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## **University Catalog 2014 - 2015**

**30245 Tomas, STE A**

**Rancho Santa Margarita, CA 92688**

**[www.wexford.edu](http://www.wexford.edu) | 1-844-939-3673 (1-844-WEX-FORD)**

Dear Wexford University Student,

Welcome to Wexford University!

Our esteemed online degree programs prepare graduates for highly successful careers in the health, fitness, nutrition and sport psychology fields. Wexford University empowers students to achieve their professional goals, improve productivity in their organization, and provide leadership and service to their communities.

We pride ourselves on the practical, integrative and scholarly understanding of fitness, nutrition and sport psychology. We leverage our unique approach to distance learning with innovative curricula and leading edge delivery designed to meet the educational needs of the students. The student experience is of the utmost importance by enabling them to be the leaders of tomorrow's fitness, nutrition and sport psychology industries. In today's rapidly evolving and technologically advanced world; our highly regarded faculty combines disciplinary expertise and instructional online mastery in serving the committed student.

From the moment your registration begins, until the day on which you proudly earn your degree; your Wexford University colleagues will support, guide and foster your progress. When you enroll in any of our degree programs at Wexford University, you set yourself apart from all the others.

Wexford University – “Turning your passion into your profession”

Jack H. Bauerle, MS, ATC, CSCS  
Chancellor

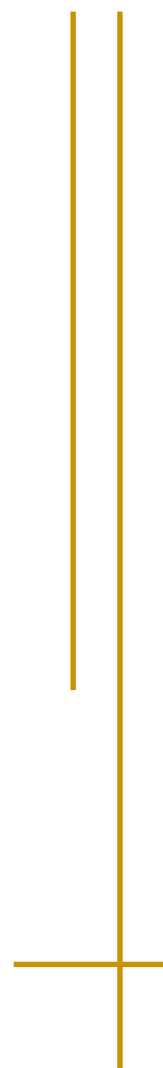


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# Wexford University

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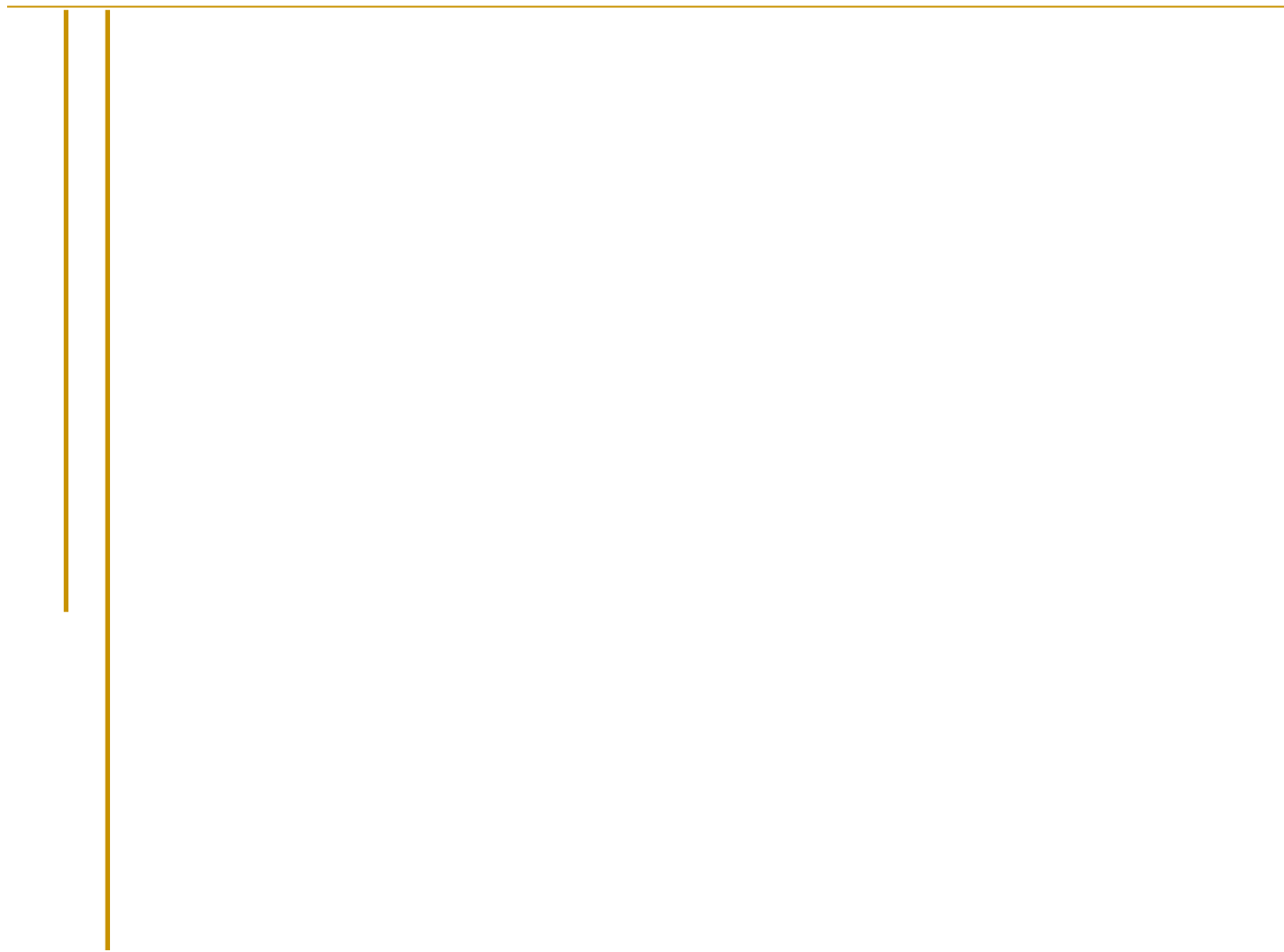
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## ***Wexford University....***

*Wexford University is located in Rancho Santa Margarita, California, USA.*

*It has been established in California since 1999 (originally named Optimal Performance Insti-*

tute).

*In November of 2011, Dr. John Spencer Ellis acquired what would become Wexford University. As a leader in the online education field, it was Dr. John Spencer Ellis who envisioned setting a new standard for health and fitness education. Upon acquiring the University, Dr. Ellis set out to update the existing curriculum, enhance the student experience with new technology and secure faculty who would share his vision.*

*Wexford University is affiliated with NESTA (National Exercise & Sports Trainers Association), an accredited fitness, nutrition and sports performance association providing professional certifications and career development services, and the Spencer Institute which provides coaching and wellness credentials. Both were established in 1992.*

*All degree programs are delivered online through the university's LMS (learning management system) with supplemental textbooks for some courses. After accepted into your program, you start immediately with the next term.*

### ***Mission Statement***

*Wexford University provides students with leading edge practical knowledge and skills that set them apart from others. Our degree programs prepare graduates for highly successful careers in the health, fitness, nutrition and sport psychology fields. Wexford University empowers students to achieve their professional goals, improve productivity in their organization, and provide leadership and service to their communities.*



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# Student's Rights & Responsibilities

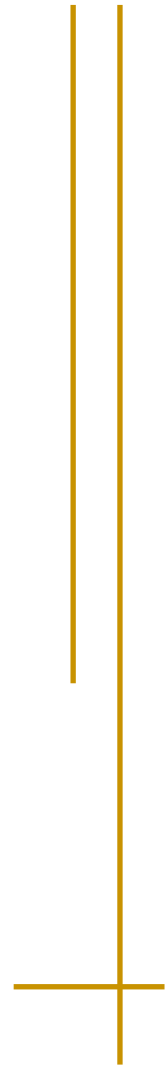
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## Electronic Communication (LMS)

Wexford University uses a Learning Management Service called Moodle to communicate with its students. We encourage our students to develop their student profiles and become familiar with the peers.

Failure to follow the Wexford Communication Policy may lead to your message being denied, and continued disregard may lead to academic disciplinary actions.

## Communication Policy



It is required that all Wexford University Students conduct themselves in a professional matter when engaging in any communication with a Wexford Official. This includes but is not limited to emails, voicemails, phone conversation and fax messages.

All students are required to format their emails in a professional matter, which includes professional salutations and valedictions. Unacceptable forms of salutations include “hey”, “hi”, and not including a salutation altogether.

Wexford University is founded on the principles of a professional fitness environment and all Wexford University Officials are subject to the same standards as it students.

## Grievance Procedure

If a student feels that he or she has been treated unfairly or unjustly by an Employee, Instructor, Mentor or Tutor with regard to an academic

process such as grading, testing, or assignments, the student must submit a written statement to the Chancellor. The Chancellor is the final authority on all academic matters. If a student has a grievance on the basis of race, color, gender, religion, age, marital status, national origin, physical disability, veteran's status, sexual orientation, or any other basis prohibited by applicable federal, state, or local laws or any other matter, the student should contact the Dean of Academics. If the complaint cannot be resolved after exhausting Wexford University's grievance procedure, the student may file a complaint with the Bureau for Private Postsecondary Education:

1625 North Market Blvd., Suite S202  
Sacramento, CA 95834



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## **Satisfactory Academic Progress**

Wexford University encourages persistent efforts on the part of all students. To maintain an active standing, students must:

- (1) Maintain a GPA of 2.00 on a 4.00 scale for undergraduate work completed at Wexford University and a GPA of 3.00 on a 4.00 scale for graduate work completed.
- (2) Complete at least one course within a 20 week period. (minimum 5 weeks)

## Student Records and Transcripts

Each student's record will be made available, upon written request of the student, to employers and other duly authorized persons. Only official transcripts bearing the school seal will be issued. A \$25 transcript fee must accompany each request.

A separate fee is required for each transcript recipient. Wexford University will not honor transcript requests of any student having a past financial obligation to the college. Transcripts from other institutions found in admission files cannot be reproduced for student use. These transcripts must be obtained directly from the other institutions.

## Tuition

Financial Information for Earning Your Degree at Wexford University

Unit Pricing (USD)

The program costs reflect tuition only.

Additional costs including an application fee, textbooks, general fees, as needed, etc., are not included.

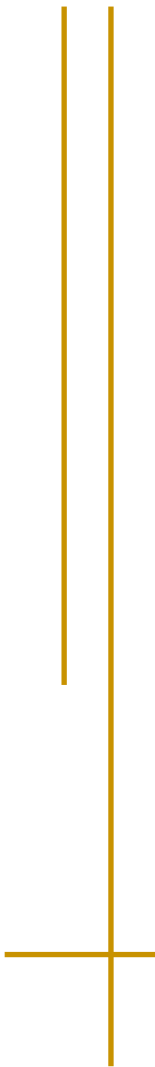
Degree	Total # of Quarter Units Needed	Maximum Applicable Transfer Credits	Cost Per Credit	Cost Per Course	Program Cost Without Transfer Credits*	Program Cost With Maximum Transfer Credits*
Undergraduate: AA Fitness Training	96	72	\$55	\$220	\$5,280	\$1,320
Undergraduate: BS Health & Fitness (with AA already completed)	96	72	\$75	\$300	\$7,200	\$1,800
Graduate: MS Nutrition & Exercise Physiology	58	10	\$99	\$396	\$5,742	\$4,752
Graduate: MA Applied Sport & Fitness Psychology	54	10	\$99	\$396	\$5,346	\$4,356
Graduate: EdD Applied Sport Psychology	90	45	\$99	\$396	\$8,910	\$4,455

## Tuition Payment Options

Choose the tuition plan that fits your budget.

**Pay in Full** – Pay the entire tuition all at once. Pay online using a credit card or debit card and begin immediately. If you choose this plan and pay in full the entire tuition, you may also qualify for an additional 5% off the total tuition, if you meet any of the following:

- Active/non-active Military status



- NESTA or Spencer Institute student/graduate
- IDEA member

*Validation is required and upon approval, discount will be applied in the student's account.*

**Pay Per Course** – Pay as you go, one course at a time. Pay online using a credit card or debit card and begin immediately. Not eligible for discounts.

This payment plan is a monthly plan open to all student's, who would like to make 4-monthly payments via automatic deduction from a credit card, debit card or PayPal. Credit card automatic deductions are required for this payment plan. There is no enrollment fee associated with this plan. Pay online using credit card or debit card and begin immediately. Not eligible for discounts.

**Wexford Monthly Payment Plans** – No credit check, or approval process. Requires contractual agreement and one-time fee of \$50. Interest free plan is open to all students, who would like to pay for their entire tuition in equal monthly payments, using automatic credit card or debit card monthly deductions. 12-month, 24-month and 36-month payment plans are available. Total tuition must be paid prior to graduation. Not eligible for discounts.

## Employer Tuition Assistance

Many employers provide tuition support for employees, and sometimes their family members. Although these programs vary from employer to employer, most include partial or full reimbursement for tuition and/or fees. Most programs require the student to submit verification of enrollment or an official grade report to the employer before payment is made. Students are encouraged to check with their human resources department regarding tuition support programs which may be available at their company.

### 4- Month Automatic Deduction Payment Plan –

## **Private Bank Loans or Credit Union Loans**

Your personal bank may provide low interest financing for your degree program.

## **State Disability Re-education Programs**

Check with your State Disability office.

## **Federal Financial Aid**

Wexford University does not participate in federal student loan programs.

## **Accepted Payment Methods**

VISA, MasterCard, American Express and PayPal.

If the student prefers to pay by check, money order or wire transfer, arrangements must be approved prior to enrollment. Payment plan options are not eligible using this form of payment; only payment in full will be accepted. Please contact Wexford's Student Billing Department for assistance on check, money order or wire transfer, arrangements.

## **Financial Probation and Suspension**

It is Wexford University's policy that students' financial accounts must be current. If difficulties arise, appropriate arrangements must be made with the University Registrar. Students who fail to complete satisfactory arrangements or who default on their financial arrangement are subject to financial suspension. No transcripts or other documents, including study materials or grade reports, will be issued to students on financial suspension.

**Note to all Students.** The University reserves the right to take action against students who do not make payments on their student account according to the terms of the Payment Agreement; up to and including withdrawal from the University.

## **General Service Fees for any Degree**

## **Program at Wexford**

Fees must be paid in USD currency, by check, money order, or credit card. All fees are non-refundable.

Extension of Time fee (three more months or 1 Term) - \$1,000

Reactivation fee (students who have not submitted work

in 4 months) - \$50  
 Returned Check fee/late credit card payment (1 day past due is late) - \$25  
 Transcript fee - \$25  
 Graduation fee - \$200  
 Replacement diplomas - \$75  
 Application fee - \$50  
 Drop/Add Course fee - \$10  
 Withdrawal fee - \$10

### Textbooks

The average cost of textbooks per course is \$50. Not all courses require a textbook. Students may purchase textbooks from our recommended distributors or in some cases, directly from the college. For a complete list of textbooks contact Wexford University at 1-844-939-3672 (1-844-WEX-FORD) or 949-484-8454.

refunds will be made within 30 days of the school's receipt of a student's request. Notices of withdrawal should be sent by regular or registered mail to the school's mailing address: 30245 Tomas, Suite A, Rancho Santa Margarita, CA 92688. Students may fax or email forms to [registrar@wexford.edu](mailto:registrar@wexford.edu).

Materials purchased are not refundable by the college.

NOTE: Wexford University's Registrars Office is open 9am – 5pm PST, USA, Monday through Friday. All completed forms time-stamped within this schedule will fall in line with the Refund Policy listed above. If time-stamped after normal Wexford office hours, the form submitted will count and be dated on the next day.

## Refund Policy & Finance Information

### General Cancellation/Refund Policy:

If You Withdraw	Amount You Own
<b>Within 8 business days of the day you enroll/sign this Agreement</b>	<b>100% Refund</b>
<b>After 8 business days:</b>	
1st week	80% of the paid tuition
2nd week	60% of the paid tuition
3rd week	40% of the paid tuition
4th week	20% of the paid tuition
5th week	0% of the paid tuition

Refunds are calculated from the date the cancellation is accepted/processed. Refer to the Student Handbook for details and forms. Any amount owed to Wexford University is payable within 30 days. After 6th week from date of enrollment, no refunds are owed.

### Withdrawal

Withdrawal from a course or degree program needs to be completed on a Wexford Withdrawal Form. Payment of



## Monthly Payment Plans

Requires contractual agreement and one-time fee of \$75. No credit check, or approval process. Interest free plan is open to all students, who would like to pay for their entire tuition in equal monthly payments, using automatic credit card or debit card monthly deductions. 12-month, 24-month and 36-month payment plans are available. The first payment must be received prior to enrolling. Total tuition must be paid prior to graduation. Not eligible for discounts.

To calculate the monthly obligation, divide the total tuition amount by the number of months the student has to pay and the result is a total monthly payment. For example (monthly payments are rounded up):

<b>Tuition Balance</b>	<b>12 Month Term of 0% Interest (Monthly Payment)</b>	<b>24 Month Term of 0% Interest (Monthly Payment)</b>	<b>36 Month Term of 0% Interest (Monthly Payment)</b>
\$5,280	\$440	\$220	*N/A
\$5,400	\$450	\$225	*N/A
\$5,742	\$479	\$240	*N/A
\$5,346	\$456	\$223	*N/A
\$8,910	\$743	\$373	\$248



\*Not Applicable (N/A) – degrees are not eligible for the 36-Month payment plan option.

