



Department of Physical Therapy and Kinesiology

Zuckerberg College of Health Sciences

Exercise Science Program Student Manual

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ZUCKERBERG COLLEGE OF HEALTH SCIENCES

September 1, 2018

Dear Exercise Science Student:

Welcome to the Exercise Science Program.

This student manual provides you with pertinent information not only as you begin the Exercise Science program but as you progress through the program to graduation. You will see the University of Massachusetts Lowell (UML) online undergraduate school catalog is referenced often. It can be found at: <http://www.uml.edu/Catalog/Undergraduate/Default.aspx>

Please note in registering for courses, each student assumes full responsibility for knowledge of and compliance with the definitions, regulations, and procedures for the University, as set forth in the University online Undergraduate School Catalog. Moreover, in accepting admission to the University, each student assumes responsibility for knowledge of and compliance with the definitions, regulations, and procedures of the University pertaining to his or her student status as set forth in the appropriate UML publications. This student manual is the publication for students in the Exercise Science program in the Zuckerberg College of Health Sciences.

The university utilizes a web-based self-service application known as SiS - Student Information System. Additional information can be found at: <http://www.uml.edu/enrollment/sis/default.aspx>

As a UML/Exercise Science student you are required to use the university's student email system, keep your address current in SiS, and know your academic standing at the end of each semester.

The faculty and staff of the PTK Department look forward to working with you during your time in our program. Please stay up to date with news and events of the department on our Facebook page: <https://www.facebook.com/UMassPT>.

Sincerely,

Dr. Erik Swartz, PhD, ATC, FNATA
Chairperson, Department of Physical Therapy and Kinesiology

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I. EXERCISE SCIENCE PROGRAM

A. Department Faculty and Staff

Faculty office hours are posted each semester. Faculty office locations are subject to change. Consult the PTK department web site: <https://www.uml.edu/Health-Sciences/PT/faculty/default.aspx>.

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B. Department Mission, Program Goals and Philosophy

Mission

The mission of the Department of Physical Therapy and Kinesiology (PTK) (<http://www.uml.edu/Health-Sciences/PT/About/default.aspx>) is to promote health and participation in a global society through:

- Teaching of theory and practice of physical therapy and exercise physiology in classroom and community-based settings.
- Preparing graduates to achieve their chosen path with knowledge, competence, and respect for human well-being.
- Scholarship that advances multidisciplinary scientific research and encompasses educational and practical applications of movement science.
- Community service in partnership with local, regional, and national organizations advancing intervention and prevention – based strategies in health.

Program Goals

- **GOAL I:** To prepare entry-level physical therapy clinicians in a manner consistent with contemporary professional norms. Graduates practice as competent, autonomous, collaborative, and doctoral-prepared providers who deliver services along the continuum of care from prevention to the remediation of impairments, activity, and participation restrictions in all populations.
- **GOAL II:** To produce, disseminate, and incorporate scholarship that will advance the science, practice, and education of physical therapy and health.
- **GOAL III:** Promote, develop, and maintain effective community partnerships cultivating proficiency in collaborative practice through modeling and experience in inter-professional education.

Philosophy

The faculty believes that individuals have intrinsic worth and a right to optimal health and function. Function is defined as those activities identified by an individual as essential to support physical, social, and psychological well-being and to create a personal sense of meaningful living. The faculty believes that students are active participants in the educational process. As potential professionals, the relationship between students and faculty is one in which there is mutual respect, understanding, and interchange of ideas. The faculty, as experienced professionals, serves as resource persons, mentors, and role models for the developing professional. The faculty view themselves as facilitators of the learning process. Students are expected to demonstrate commitment to learning as the basis for continued personal and professional growth, effective interpersonal and communication skills, problem-solving and critical thinking skills, and appropriate professional conduct. Effective use of time and resources, feedback, and stress management strategies are also important components of the behaviors of the successful student.

C. Exercise Science Program Learning Outcomes

The Baccalaureate Program in Exercise Science prepares all students to be able to:

- Promote healthy lifestyles that include physical activity and exercise in diverse populations.
- Utilize theories and research findings to guide exercise and wellness programs across diverse populations and within communities.
- Design exercise and wellness programs which maximize compliance, motivation, and prevents injury and illness.
- Participate in efforts to positively influence health care policy on a local, state, and national level.
- Apply analytical and critical thinking to advance exercise and wellness initiatives in individuals and communities.
- Collaborate with individuals, families, communities, businesses, and other health care professionals in the delivery of care.
- Implement a self-directed plan for professional development and lifelong learning which includes self-assessment, self-correction and self-direction.
- Demonstrate professional and ethical behavior during all interactions with others.
- Communicate effectively in ways that are congruent with situational needs including appropriate body language, written communication, active listening skills and questioning.
- Demonstrate leadership skills of accountability, delegation, education, and supervision.
- Advance in their chosen professional field.

D. Exercise Science Program Description and Degree Pathways

Exercise Science is the scientific study of human movement performed to maintain or improve physical fitness and health. It involves the study of acute and chronic physiological responses and adaptations resulting from exercise, physical activity, and training in healthy populations and clients with co-morbidities.

There are two undergraduate Exercise Science degree options at UMass Lowell: **Clinical Option** and **Exercise and Fitness Management Option**.

Exercise Science Clinical Option (CLO)

The Exercise Science Clinical Option gives undergraduate students the confidence and skills necessary to educate, transform and inspire people to live healthier lives through the study of the body's response to exercise. With a strong foundation in the sciences (Anatomy & Physiology, Chemistry, Physics, Biochemistry) and professional courses (Exercise Physiology, Kinesiology, Foundations of Strength and Conditioning, Exercise Prescription and Programming, Motor Control and Learning), the curriculum prepares students for the capstone senior clinical practicum in a cardiopulmonary rehabilitation, strength and conditioning, or private or corporate fitness center.

