

MILLIKIN
UNIVERSITY®



***DEPARTMENT OF EXERCISE SCIENCE
AND SPORT***

STUDENT MANUAL

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Department of Exercise Science and Sport

**Athletic Training
Health, Fitness and Recreation
Physical Education
Sport Management**

Contact Information:

Location: Griswold Center
Department Phone: 217-420-6677
Email: ESS@millikin.edu

INTRODUCTION

This manual is to assist students with information as it relates to the Department of Exercise Science and Sport, as well as the University as a whole. Information that isn't found in this handbook can most likely be found in the annual Millikin Bulletin.

ABOUT THE UNIVERSITY

Millikin's mission is to offer an education that integrates the traditional liberal arts and the practical arts of the professions. Guided by faculty and staff, and within an inclusive and broadly accessible learning community, our students discover and pursue their full potential, personally and professionally, and succeed.

Mission: To Deliver on the Promise of Education

At Millikin, we prepare students for:

- Professional success
- Democratic citizenship in a global environment
- A personal life of meaning and value

Vision: To be recognized as a Distinctive Midwestern University, delivering professional preparation grounded in and inspired by the liberal arts:

- Where theory, practice, and reflection guide our curriculum
- Where integrated learning, collaborative learning, and engaged learning dominate our culture
- Where students, faculty, staff, and administrators are engaged and stimulated

Values Statement:

At Millikin University, we value:

- Commitment to the discovery of knowledge
- Civil debate
- Passion and enthusiasm
- Dignity and respect for individuals
- A diverse and inclusive community
- Integrity and responsibility
- Advancement of the greater good

ABOUT THE DEPARTMENT

The Department of Exercise Science & Sport at Millikin University prepares professionals to provide leadership for fitness and sport activities, management in the sport industry, care for athletes, and direct physical education in a school setting. The department is composed of four majors (Athletic Training, Health, Fitness & Recreation, Physical Education, and Sport Management), a minor in Nutrition, and teaching endorsements in Driver Education and Health.

Our curriculum allow graduates to receive the education they need to become certified in diverse fields. Here are our majors and a few examples for how they apply to careers.

Athletic Training-

- Assess and manage orthopedic and general medical issues of the active populations

Health, Fitness & Recreation-

- Be a fitness trainer, sport programs coordinator or recreation program director

Physical Education-

- Teach K-12 students about physical fitness
 - Driver Education & Health Endorsement are also available

Sport Management-

- Lead the administration of a sports business or sport organization

Nutrition Minor-

- Prepare students for a career in health and human services or health education and health promotion.

ACADEMIC MAJORS AND CONCENTRATIONS

Athletic Training Program (ATP)

The Department of Exercise Science and Sport offers a curriculum that leads to a Bachelor of Science in Athletic Training. Students enter the program at the start of their sophomore year. Admission into the program is selective. The ATP at Millikin University is designed to guide students through acquisition of the knowledge and skills necessary for success on the Board of Certification (BOC) examination and success in the field of athletic training or related fields.

Athletic Trainers work in a variety of settings such as:

- High school and collegiate settings.
- Physician offices as physician extenders, similar to nurses, physician assistants, physical therapists and other professional clinical personnel.
- Rural and urban hospitals, hospital emergency rooms, urgent and ambulatory care centers.
- Clinics with specialties in sports medicine, cardiac rehab, medical fitness, wellness and physical therapy.
- Occupational health departments in commercial settings, which include manufacturing, distribution and offices to assist with ergonomics.
- Police and fire departments and academies, municipal departments, branches of the military.
- Public and private secondary schools, colleges and universities, professional and Olympic sports.
- Youth leagues, municipal and independently owned youth sports facilities.

Health, Fitness and Recreation (HFR)

Individuals with a Health, Fitness and Recreation degree are health and physical activity experts in various health, recreation, sport and medical settings. Our program prepares students for a variety of careers, such as:

- Health Promotion Coordinator
- Recreation Director
- Personal Trainer
- Health Educator
- Sports and Athletic Performance Trainer
- Wellness Program Manager
- Fitness Instructor
- Wellness Coach
- Fitness Club Manager

The program is designed to prepare students for post-graduate programs, as well as entry-level positions in the fields of fitness, coaching and recreation. Additional academic combinations with the Health, Fitness and Recreation major might include courses from the Behavioral Sciences, Communications or Natural Science departments.

The department is currently following curriculum recommendations of the National Council on Strength and Fitness (NCSF) and the National Strength and Conditioning Association (NSCA) for the preparation of professionals in the fitness and personal training field.

Physical Education (PE)

A Bachelor of Science in Physical Education/Teacher Certification prepares professionals to direct physical education and coaching activities in a school setting. Millikin offers State of Illinois teaching endorsements in Health Education and Driver Education in conjunction with the Physical Education, Specialist (K-12) teacher certification.

Teacher Certification

To become certified to teach Physical Education, students must complete:

- Required Exercise Science & Sport coursework for Physical Education
- University graduation requirements
- The professional education core of courses required by the Department of Education.
- See the Teacher Education Program for specific academic standards and admissions information.

Health Endorsement

In addition to a secondary teaching certificate, Millikin students can complete the 24 hours of specific coursework required by the State of Illinois. To receive the full health endorsement on their teaching certificate, students must also pass the Health Content Test.

Driver Education Endorsement

In addition to a secondary teaching certificate, 24 hours of coursework is required to teach Driver Education in the State of Illinois.

