EXERCISE, SPORT & MOVEMENT SCIENCES

COOPERATIVE EDUCATION PROGRAM

COLLEGE OF HEALTH SCIENCES

COOPERATIVE EDUCATION PROGRAM

EXERCISE, SPORT & MOVEMENT SCIENCES

OPTIONAL PROGRAM WITHIN THE HEALTH STUDIES/EXERCISE, SPORT & MOVEMENT SCIENCES (ESMS) BS CONCENTRATION

Pre-physical therapy (PPT), pre-occupational therapy (POT), pre-athletic training (PAT), pre-strength & conditioning (PSAC)

The Cooperative Education Program is an ideal option for students aspiring to enter graduate school in physical therapy, occupational therapy, athletic training or strength & conditioning. The program is designed to provide students with early extensive exposure/experience in one of these clinical/professional fields to assist them in determining if the field is a good personal choice. This program also provides students with extensive networking opportunities and assists them in understanding the relevance of coursework they are taking in the ESMS program of study.

Students who have completed all 1000- and 2000-level prerequisites for the ESMS concentration with a cumulative GPA of no less than 3.0 may participate in this program that involves school/work rotations as outlined below. Students are paid an hourly wage by the work site, so availability of sites may be limited. Students are responsible for securing their own work sites. Cooperative education participation is an option, not a requirement.

Year 1	General education requirements & 2000-level prerequisites
	Attendance: Fall, Spring, Summer
Year 2	General education requirements & 2000-level prerequisites
	Attendance: Fall, Spring, Summer
Year 3	Two semesters of concentration requirements & one semester of Cooperative Education I)
	Attendance: Fall, Spring, Summer with rotation dependent on the field
Year 4	(One semester of concentration requirements & one semester of Cooperative Education II)
	Attendance: Fall, Spring with rotation dependent on the field

If six credit hours of cooperative education (ESMS 3900, ESMS 4900) are successfully completed, those hours will substitute for six credit hours of internship. *Graduates of this program will earn relevant work experience and will have completed the following number of credit hours:

PPT	125	PAT	120
POT	120	PSAC	120

***(Note that field experience work hours are substantially greater in the Cooperative Education Program in comparison to internship hour requirements.)**

PRE-PHYSICAL **THERAPY**

STUDENTS PREPARING FOR GRADUATE STUDY IN PHYSICAL THERAPY

The Cooperative Education Program is an option for students aspiring to enter graduate school in physical therapy (PT). Students who have completed all 1000- and 2000- level prerequisites for the ESMS concentration with a cumulative GPA of no less than 3.0 may participate in this program that involves school/work rotations as outlined below:

YEAR 1

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (16 CH)

ENGL 1010	3
MATH 1710	3
HUMANITY (GEN ED)	3
HIST 2010	3
BIOL 2010	3
BIOL 2011	1

Spring Term: Full-time student (16 CH)

ENGL 1020	3
MATH 1720	3
HIST 2020	3
ESMS 2004	3
BIOL 2020	3
BIOL 2021	1

Summer Term: As needed for specific PT electives (8 CH)

CHEM 1110	3 (SU 1)
CHEM 1111	1 (SU 1)
CHEM 1120	3 (SU 2)
CHEM 1121	1 (SU 2)

YEAR 2

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (16 CH)

ENGL 2202	3
HMSE 2000	3
PSYC 1030	3
ESMS 2015	3
BIOL 1110	3
BIOL 1111	1

Spring Term: Full-time student (13 CH)

COMM 2381	3
Elective (MATH 1530)	3
NUTR 2202	3
BIOL 1120	3
BIOL 1121	1

Summer Term: As needed for specific PT electives (8 CH)

Add PHYS 2010/2011	3/1 (SU 1)
Add PHYS 2020/2021	3/1 (SU 2)

YEAR 3

Fall Term: Full course load (16 CH)

ESMS 3050 Adv. Life Support for Ex. Cond. & Testing	3
ESMS 3420 Structural Kinesiology	4
ESMS 3603 Exercise Physiology I	3
ESMS 3803 Motor Learning/3853 Motor Behavior	3
HUMANITY (GEN ED)	3

Spring Term: Full course load (14 CH)

ESMS 3020 Exercise & Sports Mechanics	3
ESMS 3021 Exercise & Sports Mechanics Lab	1
ESMS 3703 Exercise Physiology II	3
ESMS 3713 Exercise Physiology Lab	1
ESMS 3450 Psychological Aspects of Exercise	3
SOCI 1010 Intro to Sociology	3

Summer Term: Employment working at least 20 hours per week or 280 hours for the semester in a physical therapy setting. (Student is responsible for arranging the PT employment site.)

