

## Applicant Information Packet



Building 8, room 023  
(937) 512-2860  
(800) 315-3000

Dear Prospective Exercise, Nutrition and Sport Sciences Student:

This packet contains the following information for your review:

1. Application process checklist
2. Program Vision and Mission Statements
3. Estimated Certification Costs
4. Career Opportunities
5. Exercise Science Curriculum (PED.AA)
6. Physical Education Curriculum (PED.AA)
7. Sport and Recreation Management Curriculum (PED.AA)
8. Exercise Specialist Certificate Program Information
9. Exercise Specialist Certificate Curriculum (ESS.STC)

Please contact the Exercise, Nutrition and Sport Sciences Department for specific information regarding program enrollment dates or possible waiting lists. For additional information, please visit our website at <http://www.sinclair.edu/academics/lhs/departments/ped/>.

## ADMISSION REQUIREMENTS / CHECK LIST



- Step 1 \_\_\_\_\_ Apply to Sinclair Community College. This must be done before applying to the one of the ENSS programs. Paper applications are available in the Admissions office, building 10, 1<sup>st</sup> floor or via the web at <http://www.sinclair.edu/admissions/Application/>.
- Step 2 \_\_\_\_\_ Apply to one of the ENSS programs by completing a Life & Health Sciences application, which can be found at: <http://www.sinclair.edu/academics/lhs/index.cfm>.
- Step 3 \_\_\_\_\_ If you have transferable college credit, request your “official” transcripts from previous college(s) to be sent directly to:
- Sinclair Community College  
Registration & Student Records  
444 West Third Street  
Dayton OH 45402-1460
- Step 4 \_\_\_\_\_ If you do not have transferable college credit in English Composition and/or mathematics, take the Sinclair Community College’s Accuplacer Placement Test in reading, writing and mathematics. More information on this test can be found at <http://www.sinclair.edu/stservices/enrl/testing/accfqa/index.cfm> or by calling 937-512-3000 or 800-315-3000.
- Step 5 \_\_\_\_\_ Contact Billie Sanders, Department Chairperson, to schedule an advising appointment. Her office is located in room 8-023. She is available by calling (937) 512-2706 or by email: [billie.sanders@sinclair.edu](mailto:billie.sanders@sinclair.edu)
- Step 6 \_\_\_\_\_ Complete developmental courses, if any, resulting from Placement Test Scores.
- Step 7 \_\_\_\_\_ Program specific requirements:
- \_\_\_\_\_ **Acceptance Letter:** A letter of acceptance to your chosen ENSS Program will be sent to you after ALL of the above requirements have been met.

Thank you again for your interest in the Exercise, Nutrition and Sport Sciences Programs. Please contact the ENSS Department at 937-512-2860, if you have questions regarding the admission process.

**Billie Sanders**, M.S., ACSM, ACE  
*Department Chairperson / Professor*  
*Sinclair Community College*  
*Exercise, Nutrition and Sport Sciences Department*

## **Department Vision and Mission Statements**

### **ENSS Vision**

Provide a safe, educational, and enjoyable learning experience that will encourage a healthy lifestyle to all students, faculty, staff and community.

### **ENSS Mission**

Provide students with open access opportunity to study in depth the principles and methods of exercise, nutrition and sport sciences and then enter into professional practice for immediate career opportunities or transfer for completion of a baccalaureate degree.

## Estimated Certification Costs

### American Council on Exercise (ACE)

Exam Fees:

<b>Paper and Pencil Format (U.S. and Canada)</b>	<b>Personal Training</b>	<b>Group Fitness Instructor</b>
First Time	\$219	\$200
Retake	\$135	\$135
2nd ACE Certification	\$150	\$150

<b>Computer Based Format (Only available in the U.S.)</b>	<b>Personal Training</b>	<b>Group Fitness Instructor</b>
First Time	\$249	\$249
Retake	\$184	\$184
2nd ACE Certification	\$199	\$199

For more information on obtaining an ACE Certification, please visit [www.acefitness.org](http://www.acefitness.org).

