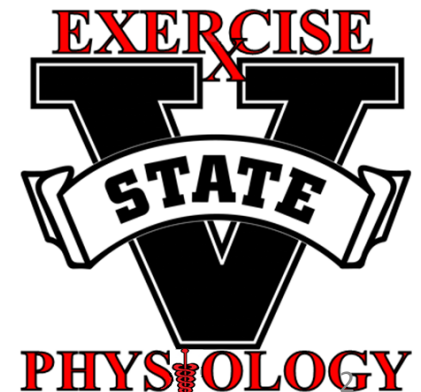


Bachelor of Science in Exercise Physiology
Valdosta State University
College of Nursing and Health Sciences

Spring 2019 Cohort

Table of Contents

- I. Our Exercise Physiology and College of Nursing and Health Sciences Family
- II. VSU Exercise Physiology Opportunities and Experiences
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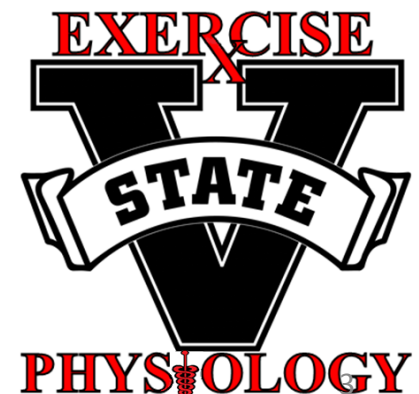


Purpose

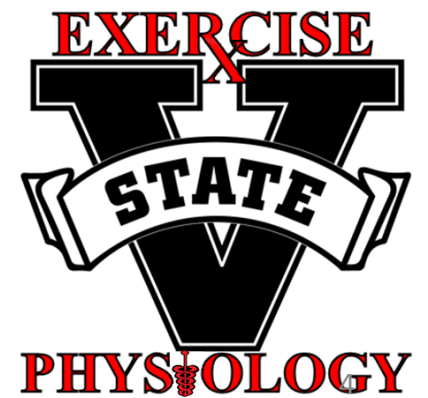
- Welcome
- Exercise Physiology degree
- Opportunities and Experiences Outside of the Formal Classroom Setting
- Policy and Procedures
- Tips for Success
- Faculty & Staff

Why Important

- Another 2-yr Investment
- Expectations as a Student
- Important milestones, deadlines, financial costs, decisions
- Opportunities to make your experience with EP more meaningful
- We want you to succeed and to be successful



Section I – Our Exercise Physiology and College of Nursing and Health Sciences Family



Administration and Support Staff



Sheri Noviello
Dean, CONHS



LaGary Carter
Assoc. Dean
EP Faculty



Marie B. Bertsch
Admin Secretary

Exercise Physiology Faculty



Kaleb Noviello
Director - CEMR



Mike Webster
Director, MS EP



George Grieve
Director, HPL



Mark J. Kasper
Director, BS EP



Rebecca Stansbery
Instructor, EP

Our Athletic Trainer Colleagues



Chuck Conner
Structural Kinesiology



Russ Hoff
Exercise Injuries

Center for Exercise Medicine and Rehabilitation



Kyle Hopkins
Exercise Physiologist



Sean Hutchison
Director, ATC Clinic - CEMR

College of Nursing and Health Sciences Advising Center



Karen Higgs
Director of Advising



Crystal Marshall
Academic Advisor



Michaela Connors
Academic Advisor

Instructional Technology Specialist



Seth Megow
Instructional Technology

VSU Assistance Programs

Access Office

www.valdosta.edu/access

Located in Farber Hall

The mission of the Access Office is to create an accessible, inclusive, sustainable learning environment, in which disability is recognized as an aspect of diversity that is integral to the campus community and to society. Some examples of the services available to eliminate barriers include classroom and testing accommodations, materials in alternate formats, and access to adaptive technology.

Counseling Center, Mental Health, Alcohol and Other Drug Education

<https://www.valdosta.edu/student/student-services/counseling-center/>

Located in Student Health Center

- **The Counseling Center** provides a broad range of mental health services to the university community aimed at maximizing the personal growth and development of its members. These services are free of charge. 24 hour emergency help is also available through the University Police at 229-259-5555 who will contact on-call counselors or appropriate resources for support
- **Office of Alcohol and Other Drug Education** is dedicated to taking a pro-active approach in addressing the issue of substance use/abuse among the VSU community and its potential impact on academic, professional, and social development.

Student Health Center

<https://www.valdosta.edu/administration/finance-admin/auxiliary-services/student-health/>

Located on Georgia Avenue

The Student Health Center is a department within the Division of Auxiliary Services. Services are available to all currently enrolled full-time students who are taking four, or more, semester hours and who have paid the health fee.

VSU Assistance Programs - continued

Academic Support Center

<https://www.valdosta.edu/asc/>

Located in Langdale Hall

The Academic Support Center (ASC) provides free peer tutoring in core curriculum courses, including sciences, math, writing, social sciences, humanities, and foreign languages. The ASC also provides supplemental instruction (tutor-led study group sessions) for historically difficult courses like biology, chemistry, geosciences, psychology and sociology, as well as academic success workshops.

Office of Social Equity

<https://www.valdosta.edu/administration/social-equity/>

Valdosta State University (VSU) is committed to creating a diverse and inclusive work and learning environment free from discrimination and harassment. VSU is dedicated to creating an environment where all campus community members feel valued, respected, and included. Valdosta State University prohibits discrimination on the basis of race, color, ethnicity, national origin, sex (including sexual harassment and sexual violence), sexual orientation, gender identity, religion, age, disability, genetic information, or veteran status, in the University's programs and activities as required by applicable laws and regulations such as Title IX. The individual designated with responsibility for coordination of compliance efforts and receipt of inquiries concerning nondiscrimination policies is the University's Title IX Coordinator: the Director of the Office of Social Equity, titleix@valdosta.edu, 1208 N. Patterson St., Valdosta State University, Valdosta, Georgia 31698, 229-333-5463.

*Student Success Center Workshops
Offered Each Term*

<https://www.valdosta.edu/asc/>

Workshops include -

- Academic Goal Setting and Role Management
- Coping in College
- Partnering with Faculty
- Active Listening, Note Taking, and Participation
- Critical and Creative Thinking
- Personal Finance

