



**SOUTH DAKOTA
STATE UNIVERSITY**

Exercise Science

**SOUTH DAKOTA STATE UNIVERSITY
EXERCISE SCIENCE PROGRAM
POLICY & PROCEDURE MANUAL**

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Introduction

Welcome to the South Dakota State University (SDSU) Exercise Science Program. The exercise science curriculum will provide opportunities for students to accomplish the Competencies set forth by the Committee on Accreditation for the Exercise Sciences (CoAES) and become a certified Exercise Physiologist through the American College of Sports Medicine. This manual serves to provide information about the program as well as the policies and procedures governing the program. The information, policies, and procedures in this manual are intended to be supportive and are subject to all South Dakota Board of Regents (SDBOR) and SDSU policies and procedures. Students are expected to also review and follow the policies in the SDSU Graduate Catalog [SDSU Graduate Catalog](#). The Exercise Science Policy and Procedural Manual will be revised annually, and each revised edition fully replaces previous versions. The Manual is also available on the SDSU HNS website under the Exercise Science Program. Program outcomes data are available on request by contacting the Exercise Science Program Director, Jessica Meendering via e-mail at: Jessica.meendering@sdstate.edu.

Vision, Mission, Goals & Objectives

Vision Statement

The South Dakota State University Exercise Science Program aspires to prepare health and fitness professional with a strong understanding of the scientific concepts behind the application that is practiced in a variety of health and fitness careers.

Mission Statement

The mission of the Exercise Science program at South Dakota State University is to prepare competent entry-level Exercise Science professionals in the cognitive (**knowledge**), psychomotor (**skills**), and affective (**abilities**) learning domains that will assist others in adopting and championing healthy, active lifestyles. The Exercise Science graduate will have the ability to raise awareness about health and physical activity, change behavior, and create environments that support good health practices, including, but not limited to exercise and physical activity. The exercise science professional assists people to develop self-responsibility for their own health and wellness, and implement health assessments and wellness programs that promote a healthy lifestyle. Exercise Science professionals work and study in commercial, clinical, and workplace settings to increase health, fitness, and quality of life for the general population. The exercise science professional is also able to apply their knowledge of acute and chronic exercise physiology to promote better health, reduce chronic disease, or to enhance the performance of athletes.

The Exercise Science program is accredited from the Commission on Accreditation of Allied Health Education (CAAHEP). At the present time, the Exercise Science program at South Dakota State University is the only CAAHEP accredited Exercise Science program in the State of South Dakota. All Exercise Science students have the opportunity to become a Certified Exercise Physiologist (EP-C) through the American College of Sports Medicine (ACSM) during their final year in the program. The average pass rate on the EP-C exam from 2012-2016 by South Dakota State University Exercise Science students is 85%, which is far above the 2015 national pass rate average of 43% (certification.acsm.org/certstats). This statistic showcases the quality of the Exercise Science curriculum and sets students up for success post-graduation.

Program Goals

The goal of the Exercise Science program is to provide quality academic instruction and learning experiences:

- to prepare students to procure entry-level employment in the health/fitness/wellness field, or continue formal education in schools offering advanced degrees in health related graduate programs.
- to prepare students to obtain the ACSM Exercise Physiologist Certification (EP-C).
- to produce qualified employees to the health and fitness profession.
- to provide academic satisfaction to student graduates.

- to provide an academic curriculum that engages students with hands on experiences and individual support to foster student retention.

Program Learning Outcomes

- Apply knowledge of the acute and chronic physiological adaptations to exercise to common practices in the field of exercise physiology.
- Plan a health education/promotion program among diverse populations and in various health settings (CC1: Diversity and Inclusion)
- Develop an academic and career plan to include coursework, degrees, related services and work experience, teamwork and leadership skills, professional development, and short- medium- and long-term goals. (CC2: Foundational Lifelong Learning) (CC3: Teamwork)
- Demonstrate competence in conducting health and fitness laboratory field tests in exercise science
- Create a strength and conditioning program for a healthy client that demonstrates application of the theories and principles of strength and conditioning
- Analyze graded exercise stress test data pertaining to heart rate, blood pressure and 12-lead EKG results
- Perform a qualitative movement analysis of a client/athletic/patient and explain the underlying movement mechanics responsible for their faulty movement patterns (CC4: Integrative Learning)
- Apply the principles of exercise testing and prescription to special populations to create safe and effective exercise plans aimed at treating and preventing chronic illness
- Create and lead a group fitness class utilizing the principles of an ACSM Certified Group Fitness Instructor
- Conduct a personal fitness evaluation and evaluate the results of create a personalized fitness plan specific to the needs of the client (CC5: Critical and Creative Thinking)
- Remember, understand, and apply the knowledge, skills, and abilities of a Certified Exercise Physiologist

History of Department

In 1988 a Fitness/Wellness emphasis was added as an option to the Health, Physical Education and Recreation major at South Dakota State University due to a strong student interest in the subject area. Because of the continued strong student interest and growth rate of the Fitness/Wellness emphasis and the increased awareness of physiological and sociological problems resulting from physical inactivity, the Health Promotion major was proposed in 1995. In 1996 students could pursue a Bachelor of Science degree in Arts & Science with a major in Health Promotion. The Health Promotion major replaced the Fitness/Wellness emphasis with a broader based, interdisciplinary program of study addressing the diverse field of Health, Wellness and Exercise. The focus was to provide students a major focusing on the knowledge and skills to enhance awareness, change behavior and create environments that support good health practices, including, but not limited to exercise and physical activity. These graduates can then assist people to develop self-responsibility for their own health and wellness, implement health and fitness assessments, and develop wellness programs that promote a healthy, active lifestyle based on the various dimensions of wellness.

Advances in technology and further research investigating the benefits of regular physical activity, including the Surgeon General Report on Physical Activity and Healthy People 2000 and 2010, established the importance of understanding the physiological changes associated with exercise. This also identified an increased need for competency in health and fitness evaluations, as well as exercise testing and prescription. The Health Promotion major became endorsed by the American College of Sports Medicine in 2003.

In 2009 the Health, Physical Education and Recreation Department moved from the College of Arts and Sciences to the College of Education and Human Sciences. The Health, Physical Education and Recreation Department merged with the Department of Nutrition and Food Science to create the Department of Health and Nutritional Sciences.