\*To help you better prepare for the ACE Personal Training or Group Fitness Instructor Certification Exam, the ENSS Department offers an **ACE Certification Exam Preparatory Course (PED 271)**. Please contact 937-512-2860 for more information.

### American College of Sports Medicine (ACSM)

Exam Fees:

<b>ACSM Certified Personal Trainer<sup>SM</sup></b>	<b>ACSM Certified Health Fitness Specialist</b>
<p>\$219 ACSM Members \$279 other candidates \$150 re-test</p> <p>Save \$30 on the ACSM exam when you register through FRA. Exam vouchers are distributed at workshop site.</p>	<p>\$219 ACSM Members \$279 other candidates \$150 re-test</p> <p><b>Exam Combo</b> *Exam &amp; Workshop \$499 Non-ACSM Members \$439 ACSM Members</p> <p>* Register through <a href="http://pearsonvue.com">pearsonvue.com</a> Exam vouchers are distributed at workshop site.</p>

For more information on obtaining an ACSM Certification, please visit <http://www.acsm.org>.

## Career Opportunities

### **A. WHAT ARE MY CAREER OPTIONS WITH A DEGREE IN *EXERCISE SCIENCE*?**

Exercise Science is the study of physiological and functional adaptations to movement. Career opportunities for individuals graduating with degrees in exercise science are numerous. Common career tracks range from the research scientist to the exercise practitioner in fitness and/or clinical settings. In addition, other disciplines find it helpful to include coursework in the exercise sciences. It is very common for individuals studying in the exercise sciences to work in the field of sports medicine. Some areas to consider with a degree in exercise science:

- Group Exercise Instructor
- Athletic Trainer
- Employee Fitness Director
- Exercise Physiologist
- Personal Trainer
- Researcher
- Strength (Sport) and Conditioning Coach
- Teacher

With an undergraduate degree and no experience, you may find that starting annual salaries vary widely, with some starting in the \$25,000 - \$35,000 range.

*\*This information for career options in exercise science comes from [www.acsm.org](http://www.acsm.org)*

### **B. AFTER I RECEIVE AN ASSOCIATE OF ARTS DEGREE IN *PHYSICAL EDUCATION*, WHAT ARE MY NEXT STEPS TO BECOME A PHYSICAL EDUCATION TEACHER?**

Typically, you need to complete a degree in Health and Physical Education at a 4 year college or university. You will need a significant amount of experience and knowledge about how to perform and teach different physical activities such as rock climbing, rollerblading, tennis, cooperative activities, golf, running, ultimate Frisbee, basketball, fitness, aerobics, dance, gymnastics, etc. Coaching experience is also a plus.

You must enjoy being around people and kids. This is a helping profession and you will be spending a lot of time with kids and large numbers of them.

A major responsibility of this job is being in charge of teaching health and/or Physical Education classes during the day. Many instructors teach at more than one school. Coaching is another duty that you may choose to do early in your career. Other responsibilities that go along with this career are after school monitoring of students, lunch, hall, and bus duties. You will also be required to attend faculty and parent-teacher conference meetings during the year. At the end of each year, many physical education teachers are required to plan Field Day or a physical education show of some sort.

### **C. WHAT OPTIONS CAN I PURSUE WITH A DEGREE IN *SPORTS MANAGEMENT*?**

The sport management career options are broad and always changing. With the sport management degree, students will be able to work in a variety of sport related fields including:

- Sports Information
- Promotions
- Ticket Sales
- Media Relations
- Event Management
- Tournament Planning

- Marketing
- Facility Management
- All other levels of athletics

A typical entry level salary for a sport manager is often in the mid \$20,000 to \$30,000 ranges.

**D. WHAT ARE THE CAREER OPPORTUNITIES WITH AN *EXERCISE SPECIALIST CERTIFICATE*?**

The Exercise Specialist Certificate Program at Sinclair is designed to prepare you for an array of entry-level positions in the fitness and exercise industry. Positions include:

- Personal Trainers
- Fitness Technicians
- Exercise Instructors
- Recreation Workers
- Exercise Specialists
- Program Coordinators

Target employers will be health clubs, YMCA's/YWCA's, fitness centers, health promotion and wellness centers, public and private recreation facilities, corporate fitness centers, employee wellness programs and health care facilities.