Upon successful completion of this degree option, students are prepared to take certification examinations by the American College of Sports Medicine or the National Strength and Conditioning Association.

Students should choose this option if they wish to pursue graduate clinical studies in:

- Physical Therapy (At UMass Lowell or elsewhere)
- Occupational Therapy
- Medicine (Physician Assistant, MD, DO, Chiropractor)
- Athletic Training
- Clinical Exercise Physiology
- Rehabilitation Science
- Ergonomics
- Biomedical Engineering
- Public Health
- Research and Education

Career opportunities for graduates of the Exercise Science – Clinical Option program are:

- Personal trainer or fitness instructor (enhanced with the EP-C certification)
- Strength and conditioning coach (enhanced with the Certified Strength and Conditioning Specialist or CSCS national certification)
- Cardiopulmonary rehabilitation field
- Medical technology and device companies

Students are encouraged to explore graduate admission requirements for any program they are considering early in their undergraduate academic career. Faculty advisors guide students interested in whatever career they may be considering throughout their four undergraduate years and in the successful completion of prerequisites and the application process.

Students can also pursue graduate study in Exercise Science. Advanced degrees in Exercise Science (Master of Science, doctoral degree) prepare individuals for positions as exercise specialists, exercise program directors. Graduate degrees in Exercise Science also prepare individuals for research or teaching positions. An academic doctorate (i.e. Ph.D. or ScD) is typically required for teaching or research positions in higher education.

See *Appendix D* for the Degree Pathway and academic catalog for course descriptions (www.uml.edu/catalog).

Exercise Science – Exercise and Fitness Management Option (EFM)

The Exercise and Fitness Management option is an interdisciplinary degree that integrates exercise science, nutrition, public health, and business courses. Students selecting the Exercise and Fitness Management option graduate with work ready and transferrable skills in careers that develop and implement exercise and wellness programming. The structure of this degree option allows students to complete one of five business minors, making it easy to transition into the Manning School of Business's MBA program.

Graduates of the BS in Exercise Science – Exercise and Fitness Management Option find careers in:

- Corporate or private fitness settings
- Wellness Centers
- Private businesses and corporations
- Public health or public policy centers

See *Appendix E* for the Degree Pathway and academic catalog for course descriptions (www.uml.edu/catalog).

II. ACADEMIC POLICIES

A. University Academic Policies

Students must adhere to academic policies set by the University. University of Massachusetts Lowell policies can be found here: <https://www.uml.edu/Catalog/Undergraduate/>.

Policies regarding student's rights to prevent disclosure of direct information with respects to their educational records or FERPA (Family Educational Rights and Privacy Act) may found at: <http://www.uml.edu/Registrar/Policies-and-Procedures/FERPA.aspx>.

B. Zuckerberg College of Health Sciences Academic Policies

Students must adhere to all academic policies set by the Exercise Science Program and the Zuckerberg College of Health Sciences found here:

<https://www.uml.edu/Catalog/Undergraduate/Health-Sciences/Policy/Policy-default.aspx>.

Policies regarding National Criminal Background Check; Clinical Affiliation Random Drug Screening; and Social Media policy for Zuckerberg College of Health Sciences students should be reviewed at: <https://www.uml.edu/Catalog/Undergraduate/Health-Sciences/Policy/Special-College-Requirements.aspx>. This only applies to those students in Clinical Option.

C. Exercise Science Program Academic Policies

Honor Code

All students are expected to adhere to the department Honor Code. See *Appendix B*.

Academic Dishonesty and Prohibited Practice and Behavior

The Exercise Science program follows the University's undergraduate policy on academic integrity found here: <https://www.uml.edu/catalog/undergraduate/policies/academic-policies/academic-integrity.aspx>.

Non-Academic Misconduct

Improper conduct or behavior of students is subject to the University of Massachusetts Lowell Student Conduct Code and Judicial Process. Copies of this document may be obtained from the Dean of Students Office. Further information on the Administrative Dismissal process can be found at <https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Administrative-Dismissal.aspx>

Should a case of prohibited behavior occur, faculty may submit a Critical Incident Report. See *Appendix C*.

D. General Degree Requirements of the Exercise Science Program

In registering for courses every semester, each student assumes full responsibility for knowledge of and compliance with the definitions, regulations, and procedures for the University, as set forth in the online catalog. Moreover, in accepting admission to the University, each student assumes responsibility for knowledge of and compliance with the definitions, regulations, and procedures of the University pertaining to his or her student status as set forth in the appropriate UML publications.

The academic rules for the Department of Physical Therapy and Kinesiology are presented below. Students are required to complete all curriculum requirements of the Exercise Science major (a minimum of 120 credits for Clinical Option and 123 credits for Exercise and Fitness Management Option) and all University general education requirements found here:

<https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/General-Degree-Requirements.aspx>.

For continued matriculation in the program, students in the Exercise Science program (either the Clinical or Exercise and Fitness Management option) must maintain:

- a minimum 2.5 overall GPA
- a minimum 2.5 cumulative average in required science courses
 - Clinical Option
 - A&P I/II; General Physics I/II (or Physics); Chemistry I/II (Phy Chem, General Chemistry, or Chemistry); and all labs) **Biology is not included.**
 - Exercise and Fitness Management Option
 - A&P I/II, Phy Chem I/II, Biology for Health Sciences and all labs
- a minimum 2.5 average in Exercise Science major courses (courses begin with EXER)
- may not get less than a C in any professional major course (major courses begin with EXER)
- may not withdraw from any professional major course (major courses begin with EXER)
- must successfully complete any major course in the Exercise Science program following the degree pathway in the appropriate time sequence.

Students must successfully complete all science prerequisites according to their degree option prior to entry into the junior year.

E. Students in the Exercise Science/DPT (ES/DPT) Program

Students who meet the qualifications are invited into the ES/DPT program during the admissions process. Students must be enrolled in the Clinical Option. Notification is made to students in their

letter of acceptance to the university from Admissions. Students completing the BS in ES/DPT program (4 years) with an overall, major and science GPA with a minimum of 3.4 will continue into the professional (graduate) phase of the DPT program. The GPA is calculated at the end of junior and senior year.

