Gannon University
Master of Science in Applied Exercise Physiology

Erie, PA

STUDENT HANDBOOK

(Updated 07/7/2023)

MISSION STATEMENT: Gannon is a Catholic, Diocesan university dedicated to excellence in teaching, scholarship and service. Our faculty and staff prepare students to be global citizens through programs grounded in the liberal arts and sciences and professional specializations. Inspired by the Catholic Intellectual Tradition, we offer a comprehensive, values-centered learning experience that emphasizes faith, leadership, inclusiveness and social responsibility

INTRODUCTION

The Master of Science in Applied Exercise Physiology (MSAEP) program is designed to provide the student with an advanced education in human performance, focusing on the physiological (sport and clinical), psychological, biochemical, and nutritional aspects of performance. Upon graduating in the program, the student will possess and demonstrate advanced knowledge in the various areas of human performance in addition to demonstrating leadership and expertise in the field of exercise science.

The MSAEP Handbook was written for enrolled students in the MSAEP program to outline policies, guidelines, and procedures for successful completion of the Master of Science degree at Gannon University, Erie, PA. The policies and procedures highlighted in the manual reflect that of the university and at the departmental level. Students are expected to be familiar with this manual in addition to the Gannon University Institutional Policy Manual.

OVERVIEW

The Master of Science in Applied Exercise Physiology (MSAEP) program is a 36 credit-hour program designed to be completed in one year. Students can expect to receive advanced education in many facets of human performance including physiological, biochemical, nutritional, and psychological factors that enhance, as well as limit, our movement capabilities. The program is offered with a full-time or part-time option, and is designed to prepare students for gainful employment and/or further graduate training in the field of exercise science.

DEPARTMENT MISSION

The mission of the Department of Applied Exercise Science is to instill in our students the knowledge, skills, and abilities that make them leaders in the promotion of safe, active, and healthy lifestyle behaviors. Through professional preparation of both undergraduate and graduate students in exercise, sport and associated fields, our exceptional faculty strive for distinction in our respective fields at the local, regional, and national level. We pursue this goal through active engagement and novel and applied research activities that involve both undergraduate and graduate students, through assisting students in making connections between theoretical concepts and real-life applications, through fostering a positive, engaging, and interactive learning environment, through the active promotion of advanced-level educational opportunities, and through active participation in local and regional community health initiatives. It is with these initiatives in mind that we design our curriculum, advise our student body, and guide our departmental activities.

PROGRAM OUTCOMES

The following are program goals for the Department of Applied Exercise Science.

1. Critical Thinking
    a. An Applied Exercise Physiology major will develop critical-thinking skills necessary to understand, analyze, and produce knowledge specific to sport and exercise science.
2. Knowledge of Application
    a. An Applied Exercise Physiology major will develop knowledge necessary to understand and apply principles, skills, and methods related to kinesiology, exercise physiology, health promotion, and exercise psychology.
3. Professional Development and Ethical Responsibility
    a. An Applied Exercise Physiology major will be committed to the highest levels of professional and ethical practice, including demonstration of the knowledge, skills and abilities required for professional competence.

STUDENT LEARNING OUTCOMES

The curriculum for the MSAEP degree is designed around providing students with an advanced, well-balanced, and applied educational experience. Upon graduating with a MSAEP degree, the student will

1. Demonstrate advanced knowledge of the neurophysiology of human performance and clinical populations.

2. Demonstrate advanced knowledge of the physiology of human function and performance.

3. Demonstrate advanced knowledge of the psychology of human performance.

4. Apply and demonstrate advanced knowledge of the relationship between nutrition and human performance.

5. Utilize and demonstrate advanced knowledge on testing the physical capabilities of the body and prescribing activity to improve those parameters.

6. Demonstrate leadership and expertise in the field of advanced human performance

PERSONNEL

Departmental Faculty

The following list includes faculty who teach in the Department of Applied Exercise Science, contact information, and area of expertise.

Suzanne Kitts, Ph.D.; Associate Professor
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Area: Nutrition, Exercise Psychology

Kory Stauffer, Ph.D.; Professor and Department Chair
Office: Morosky 162
Phone: (814)871-7515
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Area: Exercise Physiology, Testing and Prescription

Jason Willow, Ph.D.; Assistant Professor
Office: Morosky 165
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Area: Exercise and Sport Psychology

J. David Mosinski, Ph.D.; Associate Professor and Graduate Program Director, Erie, PA Office: Morosky 169
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Liz Starns, D.Ed., ATC, CSCS; Assistant Professor Office: Morosky 167
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Area: Kinesiology, Athletic Training

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Area: Exercise Physiology; Cardiopulmonary Rehabilitation

University and Department Administration

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PROGRAM CURRICULUM INFORMATION

The MSAEP program is a 36 credit-hour program. Students admitted into the MSAEP program have the option to pursue the curriculum full-time or part-time. The full-time option is designed to be completed in one calendar year (summer to spring the following year). The part-time option is available to students that cannot devote the time necessary to attend on a full-time basis.

Admission Requirements For MSAEP Program

Admission requirements for the MSAEP program are dependent upon qualifying grades, a n d prerequisite coursework.. These requirements need to be met, regardless of full-time or part-time status. The following is a brief summary of these requirements:

All Candidates

- Earned a four-year degree from a regionally accredited college or university.
- GPA of at least 2.75 on a 4.0 scale in undergraduate coursework. Performance in prior graduate work will be considered.
- Successful applicants will have preparation in the sciences that may include coursework in biology, chemistry, physics, mathematics, anatomy/physiology and/or exercise physiology.
- 2 letters of recommendation. Letters can be personal (Coach/Mentor), professional (Boss/Supervisor) or academic (Professor/Advisor). (1 academic required)
- A 750 word essay (describe personal goals and how this degree will help you pursue them)
- Current Resume/CVSuccessful interview with at least two members of the admissions committee

Tuition And Program-Specific Costs

Specific Gannon University costs can be found at: http://www.gannon.edu/Financial-Aid/Tuition-and-Fees/

Other Possible Associated Costs with the MSAEP Erie Program (student's responsibility)

- Internship Dress code (dependent upon site)
- Transportation (to and from) Internship Sites
- Housing and food
- Parking Permit at internship sites (if required)
- Physical, Immunizations, and any other medical costs
- CPR/AED certification
- Individual Professional Liability Insurance

Full-Time Enrollment

The following curriculum adheres to the schedule followed by an individual with full-time status.

Summer – 12 credits

GSPRT 510 Advanced Strength and Conditioning	3 credits
GSPRT 520 Advanced Laboratory Techniques	3 credits
GSPRT 522 Exercise Testing and Prescription in Clinical Populations	3 credits
GSPRT 530 Research Methods and Statistics in Human Performance	3 credits

Fall – 12 credits

GSPRT 540 Principles of Behavior Change	3 credits
GSPRT 550 Advanced Sport Nutrition	3 credits
GSPRT 562 Cardiopulmonary Physiology	3 credits
GSPRT 600 or 602 (Thesis I or Internship I)	3 credits

Spring – 12 credits

GSPRT 573 Exercise Pharmacology	3 credits
GSPRT 581 Neuromuscular Physiology	3 credits
GSPRT 582 Advanced Clinical Exercise Physiology	3 credits
GSPRT 601 or 603 (Thesis II or Internship II)	3 credits

Part-time Enrollment

The following curriculum adheres to the suggested schedule followed by an individual with part-time status.

Summer Year 1– 6 credits

GSPRT 510 Advanced Strength and Conditioning	3 credits
GSPRT 520 Advanced Laboratory Techniques	3 credits

Fall Year 1– 6 credits

GSPRT 540 Principles of Behavior Change	3 credits
GSPRT 550 Advanced Sport Nutrition	3 credits

Spring Year 1 – 6 credits

GSPRT 573 Exercise Pharmacology	3 credits
GSPRT 582 Advanced Clinical Exercise Physiology	3 credits

Summer Year 2– 6 credits

GSPRT 522 Exercise Testing and Prescription in Clinical Populations	3 credits
GSPRT 530 Research Methods and Statistics in Human Performance	3 credits

Fall Year 2– 6 credits

GSPRT 562 Cardiopulmonary Physiology	3 credits
GSPRT 600 or 602 (Thesis I or Internship I)	3 credits

Spring Year 2 – 6 credits

GSPRT 581 Neuromuscular Physiology	3 credits
GSPRT 601 or 603 (Thesis II or Internship II)	3 credits

Accreditation

The Master of Science in Applied Exercise Physiology (MSAEP) is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). As such, the MSAEP courses meet the performance domains and associate competencies set forth by CAAHEP. A list of the performance domains, associated competencies, and the courses that meet them can be found at the end of this handbook. For further information, please see www.caahep.org.

Course Descriptions

GSPRT 510 Advanced Strength and Conditioning (3 credits)
The objective of this course is to provide graduate students with theoretical and practical knowledge of the physiological, biomechanical, administrative aspects of designing and

supervising strength and conditioning programs for various populations.

GSPRT 520 Advanced Laboratory Techniques (3 credits)
This course is designed to give the student working knowledge of the procedures of various testing techniques used in both the laboratory as well as in the field setting. The student will be expected to demonstrate expertise in various laboratory testing techniques as a requisite for course completion.

GSPRT 522 Exercise Testing and Prescription in Clinical Populations (3 credits)
This course will provide students who are interested in working within a Clinical Exercise Physiology setting with the necessary skills to test and prescribe exercise for diseased populations. Skills learned will include ECG testing and interpretation, spirometry, as well as strength and aerobic fitness assessments. This course will also prepare students with the information needed to sit for the ACSM Clinical Exercise Physiology Certification exam.

GSPRT 530 Research Methods and Statistics in Human Performance (3 credits)
This course is designed to introduce the student to methodological and statistical techniques specific to human performance and related fields. Students will be exposed to the research process and also various statistical techniques used to assess the efficacy of exercise interventions and conditioning programs. Student will also become familiar with various types of research and the benefits and drawbacks of each.

GSPRT 540 Principles of Behavior Change (3 credits)
The purpose of this course is to help the student gain a greater understanding of psychological and emotional factors that influence athletic and nonathletic performance. Furthermore, the student will learn psychological theories and mechanisms for how psychological skills training can positively influence performance and exercise participation.

GSPRT 550 Advanced Sport Nutrition (3 credits)
This course is designed to further develop an understanding of the influence of nutrition for acute and chronic biological and physiological adaptations to physical activity and sport. Emphasis will be placed on adaptations in macronutrients and micronutrients metabolism to fuel energy systems, popular performance enhancing and weight loss supplements, and current research trends that address various sports and populations.

GSPRT 562 Cardiopulmonary Physiology (3 credits)
This course is a study of the physical principles as they apply to cardio-pulmonary physiology, anatomy of the lungs and heart, the mechanics of ventilation and pulmonary circulation, airway resistance, hemodynamics, lung compliance, and the non-uniform distribution of ventilation and perfusion. Gas laws and other mathematical equations will be studied and applied to the cardiopulmonary system. Oxygen transport and carbon dioxide transport are also covered in detail. Additional topics include laboratory studies, electrocardiographs, pulmonary function studies, invasive and non-invasive blood gas monitoring, and sleep studies.

GSPRT 573 Exercise Pharmacology (3 credits)
This course will introduce students to the general principles of pharmacology and the common medications that they may encounter while working in a clinical exercise setting. Emphasis will be on general classifications of drugs, their mechanisms of action, the effect drug action on exercise and disease response. Attention will also be given to drugs used for therapeutic medication, for recreational purposes and for performance enhancement in sport.

GSPRT 581 Neuromuscular Physiology (3 credits)
The purpose of this course is to introduce graduate students to the study of neuromuscular physiology from an applied perspective. For this course, key topics in both cellular and systems physiology related to muscle and nerve function are presented, in addition to basic neuromuscular methodology in the laboratory. These concepts are then related to mechanisms of adaptation and exercise, force control, and control of functional movements in healthy adults, in addition to aging and disease.

