

# College of Physical Activity and Sport Sciences

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## Degree Offered

- Bachelor of Science

## Nature of Program

Students in athletic coaching education, athletic training, physical education teacher education, sport and exercise psychology, and sport management examine the relationship of play, games, sport, athletics, fitness, and dance to our culture and cultures throughout the world. Their preparation includes the acquisition of knowledge and skills from a vast array of movement activities in addition to an understanding of associated physiological, biomechanical, sociological, psychological, historical, philosophical, and pedagogical principles. Preparation in athletic training is designed to enable students to prevent and treat injuries related to athletic competition.

Graduates in physical education with teaching certification are generally employed as elementary or secondary health and/or physical education teachers and athletic coaches. Graduates in sport and exercise psychology and sport management are employed with professional and collegiate sport enterprises, fitness centers, recreation programs, sporting goods stores, or commercial sporting goods manufacturers, or pursue graduate training in sport and exercise psychology. Athletic coaching education graduates are employed as coaches, strength and conditioning specialists, and work in the health and fitness industry. Athletic training graduates often work in high school, college, professional, and health/medical facilities to help treat and prevent injury.

## Programs

Baccalaureate programs offered in the College of Physical Activity and Sport Sciences (CPASS) include athletic training, athletic coaching education, physical education teacher education, sport and exercise psychology, and sport management. The College of Physical Activity and Sport Sciences has available to students minors including:

- personal trainer
- group fitness instructor
- sport and exercise psychology
- sport communication
- aquatic facility management
- strength and conditioning
- sport coaching
- adventure sports leadership
- youth physical activity leadership
- adapted physical activity.

## Facilities

The facilities of the College of Physical Activity and Sport Sciences include the gymnasium, dance studio, and swimming pool in E. Moore Hall; a gymnasium and fitness center in Stansbury Hall; bowling lanes and billiard area in the Mountainlair; indoor track and sports area in the Shell Building; outdoor areas including the stadium, tennis courts, soccer and field hockey fields, and outdoor track; and the Natatorium with its pool and diving well. The College of Physical Activity and Sport Sciences moved into a new building bordering the Student Recreation Center and intramural fields in the summer of 2014. The new building has nine technology based classrooms, three large seminar/conference rooms, a 46 seat computer lab, research space, a consulting/observation room, multipurpose instructional room, an instructional fitness lab, and faculty offices. Additional faculty and staff offices are in E. Moore Hall, Stansbury Hall, the Natatorium, and the Shell Building.

## Credit Load Per Semester

The minimum workload per semester for a full-time student is twelve hours and the maximum workload per semester is twenty hours. However, an advisor may register a student as a part-time student if fewer than twelve hours are required to meet all requirements for the bachelor's degree. Other exceptions to these regulations may be requested by petitioning the Committee on Academic Standards.

## Physical Education Basic Instruction

Physical education classes are open to all students of the University. A wide variety of team, individual, and leisure sports and recreational activities in the form of aquatics, fitness, martial arts, and outdoor adventure are offered. The motto of the Basic Instruction Program is "Play to be fit, and be fit to play" so the aims of the program are to develop:

- An appreciation of the body and its capacity to move
- Movement skills of games, sport, dance, and aquatics

- An appreciation of the value of continued activity throughout all age periods in an individual's life
- An understanding of the cultural significance of sport and dance
- Concepts of the physiological characteristics of sport and movement

All courses numbered PE 101–293 are at a beginner's level unless otherwise specified. Repeating an activity is not allowed except at a more advanced level.

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## ADMINISTRATION

### DEAN

- Dana D. Brooks - Ed.D. (West Virginia University)  
Dean
- James C. Hannon - Ph.D. (Florida State University)  
Assistant Dean

### DEPARTMENT CHAIR FOR SPORT SCIENCES

- Jack Watson - Ph.D. (Florida State University)  
Chair, Sport Sciences

### DEPARTMENT CHAIR FOR COACHING & TEACHING STUDIES

- Valerie Wayda - Ed.D. (West Virginia University)  
Chair, Coaching and Teaching Studies

### PROFESSORS EMERITI

- William Alsop - Ed.D. (West Virginia University)
- William Bonsall - M.S. (West Virginia University)
- J. William Douglas - Ph.D. (Ohio State University)
- Andrew Hawkins - Ph.D.  
(Ohio State University)
- Lynn Housner - Ph.D.  
(University of Pittsburgh)
- Beatrice Hurst - M.A. (Columbia University)
- Andrew C. Ostrow - Ph.D. (University of California)
- Daniel Ziatz - Ph.D.  
(University of Utah)

