

# LINDENWOOD

## **Addendum to the 2015-2016 Graduate Catalog**

Published August 2015

*Revisions to page 4 shown in red below:*

**Spring Semester 2016**

International student orientation and check-in	January 18
Spring residential student check-in	January 24
Last day for in-season athletes to add/drop via student portal	January 24
Classes begin	January 25
Last day to register for or add classes or choose audit	January 29
Registration to "KEEP SAME ROOM" for fall via student portal	February 1 - 28
Sibley Day	February 16
Deadline to apply for August graduation	February 28
Last day to withdraw with a "W"	March 4
<b>Fall registration and housing sign-up begins</b>	<b>March 21</b>
Good Friday – no classes will meet	March 25
Spring Break	March 28 -April 3
Deadline to apply for September graduation	March 30
Last day to withdraw with "WP"/"WF"	April 8
Honors convocation, 2:00 p.m.	April 17
Deadline to apply for summer 2016 Residential Program	April 19
Last day of classes	May 6
Final exams	May 9-13
Deadline for making up Incomplete grades from fall 2015	May 13
Lindenwood residential housing closes, 9:00 p.m.	May 13
Graduate student commencement, 7:00 p.m.	May 13
Undergraduate commencement, 10:00 a.m.	May 14
Final grades due, 5:00 p.m.	May 17
Deadline to apply for October/December graduation	May 30

*Amendments to page 22 are shown in red below:*

## Academic Load and Enrollment Designations

All academic credit is given in semester credit hours. Full- and half-time student status is determined by the number of credit hours in which a student is enrolled during a given term. In credit hours, the academic load designations for graduate students are as follows:

### Semester Programs

#### Full-Time Enrollment

- Nine to fifteen credit hours

#### Half-Time Enrollment

- Six to eight credit hours

#### Less than Half-Time Enrollment

- Five or fewer credit hours

### Five-term Programs

#### Full-Time Enrollment

- Six or more credit hours

#### Half-Time Enrollment

- **Three** to five credit hours

#### Less than Half-Time Enrollment

- **Two** or fewer credit hours

*Notes: (1) In order to remain in compliance with US visa regulations, students on an F1 visa must maintain full-time enrollment status by enrolling in a minimum of 6 credit hours per term.*

*(2) Course extensions (including culminating project extensions, capstone extensions, and thesis extensions) are not counted among a student's "hours enrolled." For this reason, students who are only enrolled in the completion of a thesis, capstone experience, or culminating project are considered less than half-time students.*

*(3) Active duty military personnel pursuing certain online graduate programs in the semester format may qualify for full-time enrollment status at 6 credit hours. Such students should contact the VA Certifying Official for more information.*

*Amendments to page 86 are shown below:*

## Exercise Science Department

### HUMAN PERFORMANCE MS

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*33 credit hours*

The Master of Science in Human Performance provides students with research and practical opportunities in various settings in and outside of the classroom. Depending upon the interest, students wanting to pursue a graduate degree in Human Performance may select from different options in which to emphasize their learning and direction. Those interested in the physiological dynamics of exercise, including its role in the training and conditioning of sports participants, its benefits in the rehabilitation of disease, and its use for risk reduction and improved quality of life may choose the exercise physiology emphasis. Those seeking more of a

nutrition focus, including performance based nutritional strategies or recreational directed health and wellness may select the sports nutrition emphasis. Both emphases prepare students with a strong foundation in human performance, integrating theoretical, research, and practical knowledge and experiences to prepare students to be better leaders in the industry.

The program requires completion of a 24 credit hour core curriculum. Students then choose between a thesis or non-thesis option to complete the remaining 9 credit hours. Both thesis and non-thesis option require the completion of a comprehensive examination. A written comprehensive examination is required for the non-thesis option, while a successful oral defense of the thesis is required for the thesis option.

The Master of Science in Human Performance is consistent with the American College of Sports Medicine (ACSM) professional standards and several instructors and faculty members are certified by the National Strength and Conditioning Association as Certified Strength and Conditioning Specialists (CSCS) and Certified Personal Trainer (NSCA-CPT). In this respect, the program prepares students for certifications in personal training, as well as strength and conditioning, and it gives students the optimal experience in human performance. Graduates of this program will be well prepared to sit for any of the certifications listed below.