**Exercise Science Curriculum  
PED.AA**

I. ENSS CORE Requirement (19-20 hrs.)

PED 200 First Aid and Safety (2)  
PED 234 Concepts of Total Fitness (3)  
PED 239 Athletic Injuries (3)  
PED 237 Organization and Administration of Recreation, Fitness and Sport (3)  
BIS 160 Introduction to Word, PowerPoint and Excel (3)  
PED 270 Physical Education Internship (3)  
PED Electives (2 - 3 hrs.)

II. Exercise Science Track (21 hrs.)

PED 250 Introduction to Exercise Science (3)  
PED 236 Personal and Community Health (3)  
PED 272 Methods of Teaching Strength Training (2)  
PED 193 Physical Fitness Evaluation (3)  
PED 251 Principles and Methods of Training I (3)  
PED 252 Principles and Methods of Training II (3)  
ALH 130 Electrocardiography (1)  
DIT 111 Nutrition for a Healthy Lifestyle (3)

***\*PLEASE SEE THE **TRANSFER MODULE ON PAGE 9** OF THIS PACKET FOR GENERAL EDUCATION REQUIREMENTS TO COMPLETE THIS DEGREE.***

**Physical Education Curriculum  
PED.AA**

I. ENSS CORE Requirement (19-20 hrs.)

PED 200 First Aid and Safety (2)  
PED 234 Concepts of Total Fitness (3)  
PED 239 Athletic Injuries (3)  
PED 237 Organization and Administration of Recreation, Fitness and Sport (3)  
BIS 160 Introduction to Word, PowerPoint and Excel (3)  
PED 270 Physical Education Internship (3)  
PED Electives (2 - 3 hrs.)

II. Physical ED Track (21 hrs.)

PED 235 Introduction to Physical Education (3)  
PED 236 Personal and Community Health (3)  
PED 238 Physical Education for Elementary School (3)  
PED 263 History of Sport and Physical Education (3)  
PED 268 Motor Development (3)  
PED 269 Motor Learning and Performance (3)  
DIT 111 Nutrition for a Healthy Lifestyle (3)

***\*PLEASE SEE THE **TRANSFER MODULE ON PAGE 9** OF THIS PACKET FOR GENERAL EDUCATION REQUIREMENTS TO COMPLETE THIS DEGREE.***

**Sport and Recreation Management**  
**PED.AA**

I. ENSS CORE Requirement (19-20 hrs.)

PED 200 First Aid and Safety (2)  
PED 234 Concepts of Total Fitness (3)  
PED 239 Athletic Injuries (3)  
PED 237 Organization and Administration of Recreation, Fitness and Sport (3)  
BIS 160 Introduction to Word, PowerPoint and Excel (3)  
PED 270 Physical Education Internship (3)  
PED Electives (2 - 3 hrs.)

II. Sport and Recreational Management Track (21 hrs.)

PED 260 Introduction to Sport Management (3)  
PED 261 Athletic Facility Planning and Management (3)  
PED 263 History of Sport and Physical Education (3)  
PED 249 Principles of Coaching and Leadership (3)  
MRK 208 Sport Marketing (3)  
FIN 208 Sport Finance (3)  
PED Elective (3)

***\*PLEASE SEE THE **TRANSFER MODULE ON PAGE 9** OF THIS PACKET FOR GENERAL EDUCATION REQUIREMENTS TO COMPLETE THIS DEGREE.***

## Sinclair Community College Transfer Module

(54 hours minimal)

### SOCIAL AND BEHAVIORAL SCIENCES 14-16 hours (Communication Courses Included)

PSY 121 (3) & PSY 122 (3) or PSY 119 General Psychology (5)

COM 206 Interpersonal Communications (3)

COM 211 Effective Speaking (3)

PSY 165 Sport & Exercise Psychology (4) (*required for Exercise Science Track*)

**or**

Social & Behavioral Sciences Elective (3 hrs.)

