medicine's Optimum Performance Training model. The course provides an overview of evidence-based principles of fitness assessment, program design, balance, flexibility, strength, stabilization, and power. Designed to prepare students interested in becoming a Certified Personal Trainer through the National Academy of Sports Medicine (NASM).	3
AES 6500	Principles of Human Movement Science Examines a systematic approach for identifying neuromusculoskeletal dysfunctions and the National Academy of Sports Medicine's Corrective Exercise Continuum. Designed to prepare students interested in becoming a Corrective Exercise Specialist through the National Academy of Sports Medicine (NASM).	3
AES 6600	Principles of Sports Performance Training Examines a systematic approach to integrated performance training using the National Academy of Sports Medicine's Optimum Performance Training model. Designed to prepare students interested in becoming a Performance Enhancement Specialist through the National Academy of Sports Medicine (NASM).	3
AES 6810	Essentials of Strength Training and Conditioning Explore the foundations of strength and conditioning as established by the National Strength and Conditioning Association (NSCA). Design and critique strength and conditioning programs based on NSCA guidelines. Designed to prepare students interested in becoming Certified Strength and Conditioning Specialist (CSCS) through the NSCA.	3
AES 6320	Vitamins and Minerals Examination of the role and function of vitamins and minerals from physiological and clinical perspectives.	3
AES 6420	Program Design in Fitness and Health Promotion Explores program design principles for fitness and health promotion, with an emphasis on the National Academy of Sports Medicine's Optimum Performance Training model.	3
AES 6520	Program Design in Corrective Exercise Explores program design principles for corrective exercise training, with an emphasis on the National Academy of Sports Medicine's Corrective Exercise Continuum.	3
AES 6620	Program Design in Sports Performance Training Explores program design principles for integrated sports performance training, with an emphasis on the National Academy of Sports Medicine's Optimum Performance Training model.	3



Course Descriptions - Cognate Electives (continued)

COURSE #	COURSE TITLE	CREDITS
AES 6820	Advanced Strength and Conditioning Theory Explore the principles of resistance training and periodization. Develop periodized programs based on foundational and current literature. Critique and justify programming selections.	3
AES 6340	Nutrition and Exercise for Weight Management Examines nutrition and exercise strategies for weight management with an emphasis on metabolic, physiological and psychological factors.	3
AES 6380	Special Topics: Seminar in Sports Nutrition In-depth study of selected advanced topics in sports nutrition.	3
AES 6460	Bus Dev and Entrepreneurship in Fitness and Health In-depth study of selected advanced topics in human movement science.	3
AES 6560	Special Topics: Seminar in Human Movement Science Examines a systematic approach to integrated performance training using the National Academy of Sports Medicine's Optimum Performance Training model. Designed to prepare students interested in 154 becoming a Performance Enhancement Specialist through the National Academy of Sports Medicine (NASM).	3
AES 6860	Seminar in Strength and Conditioning In depth exploration and analysis of advanced topics in strength and conditioning. Evaluation of current industry trends and practices. Creation of personal strength and conditioning philosophy.	3
GERO 7820	Leadership, Applied Ethics, Aging & Global Change Examines the ethical dilemmas of leadership, the foundations and context of moral choice, and the moral implications of decision-making as they relate to gerontological leadership. Considers the ethical challenges and decision criteria facing leaders, the role of politics and power in organizations and the leader's ability to promote and infuse organizational ethics and integrity in an aging and globalized world.	3
GERO 7505	The Psychological Aspects of Aging Presents a socio-cultural perspective on the aging process. This course examines social and cultural factors that influence aging and the nature of the integration of older adults into society, as well as the way in which population aging affects the larger society.	3
GERO 7000	Gerontological Theory Reviews major types of gerontological theory within the context of theoretical paradigms. This course explores the differences and commonalities within the various theoretical strands of knowledge construction within gerontology.	3
GERO 7805	Issues in Aging Policy Explores the development, implementation, and analysis of social policy in the United States on major issues affecting older people. Considers the determinants of aging policy. The policy making process and development of legislation are analyzed as factors related to the making of policy for older adults.	3



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Course Descriptions - Cognate Electives (continued)

COURSE #	COURSE TITLE	CREDITS
GERO 7800	<p>Demography and Epidemiology of Aging</p> <p>Explores fertility, mortality, and global aging; distribution of health and illness within a population; age based migration and its impact on locations of origin and destination; variations in health and mortality by gender, race, ethnicity, and social class; impact of health and mortality patterns for individuals, society and public policy.</p>	3
GERO 7500	<p>The Physiology of Aging</p> <p>Presents an in-depth analysis of the biology of aging, building up from changes occurring at the molecular and cellular level and analyzing the consequences at the organism level. Examines the influence of these age-related changes in what are commonly considered a disease of aging.</p>	3
GERO 7900	<p>Diversity in Aging Societies</p> <p>Explores how ethnicity, race, gender structures the lives of individuals throughout the life course and how other factors such as age, cohort, and class intersect with these realities. This course considers how the lives of people differ across diverse strata and how social policies shape individuals lives.</p>	3
GERO 7818	<p>Foundations of Teaching and Learning in Gerontology</p> <p>Exploration and application of teaching and learning strategies for communicating gerontological knowledge. This course addresses teaching gerontology in classroom settings as well as in public settings to a variety of audiences in applied and policy settings.</p>	3
GERO 6000	<p>Perspectives in Gerontology</p> <p>Introductory course for the masters of arts in gerontology program that provides students with a comprehensive overview of the multi-disciplinary field of gerontology. Involves several academic disciplines or professional specializations in an approach to gerontology. Substantive, conceptual, and methodological issues central to the study of aging and the life course are explored.</p>	3
GERO 6160	<p>Sociology of Aging</p> <p>This course examines the impacts of aging on individuals and societies, including social, cultural, and individual reactions to the aging in the society and the diversity of reactions to aging. Theoretical frameworks for aging and involvement will be presented, examined, and integrated. Field trips may be required.</p>	3
GERO 6045	<p>Aging, Values, Attitudes, and Ethics</p> <p>Provides an overview of ethics as they relate to aging and older adults. This course examines a variety of ethical and moral issues at the clinical, social, cultural, policy, and individual levels. Students explore key value issues that shape societal and individual perceptions about ethics and aging. This course considers the ethical implications of ageism.</p>	3
GERO 6050	<p>Adult Development and Aging</p> <p>This course promotes integrity as students acquire attitudes and skills that promote the understanding of adult development with special attention paid to the aging process. It further promotes integrity as students learn to suspend judgment and draw various fields together in order to understand and provide quality care services to the aging population with sensitivity to cultural differences. Students obtain the knowledge of techniques and research while attaining competency in the timely use of various person-centered interventions. As knowledge and competency develop, a sense of confidence and leadership is cultivated.</p>	3



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Course Descriptions - Cognate Electives (continued)

COURSE #	COURSE TITLE	CREDITS
	Public Policies and Aging	
GERO 6500	The course provides an overview and analysis of the policy making process and policy initiatives as these affect older adults in society.	3
	Diversity in Aging	
GERO 6510	This course focuses on the differences and diversity of the aging population from a national perspective. Topics include race, ethnicity, gender, social class, spiritual and economic issues.	3