Langdale Residence Hall
1500 N. Patterson St. Valdosta, Georgia 31698

Phone: 229-333-7570
Fax: 229-333-7579
E-mail: ssc@valdosta.edu



Bradford Bailey
Founder, Senior Fit Atlanta



Austin Grant
Training Director,
Edge Performance



Jeremy Gough
Director, Strength & Conditioning
The Walker School



Erin (Williams) McDill
Health Coaching
CareATC, Inc



Sarah Nebel
Nurse Practitioner

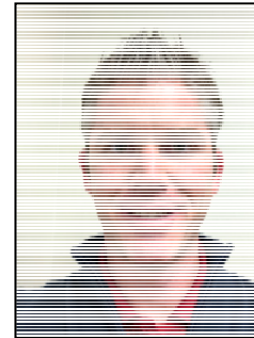


Amanda (Martin) Moore
Physical Therapist
Co-owner, Southerland Physical Therapy

**Over 600 VSU Exercise
Physiology Alumni**



Brent Wilson
Physician Assistant
Tallahassee Orthopedic Clinic



Bart Edgar, Manager
Ergonomics and Occupational
Health Testing, CSX Railroad



Jasmine Jackson
Public Health PhD
Student, Southern IL Univ

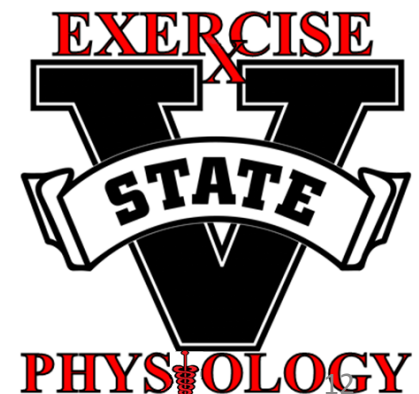


Caleb F. Powell
Emergency Medicine

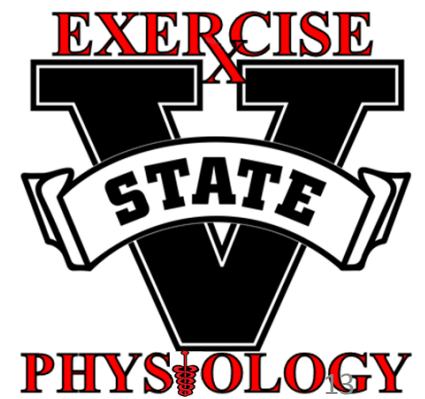


Section I – Take Home - Our Exercise Physiology and College of Nursing and Health Sciences Family

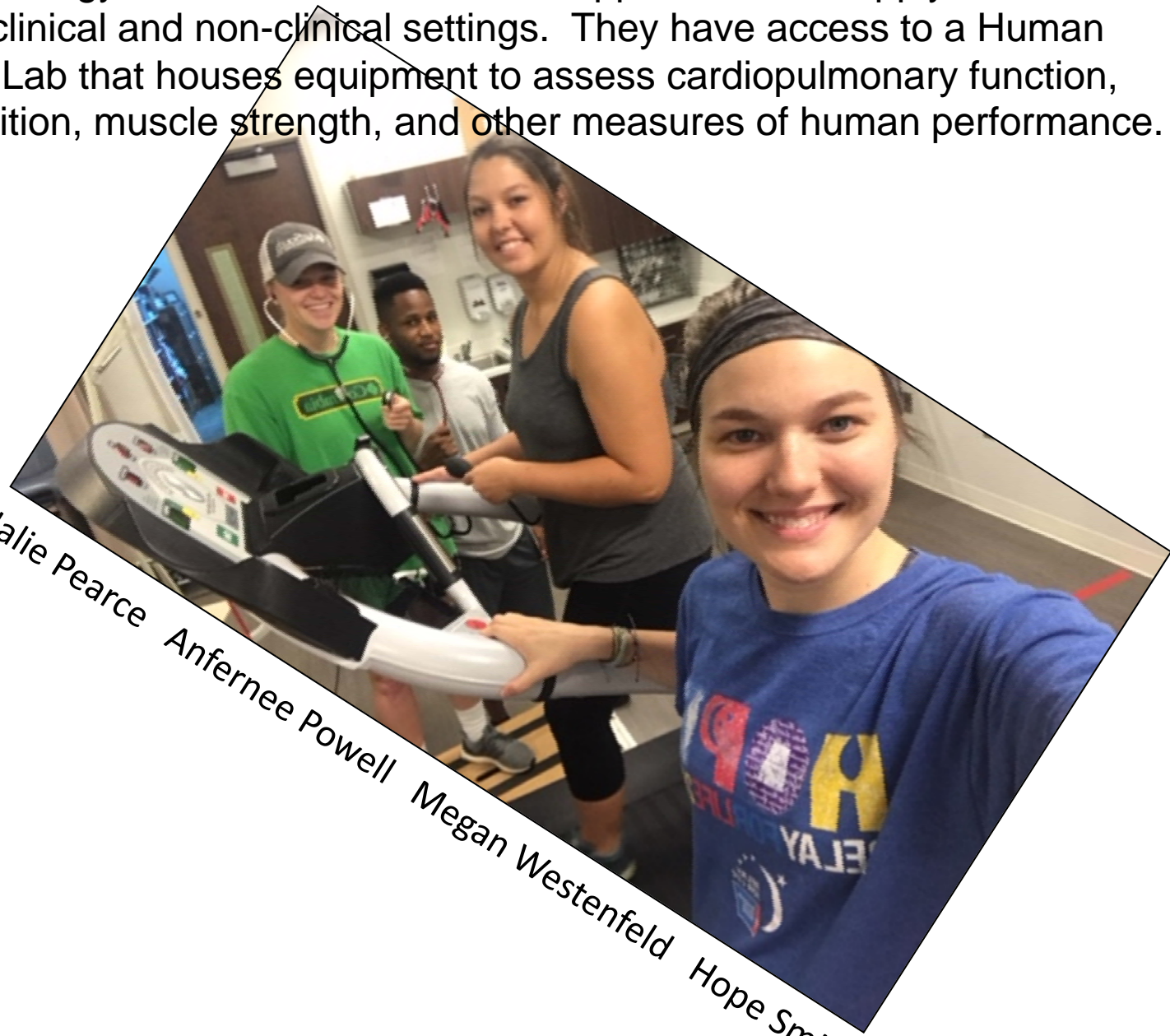
- Valdosta State University has quality faculty and staff with numerous supportive programs to promote student success
- You are now part of the Exercise Physiology family!
- Welcome



Section II – VSU Exercise Physiology Opportunities and Experiences



Exercise Physiology students have numerous opportunities to apply their education in clinical and non-clinical settings. They have access to a Human Performance Lab that houses equipment to assess cardiopulmonary function, body composition, muscle strength, and other measures of human performance.



Halie Pearce Anfernee Powell Megan Westenfeld Hope Smith



PHYSIOLOGY

June 1, 2018

Spring 2018 Cohort

Human Performance Laboratory

<https://www.valdosta.edu/colleges/nursing-and-health-sciences/exercise-physiology/other-resources/facilities/human-performance-lab.php>



George Grieve
Director, HPL

- Must be supervised by an Exercise Physiology faculty member
- No eating, no drinking, no tobacco, no gum
- Comply with the dress code
- Equipment –
 - not a “drop zone” for your belongings
 - not a chair
 - not a toy
 - not a playground
- Sign in and Sign out
- If equipment is not operational please inform an EP faculty member
- Don’t operate with the equipment if you have yet to be trained on such equipment

Many of the HPL policy and procedures falls under OSHA safety standards



- Agreement and Release of Liability - Signature required

Exercise Physiology students have numerous opportunities to apply their education in clinical and non-clinical settings. Students can gain extensive hands-on experience by working and learning in VSU's Center for Exercise Medicine and Rehabilitation

<https://www.valdosta.edu/colleges/nursing-and-health-sciences/cemr/>



Jasmine McNair Kaleb Noviello Breanna Trueblood
July 24, 2018 Valdosta State University CEMR

Center for Exercise Medicine and Rehabilitation

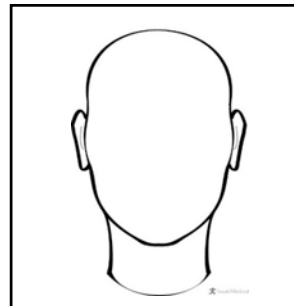
<https://www.valdosta.edu/colleges/nursing-and-health-sciences/cemr/>



Kaleb Noviello
Co-Director - CEMR



Kyle Hopkins
Co-Director- CEMR



Your Face Here

CEMR Hires EP Students

Mission. To educate and train students while fostering an avenue for faculty practice and supervision through the delivery of select primary, secondary and tertiary services for students and employees of VSU, local municipalities, industry and citizenry

Exercise Physiology Internship

<https://www.valdosta.edu/colleges/nursing-and-health-sciences/exercise-physiology/current-students/internship1/>

- Comprehensive, hands-on practical and technical experience in delivering exercise physiology services
- 40 hrs per week for a minimum of 10 weeks = 400 cumulative hours
- Local, regional, state, national, international
- Over 130 existing affiliation agreements
- Site that best fits the desires and goals of the student
- “I wish I could hire Lucy”
- “Charlie was more of an experienced professional than a student intern”
- “Send us more VSU exercise physiology students”



Research Opportunities



Side-by-Side Research Mentoring

- Literature Review
- Research Design and Methods
- Institutional Review Board Application
- Subject Recruitment
- Data Collection
- Data Analysis
- Manuscript Writing and Submission
- Professional Presentation



Research experiences are often preferred qualifications for graduate level work including those in PT, PA, MD and Exercise Physiology



Exercise Physiology Club



Mark J. Kasper
Faculty Liaison
EP Club

Mission: To promote a student governed environment for developing professional and social relationships in the Exercise Physiology field and to promote EXERCISE IS MEDICINE throughout the community.



