

Academic Fact Sheet

Wayne State College

APPLIED HUMAN SPORT PHYSIOLOGY MAJOR (53 hours)

The Applied Human & Sport Physiology Major is administered by the
Health, Human Performance and Sport Department.

Facts about the Program

Degrees Offered:

B.A.
B.S.

Faculty:

Ralph Barclay, Ed.D. (Emeritus)
Donovan Conley, Ed.D.
Barb Engebretsen, Ph.D.
Tammy Evetovich, Ph.D.
Cameron Geisert, M.S.E.
Kevin Hill, Ed.D.
Kristi Hinnerichs, M.S.E., ATC/L, CSCS
Jeff Meyer, M.S.E.

Program Description

A program to prepare students for a variety of careers in sports. Options include administration, sports medicine and nutrition, and wellness. Prepares students for graduate school in Exercise Physiology, Biomechanics, Athletic Training, and other Allied Health MS degrees.

Special Offerings

-Practicum experience

Scholarships and Financial Aid

Wayne State College is committed to providing a quality, affordable education for its students. There are several types of financial assistance available for Wayne State students, including grants, loans, work-study and scholarships. The aid packages are composed of money from Pell grants, SEOG grants, SSIG grants, Perkins loans, Stafford student loans, PLUS loans and a variety of scholarships. Contact the Financial Aid Office at (402) 375-7230 for further information.

Career Opportunities

- Cardiac Rehab
- Community Wellness
- Corporate Wellness Supervisor
- Personal Trainer
- Physical Therapy
- Private Club Wellness Director
- Sport Nutrition
- Sport Psychology
- Sports Medicine
- Preparation for graduate school

For more information contact:

Dr. Tammy Evetovich
Health, Human Performance and Sport Department
Wayne State College
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www.wsc.edu

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Suggested Four Year Schedule - Including General Education Courses

FRESHMAN YEAR

1st Semester

CHE 106	General Chemistry I	4
ENG 102	Composition Skills	3
HIS 120	World History	3
PED 103	Lifestyle Assessment OR	
FCS 207	Nutrition	2-3
PED 130	Intro to Sports Medicine	<u>3</u>
		15-16

2nd Semester

BIO 110	Biology Concepts	4
CHE 107	General Chemistry II	4
PED 203	Lifestyle Management (or activity)	1
PED 207	Athletic Performance and Nutrition	3
MAT 180	Applied Probability & Statistics	<u>3</u>
		15

SOPHOMORE YEAR

3rd Semester

	Literary, Performing Arts General Ed	3
BIO 220	Human Anatomy	4
CNA 100	Principles of Human Communication	3
PHY 201	General Physics I	<u>4</u>
		14

4th Semester

	Literary, Performing Arts General Ed	3
BIO 340	Human Physiology	4
PED 241	First Aid & CPR (2) OR	
HSC 345	CPR Health Careprovider	1-2
PED 275	Prevention and Care of Athletic Injuries	3
PED 351	Biomechanics	<u>3</u>
		14-15

JUNIOR YEAR

5th Semester

PED 305	Exercise Physiology	3
PED 487	Computer Applications in HHPS	3
	Social Science General Ed	6
	Electives	<u>3-4</u>
		15-16

6th Semester

	Ethics or Language General Ed	3
PED 470	Fitness Evaluation and Assessment	3
PED 471	Tests and Measurements	3
EPS 300	Educated Perspective	3
	Seminar	
	Electives	<u>3-4</u>
		15-18

SENIOR YEAR

7th Semester

PED 352	Musculoskeletal Eval	3
PED 472	Wellness Practicum I	2
PED 389	Sports Medicine Practicum**	2
PED 400	Cardiac Rehabilitation	3
	Electives	<u>5-8</u>
		15-18

8th Semester

PED 357	Principles of Strength and Cond.*	3
PED 473	Wellness Practicum II	2
PED 495	Research Design in AHSP**	3
	Electives	<u>6</u>
		14

OTHER

Advising note: Students must have a GPA of 2.5 to enroll in PED 389, 400, 470, 471, 495.

Some classes are on a rotation of even or off years so please work closely with your advisor.

* Implies offered fall or spring semester only.

**Implies offered on a 2-year rotation.

Applied Human and Sport Physiology majors are encouraged to supplement their course work by choosing some of the following electives, depending upon career goals:

BIO 385	Microbiology	CHE 326	Biochemistry	PSY 316	Social Psychology
BIO 486	Immunology	PED 200	Intro to Motor Lrng and Dev	PSY 345	Health Psychology
CHE 208	Intro to Organic Chemistry	PED 353	Rehab of Musculoskeletal Inj	PSY 450	Abnormal Psychology
CHE 314	Organic Chemistry I	PED 386	Therapeutic Mod. & Pharm		
CHE 315	Organic Chemistry II	PHY 202	General Physics II		

- Summer school is an option for elective hours.

- A minimum of 125 semester hours of credit must be earned to graduate, of which 40 hours must be upper level courses numbered 300 or above.

- Course sequence is suggested only. The final decision rests with the student and advisor based on availability of courses.