All ES/DPT students must take all pre-requisite science and major courses at UMass Lowell to count towards the 3.4 GPA. The pre-requisite science GPA is calculated using Anatomy & Physiology I & II with lab; Physiological Chemistry/Chemistry/General Chemistry I & II with lab, General Physics I & II with lab, Exercise Physiology (no lab), and Kinesiology (no lab). Biology is not included.

For guidance on how to calculate your GPA, please visit this website:
<https://www.uml.edu/class/advising-center/calculate-your-gpa.aspx>.

F. Academic Honors and Awards

Honors

University Honors and Dean's List information can be found here:

<https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Academic-Honors.aspx>

Honors College:

Information regarding the Honors College program can be found here:

<https://www.uml.edu/Honors/Forms.aspx>.

Department Awards:

Information on departmental awards can be found here: <https://www.uml.edu/Health-Sciences/PT/Exercise-Science/Current-ES-Students.aspx>.

G. Permission To Take Off-Campus Courses

In order to take a course off campus the student must follow the guidelines set forth by the University here: <https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Off-Campus-Study.aspx>.

Of note: students must be in communication with their academic advisor and submit and receive approval of this form prior to enrolling in an off-campus course.

H. Academic Standing at the End of Each Semester

Grade point averages (GPAs) for all students in the Exercise Science program are reviewed at the end of each semester. Students who fail to satisfy the program's academic requirements (see

Section D) will be dismissed from the program with the right to appeal. Letters of notification are mailed at the end of the semester to student's University email address. Students are required to check University emails at the end of the semester once grades are posted. It is the student's responsibility to report grades of C- or below to their academic advisor and program director.

Overall, science, and major GPAs are used to determine academic standing at the end of each semester. Term (semester) GPAs are not utilized to determine academic standing. **Grades cannot be deleted after the end of the semester in order to adjust academic standing for that particular semester.**

Therefore, students in the Exercise Science program who want to utilize the Repeated Coursework and Course Deletion option (<https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Repeated-Coursework-and-Course-Deletions.aspx>) are required to delete grades of C- or below **before the semester ends.**

A student's academic standing does not change when invoking the above option. For example, if a student is on academic probation, this academic standing will remain even when the grade deletion is processed. Students will also lose the credits earned for this course when utilizing the course deletion option and will need to repeat required courses. The Course Deletion form can be found on the Solution Center website (<https://www.uml.edu/thesolutioncenter/Forms/Academic-Forms.aspx>).

I. Dismissals

Students will be dismissed from the undergraduate Exercise Science program if he/she fails to meet the academic criteria stated above (Section D under Academic Policies) or receives an Unsatisfactory grade (U) on a Practicum Experience.

J. Academic Appeals Process

The student has the right to appeal for reinstatement in the form of a written petition to the Department Professional Review Committee. The student will be notified of this process at the end of the semester.

The formal appeal, in writing and containing the pertinent facts, must be presented by the student to the Director of the Exercise Science program no later than the date specified in the letter of notification. The Professional Review Committee shall convene and discuss the appeal.

The appeal must include: an explanation of the reasons for the unsatisfactory performance and an indication of what a student will change in order to succeed in the program. If reinstatement is recommended by the Professional Review Committee, the student will be placed on academic probation. Terms of the probation will be specified in a letter to the student.

L. Academic Probation

Students whose appeal is successful will be readmitted to the program on academic probation. Students placed on probation must meet all the conditions of their probation including maintaining all ZCHS and Exercise Science program criteria for the remainder of the time in the major. These probation requirements will be listed in the letter from the Exercise Science Program if the appeal is accepted.

Students may be placed on probation only once. Failure to meet the terms of the probation will result in dismissal from the program with no further appeal possible. The student will need to determine another academic major to pursue at the University – this does not mean a different degree option within the Exercise Science undergraduate bachelor's degree.

The **conditions of your probation** require that you successfully meet the requirements below by the end of next semester and for each semester until graduation to maintain your status in the ES program. Students must understand probation is a one-time only condition; if all of the following conditions are not met it will result in dismissal from the program with no further appeal.

Students must:

- maintain a minimum 2.5 cumulative/overall GPA.
- maintain a minimum 2.5 cumulative GPA average in required science courses (A & P I/II; General Physics I/II or Physics I/II; Physiological Chemistry I/II or, General Chemistry, or Chemistry; including all labs).
- maintain a minimum 2.5 GPA average in ES major courses (major courses begin with EXER).
- may not get less than a C in any professional major course (major courses begin with EXER).
- may not withdraw from any professional major course (major courses begin with EXER).
- successfully complete all courses in the ES program following the degree pathway in the appropriate time sequence. Successful completion of major courses with a grade of C or higher, including following withdrawal, is required to continue your progression in the ES program.
- meet all conditions of probation for the remainder of the time in the ES program and must enroll in classes in subsequent semesters to remain eligible for probationary status. Permission for absence from a semester must be requested by the student to the Exercise Science Program Director and will only be granted in exceptional circumstances.
- meet all Zuckerberg College of Health Sciences and ES program criteria.

M. Non-Academic Dismissals and Appeals

An individual dismissed for non-academic reasons may be required to present statements documenting physical and/or mental health from appropriate licensed health care providers.

On the basis of a review of such statements, the Professional Review Committee will determine if the individual will be reinstated or denied continuance in the program. If the decision of the Department committee is not satisfactory to the student, the student may forward the appeal to the College Dean within two weeks of the decision of the Department committee.

Additional information can be found in the Administrative Dismissal section of the online catalog at: <https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Administrative-Dismissal.aspx>

N. Change of Major

Students have the option of transferring into other programs at the university. This is contingent upon the student's ability to meet the department's admission requirements (requirements can be found on department web sites) and acceptance into the department by the Chairperson/Program Director.