EVENTS INCLUDE

- De-Stress Fest
- Battle of the Blocks
- Exercise is Medicine® Symposium
- Relay for Life
- Educational Guest Speakers
- VSU Intramurals
- Community Service Projects
- Fitness Friday



Stoles and Stole Points - Exercise Physiology Club

- Earn stole pts by participating in EP sponsored/approved events
- Each event has x-designated points
- Each event has to be verified by EP Club Pres or Vice Pres
- 40 pts needed to earn a graduation stole





Exercise is Medicine[®] 2018 Gold Campus

Robert E. Sallis Sarah Fretti LaGary Carter Carena Winters
American College of Sports Meeting Annual Meeting, Minneapolis, MN, May 30, 2018

Exercise is Medicine on Campus



Mark Kasper
Faculty Liaison
EIM on Campus



Calls upon universities and colleges to promote physical activity as a vital sign of health

EIMOC encourages faculty, staff and students to work together toward improving the health and well-being of the campus community by:

- Making movement a part of the daily campus culture
- Assessing physical activity at every student health visit
- Providing students with the tools necessary to strengthen healthy physical activity habits that can last a lifetime
- Connecting university health care providers with university health fitness specialists to provide a referral system for exercise prescription



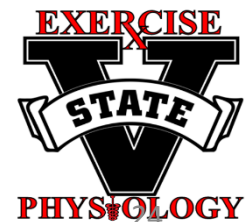
Body Temperature * Pulse Rate * Respiration Rate * Blood Pressure * Physical Activity

Professional Conferences



Mike Webster

- SEACSM – Southeast American College of Sports Medicine
<http://www.seacsm.org/>
- February 14-16, 2019 Greenville, SC
- SEACSM exchanges “volunteer help” at the meeting for registration
- EP Majors Club helps w/ some \$ support





Coffee before Courses

**ACSM 65th Annual Meeting
Minneapolis, MN May 29-June 2, 2018**



Exercise is Medicine Colloquium



Accreditation Site Visit Training

**ACSM 66th Annual Meeting
Orlando, FL May 28-June 1, 2019**
<http://www.acsmannualmeeting.org/>



Exercise is Medicine Campus
Gold Recognition



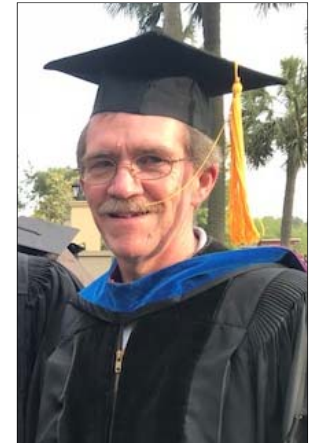
Twins Baseball Game



Winning a Stability Ball



5K Fun Run



Opportunities Outside the Classroom

- Better academically
- Better connection with professors
- Overall better experience w/ school

We Challenge You to

- Get out of your comfort zone
- Get in the arena
- Take advantage of what is available



Section II – Take Home - VSU Exercise Physiology Opportunities and Experiences

The B.S. in Exercise Physiology at Valdosta State University

- Combines classroom teaching with hands on experiences including those in the laboratory, the fitness center, conducting research with faculty, and an internship
- Provides opportunities for students to interact socially and professionally with other exercise professionals and health care providers

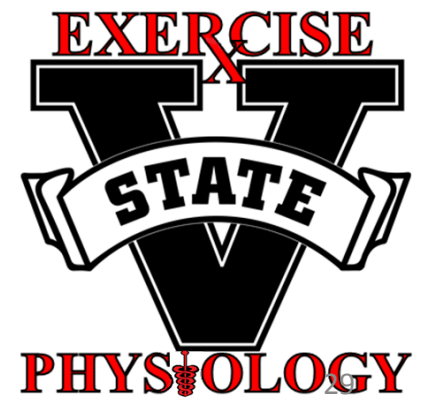


Start YOUR Career in EP



Find YOUR Greatness in EP

Section III – VSU Exercise Physiology Degree Program





Goal: To educate and train students through a structured, innovative and engaged learning construct to become a credentialed Exercise Physiologist

<https://www.valdosta.edu/programs/bachelor-of-science-in-exercise-physiology-degree/>

1994



AMERICAN COLLEGE
of SPORTS MEDICINE®

- Job Task Analysis
- Knowledge, Skills and Abilities



Commission on Accreditation
of Allied Health Education Programs

2015 - present



VSU graduates have always been academically prepared to enter the profession



Local News August 1, 2018

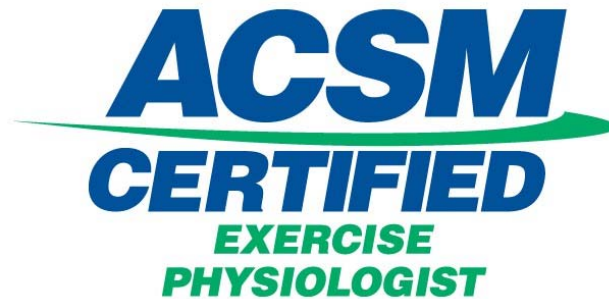
VSU's Exercise Physiology Program Earns CAAHEP Reaccreditation

Pictured, from left to right, is Dr. LaGary Carter, associate dean of the School of Health Sciences in VSU's College of Nursing and Health Sciences; Sarah Fretti, exercise physiology instructor and director of the Fitness and Wellness Center in VSU's Center for Exercise Medicine and Rehabilitation; Dr. George Grieve, assistant professor of exercise physiology and director of VSU's Human Performance Laboratory; and Dr. Mark Kasper, director of VSU's Exercise Physiology Program. Not pictured is Dr. Michael Webster, associate professor of exercise physiology.

<http://valdostatoday.com/2018/08/vsus-exercise-physiology-program-earns-caahep-reaccreditation/>

- The Exercise Physiology program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) through the Committee on Accreditation for the Exercise Sciences (CoAES)
- Only 58 accredited programs in the USA
- Was the first CAAHEP accredited university in the State of GA

Employers want professionals who can take the science and apply it to exercising adults in a variety of settings. CAAHEP accreditation assures students and employers that graduates from Valdosta State University have the knowledge, skills, and abilities to enter the workforce as exercise physiologists.