Sport Management (SM)

The Sport Management major addresses the unique position of sports in American business. Our program prepares students for careers in:

- College and Professional Sport Management
- Athletic Administration
- Retail Marketing
- Event and Facility Management
- Fitness Industry

Students will learn the business of sports through a combination of coursework from the Department of Exercise Science & Sport and the Tabor School of Business.

The business core provides a broad spectrum of courses in specialized areas of the sport business community. The Sport Management curriculum follows the recommendations of the North American Society for Sport Management (NASSM).

ESS LEARNING LABORATORIES

Athletic Training Laboratory/Room

The Athletic Training Room located in lower level Griswold Center serves as a laboratory space for the Athletic Training program and as a medical facility for student-athletes. This space allows students to experience performance based learning through hands on applications associated with the prevention, assessment, treatment, and rehabilitation of orthopedic injuries.



Exercise Physiology Laboratory

This laboratory, which is located in ESS Pavilion, Room 1, is designed to enhance teaching and learning with the more applied aspects of exercise physiology in the HFR program. It contains a variety of equipment that is commonly used in clinical fitness and wellness settings. Equipment includes a treadmill, cycle ergometer, Lange skinfold calipers, Flexibility Box, Polar heart watch monitors, adult and child blood pressure cuffs (sphygmomanometers), etc.



ADVISING INFORMATION

Major Academic Advisors

Each student will be assigned a Faculty Advisor by his or her academic department. At a minimum, the advisor will meet with the student each semester during the pre-registration period and officially approve the program of study before the student registers online or in the academic department. Students should ideally meet with their advisor under other circumstances, including but not limited to, volunteer and vacation employment, internships, changes in career aspirations within the major, and other issues relating to the academic health of the student.

Pre-Registration

All students returning to Millikin University following the current semester of attendance should pre-register during the period prescribed in the Academic Calendar. To participate in online registration, a student must be advised from his/her academic department. However, in some instances, a student may be pre-enrolled in specific courses. The student should inquire to the advisor for specific information about pre-enrollment. Financial and/ or health holds will delay the ability to register.

Registration

Every student is expected to complete registration before the first day of classes each semester. Students are advised to see their assigned Departmental Advisor during the pre-registration period specified in the Academic Calendar to select courses for the next semester. Students are officially registered for a course only when they have completed all procedures applying to registration, including making full-payment or payment arrangements for any outstanding balance. **Students not officially registered for a course will not receive credit for the course at the end of the semester.** A student who fails to register prior to the Late Registration period, which begins on the first day of classes, is charged a late registration fee. Returning students who register during the late registration period are assessed a failure to pre-register fee and a late registration fee. Students must handle all course registration activities outside of scheduled class times.

Please visit the Registrars website for more information: www.millikin.edu/registrar

Online Registration

It is required that all degree-seeking students consult with their assigned advisor prior to registering. Students may have their academic departments continue to enter their registrations and schedule changes (drop/adds) or they may register and make adjustments to their schedule online. To register online, students may visit the University's MU Online website at <https://muonline.millikin.edu>. Students may view their transcripts, as well as student accounts and financial aid information at the MU Online website listed above. Unofficial transcripts and schedules may also be printed.

Adding and Dropping Classes Online

Eligible students without financial holds are permitted to add and drop classes online at the University's Registrars website, prior to the start of classes. After that time, add/drop slips will be needed. The approval to adjust the course schedule online must be obtained from the student's Assigned Advisor prior to going online to adjust his/her schedule.

The deadline for adding and dropping of classes is outlined in the University Academic Calendar.

Adding Classes

To add a class, students may go online after obtaining approval from their Assigned Advisor or Department Chair or follow the steps below:

1. Obtain a Notice of Class Change form (Drop/Add Slip) from their academic department.
2. Complete the student and class information parts of the form.
3. Obtain the signatures of the appropriate Instructor and the appropriate Advisor/ Chair.
4. Submit the completed form to the Registrar's Office.

Dropping Classes

To drop a class, students may go online after obtaining approval from their Academic Advisor or Department Chair or follow the steps below:

1. Through the End of Late Registration:
 - a. Obtain the Notice of Class Change Form (Drop Slip) from the academic department.
 - b. Have Instructors and Advisors/Chairs sign and date the form.
 - c. Submit the form to the Registrar's Office.

Change in Major or Personal Data

Students must submit change of major(s) and personal data (address or telephone number) changes on the appropriate forms, available in the Office of Registrar, as often as changes are made. Students may update their personal data on the MU Online website listed above, as well.

Academic Load

A normal load is 12-18 credit hours per semester. Anything beyond that load is considered an overload. For all course overloads, students will pay a fee equivalent to the cost-per-credit for each hour that exceeds eighteen (18) credits.

Financial Aid

Please consult your Academic Advisor to discuss potential financial aid issues that are connected to your course load. Please see Financial Aid website (www.millikin.edu/financialaid) for specific information on Aid.