GSPRT 582 Advanced Clinical Exercise Physiology (3 credits)
This course is designed to provide students with an understanding of the current knowledge and trends in rehabilitation of populations with cardiac, pulmonary and metabolic disorders through assessment and specific exercise programming. This will further include a thorough explanation of the pathogenesis of these disorders. The course will also expose the student to the interpretation of electrocardiograms both at rest and during submaximal and maximal exercise bouts.

GSPRT 600 Thesis I (3 credits)
For this course, the student will complete the first four chapters of his or her Master's thesis. The chapters include the introduction, literature review, statement of the problem and hypothesis, and proposed methods. This course will be completed prior to data collection on his or her Master's thesis and prior to GSPRT 601.

GSPRT 601 Thesis II (3 credits)
For this course, the student will complete the final two chapters of his or her master's thesis. The chapters include the results and discussion sections. This course prepares the student for the final thesis defense prior to obtaining the master's degree.

GSPRT 602 Internship I (3 credits)
For this course, the student will engage in a practical internship as assigned by the director or instructor of the Sport and Exercise Science Master's program. The majority of these assignments will be with one of the athletic teams at the university. This internship will last the duration of the Fall semester and require 150 hours of internship hours.

GSPRT 603 Internship II (3 credits)
For this course, the student will engage in a practical internship as assigned by the director or instructor of the Sport and Exercise Science Master's program. The majority of these assignments will be with one of the athletic teams at the university. This internship will last the duration of the Spring semester and require 150 hours of internship hours.

GPA Requirements in MSAEP Program

The grading system for all courses in the MSAEP program follows that of the university.

Grade	Percent	Grade Points/Credit Hour
A+	100.0+	4.0
A	93.0-99.99	4.0
A-	90.0-92.99	3.7
B+	87.0-89.99	3.3
B	83.0-86.99	3.0
B-	80.0-82.99	2.7
C+	77.0-79.99	2.3
C	75.0-76.99	2.0
F	74.99 and below	0
I (Incomplete)		0
X (Withdrawal)		0
P (Pass)		0
AU (Audit)		0

Program Retention and Progression

All students (full-time or part-time) are required to maintain a GPA of 3.0 each semester when enrolled in the MSAEP program. A student whose GPA falls below 3.0 are subject to review by the Program Director and Academic Dean. Separation from the University is the responsibility of the dean in consultation with the Program Director. If a student receives a grade of 74.99% or below for one or more courses yet maintains a GPA of greater than 3.0, this student is still subject to review by the Program Director and Academic Dean on a case by case basis. The Program Director and Dean will then mutually determine the course of action to be taken place following this review. Please see the Graduate Catalog or the University IPM for detailed protocols regarding grades and dismissals or the following section on General University Policies and Procedures.

In addition to GPA and grade requirements, progression in the MSAEP program to the following semester is determined by the final exam score for each course. Specifically, students must earn a 75% or higher on his or her final exam to continue within the MSAEP program. Failure to obtain a 75% or higher for the final exam may result in program standstill. Continuation of the program is at the discretion of the Program Director and Dean. Students may be required to re-take the course the following academic year, but will not progress in the program until the 75% grade for the final exam is met for that year (see also Repeat Courses below).

Grade Changes and Repeat Courses

Grade changes can only be initiated by faculty members who gave the original grade. Any grade disputes should be taken up to the professor who gave the grade. Any grievances should be taken up with the professor in question in addition to the Program Director. The protocol for grievances will be followed as laid out in the Graduate Catalog and University IPM.

If a student fails a course by receiving a grade of 74.99% or lower, the student may repeat a course at the discretion of the MSAEP Program Director and Dean. If granted, the course will be repeated the following academic year.

Statute of Limitations

A student must complete a Master's degree program within six years of taking the first course. Exceptions can be granted only by the program director and the Academic Dean. Additionally, students who have not enrolled for two years must contact their program directors for approval of registration and review of remaining requirements.

PROGRAM POLICIES AND PROCEDURES

The following are program policies and procedures specific to the MSAEP program. For university policies, please see the section entitled General University Policies and Procedures, which follows this section and consult the Gannon University Graduate Catalog.

Internship experience and placement

The MSAEP internship experience is a graduation requirement for all students that have elected to participate in the internship route by enrolling in GSPRT 602 (Internship I) and GSPRT 603 (Internship II). The internship experience can be completed at a location of their choosing based on the student's goals following graduation. Some examples of past internship experiences are: local sports teams, cardiac rehabilitation, corporate fitness and wellness centers, and YMCA programming. It is highly recommended to complete your internship hours at a site that will provide you with valuable experience to ensure job placement following graduation (for example, if interested in working with athletes in the future then the internship should involve working with athletes).

Students who are interested in gaining experience in conducting research are encouraged to work with the faculty in the department to do so. The student will then work with the faculty member to design, conduct and communicate the research project as part of their internship hours. Internship hours can also be acquired through service and research activities through the MSAEP program.

The MSAEP graduate student is responsible for obtaining their internship placement. The instructor for the course will provide guidance as to available opportunities and contact information for these sites. However, it is up to the student to contact the internship supervisors. Some internship sites may require a meeting or interview before placement. Be aware that not all placements are guaranteed, and the student who best fits the site will be placed there.

Internship Clearances

Background checks may be needed for some internship sites. If the internship site does require background checks the student will be responsible for the cost and obtaining those clearances. Locally, the UPS store on 12th St. conducts background checks and fingerprinting.

Certifications and Qualifications

Certification will depend on the internship site and responsibilities of the position.

For students who are interested in working with an athlete population, it is highly recommended that he or she have taken the National Strength & Condition Association's CSCS exam prior to working with a team. If a student does not sit for the exam nor passes the test prior to the internship start date, the student may continue working with that team at the discretion of the internship instructor and supervisor. In some situations, the certification may be required, and students will not be allowed to participate in this experience until the test is taken and the certification is obtained.

For other internship experiences, it is highly recommended that the student have at least a basic, entry level certification that pertains to the field you are interested in. For example, if the internship is at the YMCA it would be beneficial to obtain a personal training or group fitness certification if working with the public and/or clients.

All MSAEP graduate students are required to have a current CPR certification prior to working with individuals in performance and clinical settings. Regardless of any future field of employment, almost all positions will require a CPR certification. All certification exams within the health professions require a CPR certification prior to having a valid certification.

Internship Supervision

The internship experience is supervised by two individuals: the instructor of the course and the direct supervisor at the site. Both individuals are vital to the internship experience. The student should be in contact with the internship instructor on a weekly basis (the course syllabus will provide more information on this). The direct supervisor will be in charge of the experience and guide the student through the hands-on learning taking place. If the student is not able to make it to the internship for whatever reason, he or she should be in contact with both the instructor and supervisor. Grading requirements are decided upon by the instructor and this information is provided in the course syllabus. The internship supervisor will give feedback about performance, and this may also be included into the grading criteria.

Internship Attendance and Punctuality

Students are required to complete 300 hours (minimum of 150 hours in each semester) in total for the Fall and Spring semesters of the MSAEP program. The schedule of how you complete these hours will be decided upon by the internship supervisor. To pass the course, all 150 hours should be complete and verified by the internship supervisor. At any time the student cannot attend the internship, the student must notify both the instructor and the supervisor. Repeated issues with attendance will not be tolerated with the penalty of being removed from the internship site and failing the course. Punctuality is included in this attendance policy. Any instance of tardiness or absenteeism should be accompanied by an appropriate excuse. Outside jobs and student organization obligations are not an appropriate excuse for tardiness or absenteeism. If a pattern of tardiness occurs the internship instructor may penalize the student for this and decide upon a future course of action.

Professional Appearance

Professional appearance is of upmost importance when working with clients. A student is representing Gannon University at these sites, and attire and grooming are a client's first impression of them. The dress code will be based on the internship site. Please make sure to speak with the supervisor on site prior to starting to clarify the dress code. If no dress code is required, the student should dress in business casual or professional fitness attire. Under no circumstances should the students wear shorts, cut off shirts, revealing clothes, flip flops, etc. Students who do not comply with the appearance standards for their internship experience will be excused for the day. An ongoing pattern of inappropriate dress will result in disciplinary action.

In addition to internship sites, the student is expected to appear professional and well-groomed for all activities and experiences related to Gannon University. These experiences include research activities, testing and assessing community members, and professional and service activities that are performed as part of the program.

Professional Conduct

One of the most important goals for the internship experience is to begin to develop professional resume and reputation. To do this, it is important to develop a good rapport with clients, supervisors and other individuals. These relationships can lead to obtaining recommendations for future employment opportunities and success within the field. To do this, the student must have a good handle on not only his or her professional life, but also his or her personal life. Students should take part in as many opportunities provided to grow and gain experience within the exercise science field. This also includes respecting lab equipment, adhering to general safety protocols, and cleaning up workspaces. If a safety concern or other situation arises during internship hours, contact both the supervisor and the instructor of the class.

On a personal level, an individual's judgment may be significant factor in the ability to garner favorable recommendations, to open doors to new opportunities, and to earn the respect of peers, clients, and supervisors. Do not make the mistake of thinking that actions in one's private life will not influence one's professional life. The two are far more interrelated than many students realize. Lapses in judgment such as alcohol or controlled substance law violations, poor conduct at

professional meetings or alumni functions, inappropriate voicemail greetings or email addresses, posting embarrassing (or illegal activity) photos or information on publicly accessible websites (like Twitter, Instagram, Facebook, etc.) will cause the student's judgment to be questioned by peers, supervisors, patients and potential employers.

Cell Phones/Mobile Devices

Cell phones should be turned off or put on vibrate while present at an internship site. Always check with the internship supervisor to determine the appropriate use of cell phones or mobile devices. Failure to comply with cell phone policies could result in dismissal from the internship site. Students should not be using their cell phones while working with clients at their internship site or during professional, service, or research related activities.

Harassment & Discrimination

Harassment and/or discrimination of other students, athletes, patients, staff, etc. are a severe breech of professional ethics. Harassment and discrimination can take many forms including but not limited to sexual harassment (including sexual preference discrimination), gender discrimination, racial/ethnic discrimination, religious discrimination, sport -based discrimination, socioeconomic discrimination, etc. No form of harassment or discrimination will be tolerated and students engaging in such discrimination in classes or clinical experiences will be immediately removed from the experience. An ongoing pattern of harassment / discrimination may be grounds for dismissal from the MSAEP program.

Unethical & Criminal Activity

Students are expected to abide by Gannon University's Student Code of Conduct and by all laws of the Commonwealth of Pennsylvania. Student conduct violations may result in severe penalties including expulsion from the University. Violation of state laws can potentially result in a student becoming ineligible to sit for certification exams or work at certain facilities. Any criminal activity may be grounds for dismissal, including those incorrectly perceived as "minor violations" by students. Violations such as drug/alcohol/tobacco violations, theft, and more severe crimes are all potential grounds for dismissal from the MSAEP Program.

Removal from Internship Experiences

Any violation of the above policies or other conduct that is of concern to the internship instructor or supervisor will be dealt with in the following way:

First offense: A written warning will be given documenting the infraction by the student. The student will then meet with the internship instructor, supervisor and/or program coordinator to discuss rectifying the situation and regain favorable status at the internship site. In some cases a first offense may be reason for removal from the internship site. This will be at the discretion of the internship supervisor and/or program director.

Second offense: A meeting with the internship instructor and program director will be conducted to determine disciplinary actions which need to occur based on the severity of the situation. At this point it will be up to the instructor and program director to determine if

removal from the internship site is necessary as well as further disciplinary actions such as removal from the course with no other internship placement given and therefore failure of the course, or if dismissal from the program is warranted. Dismissal from the program may also involve meeting with the chair of the department and/or dean.

In some cases the offense may be severe enough to be immediately dismissed from the internship site with no new placement offered during the semester. If this occurs, students will fail the course and will not be able to make up the course credits until the following year. This decision will be at the discretion of the internship instructor, MSAEP program director and/or chair of the SES department.