## Degree Designation Learning Goals

### BACHELOR OF SCIENCE (BS)

A mission of the College of Physical Activity and Sport Sciences is to prepare our students to become effective practitioners and leaders in their respective fields and to enhance the quality of life of the citizens of West Virginia and beyond. The college offers emphasis areas in Athletic Coaching Education, Athletic Training, Physical Education Teacher Education, Sport and Exercise Psychology, and Sport Management. These programs are characterized by curricular experiences which are designed to broaden perspectives, enrich awareness, deepen understanding, establish disciplined habits of thought, prepare for meaningful careers, and thus help individuals become informed, responsive and productive citizens.

Students in Bachelor of Science degree programs in CPASS

- Participate in professional development activities to become engaged professionals within community and professional field of practice
- Demonstrate ability to utilize technology to advance own professional growth and practice
- Engage in diverse thinking and generation of ideas with the goal of promoting critical inquiry
- Demonstrate professional program competencies, where appropriate, aligned with national accreditation agencies
- Apply knowledge to promote healthy lifestyles

The College of Physical Activity and Sport Sciences offers eight different minors. To complete any minor, you must notify your department to declare your minor.

## ADVENTURE SPORTS LEADERSHIP MINOR

### MINOR CODE - U083

This minor is designed to provide students with the solid base of knowledge, skills, and experiences sought by many employers within the adventure sports industry. Adventure Sports Internship can not be completed until required courses (ACE 451, ACE 452, ACE 454, PE 169, and PE 189) are completed with a letter grade of C or higher. Student must possess valid WFA or WFR and CPR certifications upon graduation. Other electives may be approved and accepted. Contact Valerie Wayda, Chair, Coaching & Teaching Studies at (304) 293-0830 or e-mail at [valerie.wayda@mail.wvu.edu](mailto:valerie.wayda@mail.wvu.edu) or Carol Straight, Advising Center at (304) 293-0839 or email at [cstraig@mail.wvu.edu](mailto:cstraig@mail.wvu.edu).

#### REQUIRED COURSES

ACE 389	Introduction to Adventure Sports	1
ACE 451	Plan/Risk Management for Adventure Sport	3
ACE 452	Outdoor Leader/Group Dynamics	3
ACE 454	Advanced Sport Instruction Techniques	3
PE 169	Outdoor Navigation and Survival	1
PE 183	Wilderness First Aid Basics	1-3
or RPTR 148	Wilderness First Responder	
PE 189	Outdoor Living Skills	1
ACE 455	Adventure Sports Internship (Internship)	2-6

#### ELECTIVES (minimum of four courses)

PE 120	Canoeing	
PE 171	Caving Basics	
PE 172	Cycling Basics	
PE 177	Adventure Racing Basics	
PE 181	Rock Climbing Basics	
PE 184	Snow Sport Basics	
RPTP Course - Group Facilitation Dynamics		

Total Hours 19-27

## AQUATIC FACILITY MANAGEMENT MINOR

### MINOR CODE - U080

The Aquatic Facility Management minor prepares students to manage an aquatic facility effectively and efficiently. The students will have the opportunity to receive four different certifications needed for pool operation. The certifications students can obtain are American Red Cross Lifeguard, Water Safety Instruction, Certified Pool Operator, and Aquatic Aerobics Instructor. Students will get hands-on experience working with pool managers and aquatic directors during their internship. The Aquatic Facility Management Minor requires the completion of all required courses with a letter grade of C or higher. Most of the content for the courses is completed on line with skills assessments on weekends or evenings. For more information, contact Valerie Wayda, Chair, Coaching & Teaching Studies at (304) 293-0830 or e-mail at [valerie.wayda@mail.wvu.edu](mailto:valerie.wayda@mail.wvu.edu) or Carol Straight, Advising Center at (304) 293-0839 or email at [cstraig@mail.wvu.edu](mailto:cstraig@mail.wvu.edu).