To ensure the quality of the educational experience in combination with preparing graduates for a career in the health profession, the Health Promotion program applied to become accredited exercise science educational program from the Commission on Accreditation of Allied Health Education Professional in 2011. A site visit was performed in the spring 2011 Semester. As part of the site visit we were advised to change the title of the major from Health Promotion to Exercise Science. This change was approved by the South Dakota Board of Regents after their fall 2011 meeting. Therefore, the major is now "Exercise Science", but continues to offer a health promotion focused exercise science curriculum. Accreditation from CAAHEP was initially granted July 19, 2012. The SDSU Exercise Science program completed a full site visit in March 2017 and was granted continued accreditation for the maximum 10 year period, extending our accreditation status through July 2026.

The Exercise Science major at South Dakota State University continues to attract qualified students as evidenced by the number of applicants each year to the program. Students completing the Exercise Science curriculum will graduate with a Bachelor of Science degree in Exercise Science from the Department of Health and Nutritional Sciences which is located within the College of Education and Human Sciences.

Accreditation

The Exercise Science program is accredited through the Commission on Accreditation of Allied Health Education Programs (CAAHEP) (caahep.org/) upon recommendation of the Committee on Accreditation for the Exercise Sciences (CoAES) (coaes.org/home.html). To date, SDSU has the only accredited Exercise Science program in the State of South Dakota. Accreditation provides recognition for the high quality of the Exercise Science curriculum, resources, and faculty by measuring them against agreed-upon standards and evaluating that the program is meeting these standards on an annual basis. To meet accreditation standards, the exercise science program must cover a set list of topics within the curriculum that is known as the “Knowledge, Skills and Abilities” (KSA) list. The Knowledge, Skills, and Abilities (KSA’s) for the Exercise Science program can be found on the South Dakota State University Website under the Exercise Science Program (Academics, College of Education and Human Science, Department of Health and Nutritional Sciences, and Exercise Science) sdstate.edu/sites/default/files/2018-08/ksa_standards_by_course.pdf. The KSA list also provides the course in which each KSA is covered for student and faculty reference. The accreditation standards are established by CAAHEP, CoAES, the American College of Sports Medicine, American Council on Exercise, American Kinesiotherapy Association, Cooper Institute, National Academy of Sports Medicine, and National Council on Strength and Fitness.



Commission on Accreditation of Allied Health Education Programs
1361 Park Street
Clearwater, FL 33756
727-210-2350

Career Opportunities

An Exercise Science major may seek employment in a number of areas. Jobs exist in the private and public sectors. Some examples may include:

- Hospitals – cardiac and pulmonary rehabilitation, exercise specialists, clinical exercise specialists, exercise stress testing technologist, research technologists, disease management, diabetes education, and wellness/health coaching
- Military – research technologist, exercise physiologist, exercise testing technologists, wellness center manager
- Corporate – pharmaceutical sales representative, health and fitness technology development, corporate fitness management, medical device sales, personal training
- Community – worksite wellness, wellness programming, health education, fitness club management, personal training, health programming, state and local health department specialist
- University – strength and conditioning, research technologist, wellness programming, health education.

The Exercise Science major is also an excellent preparatory major for students who plan to go on to pursue advanced degrees. Common graduate areas of study include:

- Physical Therapy
- Exercise Physiology
- Occupational Therapy
- Chiropractic School
- Cardiac Rehabilitation
- Physician’s Assistant
- Athletic Training
- Medical School
- Public Health
- Strength and Conditioning

Facebook Page

The Exercise Science program communicates with prospective students, current students as well as alumni through a Facebook page (facebook.com/pages/South-Dakota-State-University-Exercise-Science/186888331330297). We encourage all prospective students to “like” the Facebook page as a freshman so they can follow the happenings of the program and get involved. We also encourage all current Exercise Science students to check the page regularly and participate by sharing information that is program related.

Exercise Science Information Center

The Exercise Science program has a D2L page (d2l.sdbor.edu/). Students are added to the D2L page upon acceptance into the Exercise Science program. You can find the D2L site by going to your D2L homepage and looking for the following link under the list “SDSU Sandbox” so you can access the site every semester you are involved in the Exercise Science Program. It appears as shown below.

SDSU Sandbox

- [Exercise Science Information Center - Health](#) 

The D2L site allows for easy communication between faculty and students and serves as an information portal for all students. We commonly send announcements via the announcement or email features and post documents that all students will need to access within the contents page. We suggest that students enrolled in the program check this site regularly.

SDSU Exercise Science Faculty and Staff

Bradley Bowser, Ph.D.

Dr. Brad Boswer joined the Health and Nutritional Sciences Department at South Dakota State University in Fall 2011. He is an Associate Professor and is overseeing the creation of a fully equipped Biomechanics Laboratory on the SDSU campus where he will conduct his research and serve as the director. Dr. Bowser received his B.S. in Exercise Science from BYU-Hawaii in 2005. In 2009 he received an M.S. in Exercise Science with an emphasis in Biomechanics from Utah State University. Following his completion of a PhD in Biomechanics at the University of Georgia (2009), Dr. Bowser spent 2 years as a Post-doctoral Fellow at the University of Delaware Running Injury Research Lab. His professional area of interest is lower extremity biomechanics as it relates to clinical populations. The overall purpose of his research is to enhance quality of life by improving functional performance and increasing physical activity in clinical populations including obesity, Parkinson Disease, and Multiple Sclerosis.

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September Kirby, M.S., R.N.

September Kirby is an instructor in the Health and Nutritional Sciences Department and teaches numerous courses in the Exercise Science curriculum. September also serves as the Health Education Program Director. Ms. Kirby received her Bachelor of Science degree in Nursing from South Dakota State University in 1983 and received her Master of Science degree in Nursing from SDSU in 1994. Her professional experience included critical care and flight care nursing. September started at SDSU in 1991 teaching in the College of Nursing and has been part of the HPER/HNS Department since 1998. Her areas of interest are focused on improving the lifestyles of others which includes projects with the SD Department of Health.

Contact Information:

SBA 116

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Jessica Meendering, Ph.D., EP-C

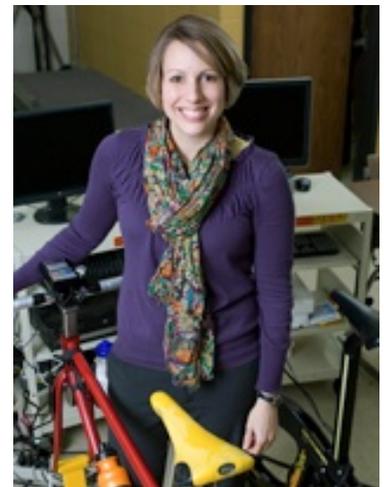
Dr. Jessica Meendering is an Associate Professor and serves as the Exercise Science Program Director, the Director of the Health and Human Performance Lab, and the Director of the Transdisciplinary Obesity Prevention graduate certificate program. She received B.S. degrees in Exercise Science & Athletic Training from SDSU in 2002. She received her M.S. degree in Exercise Physiology and her PhD in Human Physiology from the University of Oregon in 2004 and 2007, respectively. Dr. Meendering's research focuses on physical activity promotion and childhood obesity prevention.