General Student Advisement Responsibilities

1. Recognize that the advisement process is a cooperative function. Take responsibility for your academic progress and performance.
2. Make decisions based on advisor's recommendations.
3. Be familiar with available campus resources. All students MUST have a Millikin University computer login account and email account. It is very important to maintain communication with faculty and staff via email. If a student needs to contact a faculty member or staff personnel, they may consult the directory via the myMillikin website.
4. Know advisor's availability (schedule/office hours).
5. Schedule and keep appointments (limit impromptu visits). Be prepared for your appointment by mapping out your desired class schedule based on curriculum/department requirements.
 - UTILIZE MUOnline portal to register for classes after meeting with your advisor, look up your class schedule, view financial aid information, view mid-term grades/final grades, view holds (if any), view or update personal information, etc.
 - For more information on how to use MUOnline web, visit the Millikin University Bulletin.
6. Know degree requirements for your major and keep a log of yearly progress.
7. Seek clear understanding of policies and procedures as outlined in the University Bulletin. The Millikin University Bulletin is available on the Registrars website at: www.millikin.edu/registrar
8. Maintain copies of relevant academic records from advisement sessions.
9. Maintain copies of entrance year's curriculum sheet for your degree program.
10. Bring all important documents to the advisement sessions in order to aid in good decision-making regarding your academic progress.
11. See your advisor if you are experiencing academic, financial, or personal challenges.
12. Learn to balance your extracurricular activities, personal, social, and academic responsibilities. Some time management hints:
 - Self-discipline and control are the key components in time management. Establishing timelines is important for a college student. Effective time management is critical for balance. The best strategy for organizing your time is to develop a plan. Therefore, setting priorities, organizing your day, and avoiding procrastination are ways to experience success as a college student.
 - To keep track of your academic class schedule and appointments, you should use a daily planner to prioritize your day. Time management consultant Alan Lakein, stated: "In comparing the efficient time manager to one who takes more time because of poor planning, I advise you to work smarter, not harder." (Reference for #12 above: Your College Experience, Fifth Edition, John H. Gardner)
13. Officially drop/withdraw from any course you are not planning to attend.
14. It is your responsibility to keep a record of all important dates such as adds, drop, pre-registration, midterm evaluations, and final examination, including a hard copy of supporting documentation.
15. Know the protocol for resolving issues in your classes (Instructor, Chair, Dean and within the Department (Advisor, Chair, Dean)).
16. Know how to calculate your GPA. Please visit the Registrar website for more information about GPA Calculation.

GRADUATION REQUIREMENTS

Application for Graduation

All students must file a completed and signed Application for Degree indicating the term of graduation with the Registrar as soon as the student has completed a total of 70 credits but no later than the beginning of the semester prior to the semester the student plans on completing the degree. A graduation fee of \$25 is required of all graduating students whether they participate in ceremonies or not and must be paid prior to the day of Commencement.

Applications for graduation are available by contacting the Registrar's office.

Petition to Participate in Commencement

A senior in his or her last semester of studies, but who will not complete all degree requirements in time to receive the diploma at the next scheduled commencement, may petition to participate in graduation ceremonies. The student must have the petition approved by his/her advisor, academic dean and Registrar. The petition may be approved if the student has no more than eight credits or no more than two courses left to complete the degree. The student must show evidence on the petition that all course work will be completed no later than the end of the next term immediately following the last term at Millikin. The Registrar must approve transfer for courses taken at another institution in advance.

Petitions to Participate in Commencement are available by contacting the Registrar's office.

Graduating with Honors

Graduation Honors are based on the student's final overall grade point average. Honors designations are as follows:

- Cum Laude – 3.500 to 3.649
- Magna Cum Laude – 3.650 to 3.799
- Summa Cum Laude – 3.800 and above

Millikin does NOT round to the nearest tenth, but displays the GPA out three places past the decimal.

MISCELLANEOUS

ESS Student Organizations

Student Exercise Science Organization

The Student Exercise Science Organization (SESO) Majors Club is the student organization within the department. All departmental majors are eligible for membership. The club elects its own officers, updates its by-laws, and determines its goals and objectives. The Majors Club activities are both professional- and service-oriented. Majors are encouraged to attend regional or national conventions under the supervision of the club's faculty advisor. The main objectives of SESO include:

- To serve as representation of the Exercise Science and Sport Department
- To be involved in the campus community
- To promote campus awareness of the SESO
- To inform fellow Exercise Science and Sport majors of professional employment, internships, career fairs, and general guidance
- To promote healthy lifestyle for all students and faculty at Millikin University.

The Sports Medicine Club

The Sports Medicine Club is an organization that is open to all students, regardless of major, that are interested in the medical component of sport and recreational activity. The objectives of the club are:

- To promote extra educational programs in conjunction with required curriculum in the area of sports medicine.
- To promote and facilitate community education programs in sports medicine through workshops, seminars and clinics.
- To increase practical application of sports medicine skills through skill sessions in emergency field techniques and injury treatments for students and interested community members.

Plagiarism

The college policy on academic misconduct (plagiarism and cheating) is stated in the Academic Bulletin and in the Millikin University Student Handbook. Plagiarism represents an attempt to cheat and deceive and it is a direct insult to us. If you are caught plagiarizing or cheating, you will be subject to the fullest disciplinary procedures permitted by the university. The attempt to pass off the work of someone else as your own will meet with grave consequences. At a minimum, you will automatically fail the course. No ifs, ands, or buts about it. Our integrity and the integrity of this institution of higher learning demands nothing less than a clear, forceful, and consistently enforced policy attacking this issue.

University Student Handbook

Your online resource for Millikin University Student Handbook information including Academic Resources, Campus Resources and Services, Student Organizations, and Policies and Procedures. Please visit Student Development website for the Millikin University Student Handbook in its entirety.