#### ACSM

- Certified Personal Trainer (CPT)
- Certified Exercise Physiologist (EP-C)
- Certified Clinical Exercise Physiologist (CEP)

#### National Strength and Conditioning Association (NSCA)

- Certified Personal Trainer (NSCA-CPT)
- Certified Strength and Conditioning Specialist (CSCS)

#### Aerobic Fitness Association of American (AFAA)

- Various Certifications

## Human Performance Program Admission

Applications for acceptance into the program must include:

- Application to the University; non-refundable application fee of \$30 to process graduate school application
- Official transcripts from all attended institutions verifying completion of bachelor's degree from a regionally accredited college or university with a minimum GPA of 3.00
- Letter of intent that includes a personal statement discussing your area of interest in our graduate program along with your career goals
- Current resume including all related professional and extracurricular experience, education, and certifications
- Minimum of three (3) letters of recommendation addressing the applicant's academic qualifications and abilities to be successful in a graduate program.

If the applicant is completing or has completed an undergraduate program in the School of Sport, Recreation, and Exercise Sciences at Lindenwood University, no more than one letter may come from a faculty or staff member whose primary academic appointment is within the School of Sport, Recreation and Exercise Sciences at Lindenwood University

- Interview with departmental faculty (via phone or in person)
- Current CPR certification including AED certification
- Prerequisites of Nutrition, Statistics, Anatomy and Physiology I and II with labs, Exercise Physiology with lab, and Exercise Testing and Prescription.

Plus one course from the elective list below.

*Electives*

- |                |   |
|----------------|---|
| HP 51000       | Advanced Strength Training                                    |
| HP 51100       | Human Movement Impairments and Corrective Exercise Strategies |
| HP 53000       | Orthopedic Injury Pathology and Exercise                      |
| HP 53700       | Community Health  |
| HP 54100       | Internship  |
| HP 54300       | Biomechanics  |
| HP 55100       | Independent Study   |
| HP 64100       |   |
| HP 64200-64999 | Disability Sport  |
|                | Special Topics  |

**HUMAN PERFORMANCE MS – EMPHASIS IN EXERCISE PHYSIOLOGY**

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The graduate curriculum for the human performance program with an emphasis in exercise physiology provides a strong scientific basis for students seeking advanced degrees in the exercise physiology, strength and conditioning, and allied health professions as well as those seeking practical skills for employment in the health and fitness industry.

Students will have the unique opportunity to use state-of the art equipment and protocols from the Sports Science Center. The Sports Science Center is the University’s exercise physiology laboratory inside a 12,000 square foot conditioning facility used for Lindenwood University athletic teams.

**Requirements**

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Research Core

- |          |                      |
|----------|----------------------|
| HP 54000 | Research Methods     |
| HP 54200 | Statistical Analysis |

Extended Core

- |          |   |
|----------|---|
| HP 53500 | Advanced Exercise Testing and Prescription                  |
| HP 57100 | Bioenergetics of Human Movement                             |
| HP 57500 | Cardiovascular and Respiratory Exercise Physiology          |
| HP 58000 | Exercise Considerations for Aging and Metabolic Populations |

Interdisciplinary Emphasis

- |          |                               |
|----------|-------------------------------|
| HP 52100 | Exercise and Sports Nutrition |
| HP 52500 | Performance Psychology        |

Culminating Experience

*Non-Thesis Option*

- |          |                   |
|----------|-------------------|
| HP 54100 | Internship<br>OR  |
| HP 55100 | Independent Study |

Plus two courses from the elective list below.

Note: If a student selects HP 55100 as their Culminating Experience they cannot also take it for additional elective credit.

*Thesis Option*

- |          |        |
|----------|--------|
| HP 65000 | Thesis |
|----------|--------|

**HUMAN PERFORMANCE MS – EMPHASIS IN SPORTS NUTRITION**

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*33 credit hours*

The graduate curriculum for the human performance program with an emphasis in sports nutrition provides a strong scientific basis for students seeking advanced degrees in nutrition, wellness, strength and conditioning, and allied health professions as well as those seeking practical skills for employment in the health and fitness industry.

Students in this emphasis area will also have the unique opportunity to use state-of the art equipment and protocols from the Sports Science Center. The Sports Science Center is the University’s exercise physiology laboratory inside a 12,000 square foot conditioning facility used for Lindenwood University athletic teams. Current faculty are actively involved in scholarly research investigating the acute and chronic impact of nutritional supplements, feeding regimens and other strategies on health, performance and recovery.

The sports nutrition student will also be prepared to sit for many national fitness and strength and conditioning certifications (ACSM and NSCA certifications). Additionally, the sport nutrition student will be prepared to sit for the CISSN, a national sports nutrition certification offered by the International Society of Sports Nutrition.