Please contact Wexford's Student Billing Department for assistance on any of the above tuition payment options.

TEAMWORK  
MOTIVATION  
INSPIRATION  
LEADERSHIP  
VISION  
+ INNOVATION  

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SUCCESS

A hand holding a blue marker, pointing to the word 'SUCCESS' in a list of factors. The factors are listed vertically: TEAMWORK, MOTIVATION, INSPIRATION, LEADERSHIP, VISION, and INNOVATION. A horizontal line is drawn under INNOVATION, and the word 'SUCCESS' is written below it. The hand is holding a blue marker and is pointing to the word 'SUCCESS'.

## 5% Tuition Discount for U.S. Military Personnel

Wexford University offers our armed forces a significant tuition discount. Our associate, bachelor's, master's and doctoral courses are all 100% online, with highly flexible scheduling. This gives you the ability to manage your academic progress. This is a must if you are, or become deployed. We make it easy to transfer in credits from other approved or accredited schools, and will help you earn the maximum number of credits for previous military training and experience. You won't have to take any entrance exams.

Service Members and Veterans – submit copy of DD-214 (must include Character of Service), Discharge Certificate, Military Orders, Retirement Certificate, or Military LES. (Only one document is required)

Please note: Due to government regulations we are unable to accept military ID cards for verification of military service. You may black-out any sensitive information on orders, LES, or other military documents submitted. Wexford University is not yet approved to accept military assistance. This is why we are currently offering a 5% tuition discount to all eligible active-duty service members, reservists and veterans of the Air Force, Army, Coast Guard, Marines, Navy. Your admissions adviser will have details on needed verification of service.

When you combine your 5% military discount, Wexford's low tuition rates, and possible further tuition reduction for your previously earned education units, your total tuition can be as much as 70% less when compared to other institutions of higher learning.

If you are using your U.S. military discount of 5%; you cannot combine it with any other discounts offered by Wexford University.

Note: You can use your G.I. Bill with NESTA (National Exercise & Sports Trainers Association), which is affiliated with Wexford University.

The NESTA Personal Fitness Trainer Exam certification is recognized by the Department of Veterans Affairs as an approved education program.

All military personnel are eligible to receive tuition reimbursement under Section 3676 Title 38 of the US code through the G.I. Montgomery Bill for the NESTA Personal Fitness Trainer Certification.

The National Exercise and Sports Trainers Association (NESTA) salutes the brave men and women who serve in the United States Armed Forces. We thank you for your services and would like to offer you the ability to earn your Personal Fitness Trainer certification through our tuition reimbursement program.



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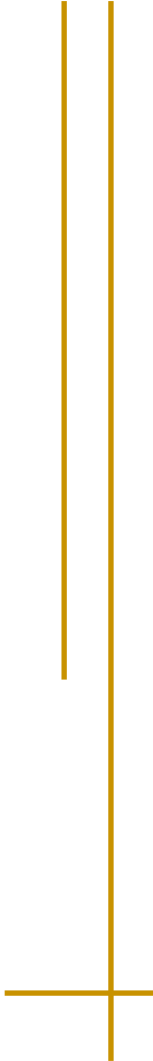
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# University Rules & Regulations

## Admissions Requirements

### For Undergraduate Programs:

- Application for admission
- Official transcripts of all prior academic work from high school(s), community college(s) and/or Universities.
- Must be at least 16 years of age



- Interview with Wexford University Admissions Officer to determine subjective fit with University expectations

### For Graduate Programs:

- Application for admission
- Official transcripts verifying Bachelor's degree from recognized institution.
- Must be at least 16 years of age
- Interview with Wexford University Admissions Of-

ficer to determine subjective fit with University expectations.

### Admissions Procedure

Applicant must complete and submit online application form and pay the application fee of \$50 (USD) using a VISA, MASTERCARD, DISCOVER, or AMERICAN EXPRESS credit card.

Applicant will receive receipt and e-mail with applicant's unique application ID to be used for further correspondence with the office of admissions.

### Admissions Will Require The Following, Prior to The Starting Review Process if...

If the applicant is under the age of 18, admissions will require Parent/Guardian information. Request will be emailed to applicant.

If the applicant is a service member or veteran, admissions will require a copy of DD-214 (must include Character of Service), Discharge Certificate, Military Orders, Retirement Certificate, or Military LES. (Only one document is required)

If applicant is an international student, admissions will

require evidence of English proficiency. Refer to international student information on this page for requirements.

All applicants must submit official transcripts of all prior or academic work from high school(s), community college(s), and universities.

## Official Transcripts Must be Mailed to:

Wexford University  
Attn: Office of Admissions & Recruitment  
30245 Tomas, Suite A  
Rancho Santa Margarita, CA 92688

Admissions will not accept faxed, scanned or emailed transcripts.

You will have a phone interview with Wexford University counselor to determine subjective fit with University expectations. Admissions will setup appointment with applicant.

Once all of the above documentation requirements are met and interview has been completed, application will be reviewed and applicant will receive a letter in the mail with a decision. The entire review process may take up to 20 business days or less.

### All applicants must complete the following before being formally enrolled in the degree program of choice:

- (1) A completed online admissions form (see below under Enrollment)
- (2) Application Fee: \$50 USD which is non-refundable
- (3) Official transcript from each state-licensed or accredited college or university attended regardless of whether a diploma was issued, or a high school diploma or equivalent if there is no prior completion

of college university courses. (contact Wexford University for acceptable colleges)

To be considered official, transcripts must come directly from the registrar's office of the institution the applicant attends, or has attended, or from other appropriate official agencies. Transcript copies will be accepted for enrollment purposes; however, all credentials must be verified by official transcript to the college within 30 days of acceptance into a degree program.

practices in the admissions process, Wexford University subscribes to the Statement of Principles of Good Practice in College Admission and Recruitment which has been approved by the American Council on Education (ACE) and the American Association of College Registrars and Admissions Counselors (AACRAO).

## **Tax Deduction for Educational Expenses**

U.S. Treasury Regulation 1.162-5 permits an income tax deduction for educational expenses (registration fees, costs of travel, meals and lodging) undertaken to:

Maintain or improve skills required in one's employment or trade or business, or

Meet specific requirements of an employer or law imposed as a condition to retention of employment, job status or rate of compensation.

Please check with your tax preparer/advisor/CPA and/or the Internal Revenue Service.

## **Enrollment**

Wexford University offers continuous open enrollment. This means you can apply and begin your degree, continuing education courses or the personal trainer certification program immediately.

Here are your simple steps to begin your degree program:

1. Complete online application and pay \$50 application fee
2. Admissions office will assign your STUDENT ID #
3. Your transcripts are evaluated and your DEGREE ROAD MAP is sent to you
4. You will receive your OFFICIAL ACCEPTANCE LETTER – both hard copy and email
5. You are sent OFFICIAL REGISTRATION DOCUMENTS and ENROLLMENT AGREEMENT
6. Log-in and BEGIN YOUR DEGREE

An undergraduate applicant who is beyond the age of compulsory education and who has not previously attended an institution of higher learning may be conditionally admitted until proof of high school diploma or General Equivalency Diploma is received. In recognition of the importance of ethical

Your benefits of the new open enrollment format for degree programs:

- Lower tuition – You save as much as 25%. As low as \$55 per credit
- Complete your degree program up to 25% faster
- Take as long as 20 weeks to complete any course (minimum 5 weeks)
- Manage costs by completing your degree at a pace that fits your budget and lifestyle

## **Denial of Admission**

An applicant may be denied admission if Wexford University determines that the college is unable to meet the educational needs and objectives of the applicant. If an applicant is denied admission any tuition fee paid will be refunded. The registration fee will not be refunded.

## **Shipping and Handling Fees**

Shipping costs are the responsibility of the student and will vary according to the course materials being sent (by 2nd party provider), and the student's geographical location.

## **Undergraduate Tuition Schedule**

Tuition payment is due upon submission of the enrollment agreement for entrance into an individual course or a degree program. A specific tuition plan must be defined prior to access to the learning management system (LMS).

## **Financial Probation and Suspension**

It is Wexford University's policy that students' financial accounts must be current. If difficulties arise, appropriate arrangements must be made with the Registrar. Students who fail to complete satisfactory arrangements or who default on their financial arrangement are subject to financial suspension. No transcripts or

other documents, including study materials or grade reports, will be issued to students on financial suspension.

## **Academic Regulations**

### **Academic Honesty and Integrity**

Students are expected to conduct themselves in a mature, professional, and ethical manner.

Students may be terminated or disqualified from their program of study for any of the following reasons:

- Failure to maintain the tuition payment agreement.
- Plagiarism of others work.
- Failure to submit work according to the standards specified by the University.
- Falsification of records, transcripts, or coursework documents submitted for review or credit.
- Deceit, fraudulence, cheating, unethical or disruptive behavior, forgery or vandalism.
- Failure to demonstrate reasonable and successful academic progress.
- Students completing coursework must complete a



minimum of one course every six months for a minimum of two courses per year.



## Notice Concerning Transferability of Credits & Credentials Earned at Our Institution

The transferability of credits you earn at Wexford University is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the degree, diploma, or certificate you earn in Wexford University is also at the complete discretion of the institution to which you may seek to transfer. If the credits or degree, diploma, or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Wexford University to determine if your credits or degree, diploma or certificate will transfer.

## Transferability of Credits and Degrees Earned

NOTE: No credit for experiential learning may be awarded after a student has obtained 90 quarter credits in a graduate program.

Undergraduates pursuing a degree may receive up to 45 credit hours for Associate's (or 90 for Bachelor's) of transfer credit for courses which satisfy the subject matter and curriculum requirements of students' degree programs at Wexford University. Graduate students pursuing a Master's Degree may receive up to 6 credit hours of transfer credit for courses which satisfy the subject matter and curriculum requirements for students' degree programs at Wexford University.

## Limits on Awarding Transfer and Extra Institutional Credit

Wexford University reserves the right to accept or reject any or all academic credits offered for transfer.

## Credit for Experiential Learning

Students can be awarded credit towards their degree program from experiential learning (certifications/life experience/military training) if:

- The prior learning is equivalent to a college or university level of learning;
- The learning experience demonstrates a balance between theory and practice and;
- The credit awarded for the prior learning experience directly relates to the student's degree program and is applied in satisfaction of some of the degree requirements.

## For Undergraduate Students

Of the first 90 quarter credits awarded a student in an undergraduate program, no more than 22.5 quarter credits may be awarded for prior experiential learning.

## For Graduate Students

Of the first 45 quarter credits awarded a student in a graduate program, no more than 9 quarter credits may be awarded for prior experiential learning.

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## Degree Program Specific Requirements

### Associates of Arts in Fitness Training (AA):

High School diploma or GED

### Bachelor Degree in Health and Fitness (BS) AA or AS to include:

- Exercise Science (Health and Performance Assessments, Exercise Physiology)

\*\* If you have not completed this prior to enrollment you have the opportunity to take the prerequisites at Wexford

### For Graduate Programs

### Master of Science in Nutrition and Exercise Physiology (MS) BA or BS to include:

- Kinesiology

\*\* If you have not completed this prior to enrollment you will have the opportunity to take the prerequisites at Wexford

### Master of Arts in Applied Sports and Fitness Psychology (MA)

BA or BS to include at least one class in each of the following:

Intro to Psychology

\*\* If you have not completed this prior to enrollment you have the opportunity to take the prerequisites at Wexford

### Doctor of Applied Sports Psychology (EdD) MA or

MS to include at least one class in

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## No Entrance Exams Required for Enrollment

There are no LSAT, SAT and/or GMAT exams required as a basis for admission.

## each of the following:

- Theories in Psychology or equivalent

\*\* If you have not completed this prior to enrollment you have the opportunity to take the prerequisites at Wexford



## Academic Probation and Suspension

When a student's cumulative grade point average falls below 2.00 at the undergraduate level, probation occurs. A student on academic probation has a maximum of 40 weeks to raise the cumulative average above the minimum standard, either by completing additional courses or repeating courses bearing inadequate grades. When an undergraduate course is repeated, the original grade is replaced by the subsequent course grade. The cost for repeating a course may vary; contact the college for a determination. Academic suspension will follow only if a student is unable to return to active status within six months. Suspended students may apply for readmission to the college after a period of one year.

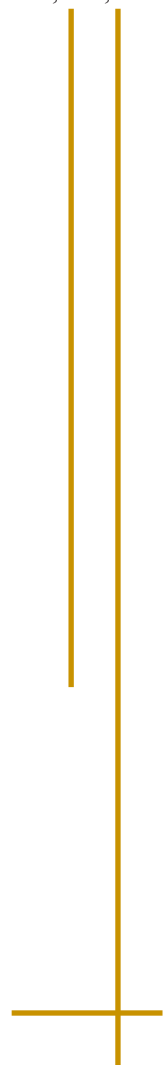
## Repeating Courses

In most cases a student may not take or receive unit credit for a course for which the student has already received a grade of C or better. This principle applied whether the course was initially taken at Wexford University, at a high school, or at another

college or university. The only exceptions to this rule are: (1) when a course has been specifically designated as repeatable for credit up to a specific maximum number of units; (2) upper-division courses in an undergraduate student's major completed more than ten years prior to the student's graduation; and (3) courses on a graduate student's program of study taken more than seven years prior to graduation.

## Repetition of Courses for Satisfactory Grade (Repeat and Delete)

Undergraduate students and post baccalaureate students who are pursuing a second (or subsequent) baccalaureate degree may repeat, for the purpose of excluding the grade from grade-point determination, an undergraduate course taken at Wexford University in which a grade of “D”, “F”, “I” or “W” was received.



Post baccalaureate students pursuing credential programs, certificate programs, or master's degrees are not eligible for the Repeat and Delete policy.

Eligible students may repeat a course once for the purpose of deleting a grade, without prior departmental approval, if the course was taken both times at Wexford University. If the second attempt of the course is successful (“C” or better), the deletion of the first attempt is automatically calculated at the end of the term in which the course was repeated. Although the first grade will remain on

the permanent record, the grade and grade points of the repeated course on the second attempt will be those used in determining the grade-point average and units earned, providing the second grade was C or better.

If students wish to exclude from grade-point determination a grade of “D”, “F”, “I” or “W” in a course taken at another institution, they may do so by enrolling in an equivalent course approved by Wexford University. A “Notice of Intent to Repeat a Transfer Course” form must be filed with the University Registrars Office.

## Academic Disqualification

Students who have been placed on academic probation may be disqualified from further attendance if:

1. The conditions for removal of academic probation are not met within the period specified;
2. The students become subject to academic probation while on academic probation;
3. The students become subject to academic probation for the same or similar reason for which they have been placed on academic probation previously, although not currently in such status.

For students who subsequently become eligible for Reinstatement, disqualification under the provisions of the preceding paragraphs constitutes a break in “continuous enrollment” within a degree program; therefore, student disqualification may not elect regulations in effect prior to disqualification.

Attendance Policy

Wexford University is 100% online. No travel is need- ed. You can fit your coursework into your schedule by completing course requirements within the term. You will work closely with your Faculty Mentor to assure that all work is completed, but you never have to attend a class- room on campus.

If it is determined by a student’s Instructor or other staff member, that plagiarism has occurred, the student will not receive credit for that course. If plagiarism occurs, the student will be put on probationary status up to and

Grade Point Average

The academic standing of a student is expressed in terms of a grade point average (GPA). A grade point average is computed by dividing the total number of grade points earned at Wexford University by the total number of units attempted at Wexford University.

Grading System & Grading Policy

Wexford University records grades for completed courses only. Incomplete coursework will not be recorded. The following system of grading is used.  
A = 4.0 B = 3.0 C = 2.0 D = 1.0 F = 0.0

Grading Scale

Total Points	Letter Grade	Percentage	Grade Point
930-1000	A	93-100%	4.0
900-929	A-	90-92%	3.7
870-899	B+	87-89%	3.3
830-869	B	83-86%	3.0
800-829	B-	80-82%	2.7
770-799	C+	77-79%	2.3
730-769	C	73-76%	2.0
700-729	C-	70-72%	1.7
670-699	D+	67-69%	1.3
600-669	D	60-66%	1.0
000-599	F	0-59%	0.0

Plagiarism



Wexford University welcomes international students from around the world who are seeking an American education which is accelerated and online. You can earn an Associates, Bachelors, Masters, or Doctoral degree from the comfort of your own home country.

International students whose primary language is not English must have a sufficient command and comprehension of the English language to benefit from instruction at this university.