Professional Behavior

ESS students must understand and follow a professional set of ethical standards while engaging in on and off campus educational experiences. These include, but aren't limited to the following:

1. When working with patients, clients, or students, ESS students will keep all information pertaining to their condition and care shall be handled in a confidential manner.
2. Cell phones should not be utilized while on site or working in any manner.
3. Students will not take part in any actions that are a threat to the safety of patients, clients, staff or fellow students.
4. Student will be courteous and respectful to all faculty, staff and peers during all portions of their academic programs.
5. Students will oblige by the policies and regulations specific to their area (s) of study and within this manual.

Professional References

It is professional etiquette to obtain verbal consent from a faculty member to act as a personal reference PRIOR TO the submission of a resume or application. Please be sensitive to time and allow at least one week for the faculty or staff member to fill your request.

Substance Abuse Policy

As students of Millikin University, it is expected that students abide by the Drug and Alcohol Policy found in the Millikin University Student Handbook at <http://www.millikin.edu/handbook/>.

Certified Criminal Background Check

Some majors are mandated to complete this, others are not. Please check with each major.

Counseling

ESS professions offer a wide variety of opportunities and experiences. Not all of these experiences are pleasant. Dealing with persons who have personal issues, sustained an injury, or are trying to change a health behavior can be uncomfortable and stressful. Students who feel that they require counseling because of situations encountered during the clinical experience of program or during their personal lives may wish to seek counseling. Counseling is available through the Wellness Center at 217-424-6360.

Participation in Athletics

ESS students are not prohibited from participating in intercollegiate athletics. The time commitments of both intercollegiate athletics and academic rigors make it difficult to maintain either at a high level. ESS students that participate in intercollegiate athletics must fulfill the same classroom and clinical requirements, in addition to meeting the same retention requirements as the other students enrolled in the University. Please be sure to talk with professors each semester about missing classes for competition.

Attendance Expectations

ESS department expects students to be active and engaged in the classroom. Additionally, students should oblige to specific course attendance requirements for each class.

Things to consider:

- Make every effort to schedule all physician and dental appointments outside and away from scheduled course times.
- A note will be required by a physician/ health center for missed classes to be excused.
- A roster or email preceding the missed class day in regards to sport must be received to be excused.

BEYOND THE BACHELOR'S DEGREE
GRADUATE SCHOOL ENTRANCE EXAMS

GRE

The Graduate Record Examination (GRE) is a general test that measures verbal reasoning, quantitative reasoning, critical thinking and analytical writing skills that are not related to any specific field of study. Prospective graduate applicants take the General Test. GRE test scores are used by admissions or fellowship panels to supplement undergraduate records and other qualifications for graduate study. The scores provide common measures for comparing the qualifications of applicants and aid in evaluating grades and recommendations.

MCAT

The Medical College Admission Test (MCAT) is a standardized, multiple-choice examination designed to assess the examinee's problem solving, critical thinking, writing skills, and knowledge of science concepts and principles prerequisite to the study of medicine. Scores are reported in Verbal Reasoning, Physical Sciences, Writing Sample, and Biological Sciences. Medical colleges consider MCAT exam scores as part of their admission process. Almost all U.S. medical schools require applicants to submit MCAT exam scores. Many schools do not accept MCAT exam scores that are more than three years old.

APPENDICIES

APPENDIX A

EXERCISE SCIENCE AND SPORT Minors and Endorsements offered

ATHLETIC TRAINING

- **Nutrition**
- **Psychology**

HEALTH, FITNESS AND RECREATION

- **Nutrition**
- **Psychology**
- **Environmental Studies**

PHYSICAL EDUCATION

- **Safety Endorsement**
- **Driver Education Endorsement**
- **Special Education Endorsement**
- **English as a Second Language (ESL) and/or Bilingual Endorsement**

SPORT MANAGEMENT

- **Integrated Marketing Communication Minor**

APPENDIX B

Exercise Science and Sport Courses (ES) (Credits)

Students participating in intercollegiate athletics are eligible to receive general activity credit for their participation. This credit is optional. See the online course schedule for specific course credit options.

ES015. Aquatic Fitness (1)

Students learn basic swimming techniques of the freestyle and backstroke. Emphasis is placed on aquatic conditioning and its relationship to lifelong physical activity and disease prevention.

ES016. Fitness and Strength Training (1)

In this course, students participate in a progressive fitness and strength program. Emphasis is placed on lifelong physical activity through the use of resistance training.

ES017. Fitness Development (1)

Students learn the foundations of health-related fitness and conditioning. Emphasis is placed on aerobic conditioning. Students participate in a progressive fitness program and learn activities that will furnish them with knowledge, skills, and attitudes for a lifetime of physical activity and disease prevention.

ES130. Prevention and Treatment of Athletic Injuries (3)

This is an introductory course emphasizing prevention and treatment of injuries particular to athletics and recreational activities.

Rehabilitation procedures are included. Offered fall and spring semester.

ES131. Practicum in Sport Management I (2)

The first practicum in a series of integrative experiences for Sport Management majors is an introductory experiential learning opportunity. The practicum integrates coursework with planned and supervised professional experiences in campus sport and fitness organizations. Attribute: Sport Management majors.

ES140. First Aid (2)

Response, care, and treatment in emergency situations are the primary focuses of this course. Personal and community safety and disaster response will be addressed. CPR certification for workplace and home is included. Offered fall and spring semester. Required for Physical Education and Health, Fitness & Recreation majors and open to all students.