	VSU Candidates	VSU Passed	VSU Pass Rate	National Pass Rate
2016	37	26	70%	41%
2017	20	11	55%	44%
2018	27	25	93%	
Total	84	62	74%	

Expected Student Learning Outcomes and Assessments – VSU Catalog

<http://catalog.valdosta.edu/undergraduate/academic-programs/nursing-health-sciences/bs-exercise-physiology/>

Selected Educational Outcomes

1. Knowledge in basic functional anatomy, biomechanics, electrocardiography, and physiological responses to exercise
2. Knowledge of nutrition and body composition as related to exercise performance and health maintenance
3. Knowledge of electrocardiography, submaximal and maximal exercise testing procedures, and techniques related to health and fitness assessments
4. Administrative and leadership skills for exercise programs in a variety of clinical and nonclinical settings
5. Knowledge of assessment, evaluation, and education of various populations in clinical and non-clinical settings regarding physical activity and healthful lifestyles

Examples of Outcome Assessments

1. Develop, through written, oral, and practical examinations, a scientifically based and medically safe fitness assessment and exercise prescription
2. Interpret successfully, through written, oral, and practical examinations, the results of health and fitness assessments and demonstrate proficiency in exercise and nutrition prescription for an individualized program for exercise performance and health maintenance
3. Demonstrate applied competency in electrocardiography interpretation, submaximal and maximal exercise testing, which includes gas analysis, body composition analysis techniques, risk stratification utilizing health and fitness assessments, and various other tests to determine aerobic and anaerobic capacity
4. Pass the American College of Sports Medicine (ACSM) Exercise Physiologist Certification(ACSM EP-C) or the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists Examination (CSCS).

Broadly – these are the Expectations for the BSEP Degree

1. Prescribe exercise, basic health behavior interventions and promote physical activity for individuals with chronic diseases or conditions; examples include, but are not limited to, individuals with cardiovascular, pulmonary, metabolic, orthopedic, musculoskeletal, neuromuscular, neoplastic, immunologic and hematologic diseases.
2. Prescribe exercise designed to improve, maintain or attenuate declines in fitness and health in populations ranging from children to older adults.
3. Provide exercise screening, exercise and fitness testing, exercise prescriptions, exercise and physical activity counseling, exercise supervision, exercise and health education/promotion, and measurement and evaluation of exercise and physical activity-related outcome measures.
4. Work individually or as part of an interdisciplinary team in a clinical, community or public health setting.
5. Receive referrals from a referring practitioner to implement exercise protocols.
6. Be guided by published professional guidelines and standards and applicable state and federal laws and regulations.

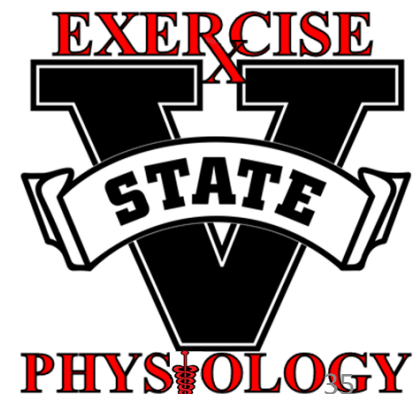
Specifically – these are the Job Tasks and Competencies – Standards for CAAHEP

Job Tasks – ACSM Certified Exercise Physiologist

[http://www.acsm.org/docs/default-source/certification-documents/acsm-ep_jta_full-\(2017\)-final-\(1\)85eeee5bc28a45b3a4d78b1881a4e4ab.pdf?sfvrsn=f6a7a41_2](http://www.acsm.org/docs/default-source/certification-documents/acsm-ep_jta_full-(2017)-final-(1)85eeee5bc28a45b3a4d78b1881a4e4ab.pdf?sfvrsn=f6a7a41_2)

Job Tasks – ACSM Certified Clinical Exercise Physiologist

http://www.acsm.org/docs/default-source/default-document-library/get-stay-certified/exam-content-outlines/acsm-certified-clinical-exercise-physiologist-exam-content-outline.pdf?sfvrsn=71f3471a_2



Professional Course Requirements – 60 hrs

<http://catalog.valdosta.edu/undergraduate/academic-programs/nursing-health-sciences/bs-exercise-physiology/>

Professional Course Requirements (60 Hours)

First Block (Fall)

HSEP 3010	Exercise Testing and Prescription I	3 hours
HSEP 3020	Fitness & Performance Testing in Ex Phys	4 hours
HSEP 3420	Exercise Physiology	3 hours
HSEP 3430	Structural Kinesiology	3 hours
HSEP 4160	Exercise Psychology	3 hours

Second Block (Spring)

HSEP 3011	Exercise Testing and Prescription II	4 hours
HSEP 3200	Nutrition for Health and Human Performance	3 hours
HSEP 3650	Resistance Training & Program Development	3 hours
HSEP 4070	Exercise Cardiopulmonary Physiology	3 hours
HSEP 4080	Exercise Electrocardiography	3 hours

Third Block (Summer or Fall)

HSEP 3050	Prevention of Exercise-Related Injuries	3 hours
HSEP 4050	Applied Resistance Training for Specific Pops	3 hours
HSEP 4140	Professional Practices in Exercise Physiology	3 hours
HSEP 4210	Clinical Exercise Physiology	3 hours
HSEP 4510	Exercise Physiology Practicum	4 hours

Fourth Block (Fall or Spring)

HSEP 4550	Exercise Physiology Internship	12 hours
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Any deviation – may result in delay of graduation – including earning a grade lower than a C in any course

No mechanism is in place nor will one be made for getting “back on track”

Any deviations ought to be discussed with Dr. Kasper prior to deviating




A good student has pencil and paper (and sits in the front row)


Academic Advising – “Flag” lifted and Application for Graduation

<https://www.valdosta.edu/academics/academic-affairs/advising/application-for-graduation.php>

- Must see your advisor prior to registering for courses – “lift flag”
- By mid-term of 2nd block – see your advisor – “Apply for Graduation”
 - Application must be returned from the registrar by the start of 3rd block
 - Any course deficiencies can / must be rectified during 3rd block to ensure 4th block internship and “on-time” graduation
- See your advisor – any faculty member – to chat about anything including career paths, graduate school, current coursework, your best 5K time ...



Graduation Application and Instructions

		 Check off as you complete each section.
1. Complete Application:	Fully complete applicant's portion of attached application for degree. Please provide a local phone number and accurate information. This information will be used for correspondence and diploma order.	<input type="checkbox"/>
2. See Your Advisor:	Student and advisor must SIGN and COMPLETE section "C" of the attached application. **ADVISOR CURRICULUM CHECKLIST MUST ACCOMPANY THIS FORM. ** (A sample is included.)	<input type="checkbox"/>
3. Pay Graduation Fee:	A \$25.00 fee for graduation must be paid ONLINE or to the cashiers at the Bursary before application will be processed. Submit the graduation fee receipt when you turn in your application. Fee payment link: http://www.valdosta.edu/academics/registrar/forms/	<input type="checkbox"/>
4. Complete Student Questionnaire & New Alumni Datasheet:	Complete student questionnaire online and New Alumni Data Sheet (OPTIONAL).	<input type="checkbox"/>
5. Submit Application:	Submit completed packet to the Registrar's Office. Packet must include: COMPLETED & SIGNED APPLICATION, FEE RECEIPT, AND CURRICULUM CHECKLIST.	<input type="checkbox"/>

HSEP 4550 Internship

<https://www.valdosta.edu/colleges/nursing-and-health-sciences/exercise-physiology/current-students/internship1/>



Kaleb Noviello
Internship Coordinator

- Provides student with practical hands-on experience in the field of clinical or applied exercise physiology
 - 40 hours per week for a minimum of 10 weeks = 400 cumulative hrs
- * Must have grade of “C” or better in all course requirements in order to register / take HSPE 4550 Internship

Site Eligibility

- Internship site must reflect an area directly related to the field of clinical or applied exercise physiology
- A list of the current contract internship sites can be found on the EP website
- It is highly recommended that you use one of the already approved sites. If you wish to intern outside of this list, you must contact Ms. Fretti before the Internship Informational meeting during 2nd Block. The approval of a new site takes time and must be done at least two semesters before you intern.