Coursework is delivered in English through English textbooks, English spoken video lectures, and through consultation and critique by English speaking Faculty. Therefore, learners must be able to communicate effectively in English to complete courses. Applicants whose native language is not English, and who have not earned a degree from an appropriately licensed/accredited institution where English is the primary language of instruction, must provide evidence of English proficiency in one of the following ways:

### **Associates Degree & Bachelors Degree**

A minimum score of 500 on the paper-based Test of English as a Foreign Language (TOEFL PBT), or 61 on the Internet Based Test (iBT), a 6.0 on the International English Language Test (IELTS) or 44 on the PTE Academic Score Report.

### **Masters Degree**

A minimum score of 530 on the paper-based Test of En-

possibly including academic probation  
and/or expulsion.

## **International Learners**

English as a Foreign Language (TOEFL PBT) or 71 on the Internet Based Test (iBT), 6.5 on the International English Language Test (IELTS) or 50 on the PTE Academic Score Report

## **Doctoral Degree**

A minimum score of 550 on the paper-based Test of English as a Foreign Language (TOEFL PBT), or 80 on the Internet Based Test (iBT), a 6.5 on the International English Language Test (IELTS), or 58 on the PTE Academic Score Report.

A minimum grade of Level 3 on the ACT COMPASS English as a Second Language Placement Test.

A minimum grade of Pre-1 on the Eiken English Proficiency Exam.

A transcript indicating completion of at least 30 semester hours of credit with an average grade of “C” or higher at an appropriately accredited\*/recognized accredited college or university where the language of instruction was English; “B” or higher for Masters, or Doctoral Degree.

A transcript indicating a grade of “C” or higher in an English composition course from an appropriately accredited\*/recognized/licensed college or university; “B” or higher for Masters, or Doctoral Degree; or Undergraduate only: A high school diploma completed at an appropriately accredited/recognized/licensed high school (where the medium of instruction is English).

\*Accredited by an agency recognized by the United States Secretary of Education and/or the Council for Higher Education Accreditation (CHEA), or an accepted foreign equivalent that is listed in the International Handbook of Universities.

## **Requirements**

In order to be considered for graduation all fees and tuition must be paid in full prior to graduation. A degree cannot be awarded nor transcripts released until all outstanding tuition and financial obligations have been paid in full.

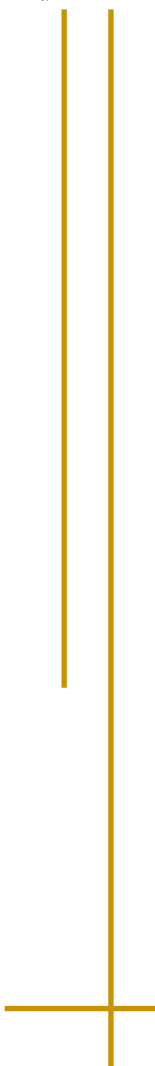
The date of graduation is the date the University Registrar determines that all graduation requirements have been satisfied.

## **Graduation**

## Graduation Requirements for the Associates Degree

The associate degree requires a total of 96 quarter credits and satisfaction of the following criteria:

- Cumulative grade point average of 2.0 (C) or higher
- All financial obligations to Wexford University paid in full



- A completion of Wexford's 40 quarter units of General Education
- A minimum of 51 quarter units completed through Wexford University

## Graduation Requirements for the Bachelor's Degree

The bachelor degree requires a total of 192 quarter units and satisfaction of the following criteria:

- A minimum of 102 quarter units completed through Wexford University
- Cumulative grade point average of 2.0 (C) or higher
- All financial obligations to Wexford University paid in full
- A completion of Wexford's 32 quarter units of General Education

## Graduation Requirements for the Master's Degrees

The M.A. and M.S. degrees require a total of 54-quarter units completed in the field of study beyond a bachelor's degree. The required units may include a maximum of 10 graduate quarter units accepted in transfer from an appropriately accredited postsecondary institution and satisfaction of the following criteria:

- Cumulative grade point average of 3.0 (B) or higher
- All financial obligations to Wexford University paid in full
- Official transcripts on file for graduate transfer credits accepted by Wexford University and for the bachelor's degree

## Graduation Requirements for the Doctoral Degree

The Ed.D. degree requires a total of 90 graduate quarter units and the satisfaction of the following criteria:

- Cumulative grade point average of 3.0 (B) or higher
- All financial obligations to Wexford University paid in full
- Official transcripts on file for graduate transfer credits accepted by Wexford University and for the bachelor's degree and master's degrees

## Learner's Right to Appeal Academic Probation or Dismissal

If a student feels that he or she has been wrongfully put on academic probation or academic dismissal, he or she has the right to appeal the decision. The student should follow the steps outlined in Wexford's Grievance Procedure.

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## Inactive Status

In the event the University fails to receive any course work from a student within an academic term, he/she will be placed on inactive status. To return to active status, the student may inform the University Registrar of the desire to do so, fill out the Reinstatement Form and submit a \$75 reinstatement fee. If a student is returning to active status, he/she does not need to reapply to the University, if he/she is within 40 weeks. If an inactive student chooses not to return to active status within 40 weeks, the process for withdrawal from the University will be initiated by the college.

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University defines reasonable academic progress as the successful completion of one course every 20 weeks. Though students determine their lesson completion goals and set their own study schedules, Wexford University expects students to actively pursue their studies and regularly submit coursework.

- A.A. degrees have an estimated completion time of 12 - 24 months
- B.S. degrees have an estimated completion time of 12 - 24 months
- M.A./M.S. degrees have an estimated completion time of 12 - 16 months
- Ed.D. degrees have an estimated completion time of 24 - 36 months
- The maximum time for completing an associate's degree program is 48 months
- The maximum time for completing a bachelor's degree program is 48 months
- The maximum time for completing a master's degree program is 36 months.
- The maximum time for completing a doctorate degree program is 60 months.

If a student enrolled in a degree program finds it necessary, they may request a 3-month extension of time upon payment of a \$1,000 administrative fee. Extensions must be continuous. If a student has not completed their degree in the allowed time or fails to maintain their tuition extensions, then they must re-apply for admission.

## Extension of Degree Program

Occasionally students encounter personal challenges for difficulties while enrolled at Wexford University that prevent them from completing all course requirements within a three (3) month period. Under these circumstances, students may be granted a three month extension of time upon payment of a reduced tuition payment (see financial information section). Receiving an academic extension in no way suspends any financial obligations students may have to the college.

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## Degree Program Entry and Time Limitation

Wexford University uses a "continuous enrollment" admissions process. This allows students to register and begin their degree program at anytime of the year. The

## Verification Requests

Current, former, or prospective students requesting a verification letter of acceptance, enrollment, good standing, graduation, etc., should submit their request to the University Registrar for processing. Normal processing time is between two and four business days.

To do so, complete, sign, and return the paper Verification Request form. Instructions for submitting your verification request are included on the form.

\*Your request will not be processed if you have a Records Hold assigned. Typically, Records Holds are assigned for outstanding debt to the University.

## Questions

Questions related to verification request, should be directed to the University Registrar at 1-844-939-3673 (1-844-WEX-FORD) or registrar@wexford.edu. Our office is open Monday through Friday from 8 a.m. to 5 p.m., PST. An inquiry to the University Registrar's by email or phone message will receive a response within 24 hours during normal business hours.

## Transcripts

The University Registrar is the official custodian of student academic records. Upon request, the University Registrar provides official and unofficial copies of

Wexford University transcripts.

## Ordering Transcripts

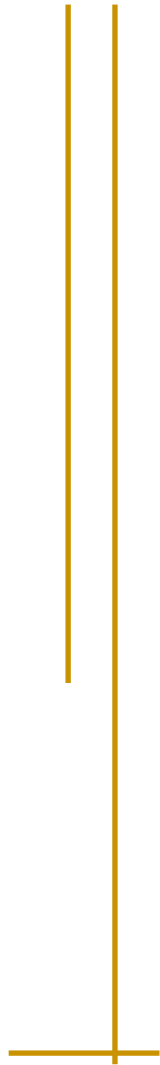
Printed on official security enhanced paper, official transcripts are sent to you or to an institution directly. Fee for this service applies. Electronic copies of transcripts are not available.

## Family Education Rights and Privacy Act of 1974 (FERPA)

### What is FERPA?

Under the provisions of the federal law known as the Family Education Rights and Privacy Act of 1974 (FERPA), eligible students, or where applicable, the parents, are given certain rights pertaining to University records and personally identifiable information on file with the

institution. An eligible student is defined as any person who is currently enrolled or has been enrolled in the institution's program. It is the policy of the institution to treat all student information, both personal and academic, as strictly confidential. Student information will only be released after appropriate written permission has been obtained.



## **Wexford University Privacy Policy**

Wexford University is committed to protecting any personal information that you may provide to us. We want you to understand what kinds of information we gather from you, how this information is used and protected, and how you can control its use. This statement discloses the privacy practices of Wexford University. By using the Wexford University website and learning portal, the user agrees, without limitation or qualification, to be bound by

this Privacy Policy. Any changes in our Privacy Policy will be communicated in this page, so please check back from time to time. This policy applies to the online collection of information at this website only.

### **Who May Use the Wexford University Learning Portal**

Wexford University's website and online learning portal are not intended or designed to attract users under the age of 13. We do not collect personal identifiable data from any person we know to be under the age of 13, and instruct users under the age of 13 not to send us any information for collection on the university's website. Both the Wexford University website and learning portal are designed for users from the United States. Users from other countries are advised not to disclose personal information to Wexford University unless they consent to having their information used as set forth in this website's Privacy Policy rather than under the law of the user's home country. When you disclose personal information to Wexford University through the university website, you transmit data to a server located in California, and are subject to United States and California law. You should not send any personal information to the university website unless you agree to be bound by this Privacy Policy and by United States and California law.



## Information Collected

In general, you can visit the Wexford University website without telling us who you are or revealing any information about yourself. Our website tracking software collects the domain names, but not the e-mail addresses of visitors. Domain name information that we collect is not used to personally identify you, but is used to measure the number of visits, average time spent on the site and the pages viewed. We use this information to measure the use of the site and improve the content delivered on the site. When you make a request for further information from Wexford University, you are asked to provide certain contact information that is collected and then used for the purpose of responding to your request. The information collected from you may include your name, address, telephone number and/or e-mail address. We may use this information to contact you through various means, including phone calls, text messages, e-mails and postal mail. We collect personal information you submit pursuant to the registration and inquiry submission processes of our website. If you e-mail us, you are voluntarily releasing information to us. In addition, we may have collected similar information from you in the past. We use that historic information in accordance with this Privacy Policy. By using our website you are consenting to our continued use of any such information. If you choose to make a request for further information on the Wexford University website and provide Wexford University with your personal contact information, that information is collected and used for the purpose of responding to your specific requests. We do not share, sell or lease personal information as set forth on the website.

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unique machine the next time you visit our website. Unless you specify that you would prefer not to hear from us, we may also use the information you provide to the university website to contact you. We use the aggregate and specific information from users to develop statistics that are helpful to us in understanding how our website is used, and how we can continue to improve it. The personal information you send to us is typically used to respond to your inquiries, to process your requests or to allow you to access specific information. Your contact information may be shared with our other educational divisions so that you can be made aware of educational and career opportunities.

We DO NOT sell, rent or give your personal information to any **non-affiliated** third parties, except as described in this notice. We may transfer your personal information to companies that perform services on our behalf or to companies that we believe may offer you related services or products that may be of interest to you. We notify businesses to which we transfer your personal information that the information was shared with us under this Privacy Policy. If you tell us that you do not wish to have this information used for further contact, we will remove you from our distribution list.

## Your Choices Regarding Use of Your Personal Information

You may always choose not to provide information, even though it may be needed to take advantage of Wexford University website features.

You may add or update certain information that you send to us. When you update information, we usually keep a copy of the prior version for our records.

If you do not want to receive e-mail or other mail from us or if you wish to check your information, please e-mail us at [support@wexford.edu](mailto:support@wexford.edu).

## Access to Your Information

In the event that Wexford University and some of our assets are sold or transferred or used as security or to the extent we engage in business negotiations with our business partners, the information collected on our websites,

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## How Your Information is Used

We utilize “cookies” on Wexford University’s website, which are small files that we send to and store on your computer so that we may recognize your computer as a

including Wexford University's website, may be transferred or shared with third parties as part of that transaction or negotiation. Wexford University may also provide information or provide access to information to any of our affiliated businesses or to our business partners as required for normal university operations. Wexford University may use your contact information to reply to you and send information to you. Wexford University does not intend to reveal individually identifiable information to third parties except in the manner stated in the Privacy Policy. Wexford University will provide aggregated information received from you to third parties. Wexford University takes commercially reasonable precautions to prevent the aggregated information provided to third parties from including significant individually identifiable information.

If Wexford University is requested by law enforcement officials or judicial authorities to provide information on individuals, Wexford University may, without your consent, provide such information. In matters involving claims of personal or public safety or in litigation where the data is pertinent, Wexford University may use or disclose your personal information without your consent or court process.

We may use information you submit to investigate security breaches or otherwise cooperate with authorities pursuant to a legal matter. We may also remove personally identifiable information and use remaining data for historical, statistical or business planning purposes.

## **Will Your Information Be Secure?**

Wexford University recognizes that you may be concerned about the security of your personal information and we are committed to employing reasonable technology in order to protect the security of our website. Even with such technology, no website is 100% secure. We will take reasonable measures that we believe are

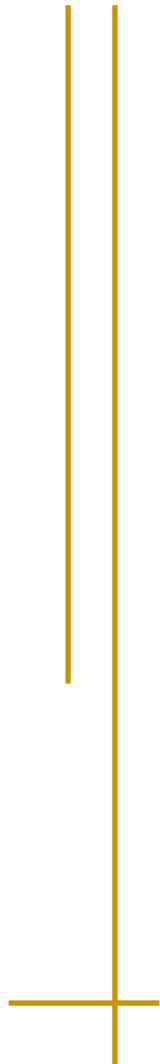
appropriate to protect your information from loss, misuse, alteration or destruction, and where possible, will ask that any third parties to whom we may transfer your information take comparable steps to protect that security.

If you use this site, you are responsible for maintaining the confidentiality of your access information and password for restricting access to your computer. You also agree to accept responsibility for all activities that occur under your password. We are the owner of the data you supply to us.

## Information Sharing Disclosure Request – California

receipt.

If you are a California resident, you have the right to request one Notice of Information-Sharing Disclosure per year, which will identify the third parties with whom Wexford University or any of its affiliates has shared the information we have collected from you.



You may request the Notice of Information-Sharing Disclosure by writing to us at:

Wexford University  
30245 Tomas, Suite A  
Rancho Santa Margarita, CA 92688

You may also send us your Notice of Information-Sharing Disclosure request via e-mail at [support@wexford.edu](mailto:support@wexford.edu) or by telephone at (toll-free) 1-844-939-3672 (1-844-WEX-FORD). We will respond to your request for a Notice of Information-Sharing Disclosure within thirty (30) days of

## Our Privacy Policy and Outside Links

Our Privacy Policy only applies to the various Wexford University websites including Wexford University web- site. Our websites contain links to sites outside of our control. Please be aware that these sites may collect information about you and operate according to their own privacy practices which may differ from our Privacy Policy. Remember to consult that website's own Privacy Policy, as once you are outside any Wexford websites, any information

you submit is no longer within our control.

## Questions Regarding Our Privacy Policy

If you have questions concerning our privacy practices, contact us at:

Privacy Administrator  
Wexford University  
30245 Tomas, Suite A  
Rancho Santa Margarita, CA 92688 USA



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# Academic Information

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fitness industry. As such, our curriculum maintains exceptionally high standards while engaging students with our high expectations of academic rigor. This philosophy inspires and challenges our graduates to thrive in their respective fields. We are committed to creating personalized educational experiences across all degree programs.

## Objectives

All degree programs offered at Wexford University share the following common objectives. These objectives have evolved over time and are continually shaped by our students, faculty, staff, employers, and the ever-changing socioeconomic climate.

- To allow our students to complete degree requirements as quickly as possible while having strong comprehension.
- To enable our students to successfully meet coursework requirements without traditional classroom attendance.
- To provide students with the most comprehensive, current and directly applicable information available in their field of study.
- To utilize proper evaluation materials which require the student to demonstrate the effective integration of concepts and skills.
- To make available to students all materials necessary to successfully complete their degree requirements, and to give students access to faculty members who will provide assistance and guidance when needed.
- To develop the student's understanding of the language and information specific to their discipline.
- To instill in students the value of life-long learning and ongoing success principles.

Our graduates are in a position through their educational training to become leaders in the health, nutrition, or sport psychology fields. As a student of Wexford University, you will learn at a comfortable pace without the need to commute to classes, find parking, or stand in lines or sit in uncomfortable seats. In addition, our tuition is substantially less than a traditional university. This is why millions of Americans and many more individuals from around the world are currently pursuing their education through distance learning.