### ENGLISH COMPOSITION 9 hours

ENG 111 English Composition I (3)

ENG 112 English Composition II (3)

ENG 113 English Composition III (3)

### ARTS AND HUMANITIES 15 hours

HIS 111 Western Civilization (3) or HIS 101 U.S. History (3)

HIS 112 Western Civilization (3) or HIS 102 U.S. History (3)

HIS 113 Western Civilization (3) or HIS 103 U.S. History (3)

ELECTIVE \_\_\_\_\_

ELECTIVE \_\_\_\_\_

### MATHEMATICS 3 – 5 hours

MAT 108 (3) or MAT 116 (5)

(*MAT 122 Statistics I (4) preferred, MAT 116 prerequisite*)

### NATURAL AND PHYSICAL SCIENCES 12 – 15 hours

BIO 107 Human Biology (5) or BIO 111 General Biology I (4) or BIO 141 A&P I (4)

BIO 121 Human A&P I (5) or BIO 112 General Biology II (4) or BIO 142 A&P II (4)

BIO 122 Human A&P II (5) or BIO 113 General Biology III (4) or BIO 143 A&P III (4)

(*BIO 141, 142, 143 for Exercise Biology majors transferring to Wright State*)

(*\*CHE 117 or CHE 120 or equivalent prerequisite for BIO 141 series*)

### SPORT AND RECREATION MANAGEMENT

*\*Geology Series (GLG 141, 142, 143) is an option for students transferring to the University of Dayton.*

## **Exercise Specialist Certificate Program**

*Want to be part of the exciting and growing fitness and exercise industry? Sinclair Community College has the perfect opportunity! Get prepared by completing the Exercise Specialist Certificate, a 44 credit hour certificate program.*

### **What is the Exercise Specialist Certificate at Sinclair?**

Sinclair's Exercise Specialist Certificate is designed to provide you with the necessary knowledge and skills for employment in the fitness and exercise industry. You will be trained in exercise science with the goal of being able to administer basic fitness assessments and health risk appraisals. Additionally, you will be trained to effectively communicate current information on exercise, nutrition and wellness.

### **Program Outcomes**

Students who successfully complete the Exercise Specialist Certificate Program from Sinclair Community College will be able to:

- Develop sound, safe exercise programs to meet clients' personal fitness goals.
- Communicate effectively with a wide variety of clients, including written and oral communication.
- Demonstrate and instruct effectively multiple exercise activities both to individuals and groups.
- Conduct valid and reliable basic fitness assessments and basic health risk appraisals related to exercise programming.
- Understand some of the different exercise needs of special populations (senior citizens, children and youth, the obese, etc.)
- Effectively locate and use current information on exercise, nutrition, and wellness to assist clients in achieving and maintaining fitness.
- Understand the importance of continuing professional development, professional certification, and ethical practice as an exercise specialist.

### **Exciting News...**

The Exercise Specialist certification is 44 total credit hours, all of which can be applied to an Associate of Applied Science degree in Physical Education from Sinclair Community College. The Physical Education program at Sinclair is designed for students who wish to transfer to a four-year institution to acquire the Bachelor of Science degree.

# EXERCISE SPECIALIST CERTIFICATE PROGRAM REQUIREMENTS

## ESS.STC

(44 credit hours)

### I. PED CORE Requirement (24 hrs.)

PED 106 Weight Training (1)

PED 154 Aerobic Conditioning (1)

PED 193 Physical Fitness Evaluation (3)

PED 200 First Aid and Safety (2)

PED 234 Concepts of Total Fitness (3)

PED 236 Personal and Community Health (3)

PED 239 Athletic Injuries (3)

PED 250 Intro to Exercise Science (3)

PED 271 Certification Exam Prep Course (ACE Personal Trainer or ACE Group Fitness) (3)

PED 272 Methods of Teaching Strength Training (2)

**or**

PED 273 Methods of Teaching Group Fitness (2)

### II. GEN ED Requirement (20 hrs.)

BIO 107-Human Biology (5)

BIS 160 Introduction to Word, PowerPoint and Excel (3)

COM 211 - Effective Speaking (3)

DIT 111- Nutrition for a Healthy Lifestyle (3)

ENG 111, 112 English Composition I, II (6)