Tuition, Fees and Costs of the Program – Including Internship

- University tuition, fees, and costs for coursework can be found in the Student Financial Services website <https://www.valdosta.edu/administration/finance-admin/financial-services/students/>
- Additional approximate costs associated with BSEP - subject to change without prior notice

Program Requirements

- At least one Set Black Scrubs with VSU Logos (Top & Bottom) \$35 - \$50
- Laboratory materials (HSEP 3010, 3020, 3050, 4510) \$50 - \$150
- ACSM Certification Exam \$200 - \$275



HSEP 4550 Internship Requirements

- Student Professional Liability Insurance \$75 - \$100
- Criminal Background Check and 10 Panel Drug test \$75 - \$100
- ACSM student or affiliate membership \$10 / year
- Liability Insurance (1 year) \$50 - \$70
- American Heart Association BLS for Healthcare Providers \$50
- Health Insurance variable
- Physical Examination and Vaccinations variable



Other

- Laptop computer for computer based classroom exams
- Travel Textbook / Technology cost: dependent on course textbook requirements and technology resource costs
- Travel to educational experience sites as warranted (most sites are in Lowndes County or within a 50 mile radius)
- Miscellaneous clothing cost: dress shirts, dress pants, coat, tie, dresses, dress shoes - required for certain aspects of the program (i.e. dress attire for student presentations, guest speakers, conferences, interviews, etc)
- Tuition/Housing/Meals/etc.: dependent on individual student options

Laptop – Classroom Computer Based Exams

- Classroom exams and quizzes may be computer based
- Each student must have their own laptop
- Odum library has free checkout service
- Must have adequate RAM and processor speed
- Tablets, chromebook, smart phones, etc will not be able to handle VSU computer based exams
- The operating system needed is one of the following:
 - Windows 10, 8, 7
 - MACOS 10.14 to 10.12 OS x 10.11, OSX 10.10



Progression and Retention Standards

<http://catalog.valdosta.edu/undergraduate/academic-programs/nursing-health-sciences/bs-exercise-physiology/>

Progression standards include:

1. Having less than 2 grades of less than “C” in Jr/Sr block Exercise Physiology courses
2. Completion of all Block 1-2 courses with a “C” or better before enrolling in HSEP 4510
3. Completion of all Block 1-3 courses with a “C” or better before enrolling in HSEP 4550

Any student will be dismissed from the program upon earning a second course grade of “D” or “F” in any of the Exercise Physiology courses regardless of the semester in which the second infraction (D or F) occurred

This EP major is a role model –
taking the stairs - not the elevator



General Exercise Physiology Graduation Requirements

General Graduation Requirements

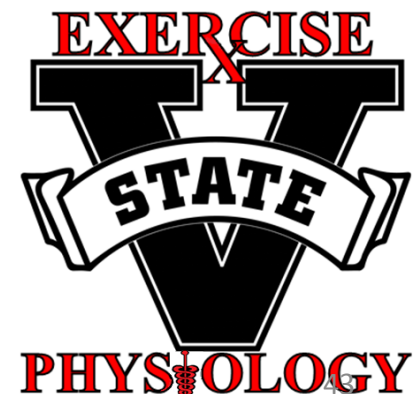
1. Having less than 2 grades of less than “C” in Jr/Sr EP courses
2. Completion of all Block 1-4 courses with a “C” or better including HSEP 4550 Internship
3. Overall cumulative GPA of greater than or equal to 2.00



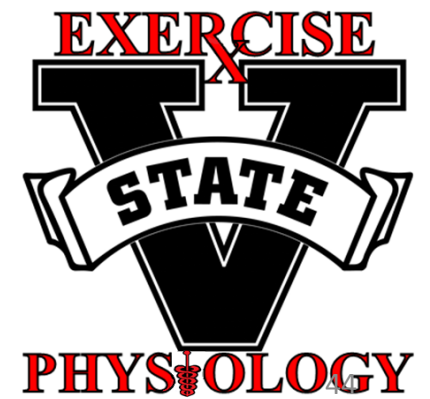
James Ethredge Daniel Tefft David Wright Tara Dambach Caitlyn Dawkins
Valdosta State University - Spring Commencement - May 5, 2018

Section III – Take Home - VSU Exercise Physiology Degree Program

- CAAHEP accreditation verifies to employers, other schools of higher learning, and the public that the curriculum is meeting rigorous standards.
- Must earn C's or higher in all BSEP Jr/Sr coursework. Two marks below a "C" will result in dismial from BSEP.
- Talk to you advisor on a frequent basis – to discuss progression through the degree – as well as mentoring for future career paths.
- During 2nd block you'll need to start preparing for 4th block Internship.
- Plan on needing additional financial resources beyond tuition and fees – that are specific to BSEP.



Section IV – Policies and Procedures



Policies, Rules, and Expectations in Academic Courses – Part 2 of 2 – Signature Required

1. Each student is responsible for knowing the specific attendance, participation and tardiness requirements for each course.
2. When a student is compelled for any reason to be absent for or unable to participate in class, they should immediately contact the instructor.
3. The undergraduate catalog states that a student, whether/ online or face-to-face, who misses or does not participate in more than 20% of the scheduled course or course activities could be subject to receiving a failing grade in the course.
4. Each student is responsible for knowing the specific requirements regarding deadlines for assignments, quizzes and exams including any disciplinary actions or penalties if deadlines are not met.
5. Professors will not provide opportunities for extra credit, do-overs, optional work, additional work or the like in order to gain credit that would boost their grade.
6. All students should understand that vacations, early holiday departure or late holiday arrival, work-related issues, other academic classes or academic responsibilities are typically not valid excused reasons to miss class or assignments including exams or quizzes.
7. Make up work or alternative assignments including quizzes and exams will be determined by the professor and at the sole discretion of the professor. These assignments may or may not exactly duplicate the original and will not entitle other students to the same alternatives since they may not have experienced the same situations

Policies, Rules, and Expectations in Academic Courses – Part 2 of 2 – Signature Required

8. When allowed for quizzes and exams, only a basic 4-function calculator is permissible. A 4-function calculator is one that only does the following 4-functions: addition, subtraction, multiplication, division. (They may also do square root and percentage).
9. Instructors will not supply pencils, calculators, scantrons or paper for class lectures, quizzes or examinations or assignments.
10. If scantrons are used for testing purposes, students must supply their own scantrons.
11. Exams may be computer based. Each student must have their own laptop (Odum library has free checkout service) with adequate RAM and processor speed. Tablets, chromebook, smart phones, etc will not be able to handle computer based exams. The operating system needed is one of the following: Windows 10, 8, 7 or MACOS 10.14 to 10.12 OS x 10.11, OSX 10.10.
12. Expect teachers to require that during exams and quizzes all belongings (hats, phones, drinks, backpacks, watches, etc) be placed in the front of the classroom.
13. Recording of lectures or instruction (voice or video) including taking pictures of PPTs or material written on the white (chalk) board is prohibited without permission of the instructor. Information presented is the intellectual property of the Instructor. Violations may result academic disciplinary action. Selling course notes is also prohibited.
14. Each student should know time lines for when course assignments are available for reviewing with the instructor. Typically, after a week or two of posting grades for an assignment material is no longer available for review.