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## Academic Philosophy

In accordance with the mission of the university, Wexford strives to deliver an unparalleled distance learning experience, preparing the future leaders of the health and

# **Degree Programs**

**Associate of Arts Degree in  
Personal Fitness Training (AA)**

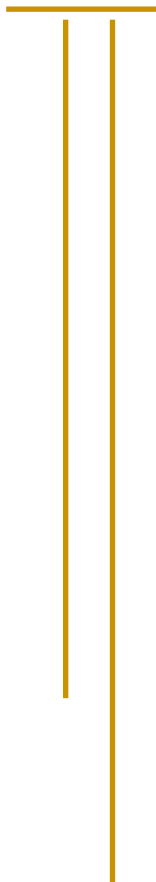
**Bachelor Degree in  
Health and Fitness  
(BS)**

**Master of Science in  
Nutrition and  
Exercise Physiology  
(MS)**

**Master of Arts in Applied  
Sport & Fitness  
Psychology (MA)**

**Doctor of Sport Psychology  
(EdD)**





# **Degree in Personal Fitness Training (AA)**

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## **(24, 4 unit courses)**

### **A.A. in Fitness Training Program Description**

Earning your A.A. degree in fitness training with Wexford will give you the needed skills to have a successful career as a personal trainer, fitness coach, lifestyle consultant, fitness manager and similar fields.

The purpose of the A.A. degree program is to prepare students for an entry-level career in the health/fitness and/or wellness industries.

The A.A. degree is designed to prepare students for higher levels of study, such as B.S. programs in health, fitness and human performance.

### **Degree Program Specific Requirements for an Associates of Arts in Fitness Training**

High School diploma or GED

### **A.A. in Fitness Training Program Objectives**

Fundamental knowledge of the human body and how it adapts to the stress of exercise

Understanding of basic nutrition and its importance to health and wellness

Understanding of psycho-social factors that affect an individual's ability to achieve health and wellness goals

### **General Education Requirements**

#### **Human Communications**

HUM 103 Introduction to Language Arts

#### **College-Level Quantitative Analysis**

HUM 102 Introduction to College Math

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## **A.A. in Personal Fitness Training Course Requirements**

## **Natural Sciences**

NSCI 101A Introduction to Biology  
NSCI 106A Human Anatomy and  
Physiology I NSCI 106B Human  
Anatomy and Physiology II NSCI  
106C Human Anatomy and  
Physiology III

## **Social and Behavior**

### **Sciences PSY 104**

Introduction to  
Psychology HUM 108  
History of Exercise  
Science

## **Arts and Humanities**

HUM 112 Cultural Perspectives on  
Physical Activity HUM 120 Art of  
Drawing Human Anatomy

## **Courses in the Associate of Arts Degree in Fitness Training**

### **Arts & Humanities**

HUM 102 Introduction to  
College Math HUM 103  
Introduction to Language  
Arts HUM 108 History of  
Exercise Science  
HUM 112 Cultural Perspectives on  
Physical Activity HUM 120 Art of  
Drawing Human Anatomy

### **Kinesiology**

KIN 113A Exercise  
Physiology 1 KIN  
113B Exercise  
Physiology 2 KIN  
113C Exercise  
Physiology 3  
KIN 114 Health and Performance  
Assessments KIN 115 Exercise  
Program Design  
KIN 116 Injury Recognition and Prevention  
in Fitness KIN 117 Fitness Management  
KIN 118 Introduction to  
Performance Training KIN 119  
Weight Management  
KIN 121 Personal Training Capstone

## **Natural Sciences &**

## **Mathematics**

NSCI 101 Intro to Biology  
NSCI 106A Human Anatomy and Physiology I  
NSCI 106B Human Anatomy and Physiology II  
NSCI 106C Human Anatomy and Physiology III

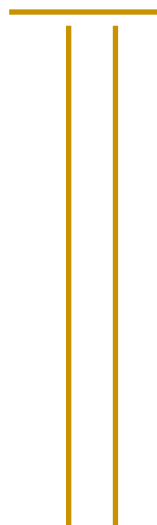
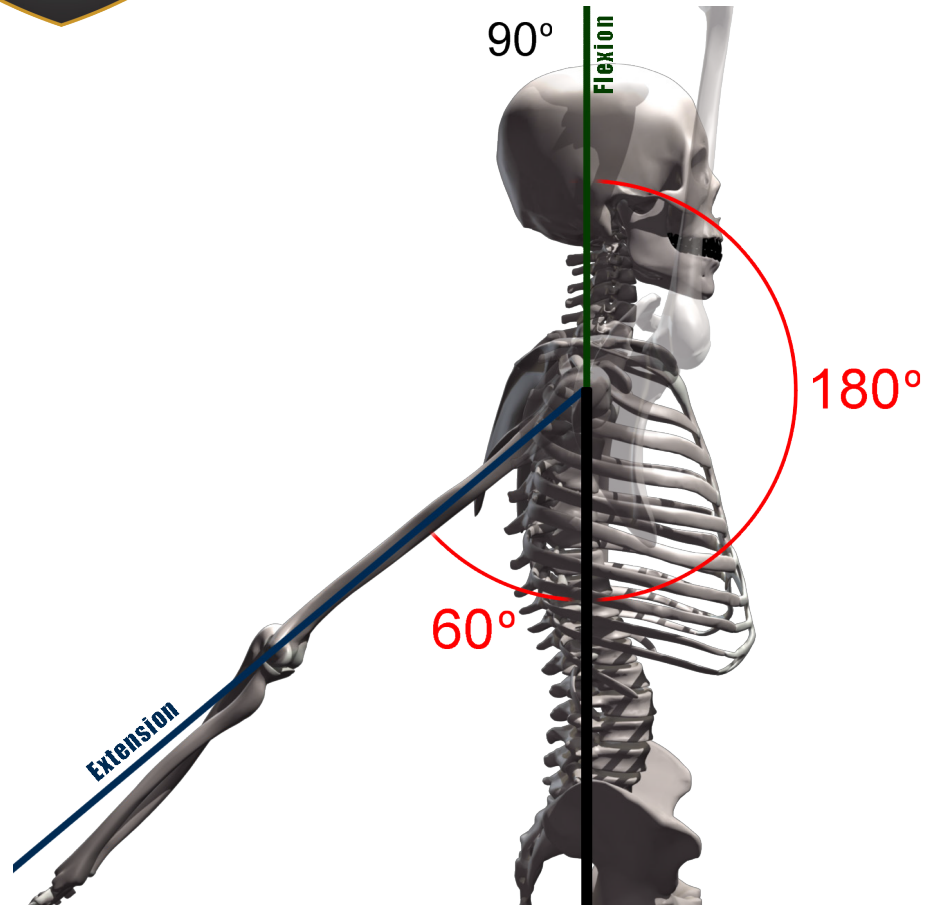
## **Nutrition**

NUTR 107 Introduction to Nutrition

## **Psychology**

PSY 104 Introduction to Psychology  
PSY 105 Lifestyle Fitness Coaching  
PSY 110 Introduction to Wellness Coaching  
PSY 111 Corporate Wellness Coaching





# **Bachelor of Science Degree in Health and Fitness (BS)**

## **(24, 4 unit courses)**

### **General Education Requirements**

#### **Human Communications**

HUM 207 Introduction to Technical Writing

#### **College-Level Quantitative Analysis**

KIN 203 Research Methods in Exercise Science HUM 222  
Applied Mathematics in Exercise Science

#### **Natural Sciences**

KIN 201 Kinesiology  
KIN 206 Biomechanics

#### **Social and Behavior Sciences**

PSY 204 Introduction to Sport Psychology KIN 216  
Ethics and Sports Management

#### **Arts and Humanities**

HUM 208 Sport and American Society

### **B.S. in Health and Fitness Program Description**

The purpose of the B.S. degree program is to prepare students for a career in the health/fitness and/or wellness industries.

The B.S. degree prepares students for post baccalaureate study with meaningful educational experiences for careers in health, fitness and human performance.

Successful graduates of the B.S. degree will have a broad understanding of the knowledge, skills and competencies required to be an effective leader in the field of Health Science.

Students advancing to a graduate degree or professional designation will find opportunities in a wide range of career choices, such as: Exercise Scientist, Sport Psychologist, Kinesiologist, Health Educator, Clinical Exercise Physiologist, Corporate Wellness Director, Physical Therapy and other related fields.

## **B.S. in Health and Fitness Course Requirements**

## **Degree Program Specific Requirements for a Bachelor of Science in Health and Fitness**

### **Bachelor Degree in Health and Fitness (BS) AA or AS to include:**

- Exercise Science (Health and Performance Assessments, Exercise Program Design and Exercise Physiology)

\*\* If you have not completed this prior to enrollment you have the opportunity to take the prerequisites at Wexford

### **B.S. in Health and Fitness Program Objectives**

Comprehensive understanding of the sciences currently applied in the field, such as biomechanics, nutrition, exercise physiology, advanced program design and sport psychology

Candidates will be able to utilize a multidisciplinary approach to enhance health, prevent disease and disability.

Ability to effectively address conditions related to hypokinetic illness, chronic disease states, special populations, or other health etiologies

Development of analytical and critical thinking skills.

### **Courses in the Bachelor of Science Degree in Health and Fitness**

#### **Arts & Humanities**

HUM 207 Introduction to Technical Writing  
HUM 208 Sport and American Society

HUM 222 Applied Mathematics in

Exercise Science

#### **Kinesiology**

KIN 201 Kinesiology

KIN 203 Research Methods in Exercise Science

KIN 206 Biomechanics

KIN 210 Advanced Anatomy and Kinesiology of the Lower Extremities

KIN 211 Advanced Anatomy and Kinesiology of the Core

KIN 212 Advanced Anatomy and Kinesiology of the Upper Extremities

KIN 214 Concepts in Group Exercise

KIN 215 Applied Biomechanics  
KIN 216 Ethics and Sports Management  
KIN 217 Concepts in Strength Training  
KIN 218 Concepts in Cardiovascular Training  
KIN 219 Concepts in Power Training  
KIN 220 Program Design for Special Populations  
KIN 221 Speed, Agility and Quickness Training  
KIN 223 Strength and Fitness Program Design Capstone



### **Natural Sciences &**

**Mathematics** NSCI 202A Introduction to  
General Chemistry NSCI 202B Introduction to  
Organic Chemistry NSCI 202C Introduction to  
Biochemistry

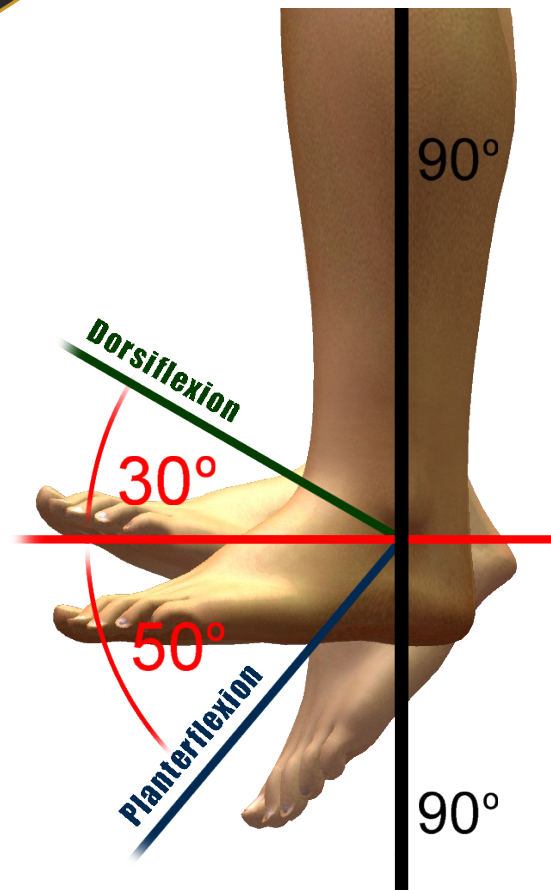
### **Nutrition**

NUTR 209 Nutrition Throughout the Lifespan  
NUTR 213 Performance Nutrition and Supplementation

### **Psychology**







**Master of Science Degree  
in  
Nutrition and Exercise Physiology (MS)**

# M.S. in Nutrition and Exercise Physiology Course Requirements

(58 units, Fourteen 4 unit courses and a 2 unit capstone)



## M.S. in Nutrition and Exercise Physiology Program Description

Graduates of this degree programs will enter into, or advance in, the following types of careers: weight management consultant, nutrition adviser, healthy living coach, author, lifestyle consultant, health club operator and similar fields.

This M.S. program provides specialized learning with

measurable competencies relevant to the degree, the profession and credentialing standards in the health and fitness industry.

The purpose of the Wexford University M.S. in Nutrition and Exercise Physiology is to provide students with the academic and research skills needed for doctoral study in Health and Fitness and related disciplines.

To prepare students for careers in clinically-oriented environments with an emphasis on evidence-based practices, such as exercise prescription and clinical applications.

## Degree Program Specific Requirements for a Master of Science in Nutrition and Exercise Physiology (MS) BA or BS to include:

- Anatomy and Physiology
- Biomechanics
- Kinesiology
- Introduction to General and Organic and Biochemistry
- Research methods

\*\* If you have not completed this prior to enrollment you will have the opportunity to take the prerequisites at Wexford

## **M.S. in Nutrition and Exercise Physiology Program Objectives**

Content knowledge and disciplinary concepts at expert level in the fields of exercise and nutrition.

M.S. candidates will demonstrate reflection and critical thinking for application in professional practice. This includes development of exercise and nutrition objectives and the application of research from experts in the field. All M.S. students will demonstrate evidence-based knowledge and skills, using best practices for assessing needs and for designing, implementing and evaluating health-based programs.

Students will demonstrate professional behaviors, including commitment to excellence, valuing diversity and collaboration, service to others, and techniques for lifelong learning.

Each M.S. candidate will articulate a philosophy that recognizes physical activity programs as important to the health and well-being of individuals, and a belief that physical activity can promote greater human performance through both physical and psychological expressions.

## **Courses in the Master of Science Degree in Nutrition and Exercise Physiology**

### **Natural Sciences & Mathematics**

KIN 301A Physiology (biochemistry) of  
Exercise, Metabolism and Skeletal  
Muscle

KIN 301B Physiology (biochemistry) of Exercise,  
Pulmonary and Cardiovascular Systems

### **Kinesiology**

KIN 305 Motor Control

KIN 306 Science of Metabolic Conditioning

KIN 307 Motor Learning

KIN 310 Research, Design and Inferential Statistics in  
Exercise and Nutrition

KIN 312 Advanced Biomechanics

### **Nutrition**

NUTR 302 Advanced Nutrition Throughout the Lifespan

NUTR 303 Human Nutrition: Health, Disease and  
Genetics

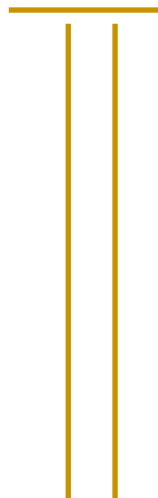
NUTR 304 Sports Focused Nutrition

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NUTR 309 Ergogenic Aids, Exercise and Sports  
Supplements  
NUTR 311 Pharmacology of Vitamins, Fluid and  
Electrolytes  
NUTR 313 Capstone Thesis (6 units)

NOTE: This degree program is not intended to prepare the student for any particular registration or licensing.





**Master of Arts Degree  
in  
Applied Sport & Fitness Psychology (MA)**

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**(54 units, 46 units and 2 electives)**

## **M.A. in Applied Sport & Fitness Psychology Description**

Sport psychology is a rapidly growing profession. Many fitness enthusiasts and athletes seek the services of sport psychology experts and mental training coaches who can help them with the mental/psychological aspects of sports competition and fitness training. Mental training skills (focus, relaxation, goal-setting, leadership and reducing anxiety) are critical in separating first from second place in sports competition. More recently, recreational athletes and fitness enthusiasts of all levels are finding mental training beneficial as well.

The critical role the mind plays in the world of competitive sports has been widely documented. For those students who desire to help athletes perform their best when it matters most, the M.A. program in Applied Sport & Fitness Psychology at Wexford University is the first step.

The purpose of the M.A. program in Applied Sport & Fitness Psychology is for graduate students to be both educated and gain practical experience in the field of sport psychology. Graduates of our programs will have opportunities to work with elite and professional athletes, assist youth and adolescents in performance enhancement design and training, and transfer the skills acquired to the corporate world by engaging in executive coaching.

The M.A. degree is designed to prepare graduate students for higher levels of study, such as the Ed.D program in Sport Psychology.

This degree may also be a terminal degree for some students choosing not to pursue a Ed.D in Sport Psychology and therefore enter the workforce.

Upon graduation with an M.A. in Applied Sport Psychology, graduates may choose to apply for certification with the Association of Applied Sport Psychology (AASP).

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## **M.A. in Applied Sport & Fitness Psychology Course Requirements**

## **Degree Program Specific Requirements for a Master of Arts in Applied Sports & Fitness Psychology (MA)**

BA or BS to include at least one class in each of the following:

- Intro to Psychology or Intro to Sociology

## **M.A. Applied Sport & Fitness Psychology Program Objectives**

The MA in Applied Sport & Fitness Psychology is designed to challenge graduate students to use critical thinking skills to enhance the performance and lives of their surrounding community.