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Gary Van Guilder, Ph.D.

Dr. Gary Van Guilder is an Associate Professor in the Health and Nutritional Sciences Department and directs the Vascular Protection Research Laboratory. In 1998, he received a B.S. degree in Exercise Science from Castleton State College in Vermont. In 2001, Dr. Van Guilder obtained his M.S. degree in Exercise Science at Colorado State University and in 2006 he was awarded a PhD in Integrative Physiology from the University of Colorado at Boulder. He has also completed two National Institutes of Health supported post-doctoral fellowships, one at Vanderbilt University Medical Center in 2006 and the other at the University of Colorado Denver Health Sciences Center in 2009. Dr. Van Guilder's research integrates the study of cardiovascular disease risk factors (e.g., obesity, hypertension, physical inactivity, metabolic syndrome etc.) on vascular endothelial health and biology in humans, with current focus on the vascular protection afforded by exercise and ischemic preconditioning.

Contact Information:

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Lee Weidauer, Ph.D., ATC

Dr. Lee Weidauer is an Assistant Professor in the Health and Nutritional Sciences Department. In 2007, he received a B.S. degree in Athletic training from South Dakota State University and became certified. In 2009, Dr. Weidauer obtained his M.S. degree in Exercise Science from South Dakota State University and in 2012 he was awarded a PhD in Nutrition and Exercise Science from South Dakota State University. Following his graduation in 2012, Dr. Weidauer completed a 3-year post-doctoral fellowship with Dr. Bonny Specker where he received extensive training in bone and joint health as well as epidemiology and biostatistics. Dr. Weidauer's research focuses on the prevention of osteoarthritis through the identification of risk factors including prior injury, anthropometrics, and genetics.

Contact Information:

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Seth Daughters, M.S., CSCS, USAW-1, EP-C

Seth Daughters is an adjunct instructor in the Health and Nutritional Sciences Department and teaches Health and Human Performance (PE 367). He is a Certified Strength and Conditioning Specialist, USAW Level 1 Sport Performance Coach, and Certified Exercise Physiologist. Seth received his Bachelor of Science degree in Exercise Science from SDSU in 2013 and received his Master of Science degree in Exercise, Nutrition, and Food Science from SDSU in 2015. Seth is the Head Strength and Conditioning Coach with D1 Sports Performance via Orthopedic Institute in Sioux Falls, South Dakota. He coaches a variety of clients, ranging from the general population to collegiate athletes.

Contact Information:

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Emily Kranz, M.S., EP-C

Emily Kranz is an adjunct instructor in the Health and Nutritional Sciences Department and teaches Field Experience (HNS496). Emily received her Bachelor of Science degree in Health Promotion from SDSU in 2011 and received her Master of Science degree in Exercise, Nutrition, and Food Science from SDSU in 2013, investigating SD School Wellness Policies as part of her Master's Thesis. While completing her Master's Degree, Emily also received a graduate certificate in Transdisciplinary Childhood Obesity Prevention as part of the first TOP cohort at SDSU. Current professional activities include teaching a variety of Exercise Science courses and implementing the Fuel Up to Play 60 nutrition and physical activity program into local schools. Areas of interest include the school health environment, sedentary time reduction and physical activity promotion.

Contact Information:

605.261.0077

emily.kranz@sdstate.edu



SDSU Exercise Science Advisory Committee

The SDSU Exercise Science Advisory Committee meets annually to discuss the Exercise Science program curriculum. The committee is composed of individuals both internal and external to SDSU working in a variety of disciplines within the field of Exercise Science. The Advisory Committee provides valuable feedback to the faculty to shape the curriculum and insure it provides students with the knowledge, skills, and abilities that are in high demand in the Exercise Science field.

Shari Landmark
Assistant Director
SDSU Wellness Center
South Dakota State University
605-688-5386
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Member Dates: 2009-Present

Derek Ferley
Director of Sports Science Research & Sports Performance Training
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Derek.ferley@avera.org
Member Dates: 2009-Present

Lacey Seefeldt
Health Management Coordinator
Avera McKennan Cooperate Health
605-322-3871
Lacey.seefeldt@avera.org
Member Dates: 2014-Present

Seth Daughters
Head Strength & Conditioning Coach
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Seth.daughters@sdstate.edu or seth.daughters@D1sportstraining.com
Member Dates: 2015-Present

Kerry Brown
Head Strength and Conditioning Coach – Brookings School District
Avera Health
Member Dates: 2015-Present

Shelly Newell-Bartels
Cardiac Rehabilitation
Sanford Health
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Member Dates: 2016-Present

Nikki Prosch
Field Specialist – Community Physical Activity Promotion
SDSU Extension & South Dakota Department of Health
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Member Dates: 2016-Present

Nathan Moe, MEd, MSCC, CSCS, USAW I
Assistant Athletic Director – Strength and Conditioning
South Dakota State University
605.688.4803

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Member Dates: 2016-Present

Application Overview

Entry into the Exercise Science program at South Dakota State University is a competitive process. Upon completion of the prerequisite classes (noted below), all students will need to submit a formal application for admission to Exercise Science Program. The Exercise Science Faculty will review the application and select approximately 30 students per year to enter the program. The application process serves two basic purposes:

1. To assist students in determining if the Exercise Science major will provide them with the appropriate education and opportunities necessary in order to best meet their career/professional goals.
2. To assist faculty and staff in determining if the student applying meets the technical standards, interest level, and potential to become a successful Exercise Science student.

Prerequisite Classes

Prior to application students must successfully (C or better) complete the following courses or their equivalent:

- a. BIOL 221: Anatomy

Prior to start of the Exercise Science Program students must successfully (C or better) complete the following courses or their equivalent:

- a. BIO 325: Physiology

Application Logistics

Students who are admitted and complete the program will graduate with a Bachelor's of Science degree in Exercise Science from the Department of Health and Nutritional Sciences. Applications are due by January 15th each year and notifications of acceptance will be made no later than March 1. Application can begin during or after a student's sophomore year (at least 24 credit hours completed). In order to stay on track to graduate in four years, students should plan to apply to the program in their sophomore year and if accepted, officially begin the program the Fall Semester of their junior year.