Academic Honesty Policies and Procedures

<https://www.valdosta.edu/academics/academic-affairs/academic-honesty-policies-and-procedures.php>

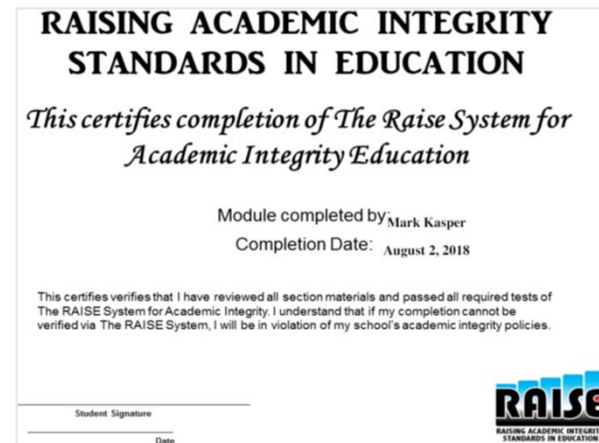
- Academic dishonesty will not (and has not been) tolerated by VSU or VSU EP
- You are responsible for knowing and abiding by the VSU Academic Integrity Policy including Plagiarism
- Academic Dishonesty may result in
 - Grade of zero
 - Grade of “F” for the course
 - Expulsion or suspension from EP
 - Expulsion or suspension for VSU



RAISE Required Training – see handout

The RAISE System for Academic Integrity Education
Raising Academic Integrity Standards in Education

<https://raisetraining.com/raise/login/index.php>



Topics

- I. Introduction
- II. Unauthorized Collaboration
- III. Technology
- IV. Plagiarism/Copyright
- V. Decision Making Guidelines

Student Dilemmas Covered Include -

- Lying to a professor
- Getting feedback vs having other edit work
- Collaboration
- Managing and responsibility for group work
- Submitting class work to separate classes

- Completed signed and dated certificate hard copy
- Due no later than Thursday, January 24, 2019, 5:00 p.m. - to Ms. Bertsch Rm 2019
- Hand deliver. Don't leave your certificate on the desk or place under the door or ...

**Failure to meet the deadline will result in being dropped
from all courses in the Exercise Physiology degree program**

Confidentiality and HIPPA and PHI

- Need to know
- Violation of CONHS
- Violation of Federal Law
- May result in academic dismissal



- Confidentiality Acknowledgment form
- Signature required

Technical Standards – and Required Signature Technical Standards Form

1. Effective written and oral communication skills
2. Proficiency of the English language
3. Respect for diverse cultural backgrounds
4. Accuracy in recording medical information
5. Understanding and maintaining medical confidentiality
6. **Strong problem solving skills**
7. **Critical or higher order thinking skills**
8. **Understand and accept constructive criticism**
9. **Emotional well-being**
10. **Ability to exercise sound judgment**
11. **Coping skills in stressful situations**
12. Professionalism and rapport with diverse populations
13. Normal or sufficient auditory, visual and sensory perception
14. Minimum level of muscular strength and endurance based on national norms
15. Minimum level of cardiorespiratory fitness based on national norms
16. Ability to sit, stand, squat, kneel, push, pull, lift, hold and maintain balance frequently and for prolonged periods of time



- Or with reasonable accommodations
- If appropriate, visit the VSU Access Office for Students with Disabilities

Be a Role Model

“Health professionals should personally engage in an active lifestyle to familiarize themselves with the issues involved in maintaining lifelong physical activity and to set a positive example for patients and the public.”

AHA Scientific Statement. Exercise and Physical Activity in the Prevention and Treatment of Atherosclerotic Cardiovascular Disease. Circulation. 2003; 107:3109-3116



Through your actions and words
be an advocate for physical activity

Dress and Appearance

- Anytime you are on campus
- Anytime you are representing off-campus - VSU or VSU Exercise Physiology
- Clothing, shoes, hair, facial hair, piercings, jewelry, tattoos, fingernails, dental hygiene, body odors ...

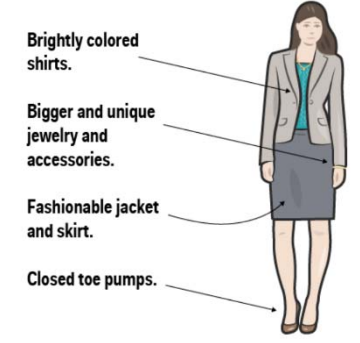


- Stay clean and crisp, even when casual. Casual and sloppy are not the same thing. Hair, clothes, nails ...
- Just because you can doesn't mean you should.
- Ask yourself: is my outfit projecting the qualities to succeed in my profession as a _____?
- If you dress conservative, you'll always be dressed appropriately – for any occasion.

LEVEL 3 EXECUTIVE CASUAL

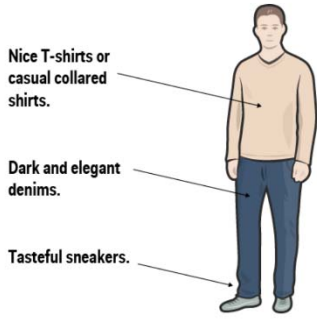


- Brightly colored or patterned shirts and ties.
- Sports coats and jackets.
- Dressy slacks.
- Loafers or monk-strap shoes.



- Brightly colored shirts.
- Bigger and unique jewelry and accessories.
- Fashionable jacket and skirt.
- Closed toe pumps.

LEVEL 5 BASELINE CASUAL



- Nice T-shirts or casual collared shirts.
- Dark and elegant denims.
- Tasteful sneakers.



- Tidy and fitted T-shirts, blouses, or sweaters.
- Clean and crisp denims.
- Elegant sandals.

LEVEL 2 TRADITIONAL BUSINESS ATTIRE

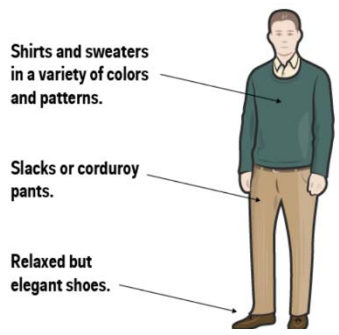


- Traditionally patterned shirts and ties can be more brightly colored.
- Dark and subtly patterned suits.
- Dark brown or navy blue oxfords.



- Professional tops without a deep neckline.
- Suits can be more brightly colored.
- Tights and closed toe heels.

LEVEL 4 MAINSTREAM CASUAL



- Shirts and sweaters in a variety of colors and patterns.
- Slacks or corduroy pants.
- Relaxed but elegant shoes.



- Short-sleeved tops, maybe with vests.
- Fashionable combinations of tops, vests, and skirts.
- Open toe shoes.

LEVEL 1 BOARDROOM ATTIRE



- Crisp white dress shirts and modest ties.
- High quality accessories.
- Dark charcoal gray or navy blue two- or three-piece suits.
- Only black oxfords or derbys.



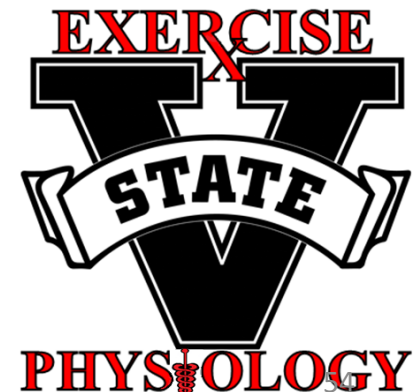
- Collared dress shirts or blouses.
- Dark and classic suits.
- Skirts not shorter than two fingers above the knee.
- Only black tights and heels.