**Requirements**

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Research Core

- |          |                      |
|----------|----------------------|
| HP 54000 | Research Methods     |
| HP 54200 | Statistical Analysis |

Extended Core

- |          |                                |
|----------|--------------------------------|
| HP 52100 | Exercise and Sports Nutrition  |
| HP 55000 | Human Nutrition and Physiology |
| HP54100  | Internship                     |

Interdisciplinary Emphasis

- |          |                                 |
|----------|---------------------------------|
| HP 57100 | Bioenergetics of Human Movement |
| HP 52500 | Performance Psychology          |

## Culminating Experience

### *Non-Thesis Option*

HP 52200 Research in Nutrition & Dietetics

Plus two courses from the elective list below.

### *Thesis Option*

HP 65000 Thesis

Plus one course from the elective list below.

### *Electives*

HP 51500 Nutrition Education and Counseling  
HP 50500 Medical Nutrition Therapy  
HP 53500 Advanced Exercise Testing and Prescription  
HP 54100 Internship  
HP 55100 Independent Study  
HP 53700 Community Health  
HP 56000 Gerontological Nutrition  
~~HP 58500 Independent Study~~  
HP 60000 Obesity: Theory and Application  
HP 64200-64900 Special Topics

### ***Additions and revisions to pages 126-27 are shown below in red:***

#### **HP 50500/EXS 30500 - Medical Nutrition Therapy (3)**

This course introduces the student to the nutrition care process for assessment, diagnosis, intervention and monitoring/evaluation (ADIME) for individuals of varying disease states. The nutrition recommendations for weight management, digestive disorders, food allergies & intolerances, diabetes, cardiovascular disease, hypertension and cancer will be covered in detail.

#### **HP 51500/ EXS 29003- Nutrition Education and Counseling (3)**

This course covers the principles and practices of nutrition education of groups, including aspects of public speaking and lesson planning, and counseling for individuals interested in nutrition-related health behavior change.

#### **HP 52200 Research in Nutrition and Dietetics**

**(Independent Study) (3)** This course is designed as an independent study for students who choose the non-thesis route. Students are expected to develop a research idea with a faculty member with relevant experience in the field of nutrition and dietetics, critically review the literature, and culminate the project with a written research paper.

#### **HP 53500 - Advanced Exercise Testing and Prescription (3)**

This course will provide the knowledge and skills to properly test and prescribe an appropriate exercise prescription. A variety of fitness tests will be performed including musculoskeletal fitness, aerobic capacity, and flexibility, various techniques for assessing body composition, energy expenditure, and target heart rate zones. The student will apply the obtained information to an exercise prescription for healthy, at risk, chronically ill, and overweight populations. Lab fee required.

**HP 55000 Human Nutrition and Physiology (3)** This course is designed to examine physiological and biochemical aspects of nutrition, including best practice in assessment and intervention of nutritionally significant disease pathologies and conditions.

**HP 56000 Gerontological Nutrition (3)** This course includes analysis of physiological and metabolic changes of aging, as well as a comprehensive overview of considerations for assessment, diagnosis, intervention, and evaluation of the nutritional status of older adults.

#### **HP 57500 - Cardiovascular and Respiratory Exercise Physiology (3)**

This course provides instruction in the underlying mechanisms behind the acute physiological and biochemical responses to exercise as it relates to the cardiovascular system, respiration, and environmental physiology for the trained, detrained, and master athlete.

#### **HP 58000 - Exercise Considerations for Aging and Metabolic Populations (3)**

This course provides instruction on health appraisal, fitness and clinical exercise testing and prescription for individuals with chronic illness, metabolic disorders and disease. Areas studied are pathophysiology, risk factors and medications related to these individuals during exercise.

**HP 55100 – Independent Study (1-6).** This course offers an independent study in the area of Human Performance. A program of study is formulated with an advisor outlining the specific learning goals in an area of concentration which is not covered to any great extent in existing courses. Topics of study in this course are related to the student's special area of interest.

#### **~~HP 58500-58599 – Special Topics (3)~~**

~~This course is designed to allow the educator to create experiences appropriate to meet the needs of the students. Goals and objectives are determined by the topic of each course.~~

**HP 60000 Obesity: Theory and Application (3)** This course is designed to analyze biological and nutritional causes of obesity for development of theoretical and practical approaches, including nutrition and exercise, for weight loss and management.

Prerequisite: HP 55000.

#### **HP 64100 – Disability Sport (3)**

This course will encompass the biomechanics, physiology, nutrition, sociology, and psychology of sport and recreation for individuals with physical disabilities. Students will study the history, current issues, and future development of Disability Sport at a National and International level. The rules and classifications to Summer and Winter Paralympic games, as well as the various training methodologies, periodization plans and specific adaptations for different athletes will be discussed.

#### **HP 6400064200-64999- Special Topics (3)**

This course is designed to allow the educator to create experiences appropriate to meet the needs of the students. Goals and objectives are determined by the topic of each course.