ES141. Practicum in Athletic Training I (2)

The first of five laboratory courses required of Athletic Training majors. Under the direct supervision of a board certified athletic trainer/clinical instructor; students will observe and participate in the organization and administration of the athletic training environment and the care given to athletes. Students will gain an understanding of the daily operations of the athletic training room and learn entry level skills in athletic training focusing on: risk management and injury prevention, acute care of injury and illness, and basic assessment and evaluation skills. Fall course offering. Required for Athletic Training majors. Prerequisite: Admittance to the Athletic Training program.

ES160. Personal and Community Health (3)

This is an introductory course surveying topics and issues pertaining to the health/wellness classroom. Developing the wellness concept; physical, mental, social, emotional, environmental, and spiritual well-being are discussed. Offered fall and spring semesters. Attribute: Exercise Science and Sport majors only.

ES200. Drugs in Our Society (1)

This one credit course is an intensive look at drug use, misuse and abuse in our society. Cultural circumstances, motivation, treatment and strategies for control will be explored. Offered fall semester. Exercise Science and Sport elective. Prerequisite: ES160 or consent of instructor.

ES201. Introduction to Driver Education (3)

The course is the first required course for the Driver Education endorsement and is an introduction to driver education including driving task analysis.

ES202. Introduction to Safety Education (3)

This is a foundation course designed to provide standard information on safety and accident prevention in the school environment, as well as in the workplace and home. Identifying safety hazards and education for proactive rather than reactive responses is a major emphasis. Offered fall and spring semesters. Required for Health and Driver Education endorsements. Prerequisite: Exercise Science and Sport majors or consent of instructor.

ES204. Foundations of Physical Education (3)

This course is an introduction to the discipline of exercise science. Study of the history and evolution of Physical Education, current practices in the school environment, and expanded career options in the discipline of exercise science will be discussed. Assessing current practices and fundamental characteristics and expectations of physical education programs will be explored. Offered spring semester. Prerequisite: Physical Education major. Attribute: Attempted Basic Skills test or required ACT composite score.

ES206. Foundations of Health, Fitness and Recreation (3)

Exercise science encompasses a growing number of subdisciplines, each aimed at integrating the unique demands of movement and the basic science associated with the subdisciplines. The aim of this course is for students to learn the introductory science and basic concepts of exercise, movement and healthy behaviors. Students will demonstrate knowledge of the requirements for career preparation in the major subdisciplines of health, fitness, athletic performance and recreation. Attribute: Health Fitness & Recreation major.

ES210. Foundations of Sport Management (3)

The course surveys the functional areas of contemporary sport management and the career preparation of professionals in the field. Students will be introduced to the historical background, unique nature and current issues in sport management. Attribute: Sport Management major.

ES218. Your Health, Your Style: Strategies for Wellness (2)

This is an introductory course focusing on the components of wellness and their practical application for making healthy lifestyle choices. Exploring health and wellness ideas, issues and strategies combined with personal assessment and laboratory activities will be included. Primary topics will include fitness, stress management, and nutrition. Additional topics may include healthy relationships, substance abuse, environmental impacts on health, and consumer health. The course format will include physical activity and local experts in the wellness field. Open only to non-Exercise Science and Sport majors.

ES231. Practicum in Sport Management II (2)

The second practicum in a series of integrative experiences for Sport Management majors is an introductory experiential learning opportunity. The practicum integrates coursework with planned and supervised professional experiences in intercollegiate athletics. Attribute: Sport Management major. Corequisite: ES 281.

ES234. Recognition and Evaluation of Athletic Injuries I (3)

This course is designed to provide students with an intensive, thorough study of orthopedic and neurovascular evaluation techniques used by sports medicine professionals to assess orthopedic and athletic related injuries to the spine and upper extremities sustained by physically active individuals. Lecture, demonstration, and practical experience will be the instructional methods used to help students gain knowledge and confidence in their orthopedic and athletic injury assessment techniques. Offered fall semester. Required for Athletic Training majors.

ES235. Recognition and Evaluation of Athletic Injuries II (3)

This course is designed to provide students with an intensive, thorough study of orthopedic and neurovascular evaluation techniques used by sports medicine professionals to assess general medical conditions, illnesses, and orthopedic and athletic related injuries to the spine and upper extremities sustained by physically active individuals. Lecture, demonstration, and practical experience will be the instructional methods used to help students gain knowledge and confidence in their orthopedic and athletic injury assessment techniques. Offered spring semester. Required for Athletic Training majors.

ES241. Practicum in Athletic Training II (2)

The second of five laboratory courses required of Athletic Training Majors. This purpose of this course is to measure the skill level of each student. This class will focus on injury evaluations of the lower extremities including posture, anatomical and special testing for various musculoskeletal and neurological conditions. Spring course offering. Required for Athletic Training majors. Prerequisite: ES141.

ES260. Foundation of Sport Management Topics (2-3)

Offerings vary semester to semester and include introduction to such topics as sport management, recreation management, exercise science, and coaching.

ES281. Intercollegiate Athletics (2)

The seminar will bring unique features to the classroom in the field of sport management. Topics related to intercollegiate athletics include, but are not limited to: event management, behavioral dimensions in the sport culture, ethics in sport management, interpersonal and mass communication, fund raising, sport finance, legal aspects of sport management, leadership, sport law, officiating, special population needs, facility management, and strategic planning and forecasting. Required for Sport Management major. Corequisite: ES 231. Open to all students.