Disposition Policy – College of Nursing and Health Sciences

<https://www.valdosta.edu/colleges/nursing-and-health-sciences/documents/disposition-policy.pdf>

The purpose of the Disposition Policy process is

- For faculty to identify students who may need intervention to successfully complete both the pre-professional and professional requirements for their program of study
- Dispositions are the values, qualities, and professional ethics that influence one's behaviors toward students, families, colleagues and communities
- Dispositions can affect student learning, motivation and development of personal and professional growth.

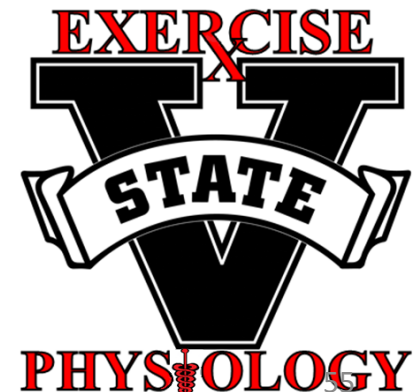


Disposition Policy – College of Nursing and Health Sciences - Continued

<https://www.valdosta.edu/colleges/nursing-and-health-sciences/documents/disposition-policy.pdf>

Examples of Actions Necessitating Completion of Disposition Forms - including, but not limited to -

- Excessive absences or lateness for class or clinical assignments
- Lack of professional dress or demeanor when interacting with other students, clients/patient, preceptors or faculty
- Exhibiting disruptive behavior toward faculty, staff, preceptors, peer student or guest speakers. This includes classroom disruptive behavior. This extends to clients/patients and preceptors when students are in a clinical area affiliated with their program of study
- Exhibiting a lack of proficiency and/or professionalism in written and/or oral language skills, including electronic forms of communications (i.e., e-mail, text, social media, etc.)
- Demonstrating a lack of content/ clinical knowledge, including appropriate skill progression, in any content area at the student's current level
- Plagiarism or cheating on any graded activity
- Blatant dishonesty or breach of confidentiality
- Purposefully compromising the well-being of a client/patient
- Harassment of clients, preceptors, peer students, faculty, or staff



Disposition Policy – College of Nursing and Health Sciences – Reporting Form

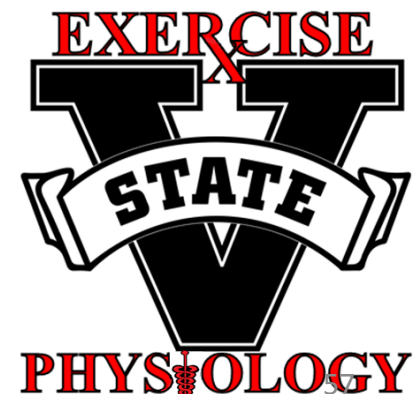
<https://www.valdosta.edu/colleges/nursing-and-health-sciences/documents/disposition-policy.pdf>

Procedures for Assessing Dispositions

- A student's professional dispositions will be assessed in classes, clinical, and community settings
- The instructor or preceptor who identifies a deficiency or behavior inconsistent with established dispositions will follow these procedures
 - Upon a student's action which necessitates the completion of a disposition report, the instructor or preceptor will schedule an informal meeting. The purpose of the meeting with the student is to discuss the area of concern and offer possible solutions and remedies.
 - The date of the meeting, the instructor's specific concerns and potential solutions will be documented on the Disposition Report Form and placed in the student's file
 - Both instructor and student will receive a copy of the completed form.
 - The faculty member involved in the informal meeting must complete either a VSU Student Conduct Incident Report or a VSU Academic Integrity Report if applicable
- If a second meeting becomes necessary, based on the same deficiency or additional behaviors of concern there will be a meeting with the student that will include other parties (advisor, department chair/dean, program coordinator, etc)
 - The result of this meeting may be a recommendation that the student be allowed to continue her/his program, development of a remediation plan, or a determination to remove the student from the program.

Academic Grievance

- The School of Health Sciences encourages students to seek open discussion, and resolution, to grievance by applying the following procedure:
 - The exercise physiology student with a problem is obligated first to seek a resolution to the problem with the involved faculty member
 - If a satisfactory resolution cannot be reached, the student should submit a written request for review with supporting evidence to the Associate Dean of Health Sciences
 - If a satisfactory resolution cannot be reached between the student and the Associate Dean, the student may appeal in writing to the Dean of the College of Nursing and Health Sciences



Final Grade Appeals

<https://www.valdosta.edu/academics/academic-affairs/grade-appeals.php>

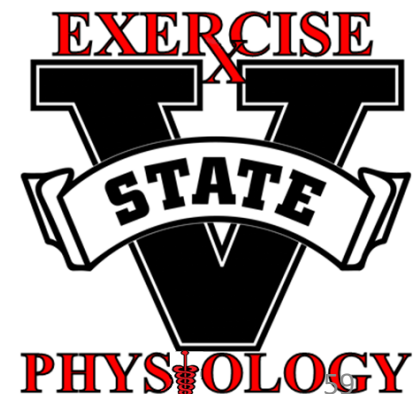
RATIONALE FOR GRADE APPEALS

- Any student considering a grade appeal should understand that each faculty member has the right and responsibility to determine grades according to any method chosen by the faculty member as long as these methods follow professional and disciplinary standards, are clearly communicated to everyone in the class, and are equally applied to all students
- Therefore, grades should only be appealed under circumstances such as the following:
 - (a) The assignment of a grade to a particular student by application of more exacting requirements than were applied to other students in the course
 - (b) The assignment of a grade to a particular student on some basis other than performance in the course
 - (c) The assignment of a grade by a substantial departure from the instructor's previously announced standards
- The grade appeal procedure is not to be used to review the judgment of an instructor in assessing the quality of a student's work nor is it to be used if the student disagrees with the instructor on how the course was conducted. Such concerns should be shared with the instructor and/or the appropriate department head.

Final Grade Appeals - Process

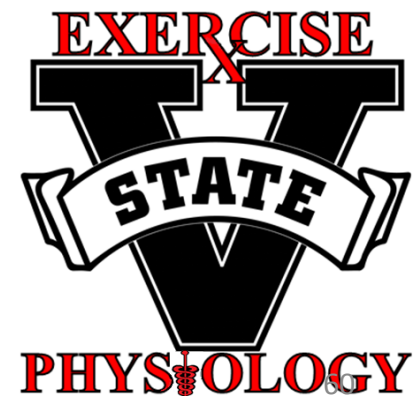
<https://www.valdosta.edu/academics/academic-affairs/grade-appeals.php>

- Students who have just cause to appeal the assignment of a grade must first discuss the problem with their instructor
- This process must begin within 30 working days after the registrar's office has posted final grades for the term in which the course was taken
- Further appeals are then directed, in order, to their instructor's Department Head, and Dean
- Copies of the final course grade appeal policy, procedures, and form are available in the Office of the Registrar

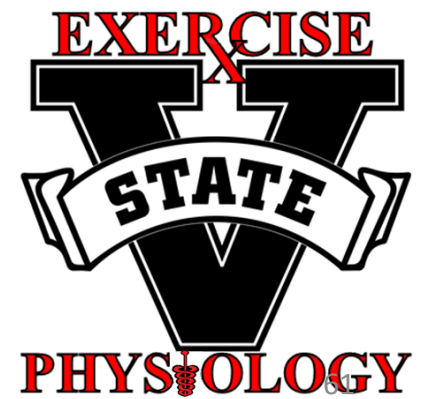


Section IV – Take Home - Policies and Procedures

- Policies and procedures establish boundaries for acceptable behavior and guidelines for best practices. They set clear communication as to how you are expected to act.