All intra-university transfers are on a space-available basis. This option is also available to students who do not meet the criteria to remain in the Exercise Science program.

For more information, please consult the University website here:

<https://www.uml.edu/thesolutioncenter/Academics/degree-program/change-major.aspx>.

O. Withdrawal/Reinstatement

Students are expected to complete the degree in four consecutive years. In extenuating circumstances, the student can petition the Department Professional Review Committee for consideration of a withdrawal.

If the withdrawal is approved, return to the program (reinstatement) is on a space-available basis and by resolving any program deficiencies. The university's policy can be found at <https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Withdrawal-from-Courses.aspx>.

III. PROGRAM REQUIREMENTS

A. Communication

Faculty are here to assist you. When seeking help, please adhere to the appropriate chain of command and direct concerns in order to the:

- 1st Course Instructor or Advisor
- 2nd Exercise Science Program Director
- 3rd Physical Therapy & Kinesiology Department Chair
- 4th Assistant or Associate Dean of the Zuckerberg College of Health Sciences

- Please ensure you wait 24-48 hours for a reply before attempting to re-contact the person or contact another. Do not email all parties at the same time.
- Students and faculty will maintain unconditional positive regard for each other in all interactions.
- Students must use their UMass Lowell email accounts and address for communication with faculty.
- Students are expected to check student email accounts frequently for information and updates.
- Students are welcome to make appointments with faculty and/or academic advisor to discuss issues confidentially.
- Students will resolve conflict in an appropriate fashion by discussing the situation first with the faculty member involved, with follow-up as needed to the Exercise Science Program Director, then Physical Therapy & Kinesiology Department Chair.
- No cell phone will be used in class or throughout practicum experience.
- Students are required to notify faculty of absences prior to the start of class.
- Students are expected to provide the Department with current postal address, phone number, and email addresses as well as prompt notification should a change occur.

B. Attendance Policy

Although the University does not require class attendance as a matter of institutional policy, course instructors may establish required attendance in their courses and specify penalties for student violations of such attendance requirements. Colleges also have this option and sometimes adopt attendance policies for introductory courses and special learning situations.

At the beginning of each course, the instructor will inform students of any specific attendance regulations which apply. Please consult each course syllabus for the attendance policy.

The University's policy can be accessed at:

<https://www.uml.edu/Catalog/Undergraduate/Policies/Academic-Policies/Attendance-Policies.aspx>

C. Technical Standards

The following guidelines have been developed to specify the essential functions students must demonstrate in order to fulfill the requirements of the Exercise Science curricula, both the Clinical and Exercise and Fitness Management options. Functions listed are required for the learning and practice of critical thinking, communication, and technical skills taught in the curricula. These functions may be required in clinical, classroom, and laboratory environments.

The University of Massachusetts Lowell & Department of Physical Therapy and Kinesiology will consider for admission to its programs any applicant who demonstrates the ability to perform or learn to perform the functions listed in this document with or without reasonable accommodations or academic adjustments consistent with ADA. Applicants with disabilities are not required to disclose the existence or nature of their disability during the admissions process; however, any applicant with questions about these technical requirements is strongly encouraged to discuss the issue with a departmental representative. If appropriate, and upon the request of the applicant/student, academic adjustments and/or reasonable accommodations may be provided by Disability Services. *However, if the requested accommodations fundamentally alter requirements of a program then those modifications/accommodations may not be granted as they would change the nature of the educational program being offered.*

Expected Abilities

Critical Thinking

The student will be able to:

- thoroughly, efficiently, and reliably:
 - recall, interpret, synthesize, evaluate and then apply information from written, verbal and illustrated materials.
 - implement the exercise prescription and programming process across a diverse client population through recall, application of measurement, interpretation, calculation, reassessment, analysis, judgment and synthesis.
- identify and communicate the limits of their knowledge to others when appropriate.
- demonstrate problem-solving skills necessary for identifying/prioritizing problems, and developing appropriate solutions for client problems, as well as well evaluating solutions for efficacy.
- incorporate new information from clients, peers, teachers and relevant literature.

Communication

The student will be able to:

Behavioral and Social

- communicate in English effectively and sensitively with faculty, staff, allied health personnel, peers and clients,
- be aware of and appropriately react to one's own immediate emotional response.
- accept appropriate feedback and if, necessary, respond by modification of behavior.
- develop professional relationships, providing comfort and reassurance when appropriate, while protecting confidentiality.
- communicating with honesty, integrity, compassion, and empathy for all people.
- possess ability to function effectively under stress.
- demonstrate a positive attitude (motivation) toward personal and professional learning.
- demonstrate appropriate time management, dependability, and punctuality.
- display cultural competency for individual, social, gender, and cultural differences
- demonstrate ability to critique own performance including accepting constructive feedback, accept responsibility for one's own actions, and follow through on commitments.
- maintain appropriate personal hygiene and adhere to appropriate professional attire mandated by the department, program, and practicum setting.

Receptive and Expressive Abilities

- recognize and interpret verbal and non-verbal cues.
- complete reading assignments and search and evaluate the literature.
- complete written records and documentation where appropriate.
- demonstrate the use of therapeutic communication, such as attending, clarifying, coaching, facilitating and touching.

Technical Abilities

The student will be able to:

Sensory Observation

- observe demonstrations and participate in laboratory experiences.
- obtain appropriate health/fitness/medical history directly from the client.
- accurately examine cardiovascular fitness, including vital signs, blood pressure, breathing patterns, and exercise tolerance and capacity.