The Exercise Science program is a 4 semester (2 year) program that cannot be accelerated due to the structured progression of coursework. You need to meet the minimal qualifications listed below in order to submit an application, but this does not ensure you will be admitted. Admittance to the Exercise Science program is *highly* competitive and we encourage students to look ahead and start participating in activities that will strengthen their application for admission to the program during their early years at South Dakota State University (see the *Getting Involved* section below for ideas on how to gain experience and be active in the Exercise Science program prior to admission).

Application to the Exercise Science program is completed electronically through the Desire to Learn (D2L) course management system. It is the responsibility of the student to notify their academic advisor during the fall semester of the academic year in which they plan to apply to the program. This is critical, because this will allow you to gain access to the application site on D2L that will facilitate the application process. Once on the D2L site, the application process includes completion/submission of the components listed below.

- **Application Form:** This document can be located on the "Applying to the Exercise Science Program" D2L page that you will be granted access to when you notify your academic advisor you are planning to apply to the program. It is a PDF fillable form. Please open the document and save it to your computer before filling out the fields. You must open the program in Adobe Reader in order to use all functions of the form. If you are a Mac computer user, your default to view this document may not be Adobe, so make sure you download the free version of Adobe Reader and open the application form using this software. Adobe Reader can be downloaded for free at: get.adobe.com/reader/
- **Documentation of Previous Coursework:** If all of your postsecondary coursework is from South Dakota State University or other Board of Regents Institutions (Northern, Black Hills State, Dakota State, and the University of South Dakota) you can submit a copy of unofficial transcript from Webadvisor. If some or all of your previous post-

secondary course work was completed outside of the Board of Regents system, you will need to submit an official transcript from all institutions in which coursework was completed outside of the Board of Regents (BOR) system. If some coursework has been completed at SDSU and/or other BOR systems please also submit an unofficial transcript from SDSU Web Advisor in addition to your official transcripts from the other institutions you attended.

- **Personal Interview:** After review of your application form and documentation of your previous coursework, the exercise science faculty may select a subset of the applications to come in for a personal interview. Interviews are brief (10-15 minutes) and are request to faculty the opportunity to learn more about you, assess your ability to be successful in the program, and evaluate if the Exercise Science program will be the best program to prepare you to reach your career goals. Not all applicants may be selected for a personal interview.

After review of electronic applications and/or personal interviews, your application will be placed into one of four categories:

Accepted – Unconditionally: This means you have been admitted to the program and have met all of the prerequisites for admission.

Accepted - Conditionally: This means you have been admitted to the program, but have not yet met all of the prerequisites for admission. You must complete all of your prerequisites prior to starting the program.

Waitlist: This means you have not been accepted to the program at this time, but there is a change you may be moved up off the waitlist if positions become available prior to the start of the academic year. If you are not notified that your category has changed prior to the start of the academic year, you will need to work with your academic advisor to determine if it is most advantageous for your career goals to reapply to the program the following year, or to select another field of study.

Not Accepted: This means you will not be admitted into the experience science program for the upcoming academic year. You should meet with your academic advisor to determine if it is in your best interest based on your career goal to reapply to the program or to select another major.

Getting Involved Early

In order to submit a strong application to the Exercise Science Program we suggest getting involved in Exercise Science activities early in your career at SDSU. In addition to strengthening your application to the Exercise Science Program, getting involved early will allow you to: 1) gain valuable experience in the field of Exercise Science, 2) learn about the career opportunities available in Exercise Science, 3) decide if you are interested and passionate about Exercise Science, 4) meet Exercise Science faculty, 4) meet other students interested in Exercise Science. Some activities that you can get involved in early are listed below:

1. Participate in research studies the Health and Human Performance Laboratory welcomes you to learn about research through participation in a research study. Faculty and graduate students have regular research projects that you can learn about and participate if you are interested.

Contacts:

Jessica Meendering, Ph.D, EP-C at 605-688-5949

Bradley Bowser, Ph.D. at 605-688-4829

Gary Van Guilder, Ph.D. at 605-688-4082

Lee Wiedauer, Ph.D. at 605-688-4630

September Kirby, MS, RN at 605-688-5387

2. Volunteer time in the Health and Nutritional Science Research Labs
There are always ongoing research studies and we encourage students to volunteer to learn skills in our laboratory under the guidance of one of our faculty members and then volunteer time to assist with research studies. Gaining

research experience is a valuable tool not only to application to the Exercise Science program, but also as you seek future employment and graduate school applications.

3. Join a professional organization, such as: the Northland Chapter of the American College of Sports Medicine (ACSM), the National chapter of ACSM, and the National Strength and Conditioning Association (NSCA). The ACSM is one of the primary professional organizations for the Exercise Science major. There is a regional chapter of the National organization called the Northland Chapter of the American College of Sports Medicine (NACSM). We encourage students to become members of ACSM and NACSM to take part in the many opportunities and learning experiences available. See the following links to the National and regional ACSM webpages.
National ACSM - acsm.org/
Regional ACSM - northlandacsm.org/
National Strength and Conditioning Association - nsca-lift.org
4. Attend the Northland ACSM regional meetings. The NACSM hosts two annual meetings within the region and we encourage students to attend the regional meetings. The fall meeting of the NACSM has a student quiz bowl and the spring meeting has student research presentations. Current Exercise Science Students will be given the opportunity to attend these meetings and participate in the quiz bowl. The winning quiz bowl team wins a stipend to attend the National Meeting of the ACSM, where they will participate in the National ACSM quiz bowl championship. Student trips to the regional meetings may be partially or fully supported by the department if students are taking an active role in the meeting (participating in the quiz bowl or presenting student research projects).
5. Join the Exercise Science Club. The purpose of the Exercise Science Club is to generate interest in the field of exercise science, promote interaction between Pre-Exercise Science and Exercise Science majors, provide exercise science-related extracurricular opportunities, and encourage wellness through exercise. The Exercise Science Club supports student academics, is a leader in community service, and provides provides a multitude of professional development opportunities for students. The Exercise Science Club strives to promote participation in physical activity and generate new and exciting fitness event ideas for the SDSU campus and Brookings community.
sdstate.edu/hns/for-students/orgs/index.cfm
Contact: Erin Punt erin.punt@jacks.sdstate.edu, SDSU Exercise Science Club President (2017)
6. Join another Student Organization such as: HEROH, the Pre PT/OT Club, or the Pre-Professional Club. It is highly recommended that all Exercise Science students take part in the Exercise Science Club. However, if you would like to be part of an additional student organization, we recommend the following. In terms of resume building, it does not matter which organization you belong to, but rather what you do as part of that organization to gain experience and practice leadership skills that ultimately builds your resume.
Helping Everyone Reach Optimal Health (HEROH):
HEROH students operate as an extension of the Student Health & Counseling Services at South Dakota State University. As peer educators, HEROH provides campus-wide Exercise Science campaigns designed to prevent health problems by educating and encouraging healthy lifestyles.
sdstate.edu/hns/for-students/orgs/index.cfm
Contact: Mariah Weber at 605-688-4585 or mariah.weber@sdstate.edu
The Pre PT/OT Club:
The purpose of the Pre PT/OT Club is to motivate students specializing in Pre-Physical and Occupational Therapy programs at South Dakota State University, by encouraging involvement in the community. The focus is to inspire leadership in a professional setting while providing service opportunities in the community and interactions with clinicians in the field. The Pre PT/OT Club also strives to provide educational resources, workshops, and site visits to help members prepare academically and professionally for the application process to potential PT/OT programs.
sdstate.edu/hns/for-students/orgs/index.cfm