Section V – Tips for Success



Tips for Success

- Get involved with EP – outside of the formal classroom
- Keep your eye on the prize
- Have blind faith
- Stay with the pack

- In HS and in the core you might have studied only before an exam
- In Exercise Physiology you must study EVERY DAY!
- You must have good time management skills including prioritizing your priorities



*Student Success Center Workshops
Offered Each Term*

<https://www.valdosta.edu/asc/>

Workshops include -

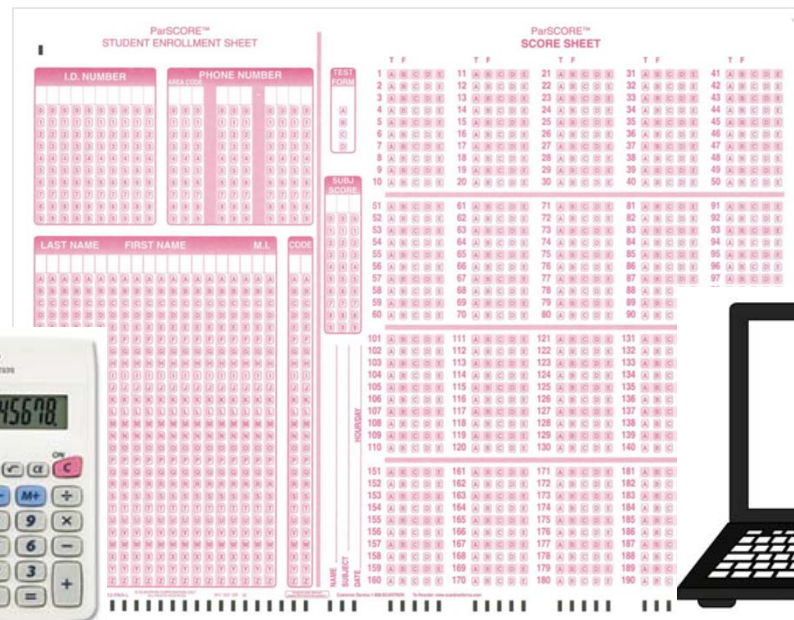
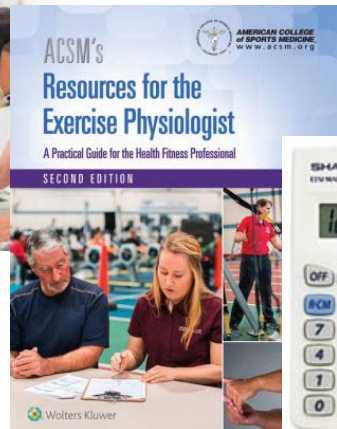
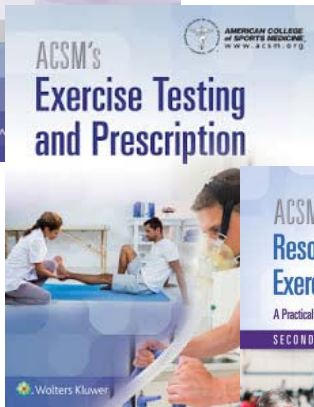
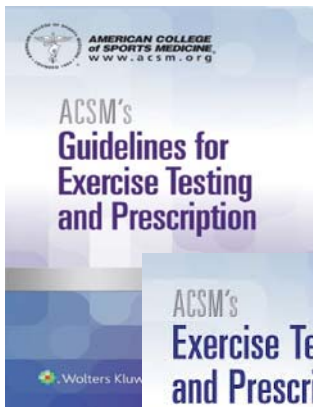
- Academic Goal Setting and Role Management
- Coping in College
- Partnering with Faculty
- Active Listening, Note Taking, and Participation
- Critical and Creative Thinking
- Personal Finance

Langdale Residence Hall
1500 N. Patterson St. Valdosta, Georgia 31698

Phone: 229-333-7570
Fax: 229-333-7579
E-mail: ssc@valdosta.edu

Tips for Success - Continued

- Non-programmable 4 function calculator
- #2 pencils
- Scantrons – purchase at VSU Bookstore
- Lap Top to take computer based exams and quizzed
- Workout gear – shorts, short-sleeve t-shirt, athletic shoes
- Text books - all EP classes use textbooks that are “required and testable material”



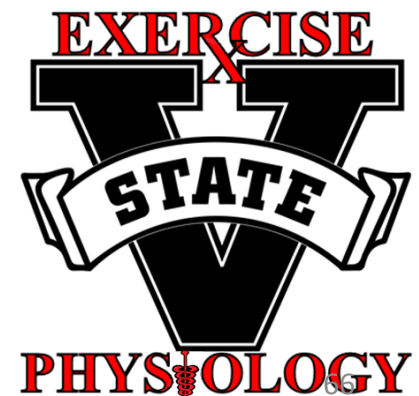
Check VSU email Daily

- All contact from VSU, Exercise Physiology, the Department, the College, your Advisor and Professors, will be sent to your VSU email account
- VSU states that faculty and staff should not respond to non-VSU email accounts in matters that involve personal communication
- “I didn’t get the email” will not be a valid excuse for ...
- Use professional business writing when emailing professors
 - Subject line should be a key word/phrase that describes the purpose of the email
 - Dear Dr. ---
 - Writing in text message form is unacceptable – and likely to be deleted without a response by the receiver



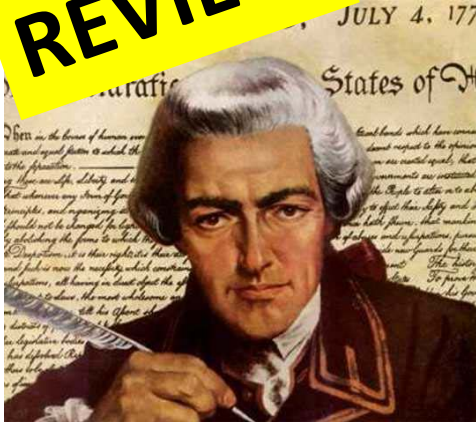
Section V – Take Home - Tips for Success

- Keep your eye on the prize
- Allow yourself to be mentored
- Stay with the pack
- Take advantage of Student Success Center Workshops



Required Signatures / Documents / Training

REVIEW



- Agreement and Release of Liability
- Confidentiality Acknowledgement
- Technical Standards Compliance
- Academic Consent
- Student Responsibility Statement
- SGMC Observation / Shadowing Forms



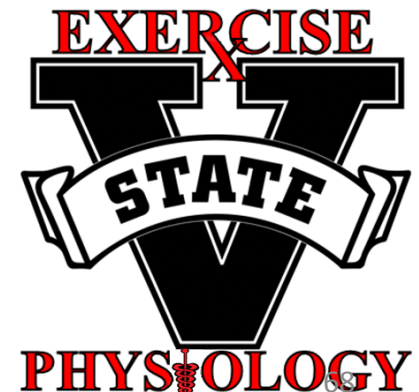
Patriot of the American Revolution
Q #1 on Webster's first Exercise Physiology class exam

RAISE Training

- Due no later than Thursday, January 24, 2019 5:00 p.m.
- Turn in to Ms. Bertsch. Rm 2019
- Hand deliver. Don't leave on the desk or place under the door or ...

Summary

- Your professional career starts today – so be “professional”
- Be prepared for sacrifices – including financial commitment beyond tuition and fees
- Allow faculty and staff to mentor & guide you – but take responsibility for your own success
- Get involved
- Keep your eye on the prize
- You GET to be here – embrace it!



Questions, Comments, Concerns, Other ...