Motor Skills

- have sufficient sensory and motor function to perform a physical testing and assessment.
- reliably read and interpret all equipment monitors and dials and use stethoscopes, sphygmomanometers, and tape measures.
- accomplish required physical tasks for assessments, demonstration, leadership, and assistance in academic, laboratory, and practicum settings.
- perform emergency procedures such as first aid or CPR in laboratory and practicum settings.
- safely and effectively administer and adjust exercise and training techniques which require demonstration, facilitation, spotting, or resistance.
- Use palpation and touch to accurately assess pulse, locate and prep sites for electrode placement, and skinfold measurement.

D. Use of Facilities and Laboratory Space

Utilization of classroom or laboratory space outside of designated course time must receive prior approval from the Exercise Science Program Director. This includes club related activities, events, or seminars.

Laboratory Guidelines

- Students should be appropriately dressed (gym attire) for lab activities – it is expected that all students participate and this may include sweating.
- A professional atmosphere will be maintained in the lab at all times.
- Dignity of subjects should be respected, and comfort and safety always provided.
- Students are expected to:
 - Take personal responsibility for the care and maintenance of labs and all equipment.
 - Leave sinks and surrounding areas as clean as possible
 - Return equipment and furniture to appropriate places after each use.
 - Get written permission from an instructor to remove any equipment or supplies from the building.
 - Tape a “Do Not Use” note on any equipment that appears broken or is not functioning properly and submit written information concerning the problem to an instructor.
 - Place linen in the appropriate container when soiled.
 - Not wear shoes on any equipment which contacts human skin (i.e. plinths, exercise mats, tilt table).
 - Wash hands prior to and at the completion of all laboratory work, including prior to touching each new subject.
 - Occupy the room with a minimum two students at all times.

IV. Student Engagement and Success

A. Resources

1. Advising

According to the Exercise Science Program Requirements, each student must meet with their advisor in person every semester for pre-registration advising. The purpose of this meeting is to guide the student toward the correct course selection, identify and adhere to appropriate policies and procedures, and promote success in the program and their chosen career field. The two week advising period dates are listed on the Undergraduate Academic Calendar at <http://www.uml.edu/Registrar/Calendars/default.aspx>.

The first contact for students should be your faculty advisor in regards to any discussions on academic planning or guidance on completing their degree pathway. **To understand the consequences of all academic decisions**, students should always check with their advisor before deleting or withdrawing from a course.

A few specifics that will be discussed during your advising meeting include:

- Identify any existing ‘Holds’ for the student and discuss measures to remove them
- Review each course taken according to SiS Advisement Report and compare to the Exercise Science Program’s degree pathway
- Honors College progress (if this applies to you)
- Other student concerns such as selecting a minor (see section B below), study abroad, changing majors
- Career choices

NOTE: Each meeting is unique to the advisor and particular student. There may be further discussions that will occur on a case by case basis.

2. SiS (Student Information System)

The university utilizes a web-based self-service application known as SiS - Student Information System. This system is utilized for numerous reasons; some main points are to review financial aid, update personal information, and register for classes. Students will receive training on using this system during Freshmen Seminar. Additional information can be found at:

<https://www.uml.edu/enrollment/sis/>

Students are encouraged to visit the Student section on the SiS website for online tutorials, both video and audio: <https://www.uml.edu/Enrollment/SiS/Student.aspx>

3. *Solution Center*

“The Solution Center gives you the tools and information you need to register, pay your bill, or apply for financial aid allowing you to stay focused on being a student”. (Please visit their website: <http://www.uml.edu/thesolutioncenter>)

Of particular interest to students is the section on forms. Particular forms student may need include financial aid forms, course deletion forms, withdrawal forms, and off-campus authorization forms. All forms can be found here: <https://www.uml.edu/thesolutioncenter/Forms/default.aspx>

4. *Centers for Learning and Academic Support Services (CLASS) - Tutoring Services*

CLASS provides services to all students on campus. Some of the services they provide include academic advising, tutoring services, computing resources, and study skill sessions. Visit their website for more information: <https://www.uml.edu/CLASS/>.

5. *Resource Center (Weed Hall)*

The Resource Center is located in Weed Hall, Room 104. The goal of the Resource Center is to help you succeed. Some of the services it provides are: free peer tutoring and learning materials such as a skeleton, flashcards, books, and 3D models; computers and projector; and availability for study sessions and meetings.

Tutoring services are also available in the Resource Center located on the first floor of Weed Hall. Tutoring schedules are available within the Resource Center and from the Coordinator of Student Success (Dugan 110).

6. *Library & Media Services*

Students are encouraged to take advantage of services provided at both the O’Leary Library on South Campus and the Lydon Library on North Campus: <https://www.uml.edu/library/>.

Each library houses a media services department where students can utilize equipment in office or rent for use for school projects.

7. *Career Services & Cooperative Education Center*

The Career Services Office (University Crossing, 220) aids with dissemination of vocational information and career interviewing services. A basic resource library in the office provides occupational information, industrial literature, graduate school information, and self-help career aids. Students can establish and maintain an up-to-date file of personal records, a resume, letters of recommendation, and other supportive documentation. Copies of student credentials are sent to prospective employers upon their request or at the request of the student.

Activities conducted by Career Services include the following: letter writing clinics, resume writing clinics, salary negotiations, a travel-business etiquette success seminar, full and part time job

placement, interviewing practice, graduate placement, and guest speaking services. Students are encouraged to avail themselves of these services early on in their undergraduate career. These services are also available to alumni. Offices are located on both north and south campus. Please visit their website at: <http://www.uml.edu/student-services/career-services/>.

8. Counseling Services

The UML Counseling Services offer individual and group counseling to assist students who have concerns in vocational, personal, and educational areas. Counseling services are available free of charge and with the complete assurance that any concern discussed will be held in strictest confidence.

Services provided include: crisis intervention, individual counseling, psychiatric services (private insurance), biofeedback, and alcohol/drug counseling.

The center is located on the 3rd floor of University Crossing. More information can be found here: <http://www.uml.edu/student-services/counseling/>.

