

SCHOOL OF HEALTH SCIENCES & HUMAN MOVEMENT

The mission of the School of Health Sciences and Human Movement (HSHM), as a part of the Peoples' University, is to provide experiential, inter-professional education, training and mentoring. Our diverse students will have the knowledge and skills necessary to seek employment or pursue advanced education in fields of health science, health-related professions, athletic training, exercise science, strength and conditioning, physical education, strength and conditioning and recreation. Graduates will be prepared to contribute to the health and well-being of their communities and beyond.

The School of Health Science and Human Movement awards four degrees:

1. A Bachelor of Science degree in Exercise Science, Physical Education, and Recreation (EXPER). The BS in Exercise Science, Physical Education, and Recreation (EXPER) program includes four emphasis of study:
 - General Exercise Science
 - Physical Education K-12 Teacher Preparation
 - Recreation
 - Strength & Conditioning
2. A Bachelor of Science degree in Health Science (HS). The BS in HS includes five emphasis of study:
 - General Health Science
 - Health Coaching
 - Pre-Athletic Training
 - Pre-Nursing
 - Public Health
3. A Bachelor of Applied Science in Health Science and Administration
 - This degree is designed for student who have earned an AAS in an allied health field and is delivered completely online through CSU Pueblo Extended Studies.
4. A Master of Science in Athletic Training
 - This degree can be complete as a 3+2 through the Pre-Athletic Training emphasis or as a 2 year Master degree after earning a Bachelor degree.

School Vision

The School of Health Science and Human Movement's vision is to provide students with a broad-based theoretical foundation supported by laboratory and field experiences that allow individual observations, inferences, and hands-on mastery of skills related to the promotion healthy lifestyles. This vision is accomplished by creating effective professional learning opportunities based on the following conceptual hierarchy of learning skills: Information Retrieval, Conceptual Understanding, Information Analysis, Critical Thinking, Development of Relevant Skill, and Practical Application of Ideas. In so doing we prepare student to become productive, accountable, ethical, and responsible professionals.

General Requirements

All departmental Majors are required to:

- Complete an EXPER emphasis of study with a cumulative GPA of 2.50 or higher.
- Earn a 2.0 overall GPA to enroll in 300 or 400 level courses in the department;
- Earn a minimum grade of a "C" in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.

EXPER Majors

The BS degree in EXPER prepares program graduates for professional positions in worksite, clinical, school, fitness government and community settings.

- Graduates of the General Exercise Science coursework are prepared for exercise and fitness related professional positions. This emphasis is an excellent selection for students preparing for advanced study in fields such as exercise physiology, allied health, or sport administration.
- Graduates of the Physical Education K-12 Teacher Preparation emphasis who also complete the Teacher Education program, and receive a passing score on the Colorado Department of Education PRAXIS. test are eligible to receive Teacher Licensure in the State of Colorado. Licensed graduates can find physical education teaching positions in both the public and private school settings.
- Graduates of the Recreation emphasis are prepared for careers in City and County Recreation Departments, YMCAs, Intramural Sports, Resort & Travel destinations, Rafting Trips, Wilderness Experiences, Youth Camps and Developmental Programs.
- Graduates of the Strength and Conditioning emphasis are prepared to take the National Strength and Conditioning Association certification. Graduates can find employment in fitness and recreation facilities, high school and college athletics and allied health industries.

EXPER Student Learning Outcomes

General Exercise Science, Physical Education, Strength and Conditioning and Recreation students will:

- Possess content knowledge and skills necessary for their perspective fields of study;
- Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting;
- Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest;
- Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting; and
- Apply and demonstrate knowledge, skills and critical problem solving in a field-based setting.

Assessment of EXPER Student/Program Outcomes

The student outcomes are measured and assessed through several techniques:

- End of program case study assessment and end of program examination;
- Fieldwork, internship and student teaching portfolios and projects;

- Internship and student teaching site supervisor evaluations;
- Student exit surveys; and
- Employer surveys and Advisory Committee
- End of program exams will be, or will be representative of, the professional certification exams in each emphasis area. Case study questions will be developed by the faculty and EXPER Advisory Committee (made up of professionals in the EXPER field). The end of program exam will be completed during an appropriate field based course at the end of the course of study but before graduation. The EXPER curriculum map details the specific types of assessments used in the capstone and experiential end of program courses to assess the Program's Student Outcomes.

EXPER Minors

Five minors are available in Exercise Science, Physical Education, and Recreation:

- The Exercise Science minor is available to all non-EXPER majors. This minor is ideal for other majors interested in Exercise Science or Strength and Conditioning.
- The Coaching minor is available to all students and is a great choice for students aspiring to coach.
- The Outdoor Education minor is for students who want to teach adventure education, outdoor skills and lead trips within the educational settings.
- The Recreation minor is available to all non-REC majors. The minor is ideal for those majoring in EXPER, social work, sociology, and biology as well as for students aspiring to teach in public/private schools.
- The Fitness and Recreational Sports Management minor is ideal for business students, community/ commercial recreation students or any student interested in managing fitness and recreational sports facilities.
- The Tourism Minor is idea for business, communications, or exercise science students who are interested in the expanding field of tourism.

EXPER minors will:

- Complete the credit hour requirement of the minor;
- Complete all required coursework with a cumulative GPA of 2.5 or higher;
- Earn a minimum grade of a "C" in all minor courses;
- Repeat minor courses with a grade of "D" or lower until a grade of "C" or higher is achieved;
- Possess content knowledge and skills necessary for their perspective fields of study;
- Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest; and
- Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting.