ES300. Event and Venue Management (3)

This course integrates the various management functions of public assembly facilities and planning sport events. Students focus on advanced management principles, practices and methods. Prerequisites: Junior or senior major in Sport Management or Health, Fitness and Recreation. Completion of ES 206 or ES210. Co-enroll requisite for Sport Management majors: ES 331.

ES301. Driver Education Methods (3)

Preparing educators for the classroom portion of driver education in secondary schools is the focus of this course. State mandates, traffic safety requirements, "Rules of the Road" information, and planning for the in-the-car phase of the training will be incorporated. A survey of materials and methods proven to be effective will be included. Required for driver education endorsement. Education majors only. Prerequisite: ES 201.

ES310. Kinesiology (3)

This course focuses upon the anatomical understanding of the human body, with emphasis on biomechanics, origin, insertion, action, and innervation of the primary muscles used in human movement. Prerequisite: BI204 or BI206.

ES311. Therapeutic Modalities (3)

This course introduces the knowledge and skills necessary to plan, implement, and evaluate the efficacy of therapeutic modalities in the treatment of injuries and illnesses of athletes and physically active individuals. Therapeutic modalities covered in this course include but are not limited to: cryotherapy, thermotherapy, electrical stimulation, ultrasound, massage, and traction. Offered spring semester. Required for Athletic Training majors.

ES320. Sport Skills Instruction (3)

Preparing future teachers and fitness and sport majors by providing an opportunity to learn and develop specific sport skills. The class focuses on the development of fundamental skills and their integration into team play through individual, small group, and team drills. Prerequisite: Sophomore rank or higher and a major in Physical Education or Health, Fitness and Recreation; ES204 or ES206.

ES321. Health and Pollution (3)

Material covered in this course will include pollution and its effects on the air and surface ground water sources. Waste disposal, energy dependence, pesticides, and global warming will be addressed. The relationship of pollution on the long and short-term health of the individual, ecosystems and the planet is the primary focus of the course. Elective for majors of the department. Open to all students.

ES324. Human Sexuality and Family Life (2)

Material covered in this course will include social and biological foundations of human sexuality, the developmental and social perspectives of gender roles, relationships and communication, sexual values, family lifestyles and parenthood, reproduction, sexual behavior in modern society, sexual coercion, rape and abuse, sexually transmitted diseases, HIV/AIDS, and sex, art, the media and the law. Offered spring semester. Required for health endorsement, elective for majors in the department, and open to all students.

ES325. Growth and Motor Development (2)

Study of child, adolescent, and adult motor development will be the primary focus. Reference to similarities and differences in motor development through the lifespan of the individual will be emphasized. Secondary considerations of the cognitive, social, and emotional development will be included. Offered fall semester. Required for Health Fitness & Recreation and Physical Education majors.

ES328. Health-Related Nutrition (2)

This course will explore the role of nutrition in physical fitness and health as professionals strive to promote optimal wellness. Fitness components, testing, and program design will be discussed. Nutritional concepts, nutrient function, and dietary considerations will be explored. Offered fall and spring semester. Required for Athletic Training and Health Fitness & Recreation majors. Prerequisite: BI204 or BI206, sophomore or higher standing.

ES329. Community Nutrition (3)

This course will examine the role of nutrition in promoting overall health in diverse populations in the community. Nutrition needs across the lifespan will be explored. Population-specific community resources and educational tools will be reviewed. Students will study the financial, sociological, and political aspects of nutrition and community health. Service learning projects and opportunities are integrated into the course.

ES330. Practicum in Health Promotions (3)

This practicum offers experiential learning in the application of fitness and nutrition knowledge and concepts in the campus community setting. Nutrition and fitness components, program design, implementation, evaluation, and revision will be utilized. Prerequisite: Health, Fitness & Recreation major junior or higher standing, ES206 or ES210; ES328; ES436

ES331. Practicum in Sport Management III (2)

The third practicum in a series of four integrative experiences for Sport Management majors is an introductory experiential learning opportunity. The practicum integrates coursework with planned and supervised professional experiences in event planning and sport venues. Prerequisite: Sport Management major, Junior or Senior standing; co-enroll with ES300 Event and Venue Management.

ES332. Therapeutic Exercise (3)

This course introduces the knowledge and skills necessary to plan, implement, and evaluate the efficacy of therapeutic exercise in the treatment of injuries and illnesses of athletes and physically active individuals. Offered spring semester. Required for Athletic Training majors.

ES341. Practicum in Athletic Training III (2)

The third of five laboratory courses required of Athletic Training majors. The course is designed to include specific experiences in the field of athletic training and educational modules for formal evaluation of athletic training clinical proficiencies. Fall course offering. Required for Athletic Training major. Prerequisite: ES241.

ES342. Practicum in Athletic Training IV (2)

The fourth of five laboratory courses required of Athletic Training majors. The course is designed to include specific clinical experiences in the field of Athletic Training. The didactic education focuses on fitness testing protocols and assessments, fitness techniques, and biomechanical principles and concepts, including functional classification of joints, arthro-kinematics, normal ranges of joint motion, joint action terminology, skeletal muscle contraction, kinesthesia/proprioception, and muscle action. Spring course offering. Required for Athletic Training majors. Prerequisite: ES341.

