

# Academic Fact Sheet

# Wayne State College

## APPLIED HUMAN SPORT PHYSIOLOGY MAJOR (56-57 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, CSCS\*D  
Jeff Meyer, M.S.E.

### Career Opportunities

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

### Program Description

This major provides students with a variety of educational experiences in sports medicine, physical science, and physical rehabilitation. The program of study is designed to prepare students for graduate study/careers in athletic training, exercise physiology, biomechanics, kinesiology, cardiac rehabilitation, and, through advisement, may provide strong training for individuals who wish to work in health and fitness related professions. Recommended preparation: Student considering this major should have a minimum of 1 year of biology, 1 year of chemistry, 3.0 high school GPA, and an ACT score of at least 25. **A 2.75 cumulative GPA is required to graduate with this major.**

### Special Offerings

-Job shadowing

### 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.

### For more information contact:

Dr. Tammy Evetovich  
Health, Human Performance and Sport Department  
Wayne State College  
Wayne, NE 68787  
(402) 375-7301 or 1-800-228-9972  
E-mail: taeveto1@wsc.edu  
www.wsc.edu

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## Applied Human and Sport Physiology Major (53 Hours)

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	2
PED 130	Intro to Sports Medicine	<u>3</u>
		15

#### 2nd Semester

BIO 110	Biology Concepts	4
CNA 100	Principles of Human Communication	3
CHE 107	General Chemistry II	4
PSY 101	Psychology	<u>3</u>
		14

### SOPHOMORE YEAR

#### 3rd Semester

	Literary, Performing Arts General Ed	3
BIO 220	Human Anatomy	4
PED 207	Athletic Performance and Nutrition	2
PHY 201	General Physics I/321 Physics Lab	<u>4</u>
		14

#### 4th Semester

	Literary, Performing Arts General Ed	3
BIO 340	Human Physiology	4
MAT 180	Applied Probability & Statistics	3
PED 275	Prevention and Care of Athletic Injuries	3
PED 351	Biomechanics	<u>3</u>
		16

### JUNIOR YEAR

#### 5th Semester

PED 241	First Aid & CPR	2
HSC 345	CPR Health Careprovider	1-2
PED 305	Exercise Physiology	3
PED 487	Computer Applications in HHPS	3
	Social Science General Ed	3
	Block 3 General	3
	Education Electives	
	Electives	<u>3-4</u>
		16-18

#### 6th Semester

	Ethics or Modern 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</u>
		15

### 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>6-8</u>
		16-18

#### 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>6-8</u>
		14-16

### 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 330	Histology	CHE 315	Organic Chemistry II	PED 386	Therapeutic Mod. & Pharm
BIO 385	Microbiology	CHE 326	Biochemistry	PHY 202	General Physics II
BIO 486	Immunology	FCS 407	Nutritional Counseling & Assssment	PSY 316	Social Psychology
CHE 208	Intro to Organic Chemistry	PED 200	Intro to Motor Lrng and Dev	PSY 345	Health Psychology
CHE 314	Organic Chemistry I	PED 353	Rehab of Musculoskeletal Inj	PSY 450	Abnormal Psychology

- Summer school is an option for elective hours and certain major courses.

- 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.

- A 2.75 cumulative GPA is required to graduate with this major.

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