9. Health Services

The Student Health Services exists to provide accessible, affordable, quality healthcare to all University of Massachusetts Lowell students, with a particular focus on wellness and prevention. Health Services is located within the Wellness Center at University Crossing, Third Floor. More information can be accessed here: <http://www.uml.edu/student-services/health/>.

10. Honors College

The Honors Program mission is “mission is to challenge, encourage, and celebrate undergraduate students who pursue a path of academic excellence on their way to becoming advanced scholars, working professionals, creative artists, and/or community leaders. We do this through innovative and engaging classroom settings, living communities, and special events that promote a love for inquiry, learning, and exposition. Our Honors College welcomes students who are able to thrive in a reading, writing, and research oriented environment and who want to be encouraged and challenged by their peers and our Honors Faculty”.

Students are typically invited to the Honors College upon admission to the University or by student request. More information can be found here: <https://www.uml.edu/honors>

B. Academic Minors

UMass Lowell Exercise Science students have the opportunity to declare and complete a minor from a variety of choices. The diversity of the Exercise Science curriculum allows for progress toward completion of a minor in Nutrition, Psychology, Disability Studies and more.

Information on the most popular minors can be found below. This list is not exhaustive and there are other minors to investigate here: <https://www.uml.edu/Catalog/Undergraduate/Undergraduate-Minors.aspx>.

1. **Nutrition:** <https://www.uml.edu/Health-Sciences/CLNS/Programs/Undergraduate/Nutrition-Minor.aspx>
2. **Psychology:** <https://www.uml.edu/Catalog/Undergraduate/FAHSS/Departments/Psychology/Psychology-Minor.aspx>
3. **Disability Studies:** <https://www.uml.edu/Catalog/Undergraduate/FAHSS/Programs/Interdisciplinary-Programs/Disability-Studies-Minor.aspx>
4. **Business Minors:** <https://www.uml.edu/Engineering/Civil-Environmental/Programs-of-Study/Undergrad/Business-Minor.aspx>

D. Student Engagement & Participation

1. Exercise Science Club

The Exercise Science club's main objective is to provide further educational opportunities and experiences for Exercise Science majors but to also have a ton of fun while promoting an active and healthy lifestyle. This club is open to all majors and fitness levels!

The Exercise Science club works very closely with the Physical Therapy (DPT) club promoting annual events such as the Wheelchair Basketball game and joint social events. The Exercise Science Club is also interested in community involvement.

If you are interested in joining the Exercise Science Club, please go to <https://umasslowellclubs.campuslabs.com/engage/>

2. Exercise Science Student Ambassador (ESSA) Program

UMass Lowell Exercise Science Student Ambassadors (ESSA) are baccalaureate student volunteers (sophomore – senior) whose role responsibilities are to assist the Department of Physical Therapy and Kinesiology and the Exercise Science Program by:

- Serving as the Exercise Science Program's premier student liaisons
- Participating in Open Houses, Early Action and Welcome Day receptions, and other department events (Note: Events may be held during evenings, weekdays, or weekends)
- Being available to help conduct Zuckerberg College of Health Sciences and Department of PTK tours for prospective students, their families, friends, and visitors.

The process is as follows:

- *Selection Process*
 - Prospective student ambassadors must complete the ESSA application.
 - Applicants must be outgoing and friendly, enjoy meeting people, and be willing to give of their time to be a part of the Department of PTK and Exercise Science Program's student leadership team.
- *ESSA Requirements*
 - Must be in good academic standing (i.e. achieving all GPA requirements)
 - Must have strong communication and interpersonal skills
 - Must be courteous and professional (including appearance)
 - Must be well rounded (i.e. academic performance, activities and/or athletics, and leadership)
 - Must attend periodic general meetings as needed
 - Must attend required annual orientation
 - Remain active for two consecutive semesters
 - ESSAs are expected to represent the Department of PTK and Exercise Science Program in a responsible, ethical and professional manner
 - Complete at least two events per academic year

Benefits of membership are:

- Build relationships with Department of PTK and Exercise Science Program faculty, staff and students
- Experience University, ZCHS, and Department traditions firsthand
- Opportunity to experience behind the scenes preparation for ZCHS and department events
- Peer mentor opportunities with current Student Ambassadors

Applications are due every Spring semester. The application will be emailed to students during the spring semester.

E. Professional Organizations & Certifications

American College of Sports Medicine (ACSM) Certifications

<http://www.acsm.org/>

<https://www.acsm.org/acsm-membership/membership>

<https://www.acsm.org/get-stay-certified/get-certified>

American Society of Exercise Physiologists (ASEP)

<https://www.asep.org/>

American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)

<https://www.aacvpr.org/Member-Center>

National Strength and Conditioning Association (NSCA)

<http://www.nscs.com/membership/>

<http://www.nscs.com/Certification/>

Appendix A Receipt of Manual



**University of Massachusetts Lowell
Zuckerberg College of Health Sciences**

Department of Physical Therapy and Kinesiology

Exercise Science Program

Student Manual

I have read and understand the information in this *student manual*.

I agree to abide by the policies contained within this *student manual*.

I can meet the technical standard requirements with or without
reasonable accommodations.

Signed: _____

Print name: _____

Date: _____

SiS #: _____

Appendix B Honor Code Testament



**University of Massachusetts Lowell
Zuckerberg College of Health Sciences**

Department of Physical Therapy and Kinesiology

Honor Code

I agree to adhere to the Honor Code of the Department of Physical Therapy and Kinesiology throughout my tenure in the Exercise Science program. I understand I am responsible for complying with professional standards of behavior. I understand prohibited practice and behaviors include cheating, lying or plagiarizing. The preservation of integrity in the academic process is an exercise of professional judgment. The Honor Code also requires that I will report to the faculty observable behaviors in other students who violate the Honor Code. The preservation of integrity in academic process is a responsibility of everyone.

