

Westfield STATE UNIVERSITY

==== *Founded 1838*

MOVEMENT SCIENCE, SPORT AND LEISURE STUDIES AT WESTFIELD

The undergraduate major program provides a strong foundation in the movement sciences, preparing the student for several career opportunities and/or graduate study. The environment for which we are preparing our students is being effected in very positive ways by the gradual shift from an illness to a wellness model of health care. The joint American College of Sports Medicine and American Medical Association initiative *Exercise is Medicine* is laying important groundwork for job opportunities in all concentration areas. The tools students are gathering through our programs, combined with an expectation for a high level of professional integrity and positive outlook gives our students an advantage in the market place. After successfully completing one of five concentrations, Sports Medicine, Athletic Training, Health Fitness, Physical Education Teaching Certification, or Wilderness Leadership, our graduates accept positions in a wide variety of graduate programs: exercise science, physical therapy, occupational therapy, physician assistant, athletic training, public health, nursing, and education to name a few. Our graduates work in a wide variety of settings: athletic training (high school, college, clinic and professional settings), physical education (elementary and secondary), cardiac rehabilitation, echocardiogram technology, physical therapy, occupational therapy, physician assistant, personal training, strength and conditioning for professional sports, and corporate fitness.

FACILITIES

The 82,000 square foot Woodward Center houses both the Movement Science and Athletic Departments. The Center contains a field house and two story academic wing. The two story portion of the building contains faculty and athletic department offices, locker rooms, human performance laboratories, classrooms, an athletic training center, aerobics studio and fitness conditioning facility. The human performance laboratories include exercise physiology, biomechanics and motor learning. Each lab houses state of the art equipment used for didactic as well as service-learning based experiences.

The college is located in an area with great natural resources. The Berkshire Mountains and the Westfield Watershed serve as natural classrooms. An indoor climbing wall and low and high ropes courses round out the facility based learning resources.

REQUIREMENTS FOR THE B.S. DEGREE IN MOVEMENT SCIENCE

All students majoring in Movement Science must complete the following courses that serve as the theoretical foundation for concentration specific work:

Introduction to Exercise Science
Foundations of Movement Science I & II
Anatomy and Physiology I & II
Motor Development and Behavior
Introduction to Motor Learning
Kinesiology
Physiology of Exercise

Students must also choose a specialization in one of our concentrations, and are asked to declare early in the program in order to be assigned an appropriate advisor.

To successfully progress in the department, a student must meet minimum academic as well as professional preparation standards. Student progress is tracked very closely by the student's advisor as well as the department faculty. Each student will develop a professional portfolio that will be submitted twice during their academic program; once during sophomore year to enter into upper level courses, and once during senior year to enter the capstone experience.

As part of the portfolio process all students must successfully complete a series of self directed professional experiences modeled after the continuing education system that many professions use.

Course requirements for each concentration are as follows:

HEALTH/FITNESS

Our health fitness concentration is accredited by the Commission on the Accreditation of Allied Health Education Programs (CAAHEP). The program is affiliated with the American College of Sports Medicine (ACSM) and prepares students for certification and/or graduate study.

Introduction to Health Fitness
Exercise Leadership
Concepts of Nutrition
Exercise injuries: Prevention & Treatment
Principles of Health & Well Being
First Aid and Emergency Care
Relaxation Techniques
Principles of Strength Training & Conditioning
Health Aspects of Aging/Exercise Programs for Senior Adults
Fitness Assessment & Exercise Prescription
Supervising Sports/Fitness Programs
Fitness and Rehabilitation for Special Populations
Internship

TEACHER OF PHYSICAL EDUCATION (Elementary or Secondary Certification)

Our teacher preparation concentration is accredited by the National Commission on Teacher Education.

Introduction to Teaching P.E.
Analysis of Teaching Selected P.E. Skills I, II (Elem. **or** Sec.)
Physical Education Teaching Methodology (Elem. **or** Sec.)
Measurement & Evaluation in P.E.
Curriculum Planning & Implementation in P.E.
Adaptive Physical Education
Multicultural Education
Practicum: Elem. **or** Sec.

SPORTS MEDICINE

Our sports medicine concentration prepares students for graduate study in a variety of medical and allied health fields. The following courses are required within the department and include sciences as required by specific graduate programs.

Evaluation of Injuries/Upper Extremities
Evaluation of Injuries/Lower Extremities
Exercise Injuries: Prevention & Treatment
Therapeutic Modalities
General Medical Aspects of Physical Activity
Concepts of Nutrition
Fitness and Rehabilitation for Special Populations
2 upper level elective courses

ATHLETIC TRAINING

Our athletic training concentration is accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and prepares students for the National Athletic Trainer's Board of Certification Exam.

Introduction to Athletic Training
First Aid and Emergency Care*
Athletic Training Skills
Concepts of Nutrition
Evaluation of Upper Extremity Injuries
Evaluation of Lower Extremity Injuries
Athletic Training Clinical Experience
General Medical Aspects of Physical Activities
Supervising Sports/Fitness Programs
Therapeutic Modalities
Therapeutic Exercise
Fitness and Rehabilitation for Special Populations
Athletic Training Research and Clinical Decision-Making

*Note: The Emergency Medical Technician course may be taken in place of First Aid and Emergency Care

WILDERNESS LEADERSHIP

Our Wilderness Leadership concentration is closely aligned with the environmental science department on campus and is experiential based.

Wilderness Experience
Adventure Challenge Instructor
Techniques of Wilderness Leadership
First Aid and Emergency Care
Intro of Environmental Analysis or General Ecology
Outdoor Recreation or Outdoor Education
Selected Activities (ropes course, scuba, camping, etc)
Internship

* The department also offers minors in Wilderness Leadership and Commercial Recreation and Tourism.

PERSONAL/PROFESSIONAL DEVELOPMENT

Students at Westfield State University have the opportunity to enhance their educational experience by participating in a variety of extra-curricular sports activities, clubs, and department sponsored programs. There are four student run clubs that serve as the conduit for professional activities (attending conferences, etc.) and community service. The department sponsors a student-based mentoring program, and a movement science living unit designed to help new students immerse in the culture of the department. The floor is set-up with a study room and space for faculty office hours.

CLINICAL/PRACTICUM EXPERIENCES

All concentrations offer students the opportunity to apply classroom theory to practical situations; some begin as early as sophomore year. Students may enroll in a teaching practicum or clinical experience working with an agency, clinic, school, and corporate wellness center or fitness club.

FACULTY

In addition to teaching as our top priority, we are deeply involved in professional organizations and in the community. More importantly, we get our students involved as well. We hold leadership positions; and present at local, regional and national conferences. We are published in several journals and have earned multiple teaching grants. We are passionate about teaching and learning!

FOR ADDITIONAL INFORMATION CONTACT:

Holly A. Noun EdD, ATC
Chair, MSSLS Department
Westfield State University
Westfield, MA 01086-1630
Telephone: (413) 572-8222