Pre-Professional Club

The Pre-Professional Club is an organization of students planning to attend a pre-professional graduate school program after completing their undergraduate degree from South Dakota State University.

studentorgs.sdstate.org/pre-professional/

Contact: Greg Heiberger at 605-688-4294 or greg.heiberger@sdstate.edu

7. Shadow professionals to learn about your career options. We strongly recommend taking time to shadow professional to learn about career options in the field of Exercise Science. Spending time with professionals is a great way to gain insight about different career opportunities and identify if a particular career is a good fit for you. Talk to your advisor to get a list of contacts for your specific area of interest.
8. Gain work experience in the area of Exercise Science. If you are looking for employment while you are a student, we encourage students to look for positions in the field of Exercise Science.
9. A future Exercise Science professional should be a role model of wellness. Be diligent about your own personal WELLNESS routine (regular physical activities, proper nutrition, stress reduction, etc.).

Program Selection Criteria

1. Knowledge of the major and involvement to date
2. Interest and desire to obtain a career in Exercise Science
3. Cumulative GPA ≥ 2.75 (to be evaluated just prior to the start of each semester in the program semester)
4. GPA in science based classes – anatomy, chemistry, biology
5. Personal Interview (if requested)
6. Completion of prerequisite courses
7. Quality of application materials

Frequently Asked Admission Questions

What are the factors that are considered for acceptance into the major?

The Exercise Science major is a competitive major looking for students who have a strong grade point average and interest in pursuing a profession in the Exercise Science field. **Simply meeting the GPA requirement of 2.75 does not guarantee admission to the major.** Grade point average and success in the science courses is very important. The application is evaluated more favorably when there is a clear intent and desire to pursue this major area of study. Evidence of participation in extracurricular activities and volunteer work in health related activities is also considered.

What should be included within the Essay Question portion of my application form?

Applicants should take this opportunity for the Exercise Science faculty to get to know them better. They should describe any academic, profession and occupational goals and interests that have directed them towards the Exercise Science field. Factors that point to a strong commitment to promotion healthy behavior as well as any extenuating factors that the faculty should consider should also be included. Provide statements that will highlight how you plan to be successful in the field of Exercise Science. Statements are rated on content and presentation. Typographical errors and poor grammar will reduce the strength of the statement.

Whom should I list as references on my behalf?

The individuals you list should be able to address your academic abilities or be able to refer to your interest in the Exercise Science field and/or work habits. If you have done volunteer work or job shadowing, these would be good examples. Letters from family members are not accepted.

How many students are accepted to the program?

Approximately 30 (± 5) students are accepted each year.

When will I be notified as to if I was accepted into the Exercise Science Program?

You will be notified on or before March 1 if you have been offered a position to start the upcoming fall semester.

After admission to the program, how long will it take me to complete my degree?

Once you start the rotation of courses it is a 4 semester sequence and cannot be accelerated into a faster pace, even if you have the majority of the courses completed. It is intended to be a building major so semester 1 is a prerequisite to semester 2, etc.

If I have not completed all of the prerequisites (BIOL 221 and plans to take BIOL 325 prior to program start), can I still apply?

You must have completed or be enrolled in BIOL 221 at the time of application. BIO 325 must be completed PRIOR to the start of the program if you are accepted. Those students already having the prerequisites completed will be awarded higher scores according to the scoring criteria. You MUST have all prerequisites completed before starting the 4 semester sequence with a C grade or higher – including BIOL 325.

What extracurricular activities will help to make my application stronger?

Various extracurricular opportunities exist for students to demonstrate a commitment to healthy behavior. This may include volunteer opportunities, physical activity programs, research activities, coaching, etc. Also, involvement in student groups and associations related to health or fitness, such as the Exercise Science Club and HEROH, enhance your commitment to the field of Exercise Science.

How do I obtain a transcript or course listing?

Applicants who have attended other post-secondary institutions will be required to provide an official transcript from that school. You will need to contact the Registrar's office at that institution to request a transcript. If you have taken all courses at SDSU you can print off the unofficial transcript/course listing from Web Advisor and attach it with your application materials.

Exercise Science Degree Requirements

The Exercise Science curriculum is a four-semester program. You must be accepted to the major to start this four semester course sequence. We encourage all students to apply to the program during their sophomore year. This allows admitted students to begin the program during the fall semester of their junior year and finish the program in the spring or summer of their senior year. The semesters are not full with required courses, so you can continue to finish College and University requirements during this period. The general 4-year curriculum plan is shown below with the last four semesters highlighted in grey. You **MUST** be accepted to the program, in order to take the Exercise Science coursework marked with asterisks in the following schematic. The curriculum plan shown below does not have to be followed directly, but students must take note to ensure they have the required coursework completed prior to application, start, and graduation from the Exercise Science program.

Program of Study

A complete map of the Exercise Science curriculum can be accessed online within the academic program guidesheet. To access the curriculum requirements you can go to the following link: sdstate.edu/academic/guidesheets/index.cfm#E and then scroll down and select Exercise Science. You can also navigate to this site manually by going to South Dakota State University public website (sdstate.edu), and clicking on current students, undergraduate course catalog, academic advising guidesheets, and then finally on Exercise Science.