- Student must register for 3 credit hours of ESMS 3900 (Cooperative Education I)

YEAR 4

Fall Term: Full course load (12 CH)

ESMS 4000 Exer Testing Techniques & Interpretation	3
ESMS 4015 Exer Programs for Special Populations	3
ESMS 4603 Adv Methods of Strength & Conditioning	3
HLSC 4400 Statistics for Health Sciences	3

Spring Term: Employment working at least 20 hours per week or 280 hours for the semester in a physical therapy setting (Student is responsible for arranging the PT employment site.)

- Student must register for 3 credit hours of ESMS 4900 (Cooperative Education II)
- If both semesters of cooperative education are successfully completed, then this combination will substitute for the 6 credit hours of internship (ESMS 4605). If less than 6 credit hours of cooperative education are completed, the student will be required to complete the entire 6 credit hours of internship following the completion of all prerequisites.

CREDIT HOUR **PROGRESSION**

Year 1 Fall Term =	16	Spring Term =	16	Summer Term =	4
Year 2 Fall Term =	16	Spring Term =	13	Summer Term =	4
Year 3 Fall Term =	16	Spring Term =	14	Summer Term =	11
Year 4 Fall Term =	12	Spring Term =	3	Summer Term =	N/A
Total Program Credit Hours =	**125**				

Adherence to the scheduled completion of courses is critical for students to remain in the Physical Therapy Co-op Program. Prerequisite requirements are strictly enforced.

PRE-OCCUPATIONAL **THERAPY**

STUDENTS PREPARING FOR GRADUATE STUDY IN OCCUPATIONAL THERAPY

The Cooperative Education Program is an option for students aspiring to enter graduate school in occupational therapy (OT). Students who have completed all 1000- and 2000- level prerequisites for the ESMS concentration with a cumulative GPA of at least 3.0 may participate in this program that involves school/work rotations as outlined below:

YEAR 1

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (16 CH)

ENGL 1010	3
OT Elective MATH 1530	3
HUMANITY (GEN ED)	3
HIST 2010	3
BIOL 2010	3
BIOL 2011	3

Spring Term: Full-time student (16 CH)

ENGL 1020	3
HUMANITY (GEN ED)	3
HIST 2020	3
MATH 1710	3
BIOL 2020	3
BIOL 2021	3

Summer Term: As needed for specific OT electives (6 CH)

EDPR 2111	3
SOCI 1010	3

YEAR 2

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (16 CH)

ENGL 2202	3
HMSE 2000	3
PSYC 1030	3
ESMS 2004	3
CHEM 1110	3
CHEM 1111	1

Spring Term: Full-time student (16 CH)

COMM 2381	3
OT Elective (MATH 1530)	3
ESMS 2015	3
NUTR 2202	3
BIOL 1110	3
BIOL 1111	1

YEAR 3

Fall Term: Full course load (16 CH)

ESMS 3050 Adv. Life Support for Ex. Cond. & Testing	3
ESMS 3420 Structural Kinesiology	4
ESMS 3603 Exercise Physiology I	3
ESMS 3803 Motor Learning/3853 Motor Behavior	3
ELECTIVE	3

Spring Term: Full course load (14 CH)

ESMS 3020 Exercise & Sports Mechanics	3
ESMS 3021 Exercise & Sports Mechanics Lab	1
ESMS 3703 Exercise Physiology II	3
ESMS 3713 Exercise Physiology Lab	1
ESMS 3450 Psychological Aspects of Exercise	3
PSYC 3102 (OT Elective)	3

Summer Term: Employment working at least 20 hours per week or 280 hours for the semester in an occupational therapy setting. (Student is responsible for arranging the OT employment site.)