******All students participating in an internship will be required to sign a behavioral contract acknowledging that they have read the following information regarding their internship experience and responsibilities. Failure to sign this contract will delay placement at a facility.**

Thesis Option

Students who choose to complete a thesis option should make their preference known to the Director of the Program prior to the Fall semester. Those student that are interested in completing a Master's thesis will be assigned to a primary (and possibly a secondary) Thesis Advisor, who is also the main instructor for GSPRT 600 and 601 for that student. Full-time students will be required to take GSPRT 600 (Thesis I) in the Fall semester, and GSPRT 601 (Thesis II) in the Spring semester. Part-time students are required to take GSPRT 600 and GSPRT 601 in the Fall and Spring semesters, respectively, but they do not have to be taken the same year. GSPRT 600 and 601 cannot be taken in the spring and fall semesters, respectively.

A full, detailed description of the thesis protocol can be found in the Thesis Handbook. At your request, the Thesis Handbook can be provided to you by the GSPRT 600 and 601 instructors. The following subsections briefly describe the process, including grading,

Thesis Grading

Thesis projects are handled on a one-on-one basis with the primary thesis advisor and the student in question. A rough rubric is provided in the course syllabi for GSPRT 600 and 601; however, thesis advisors and other committee members may choose to create his or her own grading rubric for the course. This rubric will be determined by the instructor at the beginning of the semester.

Acceptable grades for GSPRT 600 and 601 adhere to the guidelines put forth by the Gannon University Graduate Catalog: A+, A, A-, B+, B, B-, C+ and C. Any student receiving below a 75% for GSPRT 600 or 601 will fail the course. Students must pass both GSPRT 600 and 601 for the Master's degree to be conferred.

Repeating GSPRT 600 or 601 will be allowed on a case-by-case basis, as determined by the Thesis Advisor. Based on the grade percentage and the amount of effort by the student, the Thesis Advisor may refuse to permit the student to repeat the course due to failure, and further action as determined by the department or the college will be put in place. However, if the course is to be repeated, the student must take the course in the semester that that it is normally offered.

In some cases, an incomplete ("I") grade will be given to the student that meets the standard of academic excellence for GSPRT 600 and 601, but does not fully complete the items put forth in the timeline due to issues with data collection or data analysis. This is commonly observed for students completing GSPRT 601, where extra time is needed to defend or complete the final draft of the thesis. The incomplete grade will remain in effect until the final requirements for the course are met and approved by the Thesis Advisor. After approval, the Thesis Advisor will change the grade to reflect the quality and effort for that course. Students will not receive a Master of Science degree until the requirements for the class are met, as determined by the primary thesis advisor. Full-time students who receive an incomplete grade for the thesis option for GSPRT 601 will have until the end of the Fall semester of that year to complete the course and get a change of grade. Incomplete grades not changed within the designated time period will be changed to "F". Repeating the course will be determined by the Thesis Advisor on a case-by-case basis.

Thesis Document and Defense

As part of the requirements for GSPRT 600 and 601, students must complete a thesis document and defense his or her thesis in a formal defense setting. The thesis document will consist of a completed research project, including statistics, results, and discussion. This final document will be used in part to determine a student's grade for GSPRT 601. It is likely that the student will have revisions for his or her thesis document following the thesis defense. The student is expected to make any and all revisions to the document based upon feedback from the committee. Final grades given to students in GSPRT 601 are based upon the quality and completeness of the final thesis product.

For the final defense, the student will present a Power Point presentation highlighting the thesis study to the general audience. Afterward, a closed-door question and answer session with the student and the committee will commence. During this time, the committee members have to right to ask questions pertaining to the thesis content and/or any other general question related to the field of expertise. A rubric is provided for the committee members to determine pass/failure of both the presentation and formal defense question and answer session.

If the student receives a failing grade (below a C) for the final defense, the student will be allowed a second attempt to pass, and reexamination is required. However, if the student does not complete revisions and defend in a timely manner, the student will receive a failing grade for GSPRT 601.

Comprehensive Examination

Each MSAEP student is required to take a Comprehensive Examination, which is held in April of each year. Comprehensive exams are designed for students to demonstrate competency within the area of AppliedExercise Science to ensure success in their respective future careers. Completion and passing of the Comprehensive Exams fulfills, in part, the requirements for completion of the MSAEP degree.

The Comprehensive Exam consists of detailed case studies, which may describe a typical or atypical client in need of performance consultation. The student must provide physiological, biochemical, psychological, and nutritional information that satisfies the requirements of the case studies. Knowledge of course content including theory, testing procedures, and other forms of practice must be included.

Students must receive a grade of **75% or higher** to pass the Comprehensive Exam. If a student receives a 74.99% or lower on the exam, they will be required to partake in an oral exam, conducted by both faculty and the Program Director. During this time, students will be able to defend his or her answer(s) on the exam and/or have an opportunity to correct his or her answers orally. Faculty may also ask the student general questions about the topic. Any feedback given to the students is at the discretion of the faculty member grading that section. Students will have an opportunity to study and prepare for the oral examination.

A MSAEP student who fails the oral examination will result in dismissal from the program and exclusion from future re-enrollment in the program. In the event of extenuating circumstances which impacted the performance of the student on the oral exam, the student may petition the Program Director for a second oral examination. If the petition is granted, a second oral examination will be given with different questions from the first exam. If the petition is not granted, the student will be dismissed from the program. Failure in the second examination will result in dismissal from the program and exclusion from future re-enrollment in the program.

Human Performance Lab (HPL)

The Human Performance Lab (HPL) is a high-tech facility designed for research-related activities, experiential learning in both undergraduate and graduate courses, clinical experiences for students and faculty, and sport and patient testing (both internal and external).

MSAEP are expected to perform 5 hours per semester of service in the HPL. These hours are required and must be related to performance testing, whether athletic team testing or community testing. Students will be working with AES Professor Dr. Kory Stauffer for these testing sessions. The following is Dr. Stauffer's contact information:

Kory A. Stauffer, PhD, ACSM-EP
Professor and Department Chair
Applied Exercise Science Department-Erie Campus
109 University Square
Erie, PA 16541
Office Phone: (814) 871-7515
Email: stauffer005@gannon.edu

The following are the rules and regulations when working in the HPL, as put forth by Dr. Stauffer and the Department of Applied Exercise Science:

1. Any reservations for HPL usage (whether for research, testing, or class), must be made by contacting Dr. Stauffer prior to the event. No exceptions.
2. Dress appropriately and professionally. Please wear some form of Gannon apparel for all testing opportunities / client interactions. Khaki shorts / pants, polos or appropriate t-shirts and sneakers are recommended.
3. Please plan to arrive at least 30 minutes prior to the scheduled testing time; so that you can calibrate / prepare any equipment that you may need for testing appointments.
4. Testing opportunities (both athletic and non-Gannon) will count toward your internship hours. Open House and Wellness Fair shifts will also count toward your internship hours. Please take advantage of all opportunities that present themselves.
5. Always display a positive attitude in front of our clients.
6. Communication is vital to successful testing. You must relay all comments, questions, concerns to all parties involved, including faculty, HPL coordinator, fellow students, and clients.
7. Be prepared daily for every possible scenario. Know the answers to questions before being asked by clients.
8. Be yourself. **Don't be afraid to ask questions. Don't be afraid to make mistakes**. These testing opportunities should be enjoyable and educational, not a drag!

Laboratory Conduct And Procedures

In addition to the HPL, students have access via their student ID to the SPRT labs, located in Morosky. Students may use these spaces to work on projects, conduct research, or perform other academic-related activities. The following are rules and regulations governing the use of the Applied Exercise Science lab space that all students must adhere to. Any violations may result in revoking of access to the labs.

1. Open Lab Hours. Each semester, open lab hours are posted. This is to ensure that all faculty and students (both MSAEP and MAT) are aware of the availability of the labs. Students may use these spaces for academic purposes, provided that they do not infringe upon class or other activities that may be taking place in these labs (including meetings, lab practicals, and data collection sessions).
2. Lab Reservations. Students interested in reserving the laboratory space (M172) for data collection or other academic activities are required to talk to Dr. Kory Stauffer in advance to reserve the room.
3. Equipment and Care. As part of the MSAEP curriculum, students may be using the equipment in the SPRT labs and the HPL, both in class and during off-hours. Please be respectful of the equipment in the lab and treat it as your own. Also, please be courteous and clean up the lab after equipment use and put equipment back where you found it for the next group to use.
4. Reporting damaged or lost equipment. Please report and damaged or lost equipment to Dr. Kory Stauffer. In addition please report any equipment or supplies that need to be replenished.

Professional Development

A student learning outcome for the MSAEP program is to have the students demonstrate leadership and expertise in the field of exercise science. To implement this, it is expected of the students to partake in professional development activities. These activities may be linked to specific course requirements, in particular for Internship I or II, or Thesis I or II. The following are a list of professional development activities:

1. Celebrate Applied Exercise Science (AES). Each Spring, Gannon University hosts a mini-symposium for undergraduate and graduate students to highlight the student's work on research or other projects in podium or poster format called Celebrate Gannon. This experience has moved to an online format in recent years, and because of this, the AES graduate students no longer participate in the formal Celebrate Gannon day. Instead, AES students present their internship experiences or Thesis research to the AES faculty at both the Erie and Ruskin campuses. Internship students not formally conducting research will be required to present some aspect of their experience (summary of project, case study, etc.) Thesis student will be required to present his or her research at Celebrate AES.

Service To The Department

It is expected that students in the MSAEP program partake in service to the department for a variety of events that take place throughout the academic year. Participation may be linked to specific course requirements or requirements through internship hours. For many of these activities, students learn new job-related and personal skills. These events also promote collegiality among the MSAEP students, faculty, and other personnel around campus, which help to foster good working relationships with individuals for future reference. Therefore, it is highly encouraged students to take advantage of any potential service activities.

The following list includes service activities that take place on a yearly basis. This list is not exclusive, as help with other events may arise.

1. Indoor Triathlon. Each Spring, the Department of Sport and Exercise Science plans and host an indoor triathlon at the university rec center. Students may be involved in the planning process, fundraising, volunteer recruitment management, participant registration, and day-of-event activities, including set-up and break-down. Former students in the past have used this event as part of their internship hours as head of the planning and execution committee.
2. Open Houses. Each Fall and Spring, Gannon University hosts open houses for potential future Gannon students and their families. Help is required in both the SPRT labs in Morosky and the HPL to perform and/or manage hands-on demonstrations to touring open house participants.
3. Wellness Fair. Each February, help is needed at the Wellness Fair in the HPL, performing and/or managing hands-on demonstrations in the HPL.

4. Oral Practicals for SPRT 361 and SPRT 420. Dr. Kitts and Dr. Starns always require help with oral practicals for undergraduate students in her courses. Students will be assisting in the process as test subjects for the undergraduate students.
5. Grade School and High School Tours and/or Programs. Help is required in the HPL to perform and/or manage hands-on demonstrations for these tours and programs.
6. Data Collection for Thesis Students. Students performing thesis experiments may require additional help with their experimental protocol, which may include data collection and/or participation. Students are encouraged to help other students with their projects.
7. Data Collection for Professional Research. Faculty and/or students may require additional help with their experimental protocol for their professional research projects, which may include data collection and/or participation. Students are encouraged to help with these projects.

CPR Certification

Every student in the MSAEP is required to obtain an Adult CPR/AED, particularly if the student is working with individuals in a performance setting. An American Red Cross (ARC) approved written exam and skills session is required for the ARC certification. Certifications can also be obtained through online courses. There is an extra fee associated with the certification ($25 online), see also http://www.redcross.org/ux/take-a-class.

Policy On Outside Employment

It is anticipated that graduate students may seek regular employment in order to finance their education. However, it should be noted that the MSAEP program is a rigorous and time-consuming experience and students are urged to balance their education with other responsibilities, in particular if the student is full-time status. Absences from coursework, class attendance, required service hours or meetings due to work schedules are not permitted,. No concessions will be given for work-related absences in lieu of required class responsibilities.