Health Sciences (HS)

The Bachelor of Science in Health Science prepares students for jobs in public health, athletic training and other allied health careers and prepares students for admission to the undergraduate BSN degree, accelerated nursing program, Master in Athletic Training and graduate school at other institutions in a variety of health science related degree such as the Master of Science in Nursing, Master of Science in Athletic

Training, Master of Public Health, Master of Occupational Therapy, and Doctorate of Physical Therapy. This degree will allow students to earn credentials to move seamlessly into careers with clinics, academic institutions, laboratories, government and community and private agencies and professional sports teams.

HS Majors

The BS degree in Health Science prepares program graduates for professional positions in worksite, clinical, school, government and community settings.

- Graduates from the General Health Science emphasis are prepared to work in a wide variety of health science settings and professional positions including home health care coordinator, health maintenance organization care coordinator, insurance company prevention coordinator, women, infant and children health worker, health navigator, and any number of other related careers.
- Graduates from the Health Coaching emphasis are prepared to work in worksite health promotion programs, insurance prevention programs or in private practice as a health coach assisting clients with behavior change and disease prevention.
- Graduates from the Pre-Athletic Training emphasis are prepared to enter a Master's degree in Athletic Training and/or work in the fitness industry.
- Students in the Pre-Nursing emphasis are prepared to apply for entrance into the basic Bachelor of Science in Nursing Program.
- Students in the Public Health emphasis are prepared to work in a variety of public health positions in government and community settings. Public Health promotes and protects the health of people in the communities where they work, live and play through education, research, prevention initiatives, and policy change.

HS Student Learning Outcomes

1. Summarize and synthesize information relevant to assessing and improving population health and healthcare issues;
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting in the health sciences;
3. Evaluate and integrate critical concepts and skills acquired in the health sciences curriculum to common professional problems in the health science fields of interest;
4. Exhibit effective oral and written communication as well as mass communication regarding subjects related to the health sciences in an individual and group setting;
5. Apply and demonstrate knowledge, skills and critical problem solving in a field-based and/or clinical setting;
6. Successfully enter into a health science related career or into a graduate program;

Assessment of HS Student/Program Outcomes

The student outcomes are measured and assessed through several techniques:

- Student samples of writing, communication, and project implementation.
- End of program case study assessment and end of program examination;
- Fieldwork and internship portfolios and projects;
- Fieldwork and internship site supervisor evaluations;

- Student exit surveys; and
- Employer surveys and Advisory Committee

End of program exams will be, or will be representative of, the professional certification exams in each emphasis area including case study questions developed by the faculty and HS Advisory Committee (made up of professionals in the health sciences field). The end of program exams are completed during an appropriate field based course at the end of the course of study but before graduation. The HS curriculum map details the specific types of assessments used in the capstone and experiential end of program courses to assess the Program's Student Outcomes.

HS Minors

Two minors are available in Health Sciences:

- The Public Health minor is available to students who are interested in working in disease prevention and community health. It is ideal for students majoring in EXPER, business, mass communications, psychology, sociology and math.
- The Health Coaching minor is available to students who are interested in expanding their knowledge of coaching individuals through health behavior change and is ideal for students majoring in Psychology, Sociology, Social Work and EXHPR.

HS minors will:

- Complete the credit hour requirement of the minor;
- Complete all required coursework with a cumulative GPA of 2.5 or higher;
- Earn a minimum grade of a "C" in all minor courses;
- Repeat minor courses with a grade of "D" or lower until a grade of "C" or higher is achieved;
- Possess content knowledge and skills necessary for their perspective fields of study;
- Evaluate and integrate critical concepts and skills acquired in the HS program to common professional problems in the fields of interest; and
- Exhibit effective oral and written communication regarding subjects related to HS in an individual and group setting.

Academic Programs

- Athletic Training 3+2 Plan, Joint Bachelor of Science/Master of Science (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/athletic-training-3-2-plan-bs-ms/>)
- Athletic Training, Master of Science (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/athletic-training-ms/>)
- Coaching, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/coaching-minor/>)
- Exercise Science, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/exercise-science-physical-education-minor/>)
- Exercise Science, Physical Education and Recreation, Bachelor of Science: Physical Education K-12 Teacher Preparation Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/school-of-health-sciences-and-human-movement-bs-physical-education-k-12-teacher-preparation-emphasis/>)
- Exercise Science, Physical Education, and Recreation, Bachelor of Science: General Exercise Science Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/school-of-health-sciences-and-human-movement-bs-recreation-emphasis/>)
- Exercise Science, Physical Education, and Recreation, Bachelor of Science: Recreation Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/school-of-health-sciences-and-human-movement-bs-strength-conditioning-emphasis/>)
- Fitness and Recreational Sports Management, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/fitness-recreational-sports-management-minor/>)
- Health Coaching, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/health-coaching-minor/>)
- Health Science and Administration, Bachelor of Applied Science (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/health-science-and-administration-bas/>)
- Health Science, Bachelor of Science: Health Coaching Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/health-science-bs-health-coaching-emphasis/>)
- Health Sciences, Bachelor of Science: General Health Science Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/health-science-bs-general-health-science-emphasis/>)
- Health Sciences, Bachelor of Science: Pre-Athletic Training Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/exercise-science-health-promotion-recreation-bs-athletic-training-emphasis/>)
- Health Sciences, Bachelor of Science: Public Health Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/health-science-bs-public-health-emphasis/>)
- Health Sciences, Pre-Nursing Emphasis (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/health-science-pre-nursing-emphasis/>)
- Outdoor Recreation, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/outdoor-recreation-minor/>)
- Public Health, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/public-health-minor/>)
- Recreation Leadership, Certificate (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/recreation-leadership-certificate/>)

- Recreation, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/recreation-minor/>)
- Tourism, Minor (<https://catalog.csupueblo.edu/college-of-health-education-and-nursing/school-of-health-sciences-and-human-movement/tourism-minor/>)