Knowledge Skills and Abilities (KSAs)

The KSAs you will gain through each required course in the Exercise Science program (as required by CoAES) can be found at the following link: sdstate.edu/sites/default/files/2018-08/ksa_standards_by_course.pdf

Advising

When a student enters South Dakota State University and declares that they are an Exercise Science major, they are assigned to a first year advisor through University College. After their freshman year, Exercise Science students will be assigned to a professional advisor that works closely with all Exercise Science students. All students are required to meet with their advisor at least two times per year, especially for pre-registration. These times are October for spring registration and March for fall registration. At these times, advisors check and record student progress, discuss course selection and student goals, provide insight and answer questions. Within the semester of graduation, a student will also need to meet with their advisor to complete a graduation application to determine if the student had met all the requirements for graduation. Students are encouraged to play an active role in their progression to fulfill completion of their degree requirements. The responsibility of advising rests equally on the student and advisor.

Certified Exercise Physiologist (EP-C) Exam

All Exercise Science students are required to take the ACSM EP-C Exam prior to starting their field experience. We recommend that students take the exam over the winter break during their senior year (even if they are completing field experience during the summer semester). The exam **MUST** be completed before you will be allowed to log hours for your Field Experience. In the unfortunate event that you do not pass the exam, this will not affect your ability to continue on in the program, but you will be encouraged to retake the exam prior to graduation. The ACSM EP-C is a degreed health and fitness professional qualified to pursue a career in university, corporate, commercial, hospital, and community settings. acsm.org/get-stay-certified/get-certified/health-fitness-certifications/exercise-physiologist The EP-C is skilled in the following:

1. Conducting risk classification.
2. Conducting physical fitness assessments and interpreting results.

3. Constructing appropriate exercise prescriptions for healthy adults and individuals with controlled conditions released for independent physical activity.
4. Motivating apparently healthy individuals with medically controlled diseases to adopt and maintain healthy lifestyle behaviors.
5. Motivating individuals to begin and continue with their healthy behaviors.

To become an EP-C you must meet the following minimal requirements: 1) have a Bachelor's degree in Kinesiology, Exercise Science or other exercise-based degree (course work in anatomy, physiology, and a minimum of 18 credits in exercise science course work including courses in exercise physiology, biomechanics (kinesiology), exercise prescription, and fitness testing). Students will be allowed to take the HFS exam while completing their last semester of coursework. However, certificates will be held until the student can provide documentation of graduation, 2) Current Adult CPR certification with a practical skills component (such as the American Heart Association or American Red Cross).

The cost of the EP-C exam will be covered by the Exercise Science Discipline program. After completing the Exercise Science curriculum students will have the base knowledge necessary for the exam. Students do not need to pass the exam in order to graduate. You need to take the exam and share your results with the program director of Exercise Science.

You will receive a code to register for the EP-C examination in the fall semester of your senior year while enrolled in the Certification Exam Preparation course. You will use this code to register for the EP-C exam following directions that are provided on the Exercise Science D2L page. In order for SDSU to pay for your examination you must save the confirmation email you receive after registering for the exam to the Exercise Science D2L page dropbox. You must also upload a copy of your exam results to the Exercise Science D2L page after completion of the exam. Failure to comply with these two requirements will result in the inability of the Exercise Science program to pay for your EP-C examination fee and you will be responsible for the cost of the examination.

First Aid and CPR Requirement

Each student within the Exercise Science program is required to have current CPR/AED and First Aid training at all times while in the program. Therefore, if you already are certified, but your certification will lapse while you are enrolled in the Exercise Science program, you will be required to participate and become certified in CPR and AED at the location of your choice. The Exercise Science Faculty can help notify you of class and testing options. After certification you must make copies of your certification cards and give a copy of the cards to the program director. All certifications must be from the American Red Cross or from the American Heart Association. Copies of your certification card (Front and Back) must be uploaded to the Exercise Science D2L page.

Exit Interview

Prior to graduation all senior Exercise Science students will participate in an exit interview with the Health and Nutritional Sciences Department Head. Exit interviews will take place near the end of the fall semester of your senior year, as many students complete their field experience during the spring semester of their senior year at a location other than Brookings. Your program director will schedule the exit interview and will email you the date and time. Prior to the Exit Interview you will receive a link to complete an online survey regarding your experience in the program. You will also receive a word document via email to fill in and upload to QuestionPro discussing your experience in the program. One of these evaluations is for the department and another is for the program director. These assessments should be completed prior to the interview so the questions can be used to help guide discussion during the face to face discussion. A copy of each assessment is provided below.

Progression Requirements

Once a student is admitted to the Exercise Science program, the following progression requirements must be met. Faculty will assess that you are compliant with these requirements at the end of each semester.

1. Receive a C or better in all core exercise science coursework
2. Maintain a cumulative GPA of 2.75 or higher
3. Maintain a satisfactory evaluation from all SDSU faculty and community partners affiliated with our program

Probation and Dismissal Policies

If a student does not meet the progression requirements they will be placed on probation. A letter of probation will be included in the student's permanent file and this information may be included on future letters of reference if the SDSU faculty composing a letter of reference deems it necessary. During the probation period the student will be required to meet with their primary advisor and write a formal plan that states how they plan to meet the progression requirements within one semester. The plan will be submitted for approval from the Exercise Science faculty members. If a student does not meet progression requirements for multiple semesters, the student will be asked to meet with the program director to determine appropriate action.

Degree Requirements for Graduation

Exercise Science Requirements: In addition to the general South Dakota State University degree requirements, Exercise Science students must complete the following prior to graduation:

1. Complete all of the Exercise Science required coursework with a C or better (see Curriculum Worksheet section for more information)
2. Complete the Exercise Physiologist Certification Exam (EP-C) offered by the American College of Sports Medicine (see EP-C) Exam section for more information)
3. Complete an Exercise Science Exit Interview (see Exit Interview section for more information)

Professional Policy

It is the expectations of all faculty and staff that students accepted to the Exercise Science Program maintain a high level of professionalism. Students will frequently be working with other SDSU students and faculty, Wellness Center members, and community members. As a young professional, your appearance and behaviors display confidence as well as set the Exercise Science student apart from the clients within your population. When you are representing the Exercise Science Program we require that you:

1. Wear professional attire, such as a collared shirt and appropriate shorts or pants. Your attire should distinguish your role with the client. You will be required to purchase an Exercise Science collared shirt, which can be worn when necessary.
2. Maintain a professional attitude and be polite at all times when representing the Exercise Science Program and SDSU.
3. Respect the confidentiality of all clients. Information obtained during Practicums, Internships, Field Experience, and Research is to remain confidential.
4. Know your limitations. You will be given a fair amount of responsibility during your time in the Exercise Science program, and you will be held accountable for your actions. You are encouraged to think for yourself and problem solve, but to stay within your limitations and hesitate to ask for help or advice from faculty when needed.