Through our program, graduate students will gain competency by creating opportunities to assist others while working toward graduation and becoming an applied practitioner in the field of sport psychology.

It is our goal as faculty to engage in the mentoring of graduate students to facilitate self-awareness, growth and understanding by continuing to develop the necessary skills needed to be successful in an applied setting.

## **Courses in the Master of Arts Degree in Applied Sport & Fitness Psychology**

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PSY 301A: Intro to Sport

Psychology PSY 301B: Intro to Sport

Psychology

PSY 302: Ethical Issues in Applied Sport Psychology

PSY 303: Foundations in Precision Communication

Skills: Hemispheric Integration with neuro-linguistics (NLP)

PSY 304: Cognitive & Affective Behavior

PSY 305: Foundations in Precision Communication

Skills - Level 2

PSY 306: Intro to Applied Sport Psychology

PSY 307: Applied Mental Training Techniques

PSY 308: Cognitive-Emotional Realignment with The Other Mind's Eye

PSY 309: Advanced Applied Sport Psychology

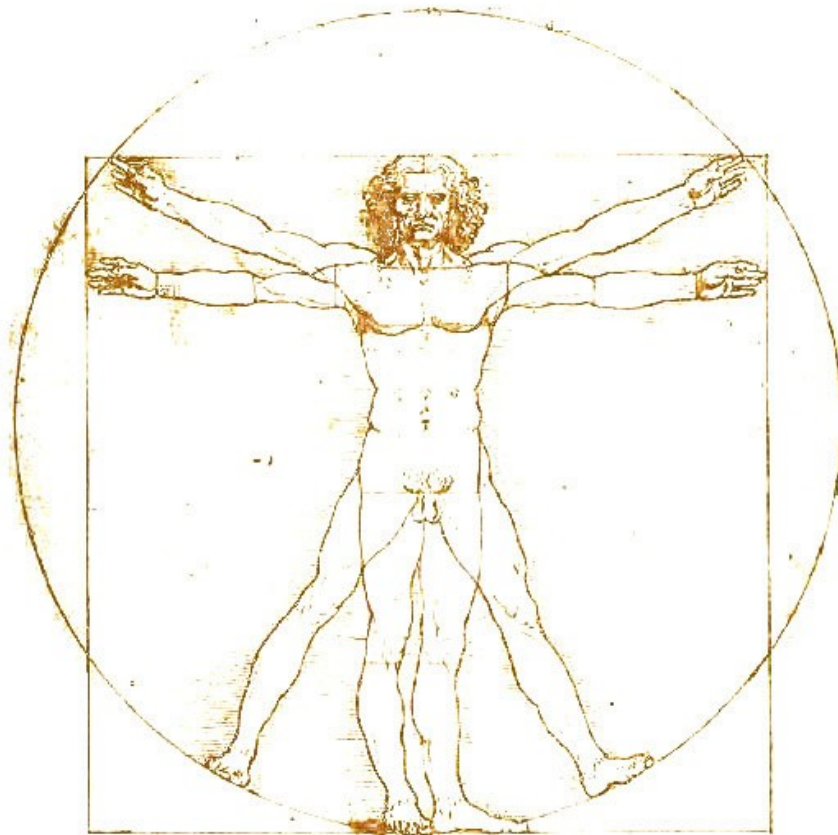
PSY 310: Sport Psychology Coaching Business

PSY 311: Principles of Positive Psychology  
PSY 312: The Role of Culture in Applied Sport  
Psychology  
PSY 314 Internship/Practicum in Applied Sport  
Psychology (6 units)

Students have the opportunity to take 2 out of 3 elective  
courses for credit towards their degree.



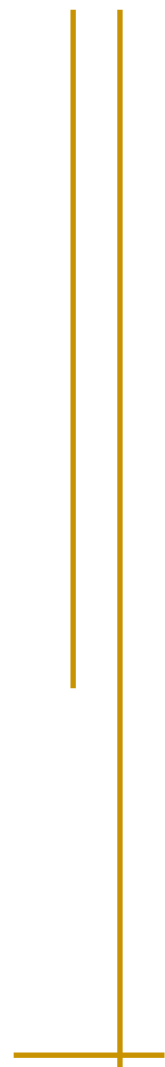
NOTE: This degree program is not  
intended to prepare a student for state or national  
licensing as a clinical psy- chologist or mental health  
professional.



**Doctor of Education Degree  
in  
Sport Psychology (EdD)**

# Ed.D. in Applied Sport Psychology Course Requirements

90 units total



## Ed.D. in Sport Psychology Program Description

If you have a strong interest in sport and fitness performance, this online doctoral degree in applied sport psychology will help prepare you for a highly rewarding career. Doctoral degree program graduates can seek positions in administration, coaching, consulting, counseling, or entrepreneurship. Employment opportunities are also available in the corporate world, government agencies, nonprofit organizations, sports performance clinics, and

sports and fitness organizations. Sport psychology experts help athletes and fitness enthusiasts optimize their performance, assist coaches create winning, cohesive teams and help athletes set personal, as well as professional goals, in striving to enhance their performance on and off the field.

This Ed.D. degree provides students with the opportunity to extend their theoretical and applied knowledge and understanding of sport beyond the Masters degree level. You will experience a highly supportive student-centered environment. The courses are delivered by a team of dedicated sport psychology, personal development and sports performance experts. Many of whom are at the forefront of international research and professional practice developments in their respective fields. The application of theory to professional practice is the core strength of this doctoral degree in sport psychology.

The coursework in this Doctoral Degree in Sport Psychology provides students with a wide range of knowledge in coaching principles, counseling methods, group dynamics, linguistics for coaching success, mental toughness, teamwork, Hemispheric Integration and the application of psychology and coaching to athletic performance. Students also learn practice and business building skills for long-term career success.

## Degree Program Specific Requirements for a Doctor of Applied Sports Psychology (EdD)

professional.

MA or MS to include at least one class in each of the following:

- Theories in Psychology or equivalent

## **Courses in the Doctoral Degree in Sport Psychology**

PSY 401: Sport Psychology in Practice

PSY 402: Precision Communication: Language of Influence for Successful Mediation and Negotiation

PSY 403: Social Psychology of Healing and Fitness: Cognitive Emotional Re-Alignment

PSY 404A: Advanced Sport Psychology

PSY 404B: Advanced Sport Psychology

PSY 405: Leadership: Creating, Modeling and Producing Excellence

PSY 406A: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents

PSY 406B: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents

PSY 407: The Basics of Mental Toughness Training

PSY 408: Advanced Mental Training and the Pursuit of Excellence

PSY 409A: Building a Successful

Practice PSY409B: Building a

Successful Practice PSY 410A:

Neurophysiology

PSY 410B: Neurophysiology

PSY 411A: Developing Professionalism

PSY 411B: Developing Professionalism

PSY 412: Eastern Approaches to Sport

Psychology PSY 413: Doctoral Project (22

Units)

EdD 413 Course Description: This course is a required for graduation. Instead of writing a traditional dissertation, The EdD student will write a consumer-oriented book on an approved area of sport and/or fitness psychology. Wexford feels that this type of capstone project better prepares the student for a successful career in today's rapidly evolving and technologically advanced world. The book can be written and published in any of these formats: Kindle, hard cover, paperback, ebook, self-published or published by a traditional publishing house. The student will be provided with the resources and guidance needed to make the project attainable and highly enjoyable.

NOTE: This degree program is not intended to prepare a student for state or national licensing as a clinical psychologist or mental health

### **Mathematics (4 units)**

Introductory course designed to review and develop fundamental concepts of arithmetic, principles of algebra, and geometry. Topics include: real number system, simplifying algebraic expressions, solving equations and inequalities, systems of equations and inequalities, ratios, proportions, percent, graphing, and the use of calculator as a tool.

Prerequisite: None

### **HUM 103 Introduction to Language Arts (4 units)**

An expository writing course designed for first-year students. Satisfies the writing requirement for general education at Wexford University. It emphasizes academic writing, focusing primarily on analytical reading and thesis-driven writing.

Prerequisites: None

### **HUM 108 History of Exercise Science (4 units)**

An introduction to the history of sport and kinesiology. Historical identification of the cultural trends and functions of sport and kinesiology in America.

Prerequisites: None

### **HUM 120 Art of Drawing Human Anatomy (4 units)**

This course is an introduction to the principles and techniques of drawing the human figure. Students will gain a working knowledge of shape, line, proportion and perspective of the human form. Emphasis will be on rendering, gestural drawing and skeletal and muscular structures.

Prerequisites: NSCI 106C or equivalent

### **HUM 112 Cultural Perspectives on Physical Activity (4 units)**

This course is an introduction to the multifaceted roles of sport and physical activity in society and examines sport from a critical perspective. One goal of this course is to get students involved in and excited about the role society plays in how we view physical activity. The student will become engaged by reading real-world examples, connecting theory with the sports that our culture participates in. Topics covered include the emerging area of sport and development, which describes how sport may be used to

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## **Course Descriptions**

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### **Arts & Humanities (HUM)**

#### **HUM 102 Introduction to College**

promote peace, socialization, and moral development; deviance in sport and the social media phenomena that have become intertwined with the world of sport. The student will take a deep look at the issues, contradictions, and confusion surrounding sport for students in sport management, sport sociology, or other areas of sport studies. Students will find heavy emphasis on areas sometimes overlooked—including the role of coaches, importance of lifetime sport and fitness, and sport for special populations such as the physically and mentally challenged and the elderly. As a result, students gain a complete view of what constitutes sport and physical activity and a firm grasp of the sociocultural considerations vital to their understanding of sport within our culture.

Prerequisites: HUM 103  
or equivalent

### **HUM 208 Sport and American Society (4 units)**

This course is designed to help students understand the significance of the changes and patterns in American sport during six distinct eras over the past 400 years. The topics of instruction include a view of sport within the Puritan society of colonial New England, gender roles and more recently, fads in sports and recreation. By analysis of essays, students are encouraged to reflect upon cultural changes and influences of the periods described in the course textbook. Students are expected to realize a greater understanding of sport throughout history, and to consider the interrelationships of sport and other societal institutions. Students will be asked to write about sport as a reflection of the changing values and norms of society. Students will be expected to develop perspectives regarding the role of sport at particular points in American history and through reflection and analysis, gain an appreciation for the complex intersections of sport with society and culture.

Prerequisites: HUM 103  
or equivalent

### **HUM 222 Applied Mathematics in Exercise Science (4 units)**

This course explores the scientific

principles and math-

ematics applications that help us understand sport, exercise and human movement. Topics include: Units of measurement, fitness assessment, data analysis, geometry and basic trigonometry, and introduction to scalar and vector.

Prerequisite: HUM 102 or equivalent, instructor approval.

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## Kinesiology (KIN)



the principles and practice of exercise physiology is important for a career in the fitness, health and/or wellness industries.

Prerequisites: NSCI 106C or equivalent

**KIN 113B Exercise Physiology 2 (4 units)** This course is the second of three courses designed to help students to develop a basic understanding of exercise physiology along with its related topics and applications. This enables the student to use exercise as a form of therapy in the treatment, prevention and rehabilitation processes of a wide range of disorders and problems. The course will be conducted at a level intended for students whose professional goals do not include a mastery of exercise physiology, but for whom an understanding of the principles and practice of exercise physiology is important for a career in the fitness, health and/or wellness industries.

Prerequisites: KIN 113A or equivalent

**KIN 113C Exercise Physiology 3 (4 units)** This course is the third of three courses designed to help students to develop a basic understanding of exercise physiology along with its related topics and applications. This enables the student to use exercise as a form of therapy in the treatment, prevention and rehabilitation processes of a wide range of disorders and problems. The course will be conducted at a level intended for students whose professional goals do not include a mastery of exercise physiology, but for whom an understanding of the principles and practice of exercise physiology is important for a career in the fitness, health and/or wellness industries.

Prerequisites: KIN 113B or equivalent

### **KIN 114 Health and Performance Assessments (4 units)**

This course introduces students to the field of fitness training and evaluation for gaining the benefits of regular physical activity in a positive and safe manner. The

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### **KIN 113A Exercise Physiology 1**

**(4 units)** This course is the first of three courses designed to help students to develop a basic understanding of exercise physiology along with its related topics and applications. This enables the student to use exercise as a form of therapy in the treatment, prevention and rehabilitation processes of a wide range of disorders and problems. The course will be conducted at a level intended for students whose professional goals do not include a mastery of exercise physiology, but for whom an understanding of

goal of this course is to present the foundations underlying the study of physical activity and its relevance to fitness. Topics include: relationships among health, fitness and performance; summarization of current evidence regarding fitness and health; screening process for assessing potential fitness participants and recommendations (medical data collection for determining medical referral guidelines and static and dynamic testing procedures, i.e. fitness evaluations/assessments for guiding the development of individualized exercise/fitness training programs).

Prerequisites:

None

### **KIN 115 Exercise Program Design (4**

**units)** This course introduces students to the concepts and theories of developing training programs, i.e. exercise prescription in the numerous fields of fitness training (cardiorespiratory, weight management, resistance/strength, flexibility, special populations). Topics include acute program variables (choice of exercise, order of exercise, sets, repetitions, speed of movement, rest periods) and chronic program manipulations (periodization-adjusting the volume, intensity, and frequency of the acute program variables over time using a logical, well-developed plan.) Prerequisites: KIN 114 or equivalent

### **KIN 116 Injury Recognition and Prevention in Exercise (4 units)**

Basic principles and techniques of the prevention and

care of common athletic injuries.

Prerequisites: NSCI 106B or equivalent

### **KIN 118 Introduction to Performance Training (4 units)**

This course is designed to provide the student with theoretical knowledge and practical skills needed to

become a personal trainer. The course covers such topics as the client-trainer relationships, business of personal training, fitness and health assessments and exercise prescription. Prerequisites: KIN 113C or equivalent

### **KIN 119 Weight Management (4 units)**

This course is designed to provide the student with the knowledge of current health education and wellness theories, concepts and lifestyles regarding weight loss and management and the means for developing a weight control plan. The course will

examine commercial diet programs, fad diets, and effective weight loss strategies. In addition, the course content will give students an overview of information on decision-making, analyzing health information, developing a positive self-image and understanding the need for a lifelong commitment in the

### **KIN 121 Personal Training Capstone (4 units)**

This course is intended to prepare students to pass the NESTA Personal Fitness Trainer Exam. This course will synthesize all the information previously taught within the AA program in Personal Fitness Training into a cohesive model for professional and personal success in the fitness industry.

Prerequisites: Successful completion of all AA course-work

### **KIN 201 Kinesiology (4 units)**

This course introduces students to the basics of kinesiology (the study of human movement/motion). The overall emphasis of this course is structural kinesiology – the study of muscles, bones, and joints as they are involved in the science of movement. To a much lesser degree, certain physiological and mechanical principles are addressed to enhance the understanding of the structures discussed. Anatomists, athletic trainers, physical therapists, physicians, nurses, massage therapists, coaches, strength and conditioning specialists, performance enhancement coaches, physical educators, and others in health-related fields should have an adequate knowledge and understanding of all the large muscle groups so they can teach others how to strengthen, improve, and maintain these parts of the human body to enhance and improve normal human movement as they relate to activities of daily living as well as sport performance. This course utilizes the information from anatomy (structure) and physiology (function) to optimize human movement.

Prerequisites: NSCI 106C or equivalent

### **KIN 203 Research Methods in Exercise Science (4 units)**

This course explores the full range of basic topics typically covered in research courses in exercise science, kinesiology, and physical education. The book provides the information and skills needed to write effective research proposals and theses; read, assess, interpret, and apply published research and understand how to conduct basic studies in health, physical education, exercise science, athletic training, and recreation. This course will also shed new light on the research process, particularly regarding use of library facilities and to enhance students'

development of a health promoting lifestyle. The student will have the opportunity to assess their own body composition, and will study the role body composition and weight have in health/wellness.

Prerequisites: KIN 113C or equivalent

understanding of basic statistical calculations and the relevance of their uses. A large part of this course will be spent teaching an understanding of how to write research reports by learning the essentials of the research process and to appreciate statistical analyses common to research studies; students will also learn the basics of planning research and linking appropriate statistical packages with specific research designs; students will discover how to bring together all the components of the research process and lay them out, in appropriate formats, for dissemination to user groups; and in doing so, removes the fear and confusion often associated with the research process and shines a light on all the aspects of research that both students and readers need to know—whether it's reading, understanding, planning, carrying out, writing, or presenting research.

