

**STRATEGIC PLAN
DEPARTMENT OF HEALTH AND EXERCISE SCIENCE –
HEALTH FITNESS MAJOR**

1.1.1 DEPARTMENTAL MISSION STATEMENT

The department prepares individuals as scientists, educators, and practitioners. Students prepare for K-12 teaching in physical education and health education, a career in athletic training, or a career in health fitness/exercise science. Many of our students pursue graduate study within the discipline and/or allied health sciences, and are admitted to excellent graduate programs across the country.

The department provides an excellent learning experience for students that includes setting high expectations for student learning, writing, and critical thinking; providing a sound foundation of knowledge and skills required for a career in health or exercise science; encouraging students to explore cross-disciplinary issues such as service, community, justice, and faith; and preparing students for graduate study.

Additionally, opportunities for students to engage in research and service learning are integrated across programs and majors.

In addition to the preparation of students within the major and minor, the department is committed to helping each student at Gustavus improve his or her knowledge and commitment to lifetime activity and wellness. The general education program offered by the department challenges students to engage in physical activity, improve fitness, and acquire the knowledge and skills needed to establish a healthy lifestyle.

Yet another important element within the mission of the department of Health and Exercise Science is to support the mission of the college by addressing global issues, vocation, service, justice, community, and excellence within the majors, and other courses offered by the department. As models, teachers, mentors, and members of the community, we encourage students to fully explore intellectual, physical, emotional, social, spiritual, and cultural dimensions of wellness, and to become life long learners.

And finally, the department values its role in providing service to the College. By offering FTS courses, writing courses, courses designed for students enrolled within elementary or secondary education, anatomy and physiology courses for students in other majors and allied health programs, the department illustrates a deep commitment to service.

1.1.2 DEPARTMENTAL VISION

As a department, we hope to continue the process of strengthening each program. Exploring ways to broaden opportunities for majors will ensure that students are well prepared for careers in health and exercise science, and graduate study. In a world in which technology, global issues such as health

care and environmental stewardship, and commitment to community necessitates cross-disciplinary knowledge and skills, the department must continue to seek ways to extend learning opportunities beyond the major and the classroom. By encouraging students to study abroad, participate in service learning opportunities, and reflect on vocation, we can better prepare students for life beyond their majors and careers.

To support student learning and achievement both in the classroom and through research, the department will maintain a classroom and departmental environment that focuses on the open exchange of ideas, positive and supportive relationships with students, and exploration of cross-disciplinary subject matter.

We hope to further expand student research opportunities across all majors and seek ways to financially support student research.

Furthermore, expanding the anatomy and physiology program through cadaver study and redefining laboratory experiences will be possible once the renovation of Lund Center is completed. The renovation of facilities is essential to ensure that students have access to appropriate technologies, laboratories, and classrooms, and to promote student and faculty research.

1.1.3 DEPARTMENTAL GOALS

Goal 1. Provide majors and a minor that effectively prepare students for a career within the discipline and for graduate study.

Goal 2. Facilitate student-faculty research, and provide mentoring to students who apply for graduate school admission.

Goal 3. Integrate within the majors and minor liberal learning skills including reading, writing, and speaking; appreciation of diversity and global issues; commitment to service; and critical thinking.

Goal 4. Facilitate exploration of personal and professional values that enable students to recognize the importance of lifelong learning and commitment to community and discipline.

Goal 5. Continue to support the College by offering courses that support majors within other departments and pre-professional programs.

Goal 6. Provide a quality general education program that includes opportunities for students to enhance personal fitness and health through acquisition of knowledge and skills needed to establish an active lifestyle that promotes wellness and prevents disease.

Goal 7. Secure appropriate funding to support further development of departmental programs and to purchase essential equipment.

1.2 PROGRAMS – MAJORS, DESCRIPTIONS, MISSION, GOALS

1.2.1 ATHLETIC TRAINING EDUCATION PROGRAM (ATEP)

1.2.2 HEALTH EDUCATION

1.2.3 PHYSICAL EDUCATION

1.2.4 HEALTH FITNESS MAJOR

DESCRIPTION

The health fitness major is a broad-based major designed to prepare students for a variety of careers in health and wellness such as corporate fitness, cardiac rehabilitation, health promotion, and public health. Students may also continue in a number of graduate study programs including human performance, community health, health promotion, sports management, dietetics, and recreation studies. Requirements for the major include knowledge and skills necessary for professional certifications from the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). Preparation for these certifications requires application of knowledge and skill through written examinations and hands-on laboratory and practicum evaluation activities. This major is often combined with a second academic major such as athletic training, business, psychology, communication studies, or health education. Other students choose to combine health fitness with a pre-professional health program such as occupational therapy or physical therapy. Research experience is an important piece of the program. Students develop research proposals, engage in data collection, reduction, and statistical analysis, and present projects at regional and national professional venues. Opportunities for research are provided through curriculum requirements and independent projects. Each student also must complete a fulltime, 12 to 15 week internship. These experiences are typically in the settings such as corporate fitness, clinical, health promotion, or rehabilitation.

MISSION

The mission is to help students develop their full potential as scholars, citizens and future leaders of our profession and our society. Students also explore all of the dimensions of human health. The nature of the material in all health fitness core courses encourages diversity of thought, action and social involvement. Students will be challenged to apply these concepts to their profession and to their lives and to become effective advocates for healthy lifestyles.

The health fitness major offers students the possibility to achieve their highest academic potential by providing a rigorous and innovative curriculum and the opportunity to master all necessary skills to achieve success within the profession as a whole. Following the tenets of our profession, the department is committed to seeking out ways of developing the physical, social, mental and spiritual wellness of all of our students.

HEALTH FITNESS MAJOR - GOALS

The Graduate will:

1. Understand and apply the basic principles of exercise science, health promotion and aspects of human wellness and lifelong health as evidenced by their coursework, presentations and performance of course exams.

2. Demonstrate an understanding off all the materials required to sit for the American College of Sports Medicine (ACSM) Health Fitness Specialist or Personal Trainer Certification Exams and/or National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) or Personal Training (CPT) Certification Exams upon graduation.
3. Critically read and apply current research principles in the field of exercise science and health promotion and to present personal research at appropriate venues.
4. Understand the responsibilities and ethical issues of the fitness/health professional and to prepare students for post graduation opportunities in exercise science and health promotion.
5. Understand the principles and develop the skills to work with diverse populations, including individuals with health conditions such as cardiac disease, diabetes, obesity, etc.