ES350. Practicum in Sport Performance (3)

The practicum engages Health, Fitness and Recreation students in integrative experiences under the direction of faculty. The practicum integrates coursework and performance standards of professional organizations with planned and supervised professional experiences in planning and implementing sport performance training programs. Prerequisite: Junior or senior standing Exercise Science and Sport major, ES310, ES418

ES351. Practicum in Recreation (3)

The practicum engages Health, Fitness and Recreation students in integrative experiences under the direction of faculty. The practicum integrates coursework and performance standards of professional organizations with planned and supervised professional experiences in campus recreation and local community recreation. Prerequisite: Health, Fitness & Recreation or Sport Management sophomore or above standing; ES206 or ES210

ES352. Practicum in Group Fitness (3)

The practicum engages Health, Fitness and Recreation students in integrative experiences under the direction of faculty. The practicum integrates coursework and performance standards of professional organizations with planned and supervised professional experiences in planning and implementing group fitness activities. Prerequisite: Health, Fitness and Recreation or Physical Education sophomore or above standing, ES204 or ES206.

ES360. Topics in Sport Management (2-3)

Studies in the functional areas of sport management. Offerings vary semester to semester and include such topics as fitness club management, personal trainer certification, sport public relations, intercollegiate sport administration, event planning, and professional sports.

ES380. Physical Education Seminar (1)

The seminar reviews instructional units of the Physical Education major and prepares students for the physical education state content test. Prerequisite: Physical Education major.

ES390. Independent Study (1-3)

This course selection gives students opportunity for advanced study in a topic chosen jointly by the student and instructor. Offered fall and spring semesters. Elective for all majors in the department. Prerequisite: Consent of Department Chair.

ES400. Sport Marketing (3)

Sport Marketing applies marketing principles and techniques to sport including sport events, sport products, ticket sales and sport sponsorship. Marketing strategies including sales, promotions, public relations and advertising of sport will be emphasized. Prerequisites: MK300, Sport Management major and Junior or Senior standing; co-enroll with ES420 Practicum in Sport Management IV.

ES401. Methods in Elementary Physical Education (3)

This course is designed to provide current teaching styles and practices for the elementary student. Special emphasis on scope and sequence for learning sport skills, efficient body mechanics, creative movement, and locomotion skills will be included. Development of an ongoing, balanced curriculum for the growing child will be included. Teaching strategies and adaptations for special needs students will be explored. Offered spring semester. Required for Physical Education majors. Prerequisite: Physical Education major or consent of instructor. Attribute: Attempted Basic Skills test.

ES402. Curriculum Development and Evaluation in Health Education (3)

This course addresses curriculum theory, teaching methods, and course content for health education. Sources and resources available to the health educator will be included. Specific ideas for cross-curricular integration of health topics will be explored. Current health topics will also be incorporated. Required for health endorsement. Junior standing required.

ES409. Mechanical Kinesiology (2)

The study of the physical principles and properties (physics) of the human body as it moves during activity is the primary focus of this course. A variety of physical activity segments will be used. Offered as needed. Prerequisite: ES310.

ES410. Physiology of Exercise (3)

This course is designed to facilitate understanding in how the body reacts and adapts to exercise. Attention to the methods and principles of exercise testing is covered in detail. The course includes practical application of principles through laboratory experiences. Importance and purpose, physiological rationale, methodology, analysis and discussion of exercise, and the human body are all included. Required for Athletic Training and Health, Fitness & Recreation majors. Open to all students. Prerequisite: BI204 or BI206.

ES418. Principles of Strength and Conditioning (3)

This course will examine the basics of training design for personal fitness and athletic enhancement.

Main topics, which are applied, are anatomy and physiology, testing and evaluation, exercise techniques, and program design. Students who complete this course will have sufficient knowledge to pursue a certification as a personal trainer from accredited fitness organizations. Required for Athletic Training and Health, Fitness & Recreation majors. Prerequisite: ES310 and ES410.

ES420. Practicum in Sport Management IV (2)

The fourth practicum in a series of four integrative experiences for Sport Management majors is an introductory experiential learning opportunity. The practicum integrates coursework with planned and supervised professional experiences in sport marketing, ticket sales and promotion. Prerequisites: Sport Management major, Junior or Senior standing; co-enroll with ES400 Sport Marketing

ES422. Driver Education Practicum (3)

The major focus of this course is to observe and teach behind-the-wheel driver education. Strategies and techniques necessary to assess driving skills and communicate reinforcement of safety and lawful application of driving will be included. Required for Driver Education endorsement, Education majors only. Offered spring semester. Prerequisite: ES301 and admittance into Teacher Certification Program.

ES423. Advanced Methods in Driver Education (3)

The advanced driver education course presents laboratory work to prepare for instruction of multiple-car programs, driving simulation and emergency evasive driving.

ES424. Instructional Materials (2)

This is an independently directed course designed to develop a personal library of resources for the driver education classroom. Review of a variety of materials and resources is required. Elective for driver education endorsement, education majors only. Prerequisite: ES301 and admittance into Teacher Education.

ES425. Secondary Curriculum Development of Physical Education (3)

Curriculum theory and design applicable to the physical education classroom are the major focus areas of this course. Scope and sequence within the curricular format of fitness development, individual, dual and team sports and recreational activities will be highlighted. Integrating physical education goals and philosophy will be emphasized. Prerequisite: Physical Education major. Attribute: admitted to School of Education.