Prerequisites: HUM 102 or equivalent & HUM 103 or equivalent

### **KIN 206 Biomechanics (4 units)**

This course introduces students to the field of exercise and sport biomechanics. The goal of this course is to present the basics of mechanical concepts as it pertains to human movement in a clear, concise, and user-friendly format. Topics include: Force (linear and rotary); motion (linear, curvilinear, rotary, and general); linear and angular kinetics; linear and angular kinematics; work, power, and energy; qualitative analysis to improve exercise techniques, training systems, and decreasing injury rates. Prerequisites: KIN 201 or equivalent

### **KIN 210 Advanced Anatomy and Kinesiology of the Lower Extremities (4 units)**

This advanced course examines the anatomical, physiological and biomechanical factors that influence movements of the lower extremity. The course emphasizes joint structure and muscle function in basic human movements so as to foster understanding and differentiation between normal and pathological function. Special emphasis is

placed on the etiology of common hip, knee and ankle injuries and the current best practices for prevention and recovery.

Prerequisites: KIN 206 or equivalent

### **KIN 211 Advanced Anatomy and Kinesiology of the Core (4 units)**

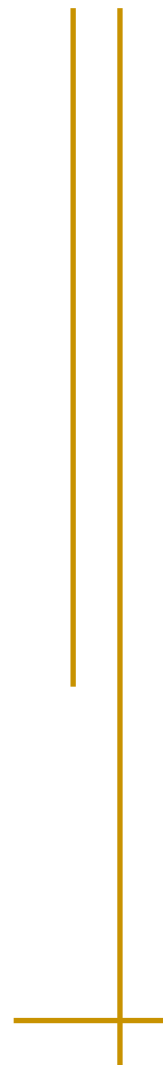
This advanced course examines the anatomical, physiological and biomechanical factors that create spinal movement and those areas that have direct and indirect influence on the spine. This course emphasizes joint structure and muscle function in basic human movements so as to foster understanding and differentiation between

normal and pathological function. Special emphasis is placed on the various causes of low back pain and the use of evidence-based research to determine the best course of action for the health and fitness professional.

Prerequisites: KIN 210 or equivalent

### **KIN 212 Advanced Anatomy and Kinesiology of the Upper Extremities (4 units)**

This advanced course examines the anatomical, physio-



logical and biomechanical factors that influence movements of the upper extremity. The course emphasizes joint structure and muscle function in basic human movements so as to foster understanding and differentiation between normal and pathological function. Special emphasis is placed on scapulohumeral rhythm and loading of the pectoral girdle to maximize shoulder complex performance and minimize the chance of injury. Prerequisites: KIN 211 or equivalent

### **KIN 214 Concepts in Group Exercise (4 units)**

Learn to become effective group exercise leaders by understanding responsibilities of fitness leaders, principles of fitness, and leadership skill. Techniques for various group exercise activities will be taught.

Prerequisites: None

### **KIN 215 Applied Biomechanics (4 units)**

This course is the continuation of BS 206 Biomechanics and will review the foundational concepts/principles of exercise technique. The student will learn the concept of using McGinnis's "Do I" principles (D.O.E.I. or "Do (E)I" with the 'E' being silent. D.O.E.I. is the acronym for "Describe, Observe, Evaluate, and Instruct i.e. "Do I have the tools and information to describe the optimal technique of any exercise; Do I have the tools and information to observe anyone performing the optimal technique in any exercise; Do I have the tools and information to Evaluate the proper technique in any exercise being performed; and Do I have the tools and information to instruct anyone learning and performing the correct/optimal technique of any exercise in a training program. Numerous exercises will be evaluated to enhance the student's education on performing and evaluating numerous human movements in the training industry.

Prerequisites: KIN 206 or equivalent

### **KIN 216 Ethics and Sports Management (4 units)**

This course will focus on the moral and ethical issues confronting sport in contemporary society. In the evolving world of sport and physical activity, new perspectives

on current themes and how they compare and contrast with the individuals' perspectives will be learned. Going beyond fair play and social ethics, students will also tackle such topics as drug use and the effects of genetic technology in sports. Students will be exposed to meta-ethical considerations of sport while learning the importance of this field in a sporting context. Concepts such as winning, cheating, and gamesmanship are also a focus within this course. Competition dynamics, such as revising athletic tests and contests, success and failure in competitive athletics, intentional rule violations, and strategic fouling are also explored. More recent and controversial issues are also learned, including doping and genetic enhancement in sport, will be viewed in terms of the moral permissibility of using performance-enhancing drugs in sport. The controversial topic of genetic modification, as well as gender and sexual equality in sport is addressed. This course examines gender roles perpetuated by sport that are harmful to women both inside and outside the athletic arena. The last modules of this course include learning social ethics of sport, violence, exploitation, race, spectatorship, and disability among participants.

Prerequisites: HUM 103 or equivalent

## **KIN 217 Concepts in Strength Training (4 units)**

This course is intended to be a comprehensive approach

as to the meaning of what strength training is from both a scientific and practical point of view. While many in the training industry still hold a rather archaic view of what strength training is, this course will attempt to define the true meaning of strength (The ability to exert force in a specified direction and at a specified velocity) as well as address the numerous categories of strength unfamiliar to the vast majority of the training industry. These categories include Maximum/absolute strength, strength-speed, speed-strength, strength-endurance, strength-flexibility/ flexibility-strength, skill-strength as well as combinations of the previous listings just to name a few. Numerous examples of the different categories of strength will be given to help the student understand what each category is and to facilitate developing the proper training for each of these categories.

Prerequisites: KIN 212 or equivalent

## **KIN 218 Concepts in Cardiovascular Training (4 units)**

This course prepares students in understanding the

pro-

cess of developing a cardiorespiratory exercise prescription program. Students will be able to determine the differences between activity, fitness, and sport performance and be cognizant of the various components and modes of cardiorespiratory activity. Students will understand the

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Prerequisites: KIN 113C or equivalent

### **KIN 219 Concepts in Power Training (4 units)**

The concept of power training is another misunderstood subject in the training industry. Power is nothing more than the “rate of doing Work” i.e. power is equal to work divided by time. Power is not just training fast and explosively: it also involves sustained rates of work such as endurance events where a level of work is being performed at a constant rate but is still a specific power output. This course will educate the student as to what power truly is, how it is defined, and how one can ascertain the power output of a particular activity. This information will be useful for development and utilization of the type of strength training one needs to use in order to increase the specific type of power output necessary for an activity. The information presented will be from numerous textbooks along with various training articles from various sources.

Prerequisites: KIN 113C or equivalent and KIN 206 or equivalent

### **KIN 220 Program Design for Special Populations (4 units)**

Scientific information regarding exercise testing and exercise prescription for adult special populations. Topics include coronary artery disease, pregnancy, diabetes, stroke, respiratory disorder, arthritis, hypertension, and obesity.

Prerequisites: KIN 115 or equivalent

### **KIN 221 Speed, Agility and Quickness Training (4 units)**

This course prepares students for a theoretical understanding of all bio-motor abilities associated to speed, agility and quickness training. Students will enhance their proficiency and coaching abilities through a comprehensive understanding of kinetic chain variables related to the overall aspect of speed, agility and quickness training. Prerequisites: KIN 115 or equivalent

### **KIN 223 Strength and Fitness Program Design Capstone (4 units)**

This course will utilize all previous class information to facilitate and evaluate the student's ability to design

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different models of cardiorespiratory exercise prescription for health, fitness, and sport performance. Applying this knowledge, students will experience practical applications of cardiorespiratory exercise prescription on various training modalities applied to a wide range of settings.

a training program based on numerous variables (age, injury history, needs analysis to include posture/ROM/strength/FMS, goals, level of fitness, previous experience, type of activity, motor abilities, etc.). While there are many “systems” or “Models” of training in the training industry, this class attempts to help the student utilize all previously learned information to develop an “individualized” model for every individual needing professional guidance related to physical training. Each module will identify a step in this individualized approach culminating into a project to be submitted at the end of the term for scrutiny.  
Prerequisites: Successful completion of all BS coursework

### **KIN 305 Motor Control (4 units)**

This course presents the neuromuscular and psychological mechanisms underlying the control of movement with emphasis on application of concepts to sport, physical activity, and performance. Instruction is directed toward understanding the fundamental principles of human movement control.

Prerequisites: None

### **KIN 306 Science of Metabolic Conditioning (4 units)**

This course is designed to provide content on the cellular and systems physiology of the neuro-endocrine system, as well as present research-based findings of how exercise alters neuro-endocrine function. The stresses of exercise instigate a myriad of control regulation responses that are designed to allow the human body to cope with the stresses as best as possible. A vital component of this regulation involves the release of specific hormones that alter cellular, organ and systemic physiology. As there are a multitude of hormones that are or can be released during exercise, and that the release of these hormones varies with different environmental, nutritional, training, gender and disease states, the academic and research content of exercise endocrinology is immense. Consequently, this course is specific to the endocrine

adaptations of the body prior to, during, and after exercise. Prerequisites: NSCI 301B or equivalent

### **KIN 307 Motor Learning (4 units)**

This course presents the principles and theories for understanding motor skill acquisition and the cognitive and motor processes influencing the learning of motor skills. Implications for a variety of skill instruction contexts will be discussed.

Prerequisites: KIN 305 or equivalent

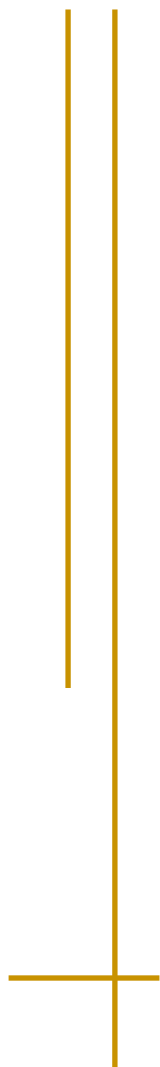
### **KIN 312 Advanced Biomechanics (4 units)**

This course will focus on the mechanics of skeletal muscle, its related connective tissue and the various physiological adaptation to the tissues due to various types of mechanical stress. Emphasis will be places on analysis of external forces, and the ensuing internal forces as they relate to performance enhancement and injury prevention.

Prerequisite: KIN 307 or equivalent

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## **Natural Sciences & Mathematics**



**(NSCI)**

### **NSCI 101 Introduction to Biology (4 units)**

This course introduces foundational concepts in biology and how they relate to the fitness/wellness professional. Topics include: cells and cell structure, chemistry of life, basic genetics and molecular biology.

Prerequisites: None

### **NSCI 106A Human Anatomy and**

### **Physiology A (4 units)**

This course is the first of three courses designed to introduce foundational concepts in human anatomy and physiology. Topics include: language of anatomy and physiology, basic biochemistry, cytology, cellular metabolism, histology, and the primary bodily systems that oversee support and movement of the body.

Prerequisites: NSCI 101 or equivalent approved by instructor

### **NSCI 106B Human Anatomy and Physiology B (4 units)**

This course is the second of three courses designed to introduce foundational concepts in human anatomy and physiology. Topics include: the nervous system, the endocrine system, the cardiovascular system, and lymphatic system.

Prerequisites: NSCI 106A or equivalent

### **NSCI 106C Human Anatomy and Physiology C (4 units)**

This course is the third of three courses designed to introduce foundational concepts in human anatomy and physiology. Topics include: the digestive system, the respiratory system, urinary system, and reproductive systems.

Prerequisites: NSCI 106B or equivalent

## **NSCI 202A Introduction to General Chemistry (4 units)**

This course is the first of three courses designed to help

students gain an understanding of key concepts and appreciate the significant connections between chemistry, health, disease and the treatment of disease. The course will strike a balance between theoretical and practical chemistry, while emphasizing material that is unique to health-related studies. The course will be conducted at a level intended for students whose professional goals do not include mastery of chemistry, but for whom an understanding of the principles and practice of chemistry is a necessity.

Prerequisites:

None

understanding of the principles and practice of chemistry is a necessity. Prerequisites: NSCI 202B or equivalent

## **NSCI 202B Introduction to Organic Chemistry (4 units)**

This course is the second of three courses designed to

help students gain an understanding of key concepts and appreciate the significant connections between chemistry, health, disease, and the treatment of disease. The course will strike a balance between theoretical and practical chemistry, while emphasizing material that is unique to health-related studies. In addition, it will serve as an introduction to organic chemistry covering topics of nomenclature, structure, physical properties, reactions and synthesis of major organic functional groups. The course will be conducted at a level intended for students whose professional goals do not include a mastery of chemistry, but for whom an understanding of the principles and practice of chemistry is a necessity.

Prerequisites: NSCI 202A or equivalent

## **NSCI 202C Introduction to Biochemistry (4 units)**

This course is the third of three courses designed to help

students gain an understanding of key concepts and appreciate the significant connections between chemistry, health, disease, and the treatment of disease. The course will strike a balance between theoretical and practical chemistry, while emphasizing material that is unique to health-related studies. In addition, it will serve as an introduction to the biochemical topics of carbohydrates, lipids, proteins, nucleic acids and their subsequent metabolism. The course will be conducted at a level intended for students whose professional goals do not include a mastery of chemistry, but for whom an

function in skeletal muscle, the liver and adipose tissue. In addition, it will help experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. The ultimate goal is Application of the knowledge base of exercise physiology, which requires an understanding of the design of human cellular metabolism, and how metabolic regulation enables cells to tolerate the energy dependent demands of exercise. Prerequisites: None

### **NSCI 301B Physiology (Biochemistry) of exercise, pulmonary and cardiovascular systems (4 units)**

This course is designed to provide content on the research-based findings of how exercise alters biochemical function in the pulmonary and cardiovascular systems. In addition, it will help experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. The ultimate goal is Application of the knowledge base of exercise physiology, which requires an understanding of the design of human cellular metabolism, and how metabolic regulation enables cells to tolerate the energy dependent demands of exercise. Prerequisites: NSCI 301A or instructor consent

## **Nutrition (NUTR)**

### **NUTR 107 Introduction to Nutrition (4 units)**

This course will involve developing an understanding of the process of nutrition, motility and anatomy, (the mouth and esophagus, stomach and intestines), enzymes/ hormonal control, basic energy requirements, anaerobic and aerobic energy, energy and ATP, ATP and nutrition as well as applications for use in the field. Students will learn the importance of understanding various components of nutrition by learning about macronutrients, (carbohydrates, protein and fats) as well as their vital role

### **NSCI 301A Physiology (Biochemistry) of Exercise, Metabolism and Skeletal Muscle (4 units)**

This course is designed to provide content on the research-based findings of how exercise alters biochemical

in human function. Nutrition requirements will also be learned. Students will be expected to learn of the role vitamins from foods consumed by clients and mineral intake requirements for activity levels across a broad range. Some assessment of nutritional needs is also learned in this course; this will include body composition standards and the use of BMI. To provide more understanding of alternative approaches, supplement usage and ergogenic aids are also part of the course content for AA107. Prerequisites: NSCI 101 or equivalent

### **NUTR 209 Nutrition Throughout the Lifespan (4 units)**

Introductory course focusing on the scientific investigation of the nature, role, and metabolism of energy nutrients in human health at all stages of life, including childhood, adolescence, middle-age, and elderly. Emphasis on digestion, absorption, and metabolism of foods and nutrients, and planning dietary intake incorporating necessary macro- and micronutrients for overall health. Prerequisites: NUTR 107 or equivalent

### **NUTR 213 Performance Nutrition and Supplementation (4 units)**

Introductory course with emphasis on proper nutrition requirements for optimal performance in exercise and sport. Focus on nutritional needs for a variety of sports during training, competition/performance, and recovery. Disordered eating issues in sport, and the female athlete triad will also be discussed. Prerequisite: NUTR 209 or equivalent

### **NUTR 302 Advanced Nutrition Throughout the Lifespan (4 units)**

Foundations of nutrition focusing on the scientific investigation of the nature, role, and metabolism of energy nutrients in human health at all stages of life, including childhood, adolescence, middle-age, and elderly. Emphasis on digestion, absorption, and metabolism of foods and nutrients, including interrelationship of

metabolic pathways. Additional focus on research and topics of special interest. Prerequisites: None

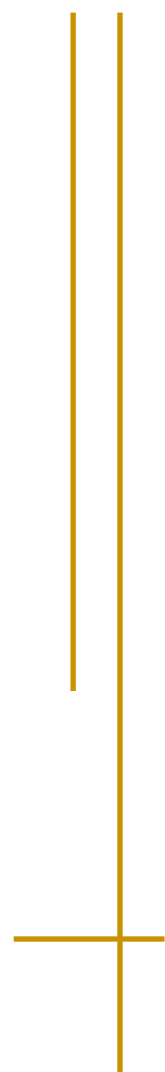
### **NUTR 303 Human Nutrition: Health, Disease & Genetics (4 units)**

Nutrient interrelationships and the prevention of disease and maintenance of health are the focus of this course. Emphasis will be on nutrient metabolism and dietary effects of poor nutrition, genetic components, and concentration on most common nutrition-related diseases,

including eating disorders.  
Prerequisite: NUTR 302 or equivalent

### **NUTR 304 Sports Focused Nutrition (4 units)**

Importance of proper nutrition requirements for optimal performance in exercise and sport. Focus on metabolic and physiologic components of macro- and micronutrient needs for specific sports during training, competition/performance, and recovery. Disordered eating issues in sport, and the female athlete triad will also be discussed.  
Prerequisite: NUTR 302 or equivalent



### **NUTR 308 Nutrition**

#### **Communication for Special Populations (4 units)**

Concentration of identification, planning, implementation, and evaluation of nutrition/health promotion programs to improve health and wellness and prevention of disease. Limits on scope of practice, community resources, and referral procedures will be a focus of this course.  
Prerequisites: NUTR 303 or equivalent

### **NUTR 309 Ergogenic Aids, Exercise & Sports Supplements (4 units)**

In depth look at most commonly used dietary supplements for performance, body/muscle enhancement, overall health, and weight loss with an emphasis on ergogenic/thermogenic aids for sport. Concentration on most recent research, understanding and interpreting marketing strategies, and making sound, research-based recommendations to clients is the focus of this course.  
Prerequisite: NUTR 302 or equivalent

### **NUTR 310 Research, design and inferential statistics in exercise and nutrition (4 units)**

Understanding of research methods and statistical procedures common in peer-reviewed research periodicals. Critical review of selected nutrition literature. Assessment of experimental design, research protocols, data analyses, and data presentations. Preparation for student thesis.  
Prerequisites: None

### **NUTR 311 Pharmacology of vitamins, fluid and electrolytes (4 units)**

Focus on micronutrients (vitamins, minerals, amino acids, electrolytes) and water and their interactions in cellular metabolism. Emphasis on food sources and supplementation and effects on human physiological functions, including absorption, transport, function, deficiencies, normal states, and toxicities.  
Prerequisite: NUTR 303 or equivalent

environmental, financial, intellec-

### **NUTR 313A Capstone Thesis (3 units)**

Capstone Thesis courses (2) are a combination of graduate level coursework with research and communication proficiencies. Students will work with core faculty to develop and propose thesis topic, write the first three chapters of the thesis document (Introduction, Literature Review, Methodology) and obtain IRB approval. The course is taken for two terms. Completion of MS Core Courses. Permission of instructor is required.