- Student must register for 3 credit hours of ESMS 3900 (Cooperative Education I)

YEAR 4

Fall Term: Full course load (14 CH)

ESMS 4000 Exer Testing Techniques & Interpretation	3
ESMS 4015 Exer Programs for Special Populations	3
ESMS 4603 Adv Methods of Strength & Conditioning	3
HLSC 4400 Statistics for Health Sciences	3
Elective	2

Spring Term: Employment working at least 20 hours per week or 280 hours for the semester in an occupational therapy setting. (Student is responsible for arranging the OT employment site.)

- Student must register for 3 credit hours of ESMS 4900 (Cooperative Education II)
- If both semesters of cooperative education are successfully completed, then this combination will substitute for the 6 credit hours of internship (ESMS 4605). If less than 6 credit hours of cooperative education are completed, the student will be required to complete the entire 6 credit hours of internship following the completion of all prerequisites.

CREDIT HOUR **PROGRESSION**

Year 1 Fall Term =	16	Spring Term =	16	Summer Term =	6
Year 2 Fall Term =	16	Spring Term =	16	Summer Term =	0
Year 3 Fall Term =	16	Spring Term =	14	Summer Term =	3
Year 4 Fall Term =	14	Spring Term =	3	Summer Term =	N/A
Total Program Credit Hours =	**120**				

Adherence to the scheduled completion of courses is critical for students to remain in the Occupational Therapy Co-op Program. Prerequisite requirements are strictly enforced.

PRE-ATHLETIC **TRAINING**

STUDENTS PREPARING FOR GRADUATE STUDY IN ATHLETIC TRAINING

The Cooperative Education Program is a great option for students aspiring to enter graduate school in athletic training. Students who have completed all 1000- and 2000-level prerequisites for the ESMS concentration with a cumulative GPA of at least 3.0 may participate in this program that involves school/work rotations as outlined below:

YEAR 1

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (13 CH)

ENGL 1010	3
HUMANITY (GEN ED)	3
HIST 2010	3
BIOL 2010 A&P 1	3
BIOL 2011 A&P1	1

Spring Term: Full-time student (16 CH)

ENGL 1020	3
HUMANITY (GEN ED)	3
HIST 2020	3
Math 1530	3
BIOL 2020 A&P 2	3
BIOL 2021 A&P 2	1

Summer Term: As needed for specific AT courses (4 CH)

CHEM 1110	3
CHEM 1111	1

YEAR 2

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (16 CH)

ENGL 2202	3
HMSE 2000	3
PSYC 1030	3
ESMS 2004	3
PHYS 2010	1
PHYS 2011	1

Spring Term: Full-time student (16 CH)

COMM 2381	3
SOCI 1010	3
ESMS 2015	3
NUTR 2202	3
BIOL 1110 BIO 1	3
BIOL 1111 BIO 1	1

Summer Term: As needed for specific AT courses (4 CH)

Elective	2
Elective	2

YEAR 3

Fall Term: Full course load (16 CH)

ESMS 3050 Adv. Life Support for Ex. Cond. & Testing	3
ESMS 3420 Structural Kinesiology	4
ESMS 3603 Exercise Physiology I	3
ESMS 3803 Motor Learning/3853 Motor Behavior	3
ESMS 3502 Prev/Care of Athletic Injuries	3

Spring Term: Employment working at least 20 hours per week or 280 hours for the semester in an athletic training setting. (Student is responsible for arranging the AT employment site.)

- Student must register for 3 credit hours of ESMS 3900 (Cooperative Education I)
- Student must register for 3 credit hours of electives

Summer Term: Full course load (11 CH)

ESMS 3020 Exercise & Sports Mechanics	3
ESMS 3021 Exercise & Sports Mechanics Lab	1
ESMS 3703 Exercise Physiology II	3
ESMS 3713 Exercise Physiology Lab	1
ESMS 3450 Psychological Aspects of Exercise	3

YEAR 4

Fall Term: Employment working at least 20 hours per week or 280 hours for the semester in an athletic training setting. (Student is responsible for arranging the AT employment site.)

- Student must register for 3 credit hours of ESMS 4900 (Cooperative Education II)
- Student must register for 3 credit hours of electives
- If both semesters of cooperative education are successfully completed, then this combination will substitute for the 6 credit hours of internship (ESMS 4605).

If less than 6 credit hours of cooperative education are completed, the student will be required to complete the entire 6 credit hours of internship following the completion of all prerequisites.