ES428. Community Health Problems and Practices (3)

Exploring the community resources and public health policies designed to meet the health needs of individuals and families in their normal environment such as the home, school, and place of work. Understanding health-related data about social and cultural environments will be included.

ES431. Adaptive Physical Education (2)

Studying the diverse and complex nature of the atypical student in the educational environment is the focus of this course. Creating an atmosphere in the gymnasium that leads to success for all students will be explored. Adapting activities, testing, and skill development for the physically challenged will be included. Offered fall semester. Required for Physical Education majors.

ES433. Programs in School Health (2)

Exploring the interrelationships of health instruction, services, and facilities in the school environment is the major focus of this course. Study of the principles, philosophy, and history of school health programs is included. Assessing current status and future needs of a school's total health needs will be examined. Required for health endorsement and open to all students.

ES436. Evaluation and Measurement in Physical Education (2)

A general overview of testing and measurement tools available for exercise science assessment will be introduced. General statistical concepts will be taught. Testing, both standardized and instructor designed, in the areas of fitness, agility, balance, psychomotor skills, specific sport skills, and posture assessments will be conducted. Special population needs and assessments will be explored. Use of computerized means in measurement, evaluation, and assessment will be included. Prerequisite: Physical Education or Health Fitness & Recreation major.

ES440. Sport Nutrition (3)

This course will look at the interactive nature between nutrition, sport, and sport performance in all athletes and proficiency levels. Sports nutrition basics, screening and assessment, sports nutrition across the lifespan, and sport-specific nutrition guidelines are reviewed and discussed. Prerequisite: ES328, Health Related Nutrition.

ES441. Practicum in Athletic Training V (2)

The final laboratory course required of Athletic Training majors. This purpose of this course is to expose athletic training students to experiences common to the practice of athletic training in collegiate and general medical settings and to re-introduce and evaluate practical skills important in the practice of athletic training. This course will also certify the students in epi-pen injections and inhaler use through the America Red Cross. Fall course offering. Required for Athletic Training majors. Prerequisite: ES342.

ES443. Community Nutrition and Fitness Practicum (3)

This course will apply population-specific nutrition and fitness concepts from health-related nutrition, community nutrition, and sports nutrition to create and deliver population-specific health messages to the Decatur Community. Gaps in knowledge and challenges unique to each of the cohorts will be explored and subsequently integrated into programming for each of the cohorts including children, adolescents, adult, athletes and coaching staff, and the aging population. Prerequisites: ES328 Health-related Nutrition; ES330 Practicum in Health Promotions; ES329 Community Nutrition; ES440 Sport Nutrition

ES450. Athletic Training Administration (3)

This course will expose students to materials and techniques designed for the acquisition of higher level athletic training skills. Knowledge within the entire Sport Medicine field will be a focus area. This course introduces the knowledge, skills, and values necessary to manage a health care facility and associated venues that provide health care to athletes and others involved in physical activity. Information regarding professional responsibilities, avenues of professional development, and national and state regulatory agencies and standards will also be introduced. This class serves as the Departmental Capstone for Athletic Training majors only. Required for Athletic Training majors. Prerequisite: Admittance to the Athletic Training program.

ES460. Personal Fitness Practicum (3)

The practicum engages Health, Fitness and Recreation students in integrative experiences under the direction of faculty. The practicum integrates coursework and performance standards of professional organizations with planned and supervised professional experiences in planning and implementing personal training activities. Prerequisite: Health, Fitness and Recreation senior, ES206; ES310, ES410, ES418

ES472. Internship in Sport Medicine (3)

The purpose of this course is to expose athletic training students to experiences common to the practice of athletic training in a rehabilitation clinic/high school setting and for practical instruction and evaluation of the athletic training clinical proficiencies that cannot be evaluated at Millikin University. Spring offering. Prerequisite: Senior standing and approval of Athletic Training program director.

ES475, 476. Internship in Sport Management (1-4)

These courses are designed to provide opportunity outside the classroom to develop professional training and experience for students specifically in the sport management discipline. Internships are established in cooperation with agencies, businesses, and institutions. Required for the Sport Management major. Prerequisite: junior or senior standing and consent of Department Chair. Offered fall and spring semesters.

ES481. Seminar in Sport Management (2)

Each seminar will bring unique features to the classroom in the field of sport management. Topics featured include, but are not limited to: event management, behavioral dimensions in the sport culture, ethics in sport management, interpersonal and mass communication, fund raising, sport finance, legal aspects of sport management, leadership, sport law, officiating, special population needs, facility management, and strategic planning and forecasting. Open to all students. Prerequisite: Junior standing.

ES482. Global Sport Issues (3)

This seminar will address the intertwined relationship between globalization, mega-sport events and development. The focus will be on global sport and local economy, sport and global capital, sport and identity, sport and inter-racial relations, youth and sport and sport and social agency in the context of ethical decision making. Prerequisite: Sport Management major, junior and senior.

ES485, 486. Seminar in Coaching (2)

Each seminar will bring unique features to the classroom in the coaching profession. Seminars will be configured to include information constant in all coaching environments as well as sport specific coaching techniques. Sport groupings will be determined by student interest, season of participation, and general similarities in the sport. Guest speakers will be included. A syllabus will be available each semester detailing topics and sports to be covered. Open to all students. Prerequisite: Junior or senior standing.