A minimum GPA of 2.0 is required in all minor courses

#### REQUIRED COURSES

PE 175	Lifeguard Training	2
PET 324	Water Safety Instructorships	2
ACE 482	Certified Pool Operator	3
ACE 483	Aquatic Exercise Professional	3
ACE 484	Aquatic Staff and Programming	3
ACE 485	Aquatic Design and Budget	3
ACE 486	Aquatic Management Internship	3

Total Hours 19

## SCHOLASTIC COACHING MINOR

### MINOR CODE - U137

The Scholastic Coaching minor is designed for students who are education majors, in the MDS program, sport and exercise psychology majors, sport management majors, and in any other sport or exercise related profession who may be interested in coaching at the interscholastic or recreational

levels. Upon completion of the minor, students will fulfill the West Virginia Secondary School Activities Commission (WVSSAC) coaching certification requirements. Students must earn a letter grade of a C or higher in all courses in the minor. In addition, students must provide proof of current First Aid, AED, and CPR certifications prior to enrolling in and through the duration of Practicum Coaching Youth Sports. For more information, contact Valerie Wayda, Dept Chair for Coaching & Teaching Studies at (304) 293-0830 or e-mail at [valerie.wayda@mail.wvu.edu](mailto:valerie.wayda@mail.wvu.edu) ([Valerie.Wayda@mail.wvu.edu](mailto:Valerie.Wayda@mail.wvu.edu)) or Carol Straight, Advising Center at (304) 293-0839 or email at [cstraig@mail.wvu.edu](mailto:cstraig@mail.wvu.edu).

A grade of C- or higher must be earned in all minor courses

<b>REQUIRED COURSES</b>		
ACE 256	Principles and Problems of Coaching (offered in summer only)	3
PET 244	Motor Learning and Performance	2
ACE 330	Coaching Education Administration	3
or SM 485	Sport Management	
SM 426	Liability in Sport	3
ACE 489	Practicum Coaching Youth Sport	3
<b>One of the following Techniques of Coaching classes:</b>		2
ACE course - Techniques of Coaching Lacrosse		
ACE 357	Techniques of Coaching: Swimming	
ACE 359	Techniques of Coaching: Track	
ACE 361	Techniques of Coaching: Soccer	
ACE 362	Techniques of Coaching: Basketball	
ACE 364	Techniques of Coaching: Football	
ACE 365	Techniques of Coaching: Baseball	
ACE 366	Techniques of Coaching: Volleyball	
Total Hours		16

## GROUP FITNESS MINOR

### MINOR CODE - U089

The Group Fitness minor is designed to prepare students for a professional career in designing and conducting comprehensive group fitness exercise programs. Students must earn a letter grade of C or higher in all courses.

Students will demonstrate the necessary professional competencies to design and teach group fitness exercise classes in step, hi/lo, interval, and use of resistance equipment using appropriate music tempo and progressive choreography. In addition, students will specialize in three of the following: Fitness Yoga, Indoor Cycling, Mat Pilates, Boxing, and Aqua Fitness. Students will learn to design safe and effective group fitness exercise programs that adhere to all codes, laws, regulations, and procedures within the recognized scope of practice for group fitness instructors set by the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE). Students must sit for the American Council on Exercise National Certification Exam. For more information, contact Nancy Naternicola, Coordinator at (304) 293-0858 or e-mail at [Nancy.Naternicola@mail.wvu.edu](mailto:Nancy.Naternicola@mail.wvu.edu).

<b>REQUIRED COURSES</b>		
ACE 373	Fitness Management	3
ACE 470	Methods of Aerobic Instruction	3
ACE Course - Methods of Group Fitness 2		3
ACE 463	Group Fitness Internship	6
Total Hours		15

## PERSONAL TRAINING MINOR

### MINOR CODE - U068

The Personal Trainer minor is designed for individuals who want a professional career in the fitness/wellness industry. Students are trained to screen clients, evaluate their clients' current fitness abilities, and to individualize an exercise program to fit client goals. The goal is to provide guided practical skills application to those students who wish to teach fitness related concepts to individuals (clients). Students will be prepared for and required to sit for the American Council on Exercise National Certification Exam. Students must earn a letter grade of C or higher in all coursework. For more information, contact Nancy Naternicola, Coordinator at (304) 293-0858 or e-mail at [Nancy.Naternicola@mail.wvu.edu](mailto:Nancy.Naternicola@mail.wvu.edu).