Policy On Social Media

It is to be expected that MSAEP students will have existing profiles on social networking websites, such as Facebook, Twitter, Instagram, etc. However, the following guidelines should be followed if a student chooses to utilize such services:

1. No offensive or inappropriate pictures should be posted. Examples of offensive or inappropriate pictures include, but are not limited to, alcohol, illegal drugs, and sexual innuendos.
2. No offensive or inappropriate comments should be posted. Examples of offensive or inappropriate comments include, but are not limited to, references to drunkenness, illegal drugs, acts punishable by law, and foul language (curse words).

NOTE: In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and

scholarship committees now search these sites to screen applicants. Therefore, it is suggested that students set all social networking pages to "private" to limit open access

GENERAL UNIVERSITY POLICIES AND PROCEDURES

The following information is in regard to general policies and procedures implemented at Gannon University. These can also be found in the Graduate Catalog and University Institutional Policy Manual (IPM).

Graduate Studies Mission Statement

The mission of graduate education at Gannon University is to provide distinctive and rigorous programs in diverse disciplines for students who are seeking to: advance their knowledge and attain mastery in their profession; engage with the faculty in the integration of scholarship, research and professional practice; and succeed as critical thinkers and decision makers and as contributing leaders of their professions in a global society.

Graduate Studies Vision Statement

Graduate programs at Gannon University will be recognized for their academic excellence and their innovative pedagogies. Our programs will produce life-long learners who successfully compete in their respective careers, provide ethical leadership, and serve their communities. Graduate education will be acknowledged and supported as central to Gannon's continued growth and innovative, entrepreneurial spirit.

Graduate Studies Learning Outcomes

Graduates of a Gannon University Graduate Program will:

- **Master Knowledge and Skills**
  - Master the skills, methods, and knowledge appropriate to the discipline.
  - Demonstrate the skills needed to continue professional development and life-long learning appropriate to the discipline.
- **Think Critically**
  - Access, analyze, and evaluate information.
  - Disseminate and communicate information.
- **Conduct and Analyze Research**
  - Evaluate and utilize research methodologies appropriate to the discipline.
  - Use data driven decision-making to impact practice and/or enhance the discipline.
- **Manifest Leadership and Professional Responsibility**
  - Demonstrate the ability to assume leadership roles appropriate to the discipline.
  - Demonstrate the ability to apply ethical standards appropriate to the discipline.

Academic Grievance Policy

Scope and Purpose:

1. This policy addresses academic grievances only. An academic grievance is defined as a complaint brought by a student regarding the University's provision of education and academic (only) services affecting their role as a student. Complaints or grievances connected to assigned grades represent a special case to the grievance process. Grading reflects careful and deliberate assessment of a student's performance by a faculty member. As such, the substance of grading decisions may not be delegated to the grievance process. Nevertheless, the University recognizes that in rare cases the process of grading may be subject to error or injustice. Therefore, a student who alleges an error or injustice in the grading process would follow this policy toward resolution.
2. This policy does not apply to student complaints regarding employment or alleged violations of other policies in the student handbook.
3. It is the intent that this policy to provide an efficient process, allowing for both informal and formal resolution of grievances related to academic concerns, complaints or allegations.
4. A student must initiate a grievance as close as possible to the date of the occurrence of the incident and no later than 45 days after the end of the semester in which the alleged grievance occurred. The three summer sessions are considered as one semester.

General Guidelines

Academic grievance procedures should be kept as informal as possible based on principles of mediation and conciliation. Every reasonable effort should be made to resolve any academic grievance at the lowest organizational level possible. In the event that it cannot be resolved informally, the student may seek resolution at the next higher level according to the Formal Resolution procedure.

In the event that the faculty member is no longer employed by the University or is not available within the timelines specified in these general guidelines, the student is to initiate the complaint with the faculty member's immediate supervisor.

The student filing a grievance may have a third-party advisor, such as the University Ombudsperson; attend any meeting at which the student appears. The faculty member involved in the grievance may also have a third-party advisor approved by the University attend any meeting at which the faculty member appears. Legal counsel shall not be used by either party in this grievance process.

Informal Resolution Phase

All academic grievances begin with the informal resolution phase. This first step toward resolution of an academic grievance should begin at the lowest organizational level. The student and the faculty member or University colleague involved should meet to discuss and work toward resolution of the concern. The student should address the grievance to the faculty member or University colleague involved as soon as possible. The student should follow the established

protocol regarding the levels of appeal. Formal resolution shall not occur without occurrence of the informal resolution phase.

The student may contact the University Ombudsperson for assistance in initiating the academic grievance process or at any time during the process. The student may contact the University Ombudsperson for assistance in initiating the academic grievance process or at any time during the process.

Formal Resolution Phase

The formal resolution phase is used by the student when a satisfactory informal resolution has not occurred.

1. The first step in the formal resolution of an academic grievance is to submit a formal written account of the grievance to the appropriate immediate supervisor. Students may consult the Human Resources office to determine the appropriate supervisor.
    a. The written account must be submitted to the immediate supervisor within two weeks after the last meeting of the informal resolution phase.
    b. The written account should include: identification of the grievant, the respondent, the incident - date, time, place, names of witnesses, the existing rule/policy/established practice claimed to be violated and a brief statement of the desired outcome.
    c. Within three weeks of receipt of all written materials, the appropriate immediate supervisor will fact-find from involved parties and render a decision in writing via registered mail to the parties involved.
2. The second step, if needed, in the formal resolution phase occurs when and if the faculty or student is not satisfied with the immediate supervisor's resolution of the grievance. The student or the faculty member or University colleague involved may then appeal to the next level of the organizational chart by providing a written account of the grievance process and decision.
    a. A written account must be submitted to the next level of the organizational chart within two weeks of receipt of the decision rendered by the immediate supervisor (Step 1).
    b. The written account should include: identification of the grievant, the respondent, the incident - date, time, place, names of witnesses, the existing rule/policy/established practice claimed to be violated, a copy of the decision of the immediate supervisor and a brief statement of the desired outcome.
    c. Within three weeks of receipt of all written materials, the next level of the organizational chart will fact-find from involved parties and render a resolution in writing to the parties involved.
3. The third step, if needed, in the formal resolution process is to appeal to the appropriate College Dean.
    a. The College Dean shall be given a written account of the grievance process to date. This must be submitted within two weeks of receipt of the resolution decision rendered by the next person on the organizational chart (Step 2).
    b. The College Dean shall render a decision in writing to the parties involved within three weeks.

c. In the event the Dean's resolution of the alleged academic grievance is not satisfactory to either party, the appeal shall be directed to the Provost and Vice President of Academic Affairs.

4. The fourth step, if needed, in the formal resolution process is to appeal to the Provost and Vice President of Academic Affairs. This step must be initiated within two weeks of receipt of the College Dean's decision.
    a. The Provost and Vice President of Academic Affairs shall review the written appeal and response(s) to make a determination whether or not there are sufficient grounds to hold an appeal hearing.
    b. If there are insufficient grounds to hold an appeal hearing, the decision of the College Dean will be upheld.
    c. If there are sufficient grounds to hold an appeal hearing, the Provost shall establish an ad hoc grievance appeal panel.
        i. A grievance appeal hearing panel would be established on an ad hoc basis and consist of five members for each case. The grievance appeal hearing panel shall be convened by the Provost and Vice President for Academic Affairs. The panel shall be composed of the Provost and Vice President for Academic Affairs, or her/his designee (serves as Chair), two faculty representatives chosen from the Faculty Senate Academic Grievance Group, and two student representatives chosen from the Student Government Association Academic Grievance Group. The Provost and Vice President for Academic Affairs, or her/his designee shall have a vote only in event of a tie.
            1. The panel members shall conduct the business of the appeal in strict confidence, and in private. The meetings and deliberations of the panel shall be closed.
            2. The panel members shall have access to the written appeals and each person involved in the grievance.
            3. The panel decision shall be communicated in writing to the student, faculty member, College Dean and program director.
            4. The decision of the grievance appeal panel must be submitted in writing by registered mail to both parties. This communication should include an opportunity for a member of the panel or the Provost and Vice President for Academic Affairs to debrief or otherwise provide further assistance to either party.
            5. The decision of the grievance appeal panel is final.

Academic Integrity

Gannon University considers the maintenance of academic integrity of utmost importance and stresses that students are responsible for thoroughly understanding this code. Absolute integrity is expected of every Gannon student in all academic undertakings; the student must in no way misrepresent his/her work, fraudulently or unfairly advance his/her academic status, or be a party to another student’s failure to maintain integrity.

The maintenance of an atmosphere of academic honor and the fulfillment of the provisions of this code are the responsibilities of the students and faculty of Gannon University. Therefore, all students and faculty members shall adhere to the basic principles of this Code.

Forms of Academic Dishonesty

Plagiarism

Plagiarism is the inclusion of someone else's words, ideas or data as one's own work. When a student submits work for credit that includes the words, ideas or data of others, the source of that information must be acknowledged through complete and accurate documentation, and specific footnote references, and, if verbatim statements are included, through quotation marks as well. By placing his/her name on work submitted for credit, the student certifies the originality of all work not otherwise identified by appropriate acknowledgments.

A student will avoid being charged with plagiarism if there is an acknowledgment of indebtedness.

EXAMPLES (Including but not limited to)

- Whenever one quotes another person's actual words.
- Whenever one paraphrases another person's idea, opinion or theory;
- Whenever one borrows facts, statistics, or other illustrative materials, unless the information is common knowledge.
- Downloading or purchasing material from Internet without identifying appropriate acknowledgement.

Fabrication

Fabrication is the use of invented information or the falsification of research or other findings with the intent to deceive.

EXAMPLES (Including but not limited to)

- Citing information not taken from the source indicated.
- Listing sources in a bibliography not used in the academic exercise.
- Inventing data or source information for research or other academic exercise.
- Submitting as your own any academic exercise (e.g., written work, documentation or legal document [e.g., patient charts, etc.], painting, sculpture, etc., etc.) prepared totally or in part by another.
- Taking a test for someone else or permitting someone else to take a test for you.

Cheating

Cheating is an act of deception by which a student misrepresents that he/she has mastered information on an academic exercise that he/she has not mastered.

EXAMPLES (Including but not limited to)

1. Copying from another student's test paper and/or other assignments.
2. Actively facilitating another student's copying from one's own test paper/other assignments.
3. Using the course textbook or other materials such as a notebook not authorized for use during a test.
4. Collaborating during a test with any other person by receiving information without authority.

5. Using specifically prepared and unauthorized materials or equipment during a test, e.g. notes, formula lists, notes written on student's clothing, etc.
6. Reporting a clinical visit completed when it was not.
7. Falsifying reports of clinical visits, laboratory exercises, or field experiences.

Academic Misconduct

Academic misconduct is the tampering with grades, or taking part in obtaining or distributing any part of a test not administered.

EXAMPLES (Including but not limited to)

1. Stealing, buying or otherwise obtaining all or part of a non-administered test.
2. Selling or giving away all or part of a non-administered test including answers to a non-administered test.
3. Bribing any other person to obtain a non-administered test or any information about the test.
4. Entering a building, office, file or computer/computer system for the purpose of changing a grade in a grade book, on a test, or on other work for which a grade is given.
5. Changing, altering, or being an accessory to the changing and/or altering of a grade in a grade book, on a test, a "change of grade" form, or other official academic records of the University which relate to grades.
6. Entering a building, office, file, or computer/computer system for the purpose of obtaining a non-administered test.
7. Hiding and/or mutilating library/classroom books and/or equipment.

Procedure for Violation of Code of Academic Integrity

Informal Procedure

If an instructor suspects that a student or students may have violated Gannon University's code of Academic Integrity, he/she will promptly notify the student(s) involved and request an explanation of the alleged discrepancies noted. The student(s) will be invited to meet with the instructor to review the matter in question. The process of notification and meeting will take place within 30 calendar days of the alleged violation. If the student is cleared of the suspicion, the matter will be dropped. If the student(s) admits to the allegation as alleged, the instructor will impose a sanction upon the student. The student(s) should be aware that admission of guilt does not eliminate or lessen the sanction imposed by the instructor. A written statement of the infraction will be forwarded to the student(s) academic advisor(s) by the Academic Dean. The records are maintained at the Academic Dean's office for a period of three years after the student leaves or graduates from the university.