Field Experience

In your last year of the program you will take HNS 496: Field Experience in the spring or summer semester. In this course you will have the opportunity to complete 350 hours gaining hands on experience at a site of your choice. The site you select needs to allow you to practice the knowledge, skills and abilities you have gained through the Exercise Science program and to grow and develop new skills to bring you closer to your career goals.

Preparation for Field Experience

Prior to the semester you are enrolled in HNS 496 Field Experience, you must complete a few logistical tasks in preparation for a positive field experience. The main documents you will need to access prior to the start of the course are all provided on the Exercise Science D2L site. You can find the D2L site by going to your D2L homepage and looking for the following link in your list of courses in which you are enrolled. It may not appear under the list of course for your current semester, but rather it will have the Title “SDSU Sandbox” so you can access the site every semester you are involved in the Exercise Science Program. It appears as shown below.

SDSU Sandbox

- o [Exercise Science Information Center - Health](#) 

The Exercise Science Information Center D2L site will have the documents you need to access prior to the start of the HNS 496 Field Experience course, but once HNS 496 begins, the course will have its own individual D2L site specific for the students enrolled in the course. Please begin to prepare for your field experience the semester prior to enrollment by completing the list of items below. In addition, please communicate openly with your HNS 496 instructor to make sure you are on track to start your field experience.

Getting Started

Prior to starting to complete hours for course credit, each student must complete the following:

- 1) Work collaboratively with their field experience site to complete and submit a copy of the “Approval of Field Experience Form” to the appropriate drobox with the Exercise Science D2L sandbox site.
- 2) Read, sign, and turn in a completed a confidentiality agreement to the appropriate drobox on the Exercise Science D2L sandbox site.
- 3) Read, sign, and turn in a completed FERPA form (if applicable) to the appropriate dropbox on the Exercise Science D2L sandbox site.
- 4) Turn in proof of current CPR certification (photocopy of card – front and back) to the appropriate drobox with the Exercise Science D2L sandbox site.
- 5) Schedule and complete the ACSM EP-C Examination. You will need to submit a PDF of the confirmation email (after scheduling exam) and an electronic copy of your result score sheet when the exam is complete to the appropriate drobox with the Exercise Science D2L sandbox site.

Once you turn in your Field Experience Site Approval Form, the course instructor will decide if your proposed site meets the course requirements. If so, your instructor will send your mentor a memo of understanding to sign to verify they have agreed to serve as your mentor. If your proposed site is not approved, then your Field Experience Coordinator will work with you to suggest other potential options and you will need to fill out the approval form for another site. Hours will not be counted towards completion of HNS 496 until all of the documents (listed above) are on file. Copies of the primary forms required for field experience are provided in the following section as well as the Exercise Science D2L sandbox.

Background Checks

Some off campus field experience facilities require that a background check be completed before the experience. If the facility at which you plan to do your field experience requires a background check, you will be responsible for initiating your background check. Students are also responsible for the costs of the background check. The cost depends on the previous locations in which the student has lived and thus, the exact cost will not be known until the background check is complete. The majority of background checks will fall within the range of \$50-150 dollars. If your site requires a background check, there are instructions provided on the Exercise Science D2L sandbox site that will walk you through how to initiate a background check. A quick guide to background checks is also provided in the next section.

Scholarships

There are numerous awards and scholarships available to Exercise Science students through an online application process. Applications are available from mid-December through mid-February each year on my state online. Students will receive a University wide email notifying them that the scholarship application is available, directing them to locate it, and providing the details about the application due dates. We encourage ALL students to fill out this application.

Travel

If you are traveling for any academic related activities, such as: field experience, professional development, internship, practicum, etc., you are required to fill out the Release and Waiver of Liability; Assumption of Risk Agreement; Indemnity Agreement; and Consent to Medical Treatment and Emergency Contact form that can be found at the following link: sdstate.edu/policies/appendix/Forms/upload/Student-Trip-Waiver-Form.pdf

Exercise Science students are responsible for their safety as they travel to and from field experience sites, internship and practicum out of class activities, and other program related travel. The Exercise Science program is not liable for the safety of the students when traveling in their own vehicle or the vehicle of other students or field experience supervisors. Student's should check weather and road conditions and only travel when it is safe to do so. Students are required to communicate with instructors, clients, and field experience mentors in the event that weather or road conditions prevent them from attending their assigned rotation location or class. Occasionally, group travel arrangements may be necessary for professional meetings and trainings. This type of travel may be covered by the Exercise Science program, subject to travel policies and procedures of SDSU and the SDBOR.

Professional Development & Post Graduation Placement

Upon acceptance into the Exercise Science Program, the faculty and staff are committed to assisting each student in reaching their personal career goals. The faculty and staff will work with you to help you identify and define your goals and then tailor the program to meet your needs. For example, the Exercise Science faculty can help provide you with specific experiences during your Practicum and Field Experience coursework and discuss minors that may supplement your core coursework to make the program specific to your career goals.

We support professional development by providing the opportunity for Exercise Science students to attend two regional Northland American College of Sports Medicine meeting. Juniors are invited to attend the annual spring conference and senior students are invited to attend the annual fall conference. Whenever possible the program will support student travel to attend this conference by covering the costs associated with travel and hotel accommodations. However, students will be responsible for purchasing their student membership and conference registration.

Equal Opportunity and Affirmative Action Policy

SDSU has a well-established commitment to maintaining an environment free from discrimination and harassment, in accordance with federal and state law and SDBOR and University policy. The University offers equal opportunities in employment and for access to and participation in education, extension, and other services at the University to all persons qualified by academic preparation, experience, and ability for the various levels of employment or academic program or other University service, without discrimination based on sex, race, color, creed, national origin, ancestry, citizenship, gender, gender identification, transgender, sexual orientation, religion, age, disability, genetic information, veteran status, or any other status that may become protected under law against discrimination. Retaliation for making a report is strictly prohibited.