Prerequisite: Successful completion of all MS coursework

### **NUTR 313B Capstone Thesis (3 units)**

Students will collect and analyze thesis data, finalize written document, and present/defend document to thesis committee.

Prerequisite: NUTR 313A

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## **Psychology (PSY)**

### **PSY 104 Introduction to**

#### **Psychology (4 units)**

Introduction to the scientific study of human behavior. Provides a basis for further study and for application to everyday life. Topics include biological foundations of behavior, memory, abnormal behavior, motivation, emotion, learning, development, thinking, personality, social behavior and methods of therapy.

Prerequisites: None

### **PSY 105 Lifestyle Fitness coaching (4 units)**

This course introduces concepts of coaching and how mastery of the coactive relationship with an individual is vital to the success of their outcome goals. Topics include: why an active lifestyle is healthier for most members in the general population; how to transition into a coaching relationship with individuals; ethics in coaching; understanding behavior change required for lasting change; rapport and dialogue skills and leadership in co-active relationships.

Prerequisites: None

### **PSY 110 Introduction to Wellness**

#### **Coaching (4 units)**

This course expands upon coaching models that are currently used in wellness coaching. Students will understand concepts tied to the overall coaching experience, from how you train to be a coach, on up to application of skills with clients. Before working as a Wellness Coach with clients, students will learn how wellness is a dynamic concept comprised of an interrelated set of dimensions including emotional,

of coaching upon completion of this course.  
Prerequisites: None

### **PSY 111 Corporate Wellness Coaching (4 units)**

The corporate wellness coach course is designed to give students the tools to consult, educate, and be a hands-on coach for individuals and groups wanting to improve their wellness through all available and appropriate means. The Corporate Wellness Coach course is also designed to teach you how to manage and facilitate corporate wellness programs, required for success in workplace environments. This type of work is usually coordinated with corporate human resources departments and this is fundamental to the approach taken in this course; the student will learn to create a wellness culture within a corporate environment and to promote healthy behaviors in order to reduce company costs and improve the overall morale of an organization. When paired with AA110, students greatly increase their effectiveness as a fitness professional.

Prerequisites: PSY 110 or equivalent

### **PSY 204 Introduction to Sports Psychology (4 units)**

This course introduces foundational concepts and applied models in sport psychology. Topics include but are not limited to: goal setting, motivation, arousal/anxiety, cognitive effects of sport, and interventions to enhance sport and exercise performance.

Prerequisites: PSY 104 or by instructor approval

### **PSY 301A & B: Intro to Sport Psychology (4 units)**

This course introduces foundational concepts in applied sport psychology and how they are applied to athletes and performers in a variety of different social, cultural, and environmental contexts. Topics include but are not limited to personality and sport, group and team dynamics, and psychological skills training.

Prerequisites: None

### **PSY 302: Ethical Issues in Applied Sports Psychology (4 units)**

This course introduces a practical guide on the importance of positive ethics and ways in which psychologists

tual, occupational, physical, social, and spiritual factors. Wellness is an active, lifelong process that involves expanding knowledge, skills, values, practices, and supportive environments that increase one's ability to enjoy a balanced and fulfilling life.

Students will have a profound appreciation of this aspect

can reach their highest moral and ethical efficiency. Topics include but are not limited to resolving ethical dilemmas, self-regulation, and understanding challenges of psychology in practice. Prerequisites: None

**PSY 303: Foundations in Precision Communication Skills: Hemispheric Integration with Neuro-linguistics (NLP) (4 units)**

This course gives a foundation in the technology of Hemispheric Integration with neuro-linguistics. Hemispheric Integration bridges the gap between the science of how the brain processes information and practical applications for building rapport, connection, and safety. Topics include both verbal and non-verbal communication skills for gathering and delivering information effectively, precision goal setting, visualizing and motivating for success, and using each hemisphere of the brain for win-win results.

Prerequisites: None

**PSY 304: Cognitive & Affective Behavior (4 units)**

This course will explore the critical role emotion plays in one's memory and cognitive processing. In working with athletes and performers from a variety of backgrounds, it is imperative to establish a firm understanding of the dynamic role between one's thoughts, emotions, and behaviors and their role in performance enhancement. Prerequisites: None

**PSY 305: Foundations in Precision Communication Skills - Level 2 (4 units)**

This course continues with more of the foundation in the technology of Hemispheric Integration and neuro-linguistics. Hemispheric Integration bridges the gap between the science of how the brain processes information and practical applications for influencing with integrity. Topics include both verbal and non-verbal communication skills for gathering and delivering information effectively, motivating for success, decision making strategies and using each hemisphere of the

brain for win-win results. Prerequisites: PSY 303 or equivalent

**PSY 306: Intro to Applied Sports Psychology (4 units)**

This course introduces foundational concepts in applied sport psychology and how they are applied to athletes and performers in a variety of different social, cultural, and environmental contexts. Topics include but are not limited to personality and sport, group and team dynamics,

and psychological skills training.  
Prerequisites: MA 301B or equivalent

### **PSY 307: Applied Mental Training Techniques (4 units)**

This course introduces foundational concepts in applied



sport psychology along with breakthrough methods to enhance individual and team performance. This course also uses cutting edge technology to facilitate the learning experience through the use and application of flash technology and on line gaming via online mental training and certified mental coach programs. Topics include but are not limited to goal setting, visualization, positive self-talk, emotional control, leadership development and effective communication.

Prerequisites: PSY 301B or equivalent

### **PSY 308: Cognitive-Emotional Realignment with The Other Mind's Eye (4 units)**

This course will give you skills in a field of technology using your full brain to achieve your desired outcomes. Too often we are using only “half of our mind” to get results. Learn how to access both hemispheres of your brain on purpose to be aware of the information held in both the conscious and other than conscious mind so you can make informed decisions and develop strategies for success. Discover how to access your “Other Mind’s Eye” and the technology of Cognitive-Emotional Re-alignment with Hemispheric Integration for fully congruent and inspired communications. Learn how to bring out the essence, the authentic self, and to influence positive and thorough outcomes.

Prerequisites: PSY 303 or equivalent and PSY 305 or equivalent

### **PSY 309: Advanced Applied Sport Psychology (4 units)**

This course introduces the comprehensive and realistic application of standard procedures in applied sport psychology. Understanding and applying these skills with prospective clients provides each student with the fundamental skills necessary to gain valuable consulting and problem-solving experience. Topics include but are not limited to how to structure an initial intake, the processes of developing the client/consultant relationship and fundamental issues that often occur within private practice.

Prerequisites: PSY 306 or equivalent

### **PSY 310: Sport Psychology Coaching Business (4 units)**

Current topics of psychological concern and application as related to owning a sport psychology coaching busi-

ness.

Prerequisites: PSY 309 or equivalent

### **PSY 311: Principles of Positive Psychology (4 units)**

This course is designed to educate graduate students on the scientific study of positive psychology. Positive psychology speaks to the importance of complimenting the problem-focused paradigm within the field and illuminating tested methods of achieving growing success. Variables within each of our lives that make life meaningful and worthy of our time, attention, and effort will be explored in an attempt to increase autonomy and competency in the building of professional and responsible practitioners. Previously, the field of psychology has focused on pathology and overcoming weakness in an attempt to improve one's quality of life. This novel movement speaks to the strengths of the individual and societies, as well as to their weaknesses. This course will attempt to teach students that self-fulfillment is a product of their thoughts, emotions, decisions, attitude and effort. Most importantly, perception, authenticity, and purposeful behavior can be taught.

Prerequisites: None

### **PSY 312: The Role of Culture in Applied Sport Psychology (4 units)**

This course introduces significant aspects of cross-cultural knowledge in the developing field of cultural sport psychology along with breakthrough approaches to effective practice in multicultural settings. Topics include but are not limited to important cultural factors such as religion, gender, personal space, and social structure. Prerequisites: PSY 309

### **PSY 401: Sport Psychology in Practice (4 units)**

This course introduces foundational concepts in applied sport psychology. The text is divided into five sections that allow the reader to understand the integral process of working in an applied setting. Topics include but are not limited to motivational drive, cognitive and emotional control, leadership and communication effectiveness, potential pitfalls, and the educated consumer. Prerequisites: None

### **PSY 402 Precision Communication: Language of Influence (4 units)**

In this class students will learn the qualities and structure of precision communication based on the science of how the brain processes information. Topics include: how to

Students will delve into the details of gaining rapport, effectively dealing with challenges or objections, and clearly defining a goal then creating a comprehensive action plan leading to successful results. Graduates of this class will be able to go into any situation with the confidence that they have multiple levels of communication awareness and sensitivity to be an excellent player, guide, coach, leader or business executive. Prerequisites: None

### **PSY 403 Social Psychology of Healing and Fitness: Cognitive Emotional Re-Alignment (4 units)**

In this course the student will study the field of Cognitive Emotional Re-Alignment with Hemispheric Integration, a technology for understanding multiple levels of awareness when dealing with unresolved challenges as well as generating creative options for the future. Topics include: Discerning and updating limiting beliefs and patterns of thinking and behavior; releasing phobic reactions and compulsive habits; five natural phases of moving through grief and loss; getting a system in balance using strategic processing filters; and creating a compelling and congruent individual and corporate future through congruent visualization. Prerequisites: PSY 402 or equivalent

### **PSY 404A and 404B: Advanced Sport Psychology (4 units each)**

These courses focus on the specific issues affecting athletic performance and uses a unique, multi-perspective approach. Students will learn to apply theories with practical applications that allow athletes to increase performance. With the in-depth analysis and discussions among the authors, students are provided a variety of perspectives on the effective treatment of performance enhancement related issues. Topics include but are not limited to: psychological factors in athletic performance, psychological assessment, the coach-athlete relationship, and team cohesion. Prerequisites: None

### **PSY 405 Leadership: Creating, Modeling, and Producing Excellence (4 units)**

This course will give the student multiple tools for effective leadership and consulting. Learn to model the components of success and excellence with the Hemispheric

recognize and construct patterns of language to facilitate the best possible mental condition for the client's chosen sport or activity; understanding how to use communication skills to gather specific information and to influence with integrity; and develop sensory acuity to calibrate for non-verbal signals.

Integration template to build a solid structure and how to introduce change and adapt new strategies effectively. Topics include: the structure of group dynamics and being a powerful and respectful consultant or leader; a foundation in platform and presentation skills; and balanced techniques essential for mediating and negotiating with mutual satisfaction.

Prerequisites  
: None

### **PSY 406A: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents (4 units)**

This course offers the most exciting, innovative, and diverse theoretical orientations and research perspectives generated throughout the history of this discipline. Students will find a variety of readings that offer a clear and concise reference to the history, development, and future directions of the field. In addition, students will both familiarize and learn how to implement an online mental training system into the performance enhancement process by assessing and treating issues of coaches, athletes, and parents in order to facilitate self-awareness and increase athletic performance.

Prerequisites  
: None

### **PSY 406B: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents (4 units)**

This course is designed to help students pursue their personal and professional goals within applied sport psychology by strengthening their understanding and commitment to mental skills training. This course offers students an opportunity to receive a credential as a certified mental coach (cmc) as well as complete an online course in parent mental training. Both of these online educational tools are included with the intention that students will further expand their understanding of the core mental training skills while applying these skills in their work with coaches,

athletes, and parents.

Prerequisites: PSY 406A or equivalent

### **PSY 407: The Basics of Mental Toughness Training (4 units)**

This course offers students an opportunity to learn the fundamentals of mental toughness training while exploring the many factors that affect one's success in sport, business and life. The four pillars of mental toughness will be explored in detail in order to provide a framework of understanding that facilitate individual growth and autonomy toward the achievement of short and long-term goals. Finally, students will benefit by gaining an understanding of a variety of coping skills that not only pro-

more mental toughness training, but also can be modeled and adapted for clients to aid in their cognitive, emotional and physical development.

Prerequisites: None

### **PSY 408: Advanced Mental Training and the Pursuit of Excellence (4 units)**

This course offers students an opportunity to learn and

further develop both core and advanced mental training skills that increase success in sport and life. Students will learn skills such as distraction control, self-hypnosis, getting the most out of coaches and building team cohesion. This course allows students to further expound on previously gained knowledge in applied sport psychology by adapting mental training skills to fit the unique complexity of individual and team dynamics.

Prerequisites: PSY 407 or equivalent

### **PSY 409A and 409B: Building a Successful Practice (4 units each)**

These courses provide students with the business fundamentals for a successful Sport Psychology coaching practice. The courses will review the ins-and-outs of a coaching business in a very practical manner. You will learn about business structure, marketing, web sites, passive income, information products and building a successful coaching practice.

Prerequisites: None

### **PSY 410A and 410B: Neurophysiology (4 units each)**

These courses provide students with an anatomical and physiological overview of the nervous system including nervous tissue, the spine, spinal nerves, the brain, cranial nervous and neural integration. The intent is to give students a solid understanding of the neurophysiological responses due to the stress of training and how to develop systematic approaches to address both positive and negative (pathological) adaptations.

Prerequisites: One year Anatomy and Physiology or equivalent

### **PSY 411A and 411B: Developing Professionalism (4 units each)**

These courses provide students with various concepts and examples in how to choose a life that is full of purpose and intention. By focusing on concepts found within, a student will learn the important role decision-making plays in their personal and professional development. In applied sport psychology, consultants often learn that their most formidable opponent is the one that lies within. Therefore, through self-discovery, qualitative commitment and personal monitoring, students will learn to ap-

ply eastern philosophical ideas and theories to the solving of traditional, western difficulties that hinder the performance enhancement process.

Prerequisites:

None

### **PSY 412: Eastern Approaches to Sport**

#### **Psychology (4 units)**

This course will compare and contrast Eastern philosophy and psychology to those of modern Western society. A key similarity is that Buddhism and psychology are both concerned with helping the individual change and overcome emotional suffering. The differences in how these philosophies approach this common goal in athletes will be the primary focus of this course.

Prerequisites:

None

### **PSY 413: Doctoral Practicum/Internship**

#### **(22 units)**

This course is a required for graduation. Instead of writing a traditional dissertation, The EdD student will write a consumer oriented book on an approved area of sport and/or fitness psychology. Wexford feels that this type of capstone project better prepares the student for a successful career in today's rapidly evolving and technologically advanced world. The book can be written and published in any of these formats: Kindle, hard cover, paperback, ebook, self-published or published by a traditional publishing house. The student will be provided with the resources and guidance needed to make the project attainable and highly enjoyable.

Prerequisites:

None

# Campus Information

## secondary Education

Wexford University is a private university licensed to operate by the (BPPE) Bureau for Private Postsecondary Education (California Education Code 94900 mid/or 94915). The University was founded in 1999, originally under the name Optimal Performance Institute, and has been continuously approved by the State of California to offer undergraduate and graduate level degrees. School Code: 4306651

In accordance with the provisions of California Education Code 94900 mid/or 94915, the University has received approval to operate from the Bureau for Private Postsecondary Education. That approval to operate means that the Bureau determined and certified that the institution met the minimum standards for integrity, financial stability and educational quality, including the offering of bona fide instruction by qualified faculty and the appropriate assessment of students' achievement prior to, during, and at the end of its programs.