Signed: _____

Print name: _____

Date: _____

SiS #: _____

Appendix C Academic Critical Incident Report



Department of Physical Therapy and Kinesiology
3 Solomont Way, Suite 5
Lowell, Massachusetts 01854-5124
Tel: 978.934.4517
Fax: 978.934.3006

CRITICAL INCIDENT REPORT

Student's name:

Evaluator/Observer:

Date:

Description & Date
of Incident:

Generic Abilities:

Actions &
Strategies Taken:

Student Comments:

Student's Signature _____

Date _____

Evaluator's Signature _____

Date _____

cc: Department Chair
academic folder
student

| FRESHMAN (First Year) | | | | | |
|--------------------------------|--|-----------|-------------------------|--|-----------|
| Fall | | | Spring | | |
| | | Credit | | | Credit |
| HSCI.1010 | Human Anatomy & Phys. I (SCL) | 3 | HSCI.1020 | Human A&P Phys. II (SCL, STEM) | 3 |
| HSCI.1030 | Human Anatomy & Phys. I Lab (SCL) | 1 | HSCI.1040 | Human Anatomy & Phys II Lab (SCL) | 1 |
| ENGL.1010 | College Writing (CW) | 3 | ENGL.1020 | College Writing II (CW) | 3 |
| PSYC.1010 | Intro to Psychological Science (SS) | 3 | PSYC.2600 | Child & Adolescent Dev. (SS) | 3 |
| EXER.1010 | Strategies for Academic Success in ES | 1 | PUBH.1021 | Introduction to Public Health | 3 |
| MATH.2830 | Introduction to Statistics (MATH) | 3 | xxxx.xxxx | (Gen. Ed.) Arts/Humanities | 3 |
| SOCI.1010 | Intro. Sociology (SS) | 3 | | | |
| | | 17 | | | 16 |
| SOPHOMORE (Second Year) | | | | | |
| Fall | | | Spring | | |
| NUTR.2060 | Human Nutrition | 3 | HSCI.2520 | Physiological Chemistry II Lecture | 3 |
| HSCI.2510 | Physiological Chemistry I Lecture | 3 | HSCI.2540 | Physiological Chemistry II Lab | 1 |
| HSCI.2530 | Physiological Chemistry I Lab | 1 | PHYS.1040 | General Physics II Lecture | 3 |
| PHYS.1030 | General Physics I Lecture | 3 | PHYS.1040L | General Physics II Lab | 1 |
| PHYS.1030L | General Physics I Lab | 1 | PSYC.2720 | Abnormal Psychology | 3 |
| EXER.2170 | Research Methods in ES (IL, QL) | 3 | EXER.2020 | Introduction to Exercise Science | 3 |
| | | 14 | | | 14 |
| JUNIOR (Third Year) | | | | | |
| Fall | | | Spring | | |
| HSCI.3500 | Human Biochemistry | 3 | HSCI.3060/ PSYC.3600 | Intro. to Gerontology/Adult Development and Aging | 3 |
| EXER.3050 | Exercise Physiology | 4 | EXER.4060 | Found. of Strength & Conditioning | 4 |
| EXER.3070 | Exercise Physiology Lab | 1 | EXER.4080 | Found. Of Strength & Conditioning Lab (WOC) | 1 |
| EXER.3150 | Kinesiology | 3 | EXER.3560 | Pharmacology | 3 |
| EXER.3170 | Kinesiology Lab | 1 | EXER.3010 | EP Junior Seminar | 1 |
| xxxx.xxxx | (Gen. Ed.) Arts/Humanities | 3 | EXER.4220 | Exercise Prescription & Programming (CTPS) | 3 |
| | | 15 | | | 15 |
| SENIOR (Fourth Year) | | | | | |
| Fall | | | Spring | | |
| EXER.4120 | Clinical Practicum (1/2 the class) (SRE, AIL) | 4 | EXER.4200 | Advanced Study in Exercise Science** | 3 |
| EXER.4180 | Senior Seminar (DCA) | 3 | xxxx.xxxx | Free Elective | 3 |
| xxxx.xxxx | Free Elective | 3 | xxxx.xxxx | Free Elective | 3 |
| EXER.xxxx | Motor Control & Learning | 3 | xxxx.xxxx | Free Elective | 3 |
| EXER.xxxx | Motor Control & Learning Lab | 1 | xxxx.xxxx | (Gen. Ed.) Arts/Humanities | 3 |
| | | 14 | | | 15 |
| OR | | | | | |
| SENIOR (Fourth Year) | | | | | |
| Fall | | | Spring | | |
| EXER.4240 | Motor Control & Learning | 3 | EXER.4120 | Clinical Practicum (1/2 the class) (SRE, AIL) | 4 |
| EXER.4260 | Motor Control & Learning Lab | 1 | EXER.4180 | Senior Seminar (DCA) | 3 |
| xxxx.xxxx | Free Elective | 3 | EXER.4200 | Advanced Study in Exercise Science** | 3 |
| xxxx.xxxx | Free Elective | 3 | xxxx.xxxx | Free Elective | 3 |
| xxxx.xxxx | Free Elective | 3 | xxxx.xxxx | (Gen. Ed.) Arts/Humanities | 3 |
| | | 13 | | | 15 |

Revised: 3-21-2018

TOTAL = 120 credits

* Physiological Chemistry sequence can be substituted with Chemistry sequence (CHEM.1210/1230L and CHEM.1220/1240L)