SDSU and SDBOR policies related to equal opportunity, non-discrimination, affirmative action and harassment are posted on the SDSU website at: sdstate.edu/hr/equal-opportunity/index.cfm and sdstate.edu/policies/section-4.cfm

Students, staff, and other individuals are encouraged to contact the Title IX/EEO Coordinator with any questions and concerns:

Michelle Johnson, Ed.D.

Title IX/EEO Coordinator, Affirmative Action Officer
South Dakota State University, Administration Building Room 100
Brookings, SD 57007
Phone: 605.688.4128
Michelle.johnson@sdstate.edu

An online reporting system is also available at: sdstate.edu/hr/equal-opportunity/index.cfm

Disability Accommodations

Students with disabilities should discuss potential accommodations for their supervised practice hours with the SDSU NDI Program Director. Accommodations related to academic graduate coursework should be directed to Disability Services. Information on reasonable accommodations and accessibility can be found at: sdstate.edu/campus/disability/index.cfm

Safety and Security

SDSU implements a campus alert system to notify students, faculty, and staff of any safety threats or severe weather emergencies. To register for this free service, go to: sdstate.edu/safety/emergency-mgmt/campusalertsystm.cfm

SDSU is committed to violence prevention and education. Information concerning prevention, warning signs and what to do in identifying and responding to a threat or concern are outlined on the SDSU Violence Prevention and Education webpage: sdstate.edu/safety/violence/index.cfm

On-campus emergencies should be reported by dialing 1-1-1 for the SDSU Police Department or 911 for the Brookings Police Department. For non-emergency assistance, the SDSU Police Department can be contacted at 605-688-5117 and is located in the Alvida Myre Sorenson Center at the corner of Medary Avenue and Harvey Dunn in Brookings, SD. The 2014 Annual Campus Security Report containing additional information regarding safety and security as well as statistics concerning criminal activity is available at: sdstate.edu/safety/upload/2014-Annual-Security-and-Fire-Safety-Reports.pdf

Drug Free Environment

The unlawful manufacture, distribution, dispensing, possession, or use of controlled substances by its employees and agents while on duty or while in any workplace controlled by the University, to include vehicles owned by the University is prohibited. In compliance with the Drug-Free Schools and Communities Act Amendments of 1989, the University strictly prohibits the unlawful possession, use, manufacture, or distribution of alcohol, marijuana or controlled substances by its students or employees while on University controlled property or while participating in any capacity in activities or employments sponsored by it. Any person violating the proscriptions outlined in SDBOR policies 4:27 and 3:4 shall be subject to appropriate disciplinary action as outlined in the SDBOR and SDSU policies.

sdstate.edu/policies/upload/Drug-Free-Environment.pdf

Student Conduct Code

Dietetic students and interns will be expected as members of the university community to abide by the SDSU and SDBOR Student Codes of Conduct which includes but is not limited to: academic misconduct, violence, discrimination, harassment, damage to property, possession and use of controlled substances, and theft. Violation of the student Conduct Code may result in sanctions up to and including expulsion from the NDI program and the University. The policy and procedures of the Student Conduct Code will be followed in processing alleged violations thereof and these protocols should be reviewed by all NDI students and interns. NDI students and interns may review this document at:

sdstate.edu/policies/upload/Student-Conduct-Code.pdf

Acceptable Use of Information Technology Systems

Dietetic interns will be expected to abide by the SDSU and SDBOR use of information technology systems.

Unacceptable use includes but is not limited to: infringing intellectual properties, including copyrights, patents, and trademarks, accessing electronic information or communications systems without proper authorization, intentionally enabling others to do so, or exceeding authorization, distributing fraudulent, libelous, slanderous, harassing, threatening, or other tortious communications. Interns should review this document at:

sdbor.edu/policy/7_Technology/documents/7-1.pdf

Student Services

SDSU provides a variety of services to assist students.

- Office of Career Development: sdstate.edu/careercenter/
- Tutoring support: sdstate.edu/gs/students/tutoring/
- Writing Center: sdstate.edu/engl/for-students/writingcenter/index.cfm
- Housing: sdstate.edu/reslife/
- Campus Dining: sdstate.edu/reslife/
- Multicultural Center: sdstate.edu/reslife/
- Veterans Affairs: sdstate.edu/campus/veteransaffairs/index.cfm
- American Indian Education and Cultural Center: sdstate.edu/aiecc/index.cfm
- Hilton M. Briggs Library (campus and online services): sdstate.edu/library/index.cfm
- Counseling Services: sdstate.edu/wellness-center/counseling/index.cfm
- Student Health Clinic: sdstate.edu/wellness-center/clinic/index.cfm

Alumni Contact and Assessment

The Exercise Science Faculty and Staff are committed to stay in contact with our graduates. Within one year of graduation, former students will receive a Graduate Satisfaction Survey relative to how their experiences at SDSU prepared them for a career in the Exercise Science field. Feedback from these surveys will assist us in making appropriate changes to the program. In addition, we will also be sending surveys to your employers to see how happy they are with the performance of graduates of the South Dakota State University Exercise Science Program. Accreditation standards require we receive surveys back from 50% of our graduates with an 85% satisfaction rate. Accreditation also requires that 15% of employers respond and that at least 80% are satisfied with the work completed by our graduates. A copy of the SDSU Exercise Science Alumni Survey and the SDSU Exercise Science Employer Survey can be found on the following pages. You will be contacted via email to participate and the surveys will be conducted in electronic format.

We truly value your opinion and want to stay in touch with you. During your last year in our program we will introduce you to ways to stay in touch with our program and to continually let us know where you are living and what exciting career path you are enjoying. In addition, every three years all alumni will receive an electronic “alumni update”. The Alumni update will include a newsletter about current happenings in the Exercise Science Program and a personal information form. We encourage all alumni to fill out the information form and email it back to us to provide up to date contact information. This information will be used to create an alumni contact guide, which will be made available to all Exercise Science Alumni.

Media Release

In accordance with SDSU policy, Exercise Science students will be asked to sign a media release prior to any pictures or information about them being made public on the SDSU NDI website or Facebook page.

Acknowledgement of Receipt of Policy Handbook

I acknowledge that I have received the SDSU Exercise Science Program and Policy Manual. I acknowledge that I am responsible for knowing, understanding, and following the policies and procedures governing the Exercise Science Program & Health and Nutritional Sciences Department at SDSU as well as the SDBOR and SDSU policies and procedures.

Signature of the Student

Date