Spring Term: Full course load (12 CH)

ESMS 4000 Exer Testing Techniques & Interpretation	3
ESMS 4015 Exer Programs for Special Populations	3
ESMS 4603 Adv Methods of Strength & Conditioning	3
HLSC 4400 Statistics for Health Sciences	3

CREDIT HOUR **PROGRESSION**

COOPERATIVE EDUCATION PROGRAM OPTION – PRE-ATHLETIC TRAINING

Year 1 Fall Term =	13	Spring Term =	16	Summer Term =	4
Year 2 Fall Term =	16	Spring Term =	16	Summer Term =	4
Year 3 Fall Term =	16	Spring Term =	6	Summer Term =	11
Year 4 Fall Term =	6	Spring Term =	12	Summer Term =	0
Total Program Credit Hours =	**120**				

Adherence to the scheduled completion of courses is critical for students to remain in the Athletic Training Co-op Program. Prerequisite requirements are strictly enforced.

PRE-STRENGTH & CONDITIONING

STUDENTS PREPARING FOR GRADUATE STUDY IN STRENGTH & CONDITIONING

For students aspiring to enter graduate school in strength & conditioning (SAC), the Cooperative Education Program is an option. Students who have completed all 1000- and 2000- level prerequisites for the ESMS concentration with a cumulative GPA of at least 3.0 may participate in this program that involves school/work rotations as outlined below:

YEAR 1

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (16 CH)

ENGL 1010	3
OT Elective MATH 1530	3
HUMANITY (GEN ED)	3
HIST 2010	3
BIOL 2010	3
BIOL 2011	1

Spring Term: Full-time student (16 CH)

ENGL 1020	3
HUMANITY (GEN ED)	3
HIST 2020	3
MATH 1710	3
BIOL 2020	3
BIOL 2021	1

Summer Term: As needed for specific SAC electives (6 CH)

EDPR 2111	3
SOCI 1010	3

YEAR 2

General education requirements & 2000-level prerequisites

Fall Term: Full-time student (16 CH)

ENGL 2202	3
HMSE 2000	3
PSYC 1030	3
ESMS 2004	3
CHEM 1110	3
CHEM 1111	1

Spring Term: Full-time student (16 CH)

COMM 2381	3
OT Elective (MATH 1530)	3
ESMS 2015	3
NUTR 2202	3
BIOL 1110	3
BIOL 1111	1

Summer Term: As needed for specific SAC electives (0 CH)

YEAR 3

Fall Term: Full course load (16 CH)

ESMS 3050 Adv. Life Support for Ex. Cond. & Testing	3
ESMS 3420 Structural Kinesiology	4
ESMS 3603 Exercise Physiology I	3
ESMS 3803 Motor Learning/3853 Motor Behavior	3
ESMS 3502 Prev/Care of Athletic Injuries	3

Spring Term: Full course load (14 CH)

ESMS 3020 Exercise & Sports Mechanics	3
ESMS 3021 Exercise & Sports Mechanics Lab	1
ESMS 3703 Exercise Physiology II	3
ESMS 3713 Exercise Physiology Lab	1
ESMS 3450 Psychological Aspects of Exercise	3
PSYC 3102	3

Summer Term: Employment working at least 20 hours per week or 280 hours for the semester in a strength & conditioning setting is required. (Student is responsible for arranging the SAC employment site.)

- Student must register for 3 credit hours of ESMS 3900 (Cooperative Education I)