** Advanced Study in Exercise Science can be substituted with Directed Study in Health Promotion with faculty approval.

| FRESHMAN (First Year) | | | | | |
|--------------------------------|---|---------------|---------------|--------------------------------------|---------------|
| Fall | | | Spring | | |
| | | <u>Credit</u> | | | <u>Credit</u> |
| HSCI.1010 | Human Anatomy & Phys. I (SCL) | 3 | HSCI.1020 | Human Anatomy & Phys. II (SCL) | 3 |
| HSCI.1030 | Human Anatomy & Phys. I Lab | 1 | HSCI.1040 | Human Anatomy & Phys II Lab | 1 |
| ENGL.1010 | College Writing (Gen. Ed.) | 3 | ENGL.1020 | College Writing II (Gen. Ed.) | 3 |
| PSYC.1010 | Intro to Psychological Science (Gen. Ed. SS) | 3 | MATH.2830 | Introduction to Statistics (Math) | 3 |
| EXER.1010 | Strategies for Academic Success in ES | 1 | PSYC.2600 | Child & Adolescent Dev. (SS) | 3 |
| PUBH.1021 | Introduction to Public Health | 3 | SOCI.1010 | Intro. Sociology (Gen. Ed. SS, D, E) | |
| | | 14 | | | 16 |
| SOPHOMORE (Second Year) | | | | | |
| Fall | | | Spring | | |
| HSCI.2510 | Physiological Chemistry I Lecture | 3 | HSCI.2520 | Physiological Chemistry II Lecture | 3 |
| HSCI.2530 | Physiological Chemistry I Lab | 1 | HSCI.2540 | Physiological Chemistry II Lab | 1 |
| NUTR.2060 | Human Nutrition | 3 | EXER.2020 | Intro. to Exercise Physiology | 3 |
| PUBH.3030 | Social Determinants of Health | 3 | POMS.2010 | Introduction to Business Analytics | 3 |
| xxxx.xxxx | (Gen. Ed.) Arts/Humanities Elec. | 3 | BIOL.1220 | Biology for Health Sciences (STEM) | 3 |
| xxxx.xxxx | (Gen. Ed.) Arts/Humanities Elec. | 3 | BIOL.1240L | Biology for Health Sciences Lab | 1 |
| | | 16 | | | 14 |
| JUNIOR (Third Year) | | | | | |
| Fall | | | Spring | | |
| EXER.3050 | Exercise Physiology | 4 | EXER.3xxx | Sport & Exercise Biomechanics | 4 |
| EXER.3070 | Exercise Physiology Lab | 1 | HSCI.3060 | Introduction to Gerontology | 3 |
| MKTG.2010 | Marketing Principles | 3 | PSYC.2720 | Abnormal Psychology | 3 |
| PUBH.3210 | Healthcare Systems | 3 | MGMT.3010 | Organizational Behavior | 3 |
| EXER.2170 | Research Methods in EP | 3 | xxxx.xxxx | Free Elective | 3 |
| ENTR.3000 | Principles of Innovation and Entrepreneurship | 3 | | | |
| | | 17 | | | 16 |
| SENIOR (Fourth Year) | | | | | |
| Fall | | | Spring | | |
| NUTR.3720 | Obesity and Weight Control | 3 | EXER.xxxx | Exercise is Medicine | 3 |
| EXER.4200 | Advanced Study in Exercise Science | 3 | PUBH.4030 | Mind, Body and Health | 3 |
| ACCT.2010 | Accounting/Financial | 3 | xxxx.xxxx | Free Elective | 3 |
| xxxx.xxxx | (Gen. Ed.) Arts/Humanities Elec. | 3 | xxxx.xxxx | Free Elective | 3 |
| xxxx.xxxx | Free Elective | 3 | xxxx.xxxx | Free Elective | 3 |
| | | 15 | | | 15 |

For Students interested in Business Minor**Free Elective slots would be used for:**

1. ECON 2010 – Microeconomics
2. MIST 2010 – Business Information Systems
3. FINA 3010 – Financial Management
4. POMS 3010 – Operations Management (recommended)*

***Completing the Business Minor with POMS 3010 will enable students to enter the MBA directly upon graduation. Qualified students would also be able to use a free elective to take a graduate level course from the MBA including from Public Health in the Healthcare option as part of the Bachelor to Masters program.**

For students interested in the Management Minor:**Free Elective slots would be used for:**

1. ECON 2010 – Microeconomics
2. MGMT 3800 – Business Ethics
3. MGMT 3100 – Human Resources Management
4. MGMT 4200 – Leadership Processes OR MGMT 4100 – Negotiations
5. MGMT 3000/4000 level Elective

For students interested in the Marketing Minor:**Free Elective slots would be used for:**

1. ECON 2010 – Microeconomics
2. MKTG 2100 – Professional Communications
3. MKTG 3130 – Sales & Customer Relations
4. MKTG 3150 – New Product & Service Management
5. MKTG 4110 – Marketing Analytics

For students interested in the Entrepreneurship Minor:**Free Elective slots would be used for:**

1. ENTR.3610 Starting a New Venture

Four electives from:

- ENTR.3620 Corporate Entrepreneurship
- ENTR.4630 Managing Innovation
- ENTR.4640 Financing Emerging Business Enterprises
- ENTR.4100 Global Entrepreneurship and Innovation – I
- ENTR.4110 Global Entrepreneurship and Innovation – II
- ENTR.4960 Entrepreneurial Strategy Implementation (capstone with engineering, science, etc.)

Completing the Entrepreneurship minor would prepare students to enter the Master of Science in Entrepreneurship. Qualified students would also be able to substitute up to two undergraduate ENTR courses for graduate level ENTR courses as part of the Bachelor to Masters program.

For students interested in the Operations and Information Systems Minor:**Free Elective slots would be used for:**

1. MIST.2010 Business Information Systems

Four Electives from (two from MIST and two from POMS):

- MIST.3030 Database Management Systems
- MIST.3050 Business Applications Development
- MIST.3040 Data Communications and Networks
- MIST 4020 Systems Analysis and Design
- POMS.3010 Operations Management
- POMS.4010 Logistics and Transportation
- POMS.4020 Global Supply Chain Management
- POMS.4030 Service Management
- POMS.4040 Managerial Quality Control

Completing the Operations and Information Systems minor would prepare students to enter the Master of Science in Business Analytics. Qualified students would also be able to substitute up to two undergraduate MIST or POMS courses for graduate level MIST or POMS courses as part of the Bachelor to Masters program.