Formal Procedure

1. If an instructor suspects that a student or students may have violated Gannon University's Code of Academic Integrity, he/she will promptly notify the student(s) involved and request an explanation of the alleged discrepancies noted. The student(s) will be invited to meet with the instructor to review the matter in question.

   The process of notification and meeting will take place within 30 days of the alleged violation. If the student(s) is/are cleared of the suspicion, the matter will be dropped.

2. If the student(s) and the instructor are not able to agree on the matter of guilt on the alleged violation or on the severity of the sanction imposed by the instructor, the student(s) may appeal the instructor's decision to the Dean of the College. Any appeal must be made within 10 calendar days of the instructor/student meeting.
3. (Note: exceptions can be made for unusual circumstances [end of semester, graduation, and late grade returns, etc.].) Students are expected to continue to attend class during the appeal process.
4. A hearing will be scheduled with the Academic Dean. The instructor will present pertinent evidence and the student will be given the opportunity to challenge the evidence and present a defense.
5. The Dean will issue a finding based upon the evidence presented. If the Dean determines that not enough evidence has been presented, the matter will be dropped. If the Dean finds the student(s) in violation of the Code of Academic Integrity, he/she has the power to issue a sanction. Finally, the Dean has the power to support the sanction originally imposed by the instructor. (The Dean has the power to augment the sanctions by issuing administrative sanctions [i.e. suspension or separation]) in addition to the academic sanctions imposed by the faculty member. In all deliberations, the Dean may take into account not only the evidence of the appeal proceeding but also the record of any previous infraction.
6. Following the Dean's decision, the student(s) may wish to make a final appeal to the Provost with respect to the fairness of the original proceeding and/or the appropriateness of the punitive sanction imposed. The Provost will issue a decision within 10 calendar days of the appeal. Students are expected to continue attending class during the appeal process. Records of completed disciplinary proceedings are destroyed if the student is acquitted. Records of the completed disciplinary proceedings are maintained in the Student Conduct Office and the Academic Dean's Office if the student is found guilty. The records are maintained for a period of three years after the student leaves or graduates from the University.

Academic Dishonesty Sanctions

Any student found guilty of academic dishonesty will be subject to penalties, which, depending on the gravity of the offense, may include the following:

1. Failure of the assignment involved (subject to decision by faculty member)
2. Failure of the course (subject to decision by faculty member)
3. Subject to review and approval of the Academic Dean, separation from the University
4. Subject to review and approval of the Academic Dean, expulsion from the University.

Graduation

Degrees are conferred three times per year: December, May, and August. Attendance at Commencement ceremonies is highly recommended, since graduation is such an important and joyous occasion in the life of academic institutions. Students who have applied for May or August graduation and who have had their application approved by their program director may participate in the May commencement ceremony and have their names listed in the program. Graduate students with more than six credit hours remaining to be completed in the summer may not be approved for August graduation nor participation in the May ceremony. Graduate students enrolled in current and future programs that have a structured curriculum that requires more than

6 hours in the summer as the final semester, such as the Physician Assistant Program, may participate in the May ceremony.

Prospective graduates should complete an application for graduation early in the semester (or year) of planned commencement. Submission of this form, which is available in the offices of the Dean, Registrar, and on GUXpress under student academic forms, will begin an administrative process in which the student's file will be carefully examined by the program director with regard to program requirements for graduation and potential difficulties. An early application will allow for both expeditious processing of the request and time to make up any deficiencies. December graduates must apply for graduation before September 15. May and August graduates must apply for graduation before February 15.

Medical Leave

Graduate students who find it necessary to take a medical leave from the University must:

- Meet with their respective Program Director/Chair or advisor
- Submit medical documentation that substantiates/verifies need for the leave
- Medical leave form must be completed
- Conditions of return are to be formulated and addressed in a letter from the program director/chair and dated and signed by the student
- Medical leave of absence is granted for up to two (2) semesters
- Student must submit medical clearance to return to coursework AND a written plan of action needs to be developed with input from the program director/chair prior to returning
- If a student does not return to the University within two (2) years, they will be required to reapply for admission
- Failure to comply with this policy may result in the assignment of an "F" grade for all courses for which the student is enrolled in during the current semester, and forfeiture of the rights for readmission
- International students must work closely with the International Student Office when contemplating a leave or withdrawal from studies

Non-Discrimination Policy

It is the policy of Gannon University to affirmatively implement equal opportunity to all qualified applicants and existing students and employees. In administering its affairs, the University shall not discriminate against any person on any basis prohibited by law. All aspects of employment including recruitment, selection, hiring, training, transfer, promotion, termination, compensation and benefits conform to this policy. All aspects of student affairs and education of students including recruitment, admissions, financial aid, placement, access to facilities, student discipline, student life and student employment conform to this policy. Questions or inquiries regarding the University's policy should be directed to the Director of Human Resources, Gannon University, 109 University Square, Erie, PA 16541-0001; phone (814) 871-5615.

Policy on Withdrawal and Dismissal

Withdrawal

In the event that a student is contemplating withdrawal from the Master of Science in Exercise Science program, the student is strongly encouraged to first discuss these concerns with a program faculty member or the program chair. This discussion can provide the student with helpful information about alternatives to withdrawal, such as a leave of absence from the program. Discussion with the program chair is required in the event of withdrawal or a leave of absence for the completion of appropriate forms and notification to other offices at the University.

Dismissal

Students may be dismissed from Graduate Studies for academic and/or professional reasons.
Academic: All students whose GPA falls below 3.0 are subject to review each semester by their program director and their Academic Dean. Separation from the University is the responsibility of the appropriate Academic Dean in consultation with the program director.
Professional: All students whose professional behavior in the classroom or in clinical situations falls below professional standards will be subject to dismissal from the program.
Appeal of dismissal action may be made to the Academic Dean. Reinstatement to graduate studies at Gannon is possible only with written permission of the Academic Dean.
Graduate Student Academic Action for a cumulative grade point average below 3.0 will be based upon the following guidelines:

- Graduate students who have attempted fewer than 9 credits at Gannon University will receive a letter of warning.
- Graduate students who receive a provisional academic admission and have attempted 9 credits or more at Gannon University will be dismissed.
- Graduate students who received a regular admission and attempted 9 credits or more but fewer than 24 credits at Gannon University will be placed on academic probation. Graduate students who fail to raise their cumulative grade point average to a 3.0 or above after attempting 9 additional credits will be dismissed.
- Notwithstanding the prior guidelines, graduate students who have attempted 9 credits or more at Gannon University whose cumulative grade point average is less than 2.3 will be dismissed.
- Graduate students who have attempted 24 credits or more at Gannon University will be subject to dismissal.

None of these guidelines will supersede individual program requirements that create a higher expectation.

Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) is the federal law that governs release of, and access to, student education records. Below is a brief summary of your rights under FERPA:

1. The right to inspect and review the student's education records within 45 days of the day Gannon University receives a request for access.
    - A student should submit to the Registrar's Office written requests that identify the record(s) the student wishes to inspect. The Registrar will make arrangements for access and notify the student of the time and place where the records may be inspected. If the records are not maintained by the Registrar's Office, the student will be advised of the correct person to whom the request should be addressed.
2. The right to request the amendment of the education records that the student believes is inaccurate, misleading, or otherwise in violation of the student's privacy rights under FERPA.
    - A student who wishes to ask Gannon University to amend a record should write to the Registrar, clearly identify the part of the record the student wants changed, and specify why it should be changed.
    - If Gannon University decides not to amend the record as requested, the Registrar will notify the student in writing of the decision and the right of the student to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the student when notified of the right to a hearing.
3. The right to provide written consent before Gannon University discloses personally identifiable information from the student's education records, except to the extent that FERPA authorizes disclosure without consent:
    - Gannon University discloses education records to school officials with legitimate educational interests. A school official is a person employed by Gannon University in an administrative, supervisory, academic or research, or support staff position (including law enforcement unit personnel and health staff); a person or company with whom Gannon University has contracted (such as an attorney, auditor, or collection agent); a person serving on the Board of Trustees; or a student serving on an official committee, such as a disciplinary or grievance committee, or assisting another school official in performing his or her tasks. A school official has a legitimate educational interest if the official needs to review an education record in order to fulfill his or her professional responsibility.
    - Gannon University may disclose, upon request, education records without consent to officials of another school in which a student seeks or intends to enroll.
    - Gannon University may release Directory Information. Directory Information is defined as that information which would not generally be considered harmful or an invasion of privacy if disclosed. Directory Information at Pacific University currently includes the following: student name; permanent address; local address; temporary address; electronic mail address; telephone number; dates of attendance; degrees and awards received; major field of study; participation in officially recognized activities and sports; weight and height of members of athletic teams; theses titles/topics; photograph; full-time/part-time status; most recent previous school attended; date and place of birth, and recorded image.

- Although Gannon University legally may release Directory Information, current policy does not allow release of any student information to parties outside of the university. Exceptions to this include, but are not limited to: Dean's Lists; Academic or Athletic honors, awards or programs; contracted Commencement photographers; or information to students' hometown newspapers.

- Students may elect a "Directory Hold", which places a hold on the release of any information outside of Gannon University. This request is made in writing to the Registrar. The request for a Directory Hold will be honored by the University for no more than one academic year, but can be filed annually with the Registrar. The implications of a Directory Hold are far-reaching, and students should consult with the Registrar before submitting a request.

4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by Pacific University to comply with the requirements of FERPA. The office that administers FERPA is:

Family Policy Compliance Office

U.S. Department of Education

600 Independence Avenue, SW

Washington, DC, 20202-4605

CAAHEP Competencies

INSTITUTIONAL COMPETENCIES MATCHING FORM

Applied Exercise Physiology

	Performance Domains and Associated Job Tasks	**Course prefix, number and name** Example Course Title: MOV 304 Physiology of Activity
	DOMAIN I: PATIENT/CLIENT ASSESSMENT **A. Determine and obtain the necessary physician referral and medical records to assess the potential participant**	
I.A.1.a	Knowledge of the procedure to obtain informed consent from participant to meet legal requirements.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 530- Research Methods and Statistics In Human Performance
I.A.1.b	Knowledge of information and documentation required for program participation.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 530- Research Methods and Statistics In Human Performance
I.A.1.c	Knowledge of the procedure to obtain physician referral and medical records required for program participation.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
I.A.1.d	Knowledge of the procedure to obtain participant's medical history through available documentation.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
I.A.2.a	Skill in assessing participant physician referral and medical records to determine program participation status.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
	DOMAIN I: PATIENT/CLIENT ASSESSMENT **B. Perform a preparticipation health screening including review of the participant's medical history and knowledge, their needs and goals, the program's potential benefits and additional required testing and data.**	
I.B.1.a	Knowledge of normal cardiovascular, pulmonary and metabolic anatomy and physiology.	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology

I.B.1.b	Knowledge of cardiovascular, pulmonary and metabolic pathologies, clinical progression, diagnostic testing and medical regimens/procedures.	GSPRT 522 – Exercise Testing and Prescription in Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.c	Knowledge of instructional techniques to assess participant's expectations and goals.	GSPRT 540- Principles of Behavior Change
I.B.1.d	Knowledge of commonly used medication for cardiovascular, pulmonary and metabolic diseases.	GSPRT 522 – Exercise Testing and Prescription in Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.e	Knowledge of the effects of physical inactivity, including bed rest, and methods to counteract these changes.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.f	Knowledge of normal physiologic responses to exercise.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 581 Neuromuscular Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.g	Knowledge of abnormal responses/signs/symptoms to exercise associated with different pathologies (e.g., cardiovascular, pulmonary, metabolic).	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.h	Knowledge of anthropometric measurements and their interpretation.	GSPRT 520- Advanced Laboratory Techniques GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.i	Knowledge of normal 12-lead and telemetry ECG interpretation.	GSPRT 562- Cardiopulmonary Physiology
I.B.1.j	Knowledge of interpretation of ECGs for abnormalities (e.g., arrhythmias, blocks, ischemia, infarction).	GSPRT 562- Cardiopulmonary Physiology
I.B.1.k	Knowledge of normal and abnormal heart and lung sounds.	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.l	Knowledge of pertinent areas of a participant's medical history (e.g., any symptoms since their procedure, description of discomfort/pain, orthopedic issues).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology

I.B.1.m	Knowledge of validated tools for measurement of psychosocial health status.	GSPRT 540- Principles of Behavior Change
I.B.1.n	Knowledge of a variety of behavioral assessment tools (e.g., SF-36, health-related quality of life, Chronic Respiratory Disease Questionnaire) and strategies for their use.	GSPRT 540- Principles of Behavior Change
I.B.1.o	Knowledge of psychological issues associated with acute and chronic illness (e.g., anxiety, depression, social isolation, suicidal ideation).	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 540- Principles of Behavior Change GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.p	Knowledge of participant-centered goal setting.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change
I.B.1.q	Knowledge of functional and diagnostic exercise testing methods, including symptom-limited maximal and submaximal aerobic testing.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
I.B.1.r	Knowledge of indications and contraindications to exercise testing.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.s	Knowledge of normal and abnormal (i.e., signs/symptoms) endpoints for termination of exercise testing.	GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
I.B.1.t	Knowledge of testing and interpretation of muscle strength/endurance and flexibility.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 581 Neuromuscular Physiology
I.B.1.u	Knowledge of current published guidelines for treatment of cardiovascular, pulmonary and metabolic pathologies (e.g., ACC/AHA (American College of Cardiology/American Heart Association) Joint Guidelines, GOLD - Global Initiative for Chronic Obstructive Pulmonary Disease, ADA (American Diabetes Association) guidelines).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
I.B.2.a	Skill in auscultation methods for common cardiopulmonary abnormalities.	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology

I.B.2.b	Skill in data collection during baseline intake assessment.	GSPRT 520- Advanced Laboratory Techniques GSPRT 582- Advanced Clinical Exercise Physiology GSPRT 602- Internship I GSPRT 603- Internship II
I.B.2.c	Skill in assessment and interpretation of information collected during the baseline intake assessment.	GSPRT 520- Advanced Laboratory Techniques GSPRT 582- Advanced Clinical Exercise Physiology
I.B.2.d	Skill in formulating an exercise program based upon the information collected during the baseline intake assessment.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Population
I.B.2.e	Skill in selection, application and monitoring of exercise testing for healthy and patient populations.	GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Population GSPRT 562- Cardiopulmonary Physiology
I.B.2.f	Skill in muscle strength, endurance and flexibility assessments for healthy and patient populations.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Population GSPRT 581 Neuromuscular Physiology
I.B.2.g	Skill in patient preparation and ECG electrode application for resting and exercise ECGs.	GSPRT 520- Advanced Laboratory Techniques GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
	DOMAIN I: PATIENT/CLIENT ASSESSMENT **C. Evaluate the participant's risk to ensure safe participation and determine level of monitoring/supervision in a preventive or rehabilitative exercise program.**	
I.C.1.a	Knowledge of applied exercise physiology principles.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 562- Cardiopulmonary Physiology GSPRT 581 Neuromuscular Physiology

I.C.1.b	Knowledge of cardiovascular, pulmonary and metabolic pathologies, their clinical progression, diagnostic testing and medical regimens/procedures to treat.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.C.1.c	Knowledge of ACSM's pre-participation screening algorithm.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
I.C.1.d	Knowledge ofthe participant's risk factor profile (i.e., cardiovascular, pulmonary and metabolic) to determine level of exercise supervision using ACSM, AHA, and AACVPR (American Association of Cardiovascular and Pulmonary Rehabilitation) risk stratification criteria.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
I.C.1.e	Knowledge of indications and contraindications to exercise testing.	GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.C.1.f	Knowledge of functional and diagnostic exercise testing methods, including symptom-limited maximal and submaximal aerobic testing.	GSPRT 562- Cardiopulmonary Physiology GSPRT 522- Exercise Testing and Prescription In Clinical Populations
I.C.1.g	Knowledge of interpretation of ECGs for abnormalities (e.g., arrhythmias, blocks, ischemia, infarction).	GSPRT 562- Cardiopulmonary Physiology
I.C.1.h	Knowledge of normal and abnormal (i.e., signs/symptoms) endpoints for termination of exercise testing.	GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
I.C.1.i	Knowledge of testing and interpretation of muscle strength/endurance and flexibility.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 581 Neuromuscular Physiology
I.C.1.j	Knowledge of commonly used medication for cardiovascular, pulmonary and metabolic diseases.	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology

I.C.1.k	Knowledge of current published guidelines for treatment of cardiovascular, pulmonary and metabolic pathologies (e.g., ACC/AHA Joint Guidelines, GOLD - Global Initiative for Chronic Obstructive Pulmonary Disease, ADA guidelines).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
I.C.2.a	Skill in risk stratification using established guidelines (ACSM, AHA vs. informal).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
I.C.2.b	Skill in selection, application and monitoring of exercise tests for apparently healthy participants and those with chronic disease.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
I.C.2.c	Skill in ECG interpretation and interpreting exercise test results.	GSPRT 562- Cardiopulmonary Physiology GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN II: EXERCISE PRESCRIPTION **A. Develop a clinically appropriate exercise prescription using all available information (e.g., clinical and physiological status, goals and behavioral assessment).**	
II.A.1.a	Knowledge of applied exercise physiology principles.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques
II.A.1.b	Knowledge of the FITT (Frequency, Intensity, Time, Type) principle for aerobic, muscular fitness /resistance training and flexibility exercise prescription.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.A.1.c	Knowledge of cardiovascular, pulmonary and metabolic pathologies, their clinical progression, diagnostic testing and medical regimens/procedures to treat.	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.A.1.d	Knowledge of the effects of physical inactivity, including bed rest, and methods to counteract these changes.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology

II.A.1.e	Knowledge of normal physiologic responses to exercise.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.A.1.f	Knowledge of abnormal responses/signs/symptoms to exercise associated with different pathologies (e.g., cardiovascular, pulmonary, metabolic).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.A.1.g	Knowledge of validated tools of measurement of psychosocial health status.	GSPRT 540- Principles of Behavior Change
II.A.1.h	Knowledge of functional and diagnostic exercise testing methods, including symptom-limited maximal and submaximal aerobic testing.	GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
II.A.1.i	Knowledge of normal and abnormal (i.e., signs/symptoms) endpoints for termination of exercise testing.	GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
II.A.1.j	Knowledge of tests to assess and interpret muscle strength/endurance and flexibility.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.A.1.k	Knowledge of commonly used medication for cardiovascular, pulmonary and metabolic diseases, and their effect on exercise prescription.	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.A.1.l	Knowledge of exercise principles (prescription, progression/maintenance and supervision) for apparently healthy participants and participants with cardiovascular, pulmonary, and/or metabolic diseases.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology

II.A.1.m	Knowledge of appropriate mode, volume and intensity of exercise to produce desired outcomes for apparently healthy participants and those with cardiovascular, pulmonary and metabolic diseases.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
II.A.1.n	Knowledge of the application of metabolic calculations.	GSPRT 520 Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition
II.A.1.o	Knowledge of goal development strategies.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change
II.A.1.p	Knowledge of behavioral assessment tools (e.g., SF-36, health-related quality of life, Chronic Respiratory Disease Questionnaire) and strategies for use.	GSPRT 540- Principles of Behavior Change
II.A.1.q	Knowledge of psychological issues associated with acute and chronic illness (e.g., anxiety, depression, social isolation, suicidal ideation).	GSPRT 540- Principles of Behavior Change GSPRT 582- Advanced Clinical Exercise Physiology
II.A.2.a	Skill in interpretation of functional and diagnostic exercise testing with applications to exercise prescription.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
II.A.2.b	Skill in interpretation of muscular strength/endurance testing with applications to exercise prescription.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
II.A.2.c	Skill in developing an exercise prescription based on a participant's clinical status.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN II: EXERCISE PRESCRIPTION **B. Review the exercise prescription and exercise program with the participant, including home exercise, compliance and participant's expectations and goals.**	

II.B.1.a	Knowledge of applied exercise physiology principles.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 562- Cardiopulmonary Physiology
II.B.1.b	Knowledge of normal physiologic responses to exercise.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.B.1.c	Knowledge of abnormal responses/signs/symptoms to exercise associated with different pathologies (e.g., cardiovascular, pulmonary, metabolic).	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.B.1.d	Knowledge of anthropometric measurements and their interpretation.	GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.B.1.e	Knowledge of participant-centered goal setting.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change
II.B.1.f	Knowledge of exercise principles (prescription, progression/maintenance and supervision) for apparently healthy participants and participants with cardiovascular, pulmonary, and/or metabolic diseases.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
II.B.1.g	Knowledge of the FITT (Frequency, Intensity, Time, Type) principle for aerobic, muscular fitness /resistance training and flexibility exercise prescription.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.B.1.h	Knowledge of appropriate mode, volume and intensity of exercise to produce desired outcomes for apparently healthy participants and those with cardiovascular, pulmonary and metabolic diseases.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
II.B.1.i	Knowledge of the application of metabolic calculations.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition

II.B.1.j	Knowledge of goal development strategies.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change
II.B.1.k	Knowledge of terminology appropriate to provide the client with education regarding their exercise prescription.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.B.1.l	Knowledge of instructional techniques for safe and effective prescription implementation and understanding by participant.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.B.1.m	Knowledge of the timing of daily activities with exercise (e.g., medications, meals, insulin/glucose monitoring).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition GSPRT 582- Advanced Clinical Exercise Physiology
II.B.1.n	Knowledge of disease-specific strategies and tools to improve tolerance of exercise (e.g., breathing techniques, insulin pump use and adjustments, prophylactic nitroglycerin).	GSPRT 582- Advanced Clinical Exercise Physiology
II.B.1.o	Knowledge of instructional strategies for improving exercise adoption and maintenance.	GSPRT 540- Principles of Behavior Change
II.B.1.p	Knowledge of common barriers to exercise compliance and strategies to address these (e.g., physical, psychological, environmental, demographic).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.B.1.q	Knowledge of instructional techniques to assess participant's expectations and goals.	GSPRT 540- Principles of Behavior Change
II.B.1.r	Knowledge of risk factor reduction programs and alternative community resources (e.g., dietary counseling, weight management/Weight Watchers®, smoking cessation, stress management, physical therapy/back care).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition
II.B.2.a	Skill in communicating with participants from a wide variety of educational backgrounds.	GSPRT 602- Internship I GSPRT 603- Internship II
II.B.2.b	Skill in effectively communicating exercise prescription and exercise techniques.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
II.B.2.c	Skill in applying various models to optimize patient compliance and adherence in order to achieve patient goals.	GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN II: EXERCISE PRESCRIPTION **C. Instruct the participant in the safe and effective use of exercise modalities, exercise plan, reporting symptoms and class organization.**	

II.C.1.a	Knowledge of applied exercise physiology principles.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 562- Cardiopulmonary Physiology
II.C.1.b	Knowledge of normal physiologic responses to exercise.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.C.1.c	Knowledge of abnormal responses/signs/symptoms to exercise associated with different pathologies (e.g., cardiovascular, pulmonary, metabolic).	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
II.C.1.d	Knowledge of the timing of daily activities with exercise (e.g., medications, meals, insulin/glucose monitoring).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition GSPRT 582- Advanced Clinical Exercise Physiology
II.C.1.e	Knowledge of commonly used medication for cardiovascular, pulmonary and metabolic diseases.	GSPRT 582- Advanced Clinical Exercise Physiology
II.C.1.f	Knowledge of lay terminology for explanation of exercise prescription.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
II.C.1.g	Knowledge of the operation of various exercise equipment/modalities.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 581 Neuromuscular Physiology
II.C.1.h	Knowledge of proper biomechanical technique for exercise (e.g., gait assessment, proper weight lifting form).	GSPRT 510- Advanced Strength and Conditioning GSPRT 581 Neuromuscular Physiology
II.C.1.i	Knowledge of muscle strength/endurance and flexibility modalities and their safe application and instruction.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations

II.C.1.j	Knowledge of tools to measure exercise tolerance (heart rate/pulse, blood pressure, glucometry, oximetry, rating of perceived exertion, dyspnea scale, pain scale).	GSPRT 510- Advanced Strength and Conditioning GSPRT 520 Advanced Laboratory TEchqniues GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
II.C.1.k	Knowledge of principals and application of exercise session organization.	GSPRT 510- Advanced Strength and Conditioning
II.C.2.a	Skill in the observational assessment of participants.	GSPRT 510- Advanced Strength and Conditioning GSPRT 602- Internship I GSPRT 603- Internship II
II.C.2.b	Skill in communicating with participants from a wide variety of educational backgrounds.	GSPRT 602- Internship I GSPRT 603- Internship II
II.C.2.c	Skill in communicating with participants regarding the proper organization of exercise sessions.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN III: PROGRAM IMPLEMENTATION AND ONGOING SUPPORT **A. Implement the program (e.g., exercise prescription, education, counseling, goals).**	
III.A.1.a	Knowledge of abnormal responses/signs/symptoms to exercise associated with different pathologies (i.e., cardiovascular, pulmonary, metabolic).	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
III.A.1.b	Knowledge of normal and abnormal 12-lead and telemetry ECG interpretation.	GSPRT 562- Cardiopulmonary Physiology GSPRT 520- Advanced Laboratory Techniques
III.A.1.c	Knowledge of the FITT principle (Frequency, Intensity, Time, Type) for aerobic, muscular fitness /resistance training and flexibility exercise prescription.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.A.1.d	Knowledge of exercise progression/maintenance and supervision for apparently healthy participants and participants with cardiovascular, pulmonary, and/or metabolic diseases.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.A.1.e	Knowledge of disease-specific strategies and tools to improve tolerance of exercise (e.g., breathing techniques, insulin pump use and adjustments, prophylactic nitroglycerin).	GSPRT 582- Advanced Clinical Exercise Physiology
III.A.1.f	Knowledge of instructional strategies for improving exercise adoption and maintenance.	GSPRT 510- Advanced Strength and Conditioning GSPRT 540- Principles of Behavior Change

III.A.1.g	Knowledge of strategies to maximize exercise compliance (e.g., overcoming barriers, values clarification, goals setting).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.A.1.h	Knowledge of the operation of various exercise equipment/modalities.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.A.1.i	Knowledge of proper biomechanical technique for exercise (e.g., gait, weight lifting form).	GSPRT 510- Advanced Strength and Conditioning
III.A.1.j	Knowledge of tools to measure clinical exercise tolerance (e.g., heart rate, glucometry, oximetry, subjective assessments).	GSPRT 520 Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
III.A.1.k	Knowledge of the principles and application of exercise session organization.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.A.1.l	Knowledge of commonly used medications for cardiovascular, pulmonary and metabolic diseases.	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
III.A.1.m	Knowledge of exercise program monitoring (e.g., telemetry, oximetry, glucometry).	GSPRT 582- Advanced Clinical Exercise Physiology
III.A.1.n	Knowledge of principles and application of muscular strength/endurance and flexibility training.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.A.1.o	Knowledge of methods to assess participant's educational goals.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change
III.A.1.p	Knowledge of counseling techniques to optimize participant's disease management, risk reduction and goal attainment.	GSPRT 540- Principles of Behavior Change
III.A.2.a	Skill in educating participants on the use and effects of medications.	GSPRT 582- Advanced Clinical Exercise Physiology
III.A.2.b	Skill in the application of metabolic calculations.	GSPRT 520 Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.A.2.c	Skill in communicating the exercise prescription and related exercise programming techniques.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II

III.A.2.d	Skill in observation of clients for problems associated with comprehension and performance of their exercise program.	GSPRT 510- Advanced Strength and Conditioning GSPRT 602- Internship I GSPRT 603- Internship II
III.A.2.e	Skill in muscular strength/endurance and flexibility training.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN III: PROGRAM IMPLEMENTATION AND ONGOING SUPPORT **B. Continually assess participant feedback, clinical signs and symptoms and exercise tolerance and provide feedback to the participant about their exercise, general program participation and clinical progress.**	
III.B.1.a	Knowledge of cardiovascular, pulmonary and metabolic pathologies, their clinical progression, diagnostic testing and medical regimens/procedures to treat.	GSPRT 582- Advanced Clinical Exercise Physiology
III.B.1.b	Knowledge of normal and abnormal exercise responses, signs and symptoms associated with different pathologies (i.e., cardiovascular, pulmonary, metabolic).	GSPRT 522 Exercise Testing and Prescription in Clincial Populations GSPRT 582- Advanced Clinical Exercise Physiology
III.B.1.c	Knowledge of normal and abnormal 12-lead and telemetry ECG interpretation.	GSPRT 562- Cardiopulmonary Physiology
III.B.1.d	Knowledge of normal and abnormal heart and lung sounds.	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
III.B.1.e	Knowledge of the components of a participant's medical history necessary to screen during program participation.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
III.B.1.f	Knowledge of appropriate mode, volume and intensity of exercise to produce desired outcomes for apparently healthy participants and those with cardiovascular, pulmonary and metabolic diseases.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
III.B.1.g	Knowledge of psychological issues associated with acute and chronic illness (e.g., depression, social isolation, suicidal ideation).	GSPRT 540- Principles of Behavior Change GSPRT 582- Advanced Clinical Exercise Physiology
III.B.1.h	Knowledge of the timing of daily activities with exercise (e.g., medications, meals, insulin/glucose monitoring).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition GSPRT 582- Advanced Clinical Exercise Physiology

III.B.1.i	Knowledge of how medications or missed dose(s) of medications impact exercise and its progression.	GSPRT 582- Advanced Clinical Exercise Physiology
III.B.1.j	Knowledge of methods to provide participant feedback relative to their exercise, general program participation and clinical progress.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change
III.B.2.a	Skill in auscultation methods for common cardiovascular and pulmonary abnormalities.	GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
III.B.2.b	Skill in the assessment of normal and abnormal response to exercise.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology GSPRT 602- Internship I GSPRT 603- Internship II
III.B.2.c	Skill in adjusting the exercise program based on participant's signs and symptoms, feedback and exercise response.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
III.B.2.d	Skill in communicating exercise techniques, program goals and clinical monitoring and progress.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
III.B.2.e	Skill in applying and interpreting tools for clinical assessment (e.g., telemetry, oximetry and glucometry, perceived rating scales).	GSPRT 582- Advanced Clinical Exercise Physiology GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN III: PROGRAM IMPLEMENTATION AND ONGOING SUPPORT **C. Reassess and update the program (e.g., exercise, education and client goals) based upon the participant's progress and feedback.**	
III.C.1.a	Knowledge of techniques to determine participant's medical history through available documentation.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology

III.C.1.b	Knowledge of normal physiologic responses to exercise.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 581 Neuromuscular Physiology GSPRT 582- Advanced Clinical Exercise Physiology
III.C.1.c	Knowledge of abnormal responses/signs/symptoms to exercise associated with different pathologies (e.g., cardiovascular, pulmonary, metabolic).	GSPRT 581 Neuromuscular Physiology GSPRT 582- Advanced Clinical Exercise Physiology
III.C.1.d	Knowledge of participant's educational and behavioral goals and methods to obtain them.	GSPRT 540- Principles of Behavior Change
III.C.1.e	Knowledge of counseling techniques focusing on participant goal attainment.	GSPRT 540- Principles of Behavior Change
III.C.1.f	Knowledge of exercise progression/maintenance and supervision for apparently healthy participants and participants with cardiovascular, pulmonary, and/or metabolic diseases.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
III.C.1.g	Knowledge of appropriate mode, volume and intensity of exercise to produce desired outcomes for apparently healthy participants and those with cardiovascular, pulmonary and metabolic diseases.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
III.C.1.h	Knowledge of strategies to maximize exercise compliance (e.g., overcoming barriers, values clarification, goals setting).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change
III.C.1.i	Knowledge of risk factor reduction programs and alternative community resources (e.g., dietary counseling/Weight Watchers®, smoking cessation, physical therapy/back care).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition
III.C.1.j	Knowledge of proper biomechanical technique for exercise (e.g., gait, weight lifting form).	GSPRT 510- Advanced Strength and Conditioning GSPRT 581 Neuromuscular Physiology
III.C.1.k	Knowledge of clinical monitoring of the exercise program (e.g., telemetry, oximetry and glucometry, adjusting exercise intensity).	GSPRT 582- Advanced Clinical Exercise Physiology

III.C.1.l	Knowledge of commonly used medication for cardiovascular, pulmonary and metabolic diseases.	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
III.C.1.m	Knowledge of the application and instruction of muscle strength/endurance and flexibility modalities.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.C.1.n	Knowledge of modification of the exercise prescription for clinical changes and attainment of participant's goals.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.C.1.o	Knowledge of community resources available to the participant following discharge from the program.	GSPRT 602 Internship I GSPRT 603 Intership II
III.C.2.a	Skill in modifying the exercise program based on participant's signs and symptoms, feedback and exercise responses.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
III.C.2.b	Skill in utilizing metabolic calculations and clinical data to adjust the exercise prescription.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.C.2.c	Skill in observation of participant for problems associated with comprehension and performance of their exercise program.	GSPRT 602- Internship I GSPRT 603- Internship II
III.C.2.d	Skill in communicating exercise techniques, program goals and clinical monitoring and progress.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 602- Internship I GSPRT 603- Internship II
III.C.2.e	Skill in applying and interpreting tools for clinical assessment (e.g., telemetry, oximetry and glucometry, perceived rating scales).	GSPRT 582- Advanced Clinical Exercise Physiology
	DOMAIN III: PROGRAM IMPLEMENTATION AND ONGOING SUPPORT **D. Maintain participant records to document progress and clinical status.**	
III.D.1.a	Knowledge of participant's medical history through available documentation.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
III.D.1.b	Knowledge of cardiovascular, pulmonary and metabolic pathologies, diagnostic testing and medical management regimens and procedures.	GSPRT 562 Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
III.D.1.c	Knowledge of commonly used medication for cardiovascular, pulmonary and metabolic diseases.	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology
III.D.1.d	Knowledge of HIPAA (Health Insurance Portability and Accountability Act) regulations relative to documentation.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations

III.D.1.e	Knowledge of medical documentation (e.g., progress notes, SOAP notes).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
III.D.2.a	Skill in applying knowledge of medical documentation and regulations.	GSPRT 602- Internship I GSPRT 603- Internship II
III.D.2.b	Skill in summarizing participants' exercise sessions, outcomes and clinical issues into an appropriate medical record.	GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN IV: LEADERSHIP & COUNSELING **A. Educate the participant about performance and progression of aerobic, strength and flexibility exercise programs.**	
IV.A.1.a	Knowledge of physiological responses, signs, and symptoms to exercise associated with different pathologies (i.e., cardiovascular, pulmonary, metabolic).	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 582- Advanced Clinical Exercise Physiology
IV.A.1.b	Knowledge of exercise (as written above) principles (prescription, progression/maintenance and supervision) for apparently healthy participants and participants with cardiovascular, pulmonary, and/or metabolic diseases.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
IV.A.1.c	Knowledge of exercise progression, maintenance and supervision for apparently healthy participants and participants with cardiovascular, pulmonary, and/or metabolic diseases.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
IV.A.1.d	Knowledge of tools for measuring clinical exercise tolerance (e.g., heart rate, glucometry, subjective rating scales).	GSPRT 520 Advanced Laboratory Techniques GSPRT 582- Advanced Clinical Exercise Physiology
IV.A.1.e	Knowledge of the application and instruction of muscle strength/endurance and flexibility modalities.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520 Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations
IV.A.1.f	Knowledge of exercise modalities and the operation of associated equipment.	GSPRT 510 Advanced Strength and Conditioning GSPRT 520 Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations
IV.A.1.g	Knowledge of proper biomechanical techniques (e.g., gait assessment, resistance training form).	GSPRT 510- Advanced Strength and Conditioning
IV.A.1.h	Knowledge of methods to educate participant in proper exercise programming and progression.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations

IV.A.1.i	Knowledge of the timing of daily activities with exercise (e.g., medications, meals, insulin/ glucose monitoring).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition GSPRT 582- Advanced Clinical Exercise Physiology
IV.A.1.j	Knowledge of disease-specific strategies and tools to improve exercise tolerance (e.g., breathing techniques, insulin pump use, prophylactic nitroglycerin).	GSPRT 582- Advanced Clinical Exercise Physiology
IV.A.1.k	Knowledge of behavioral strategies for improving exercise adoption and maintenance.	GSPRT 540- Principles of Behavior Change
IV.A.1.l	Knowledge of barriers to exercise compliance and associated strategies (e.g., physical, psychological, environmental).	GSPRT 540- Principles of Behavior Change
IV.A.2.a	Skill in communication of exercise techniques, prescription and progression.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations
IV.A.2.b	Skill in the assessment of participant symptoms, biomechanics and exercise effort.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change GSPRT 562- Cardiopulmonary Physiology GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN IV: LEADERSHIP & COUNSELING **B. Provide disease management and risk factor reduction education based on the participant's medical history, needs and goals.**	
IV.B.1.a	Knowledge of education program development based on participant's medical history, needs and goals.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 540- Principles of Behavior Change GSPRT 562- Cardiopulmonary Physiology
IV.B.1.b	Knowledge of methods to educate participant in risk factor reduction.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
IV.B.1.c	Knowledge of published national standards on risk factors for cardiovascular, pulmonary and metabolic disease.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology

IV.B.1.d	Knowledge of risk factor reduction programs and alternative community resources (e.g., dietary counseling/Weight Watchers®, smoking cessation, physical therapy/back care).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition
IV.B.1.e	Knowledge of strategies to improve participant compliance to risk factor reduction.	GSPRT 540- Principles of Behavior Change
IV.B.1.f	Knowledge of goal development strategies.	GSPRT 540- Principles of Behavior Change
IV.B.1.g	Knowledge of counseling techniques.	GSPRT 540- Principles of Behavior Change
IV.B.1.h	Knowledge of validated tools for measurement of psychosocial health status (e.g., SF-36, strait-trait anxiety, Beck depression).	GSPRT 540- Principles of Behavior Change
IV.B.1.i	Knowledge of psychological issues associated with acute and chronic illness (e.g., anxiety, depression, social isolation, suicidal ideation).	GSPRT 540- Principles of Behavior Change
IV.B.1.j	Knowledge of outcome evaluation methods (e.g., AACVPR outcomes model).	GSPRT 510- Advanced Strength and Conditioning GSPRT 520 Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
IV.B.2.a	Skill in communicating with participants from a wide variety of backgrounds.	GSPRT 540- Principles of Behavior Change GSPRT 602- Internship I GSPRT 603- Internship II
IV.B.2.b	Skill in selection of participant outcome parameters.	GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN IV: LEADERSHIP & COUNSELING **C. Create a positive environment for participant adherence and outcomes by incorporating effective motivational skills, communication techniques and behavioral strategies.**	
IV.C.a	Knowledge of current behavior facilitation theories (e.g., health-belief model, transtheoretical model).	GSPRT 540- Principles of Behavior Change
IV.C.b	Knowledge of behavioral strategies and coaching methods for improving exercise adoption and maintenance.	GSPRT 540- Principles of Behavior Change
IV.C.c	Knowledge of communication strategies that foster a positive environment.	GSPRT 540- Principles of Behavior Change
IV.C.d	Knowledge of methods to educate participant in motivational skills and behavioral strategies.	GSPRT 540- Principles of Behavior Change
IV.C.e	Knowledge of barriers to exercise compliance (e.g., physical, psychological, environmental).	GSPRT 540- Principles of Behavior Change
IV.C.f	Knowledge of community resources available for participant use following discharge from the program.	GSPRT 602 Internship I GSPRT 603 Internship II

	DOMAIN IV: LEADERSHIP & COUNSELING **D. Collaborate and consult with health care professionals to address clinical issues and provide referrals to optimize participant outcomes.**	
IV.D.1.a	Knowledge of cardiovascular, pulmonary and metabolic pathologies, clinical progression, diagnostic testing, medical regimens and treatment procedures.	GSPRT 582- Advanced Clinical Exercise Physiology
IV.D.1.b	Knowledge of techniques to determine participant's medical history through available documentation.	GSPRT 573- Exercise Pharmacology GSPRT 522- Exercise Testing and Prescription In Clinical Populations
IV.D.1.c	Knowledge of commonly used medication for cardiovascular, pulmonary and metabolic diseases.	GSPRT 573- Exercise Pharmacology GSPRT 582- Advanced Clinical Exercise Physiology
IV.D.1.d	Knowledge of tools for measuring clinical exercise tolerance (e.g., heart rate, glucometry, subjective rating scales).	GSPRT 520 Advanced Laboratory Techniques
IV.D.1.e	Knowledge of risk factor reduction programs and alternative community resources (e.g., dietary counseling/Weight Watchers®, smoking cessation, physical therapy/back care).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition
IV.D.1.f	Knowledge of psychological issues associated with acute and chronic illness (e.g., anxiety, depression, suicidal ideation).	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 540- Principles of Behavior Change
IV.D.1.g	Knowledge of assessment tools to measure psychosocial health status.	GSPRT 540- Principles of Behavior Change
IV.D.1.h	Knowledge of accepted methods of referral.	GSPRT 522 Exercise Testing and Prescription in Clinical Populations
IV.D.1.i	Knowledge of community resources available for participant use following program discharge.	GSPRT 602- Internship I GSPRT 603- Internship II
IV.D.2.a	Skill in collaborative decision making.	GSPRT 602- Internship I GSPRT 603- Internship II
IV.D.2.b	Skill in interpretation of psychosocial assessment tools.	GSPRT 540- Principles of Behavior Change
	DOMAIN V: LEGAL AND PROFESSIONAL CONSIDERATIONS **A. Evaluate the exercise environment to minimize risk and optimize safety by following routine inspection procedures based on established facility and industry standards and guidelines.**	
V.A.1.a	Knowledge of government and industry standards and guidelines (e.g., AACVPR, HIPAA, OHSA (Occupational Health and Safety Administration).	GSPRT 510- Advanced Strength and Conditioning GSPRT 520 Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations
V.A.1.b	Knowledge of the operation, calibration and maintenance of exercise equipment.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques

	DOMAIN V: LEGAL AND PROFESSIONAL CONSIDERATIONS **B. Perform regular inspections of emergency equipment and practice emergency procedures (e.g., crash cart, advanced cardiac life support procedures, activation of emergency medical system).**	
V.B.1.a	Knowledge of standards of practice during emergency situations (e.g., American Heart Association).	GSPRT 520 Advanced Laboratory Techniques
V.B.1.b	Knowledge of local and institutional procedures for activation of the emergency medical system.	GSPRT 520 Advanced Laboratory Techniques
V.B.1.c	Knowledge of standards for inspection of emergency medical equipment.	GSPRT 520 Advanced Laboratory Techniques
V.B.2.a	Skill in the application of basic life support procedures and external defibrillator use.	GSPRT 520 Advanced Laboratory Techniques
	DOMAIN V: LEGAL AND PROFESSIONAL CONSIDERATIONS **C. Promote awareness and accountability and minimize risk by informing participants of safety procedures, self-monitoring of exercise and related symptoms.**	
V.C.1.a	Knowledge of signs and symptoms of exercise intolerance.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology
V.C.1.b	Knowledge of the timing of daily activities with exercise (e.g., medications, meals, insulin/glucose monitoring).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 550- Advanced Sport Nutrition GSPRT 582- Advanced Clinical Exercise Physiology GSPRT 573- Exercise Pharmacology
V.C.1.c	Knowledge of commonly used medications for cardiovascular, pulmonary and metabolic diseases.	GSPRT 522 Exercise Testing and Prescription in Clinical Populations GSPRT 582- Advanced Clinical Exercise Physiology GSPRT 573- Exercise Pharmacology
V.C.1.d	Knowledge of communication techniques to ensure safety in participant's self-monitoring and symptom management.	GSPRT 510- Advanced Strength and Conditioning GSPRT 520- Advanced Laboratory Techniques GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 562- Cardiopulmonary Physiology GSPRT 573- Exercise Pharmacology

V.C.1.e	Knowledge of contraindicated and higher risk exercises, and proper exercise form to minimize risk.	GSPRT 510- Advanced Strength and Conditioning GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 573- Exercise Pharmacology
V.C.2.a	Skill in the instruction and modification of exercises to minimize risk of injury.	GSPRT 510- Advanced Strength and Conditioning GSPRT 573- Exercise Pharmacology
	DOMAIN V: LEGAL AND PROFESSIONAL CONSIDERATIONS **D. Comply with Health Insurance Portability and Accountability Act (HIPAA) laws and industry-accepted professional, ethical and business standards in order to maintain confidentiality, optimize safety, and reduce liability.**	
V.D.1.a	Knowledge of HIPAA regulations relative to documentation and protecting patient privacy (e.g., written and electronic medical records).	GSPRT 522- Exercise Testing and Prescription In Clinical Populations
V.D.1.b	Knowledge of the use and limitations of informed consent.	GSPRT 522- Exercise Testing and Prescription In Clinical Populations GSPRT 530- Research Methods and Statistics In Human Performance
V.D.1.c	Knowledge of advanced directives and implications for rehabilitation programs.	GSPRT 522 Exercise Testing and Prescrption in Clinical Populations
V.D.1.d	Knowledge of professional responsibilities and their implications related to liability and negligence.	GSPRT 602 Internship I GSPRT 603 Internship II
	DOMAIN V: LEGAL AND PROFESSIONAL CONSIDERATIONS **E. Promote a positive image of the program by engaging in healthy lifestyle practices.**	
V.E.1.a	Knowledge of common sources of health information, education and promotion techniques.	GSPRT 602- Internship I GSPRT 603- Internship II
V.E.2.a	Skill in the practice and demonstration of a healthy lifestyle.	GSPRT 602- Internship I GSPRT 603- Internship II
	DOMAIN V: LEGAL AND PROFESSIONAL CONSIDERATIONS **F. Select and participate in continuing education programs that enhance knowledge and skills on a continuing basis, maximize effectiveness and increase professionalism in the field.**	
V.F.1.a	Knowledge of continuing education opportunities as required for maintenance of professional credentials.	GSPRT 510- Advanced Strength and Conditioning GSPRT 602- Internship I GSPRT 603- Internship II
V.F.1.b	Knowledge of total quality management (TQM) and continuous quality improvement (CQI) concepts and application to personal professional growth.	GSPRT 602- Internship I GSPRT 603- Internship II

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Student Handbook Verification Form

I certify that I have completed the required orientation program and have read and understand the policies and procedures contained within the Master of Science in Applied Exercise Physiology (MSAEP) Student Handbook. I further understand that I understand a violation of these policies or procedures may affect my successful completion of the MSAEP program.

By signing this I am confirming that I have received a copy of the student handbook to be kept for a reference.

_____ _____

Student (Print) Date

_____ _____

Student (Signature) Date

GANNON UNIVERSITY

Verification Form

I,_____, understand that information in the offices of the Morosky College of Health Professions and Sciences, is confidential and may not be divulged to anyone except the person who owns the information; those faculty, staff or administrators who have need to know; and those individuals or agencies who fulfill the requirements under the Federal Educational Rights and Privacy Acts of 1974, as Amended (FERPA).

I also understand that information at the Affiliated Sites is confidential and may not be divulged to anyone except the person who owns the information, as this is a violation of federal law. If I release confidential information, I understand that I will be discharged immediately from the Master of Science in Applied Exercise Physiology (MSAEP) Program (and directed observation experience if applicable).

I have read the above and agree to maintain the confidentiality of all information that I have access to. I further confirm that I have completed the FERPA training as required in the MSAEP Program.

_____ _____

Student Name Date

_____

Student Signature