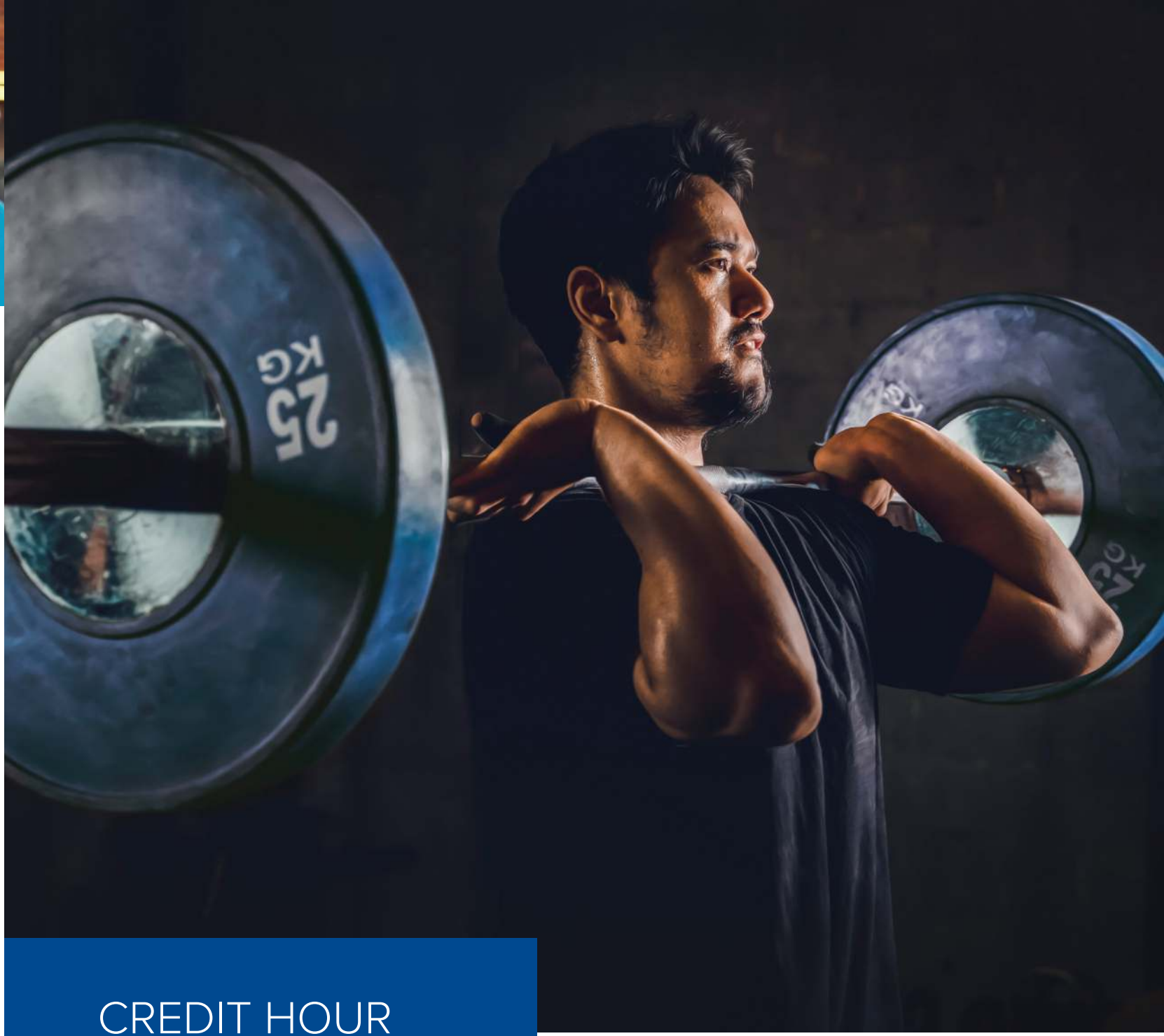
YEAR 4

Fall Term: Full course load (14 CH)

ESMS 4000 Exer Testing Techniques & Interpretation	3
ESMS 4015 Exer Programs for Special Populations	3
ESMS 4603 Adv Methods of Strength & Conditioning	3
HLSC 4400 Statistics for Health Sciences	3
Elective	2

Spring Term: Employment working at least 20 hours per week or 280 hours for the semester in a strength & conditioning setting is required. (Student is responsible for arranging the SAC employment site.)

- Student must register for 3 credit hours of ESMS 4900 (Cooperative Education II)
- If both semesters of cooperative education are successfully completed, then this combination will substitute for the 6 credit hours of internship (ESMS 4605). If less than 6 credit hours of cooperative education are completed, the student will be required to complete the entire 6 credit hours of internship following the completion of all prerequisites.



CREDIT HOUR **PROGRESSION**

Year 1 Fall Term =	16	Spring Term =	16	Summer Term = 16	6
Year 2 Fall Term =	16	Spring Term =	16	Summer Term = 16	0
Year 3 Fall Term =	16	Spring Term =	14	Summer Term = 14	3
Year 4 Fall Term =	14	Spring Term =	3	Summer Term = 3	N/A
Total Program Credit Hours =	**120**				

Adherence to the scheduled completion of courses is critical for students to remain in the Strength & Conditioning Co-op Program. Prerequisite requirements are strictly enforced.

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