A grade of C or higher must be earned in all minor courses

<b>REQUIRED COURSES</b>		
ACE 373	Fitness Management (only offered in summer)	3

ACE 374	Fitness Field Testing (only offered in summer)	3
ACE 375	Lifestyle and Weight Management (only offered in summer)	3
ACE 472	Methods of Personal Training (only offered in summer)	3
ACE 476	Fitness Internship	3-6
Total Hours		15-18

## SPORT AND EXERCISE PSYCHOLOGY MINOR

### MINOR CODE - U056

A grade of C or higher must be earned in all minor courses

#### REQUIRED COURSES

SEP 271	Sport in American Society (Pre-requisite Courses)	3
SEP 272	Psychological Perspectives of Sport (Pre-requisite Course)	3
<b>Choose three of the following:</b>		9
SEP 373	African Americans in Sports	
SEP 383	Exercise Psychology	
SEP 385	Social Psychology of Sport	
SEP 420	Sport Performance Enhancement (Can only be taken in summer for minor)	
SEP 425	Psychological Aspects of Sport Injury	
SEP 493	Special Topics (Must be 3 credit hour course)	
COUN 303	Introduction to Helping Professions	
Total Hours		15

## SPORTS COMMUNICATION MINOR

### MINOR CODE - U088

The sport communication minor requires courses offered by the WVU College of Physical Activity and Sport Sciences and the College of Media. This blended minor includes both on-campus and online courses, and summer coursework is typically required to complete it.

To earn a minor in sport communication, a minimum grade of C- is required in all minor courses.

Students who double or triple minor in any two or three College of Media minors may only count each course towards one specific minor. In the case of overlapping curricula, students must replace the redundant course(s) with one of the College of Media's online 200-level or higher open-enrollment courses.

A grade of C- or higher must be earned in all minor courses

#### Requirements

<b>One of the following:</b>		3
ADV 201	Advertising and Society	
ADV 215	Principles of Advertising	
PR 215	Introduction to Public Relations	
<b>Required:</b>		3
JRL 361	Media Relations In Sport	
<b>One of the following:</b>		3
JRL 412	Sport Journalism	
PR 412	IMC for Sport	
<b>Required: offered by the College of Physical Activity and Sports Sciences</b>		3
SEP 271	Sport in American Society	
<b>Two of the following offered by the College of Physical Activity and Sports Sciences:</b>		6
SM 426	Liability in Sport (Only offered in spring and summer for minors)	
SM 485	Sport Management (Only offered in fall and summer for minors)	
SM 486	Sport Marketing & Sales (Only offered in summer for minors)	

Total Hours 18

**STRENGTH AND CONDITIONING MINOR****MINOR CODE - U091**

The Strength and Conditioning minor is designed for individuals who would like to be a strength coach at the high school, college, or professional level or a strength and conditioning professional in the fitness/wellness fields. The minor provides students with in-depth understanding of the theory and practical consideration associated with physical training in the areas of speed, agility, strength, endurance, flexibility, and power.

The completion of the minor prepares students to take the Strength and Conditioning Specialist Certification exam offered by the National Strength and Conditioning Association (NSCA). Certification in CPR is required for the CSCS exam. EXPH 364 (or PET 124 & PET 125) and EXPH 365 (or EXPH 369) are pre-requisite courses for ACE 369. ACE 369 is a pre-requisite course for ACE 371 and ACE 372. ACE 371 and ACE 372 are pre-requisites for ACE 475. For more information, contact Guy Hornsby, Coordinator at William.Hornsby@mail.wvu.edu or Carol Straight, Advising Center at (304) 293-0839 or email at cstraig@mail.wvu.edu.

An overall SPA of 2.0 with a letter grade of "C-" or better in all required courses.

**REQUIRED COURSES**

EXPH 365	Exercise Physiology 1	3
Select one of the following sequences:		3-4
EXPH 364	Kinesiology	
Or		
PET 124 & PET 125	Human Body: Structure and Function and Principles of Human Movement	
All of the following coursework MUST be completed:		
ACE 369	Basic Strength/Condtnng-Coaches (EXPH majors can substitute EXPH 369 for 4 cr)	3
ACE 371	Strength and Conditioning Coaching Techniques (only offered during summer)	3
ACE 372	Sport Specific Strength and Conditioning (only offered during summer)	3
HN&F 200	Nutrition/Activity/Health (NH&F 171 is pre-req)	3
ACE 475	Strength and Conditioning Internship (Culminating course in minor)	3
Total Hours		21