To earn approved status in California, a degree-granting institution must undergo a qualitative review and assessment of programs offered and of all institutional policies, procedures, and operations. The assessment is conducted by a comprehensive on-site review process conducted by a national accrediting committee composed of educators and other appropriate experts.

Most countries do not have independent organizations for which schools can seek accreditation. Rather, they are granted status by a government agency such as what the state of California and the Department of Education requires. In the United States, the Department of Education does not require accreditation by any accrediting body, nor is accreditation governed by the government. U.S. accreditation organizations are a private institutionalized board which grants a peer review status and approval to universities that pursue this course of action on a voluntary basis. The biggest benefit is federal funding for schools. Please note that regardless of accreditation, the transfer of credits between all universities (whether

## Institutional Approval and Licensure

### California Bureau for Private Post-

state approved or accredited), is determined by the specific policies of the universities and determined on a case-by-case basis.

Wexford University is California Corporation.

A degree program that is unaccredited or a degree from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.

## **Professional Affiliations & Other**

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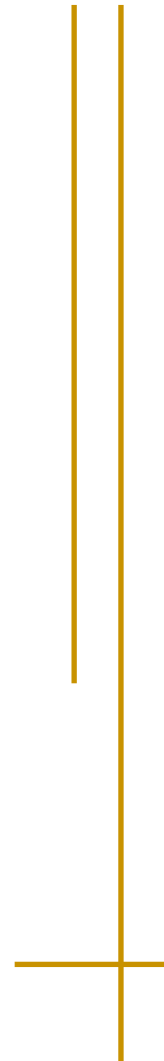


## Location

30245 Tomas, Suite A  
Rancho Santa Margarita, CA 92688 USA

## Administrators

Jack Bauerle, Chancellor  
Tyler Valencia, Undergraduate Academic Support Counselor & University Registrar



Scott Gaines, Head of Faculty  
Tracy Daly, Departmental Chair of Graduate Programs in Nutrition and Exercise Physiology  
Kim Chronister, Departmental Chair of Graduate Programs in Applied Sport & Fitness Psychology  
Mark Teahan, Dean of Admissions

## Faculty

**Bauerle, Jack**  
Chancellor

M.S. Sports Medicine, 1989, Chapman University  
B.S. Sports Medicine, 1987, Chapman University  
Area of Specialization: Athletic Training, Strength & Conditioning

### **Borrego, Tamara**

Adjunct Professor  
M.A. Fine Arts, 1999, California State University Long Beach  
B.A., Liberal Arts and Sciences, 1993, San Diego State University  
Areas of Specialization: Journalism, Advertising, Studio Arts

### **Brown, Jennifer**

Adjunct Professor  
M.Ed. Educational Administration, 2011, Concordia University  
M.A. Teaching, 2009, National University  
M.Ed. Cross Cultural Teaching, 2005, National University  
B.S. Liberal Studies, 2003, National University  
Areas of Specialization: Cross-Cultural Training, Communications, Intensive Literacy, Reading Comprehension

### **Tracy Daly**

Professor & Departmental Chair of Graduate Programs in Nutrition and Exercise  
M.S. Nutrition Education, 2003, Chicago Medical School  
B.S. Dietetics, 1997, Madonna University  
Areas of Specialization: Sports Nutrition, Disease Pre-

vention, Clinical  
Nutrition

**DeLong,  
Tom**

Profes  
sor  
M.A. Kinesiology, 2005, California State  
University, Long Beach  
B.S. Exercise Science and Wellness, 1996, Ball  
State  
Univers  
ity  
Area of Specialization: Kinesiology, Biomechanics, Ex-  
ercise Physiology, Resistance Training Fundamentals

**Foltz,  
Charles**

Profes  
sor  
Ph.D. Interdisciplinary Molecular and Cellular  
Biology, 2004, Tulane University  
M.P.H. Epidemiology, 2004, Tulane  
University  
B.S. Molecular Neuroscience, 1998, University of Cali-  
fornia, Santa Barbara  
Areas of Specialization: Molecular and Cellular  
Biology, Biochemistry, Exercise Physiology, Strength  
and Condi- tioning

**Gaines,  
Scott**

Professor & Head of  
Faculty  
M.S. Human Movement, 2008, A.T. Still  
University  
B.S. Biological Sciences, 1994, University of  
California, Irvine  
Area of Specialization: Biomechanics, Anatomy, Physi-  
ology, Biochemistry, Biology, Physics

**Musser,  
Leslie**

Profes  
sor  
M.S. Exercise Science, 2010, California State  
University, Long Beach  
B.S. Anthropology, 2002, University of California, Los  
Angeles  
Areas of Specialization: Resistance Training, Motor Be-  
havior, Exercise Physiology, Biomechanics

**Sheuh,  
Dolly**

Adjunct  
Professor  
M.A. Educational Technology and Instructional Design,  
2003, California State University, Los Angeles

B.A. Music Education, 2003, University of California,  
Los Angeles  
Areas of Specialization: Music Comprehension, Alterna-  
tive Education, Adult Education

**Teahan, Mark**

Adjunct Professor & Dean of Admissions  
B.S. Exercise and Sports Science, 1999, University of  
Utah  
Area of Specialization: Physiology, Anatomy, Nutrition,  
Wellness Coaching

### **Website**

[www.wexford.edu](http://www.wexford.edu)

### **E-mail**

[support@wexford.edu](mailto:support@wexford.edu)

### **Facilities**

Wexford University's main office is in beautiful Southern California. Located in the Rancho Santa Margarita near the 5 freeway and 133 freeways.

### **Office Hours**

9 am to 5 pm, Monday to Friday, Pacific Standard Time

### **University Holidays**

Thanksgiving Christmas Eve  
Christmas Day  
New Year's Holiday

## **Technology Requirements**

Wexford University recommends the following basic computer requirements:

### **Computer Hardware**

A processor of 1.6 GHz or faster A current  
anti-virus application 256MB RAM or greater  
20 GB hard drive or larger High-speed Internet  
connection

Monitor and video card with 1024×768 ppi or greater resolution

Sound card with speakers CD-ROM

Laser or ink jet print

### **Operating System**

A computer running Windows XP or MAC 10.X or later versions.

## **Contact Information**

### **Telephone**

1-844-939-3673 (1-844-WEX-FORD) or 949-484-8454  
(International Callers)

## Computer Software

E-mail address  
Internet service provider (ISP) account  
(Internet access) Adobe® Reader® 6.0 or later  
Microsoft® Outlook Express  
6.0 or later Microsoft® Office  
XP, 2003, 2004 or 2007  
Microsoft® Word  
Microsoft®  
PowerPoint®  
Flash® Player

## Essential Software Downloads

The following browsers & plug-ins may be necessary to view course content within the Wexford University Virtual Classroom. You are encouraged to download the plug-ins listed below and choose an appropriate browser. Please note: We recommend the Firefox browser for safety and security when browsing the web.

## Browsers

Internet Explorer 8  
(PC) Mozilla  
Firefox  
Google Chrome

## Plugins

PowerPoint  
Viewer®  
Windows  
Media Player  
Real Player  
Quick  
Time  
Acrobat  
Reader  
Macromedia  
Shockwave  
Java™ Plug-in  
Macromedia®  
Flash™

## Your Connection to the Web

A dedicated, reliable 512 Kbps or faster  
Internet connection (optimal)

## Information

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Internet Explorer, Outlook Express, Office XP, Word, PowerPoint and Windows Media Player are registered trademarks of Microsoft Corporation.

Mozilla Firefox are registered trademarks of Mozilla Corporation.

## Copyright

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# Continuing Education

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Earn your continuing education credits from Wexford University and take your knowledge and career to the highest level!

## “Certificates of Advanced Achievement”

**NOTE: ALL Continuing Education Courses will be offered on an open enrollment basis beginning February 17, 2014**

### List of Courses Offered:

Anatomy and Physiology A: *Certificate of Advanced Achievement*

Anatomy and Physiology B: *Certificate of Advanced Achievement*

Health and Performance Assessments: *Certificate of Advanced Achievement*

Kinesiology for Health, Fitness and Wellness Professionals: *Certificate of Advanced Achievement*

Biomechanics and Human Movement: *Certificate of Advanced Achievement*

Nutrition Science for Fitness and Wellness Professionals: *Certificate of Advanced Achievement*

### Complete your continuing educational requirements from Wexford University and receive these benefits:

- Very comprehensive, interactive classes where you will communicate directly with your instructors.
- 100% online cutting-edge learning using video, manuals and discussions
- All learning has direct application (not just theory).
- Courses begin continuously, so you can plan your continuing education (same continuous enrollment schedule as degree programs).
- Each course is 10 weeks long and provides

an easy-to-follow and step-by-step process

- Earn your prestigious continuing education credential.
- Your “Certificate of Advanced Achievement” has a very similar appearance as the diplomas awarded for Wexford University degrees. It will be mailed to you following successful completion of your course.

**APPROVALS and RECOGNITION:** Each course is approved by:

Each course is approved by the BPPE (Bureau for Private Postsecondary Education) California Education Code 94900 mid/or 94915.

NESTA (National Exercise & Sports Trainers Association) - 4.0 CEUs

Spencer Institute for Life Coach Training - 4.0 CEUs

MMACA (Mixed Martial Arts Conditioning Association) - 4.0 CEUs

ITCA (International Triathlon Coaching Association) - 4.0 CEUs.

NSCA (National Strength & Conditioning Association) - 2.0 CEUs

ISSA (International Sports Science Association) - 24 CEU Hours

NASM (National Academy of Sports Medicine) - 1.9 CEUs

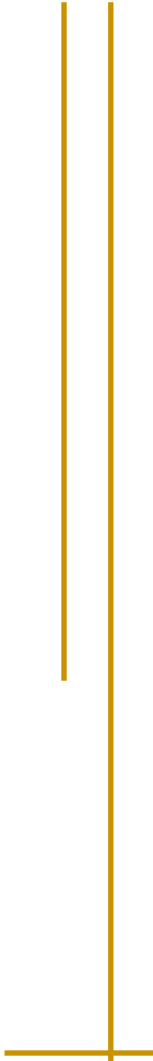
**ADDITIONAL APPROVALS PENDING:**  
NCSF

### DETAILS:

- As soon as you register for the course(s) of your choice below, you will be emailed specific instructions explaining in simple

terms how to start and successfully complete the course.

- There is NO additional application fee, and you do not need to go through the formal application process as degree-seeking students. Just add to your cart and receive instructions on how to begin.



courses are open to everyone. You are not required to have the same prerequisites as degree-seeking students.

- After completing any number of continuing education courses, you can apply for the degree program of your choice (Not Required. Optional). Any continuing education courses may be applied towards your degree at Wexford. Contact us for details.
- You can purchase, rent or borrow a textbook for the class. Details will be provided once you enroll. Typical cost for textbooks range from \$50-\$80 per course.

**NOTE:** After you enroll in your desired class(es) you will receive an email, containing your Wexford University Online Learning Portal login instructions. You will also be provided instructions for accessing the online student orientation as well as important information on the steps needed to purchase textbooks used for the courses for which you have registered.

On the first day of the term, your classes will be listed and available in your account. You can login at that time and begin your studies. If you should have any questions prior to the

- Once your course has started (see calendar), you are not required to login on any specific day or time. The course structure allows for people from any country and any time zone to fully participate.
- Each course is 10 weeks long and provides an easy-to-follow and step-by-step process. Allow 10 – 12 hour per week.
- Wexford University's continuing education

start of the new term, please email our Continuing Education Department at [ce@wexford.edu](mailto:ce@wexford.edu).

and safe manner. The goal of this course is to present the

## **Refund and Cancellation Fee**

When dropping a course, cancellation/refund requests must be made in writing to the Continuing Education business office at [ce@wexford.edu](mailto:ce@wexford.edu) no later than five business days prior to beginning of the course. The request must include attendee's full name. An administrative fee of 25% of total registration fees will be deducted, with a minimum administrative fee of \$25 (whichever is greater). A substitute may attend the program in your place. If you do not attend the program and do not submit a refund request, the University will retain all fees.

## **All of the Following Courses begin on September 30, 2013:**

### **NSCI 106A Human Anatomy and Physiology A (4 units)**

This course is designed to introduce foundational concepts in human anatomy and physiology. Topics include: language of anatomy and physiology, basic biochemistry, cytology, cellular metabolism, histology, and the primary bodily systems that oversee support and movement of the body.

Course fee: \$220

### **NSCI 106B Human Anatomy and Physiology B (4 units)**

This course is designed to introduce foundational concepts in human anatomy and physiology. Topics include: the nervous system, the muscular system and the endocrine system.

Course fee: \$220

### **KIN 114 Health and Performance Assessments (4 units)**

This course introduces students to the field of fitness training and evaluation for gaining the benefits of regular physical activity in a positive

foundations underlying the study of physical activity and its relevance to fitness. Topics include: relationships among health, fitness and performance; summarization of current evidence regarding fitness and health; screening process for assessing potential fitness participants and recommendations (medical data collection for determining medical referral guidelines and static and dynamic testing procedures, i.e. fitness evaluations/assessments for guiding the development of individualized exercise/fitness training programs).

Course fee: \$220

### **KIN 201 Kinesiology (4 units)**

This course introduces students to the basics of kinesiology (the study of human movement/motion). The overall emphasis of this course is structural kinesiology – the study of muscles, bones, and joints as they are involved in the science of movement. To a much lesser degree, certain physiological and mechanical principles are addressed to enhance the understanding of the structures discussed. Anatomists, athletic trainers, physical therapists, physicians, nurses, massage therapists, coaches, strength and conditioning specialists, performance enhancement coaches, physical educators, and others in health-related fields should have an adequate knowledge and understanding of all the large muscle groups so they can teach others how to strengthen, improve, and maintain these parts of the human body to enhance and improve normal human movement as they relate to activities of daily living as well as sport performance.

This course utilizes the information from anatomy (structure) and physiology (function) to optimize human movement.

Course fee: \$300

### **KIN 206 Biomechanics (4 units)**

This course introduces students to the field of exercise and sport biomechanics. The goal of this course is to present the basics of mechanical concepts as it pertains to human movement in a clear, concise, and user-friendly format. Topics include: Force (linear and rotary); motion (linear, curvilinear, rotary, and general); linear and angular kinetics; linear and angular kinematics; work, power, and energy; qualitative analysis to improve exercise techniques, training systems, and decreasing injury rates.

Course fee: \$300

### **NUTR 209 Advanced Nutrition (4 units)**

Introductory course focusing on the scientific investigation of the nature, role, and metabolism of energy nutrients in human health at all stages of life, including childhood, adolescence, middle-age, and elderly. Emphasis on digestion, absorption, and metabolism of foods and nutrients, and planning dietary intake incorporating necessary macro- and micronutrients for overall health.

Course fee: \$300





## Earn your Wexford University Personal Trainer Certification with an Emphasis in Sports Performance

With the Wexford University Certified Personal Trainer (CPT) self-directed online training program, you learn at home, at your own pace. No set schedules, study when you want to; you have the freedom to take your time to ensure you completely understand each concept being taught.



The Wexford University Certified Personal Trainer program includes:

- Online Certification Exam
- Online Textbook (downloadable)
- Over 20 hours of Online Lectures, Presentations and Training Videos
- Online Quizzes to Ensure Your Are on Track
- Comprehensive Sports Performance Module
- Extensive Video Training from Wexford University Faculty
- Comprehensive Business, Marketing and Career Modules

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With the Wexford Certified Personal Trainer program, you will:

Advance your career. The Wexford training model prepares you to successfully train a wide range of clients

Direct application. Wexford understands the importance of direct application. All course modules emphasize application over theory.

Financial success. Wexford Certified Personal Trainers learn cutting edge business and marketing strategies, entrepreneurship and brand building.



Your benefits of earning your Personal Trainer Certification with Wexford University:

- Certification has same appearance as Wexford degree diplomas
- Your Certification will state: Wexford University Certified Personal Trainer with emphasis in Sports Performance
- No need to travel to take your certification exam. With Wexford, it's taken online.
- Wexford offers the only personal trainer certification with a sports performance emphasis
- Learn how to earn a significant income with our comprehensive, business, marketing and career mastery modules

What makes the Wexford University Personal Trainer Certification unique?

It's the only personal trainer certification with an emphasis in sports performance

It's the only certification which includes such extensive training in business, marketing and entrepreneurship from the world's leading experts

It's the most comprehensive training course of its kind, giving you more education, know knowledge and more value

Now is the best time to secure your future as a Wexford Certified Personal Trainer.

- Enjoy helping your clients get in shape safely and effectively
- Start your fitness career at a gym of your choice, or start your own personal training business
- Train general fitness enthusiasts, elite athletes and special populations
- Become a fitness entrepreneur; write a book, start a blog, make exercise videos, get on TV
- Create your ultimate enjoy your dream life; live your passion

Course Approvals:

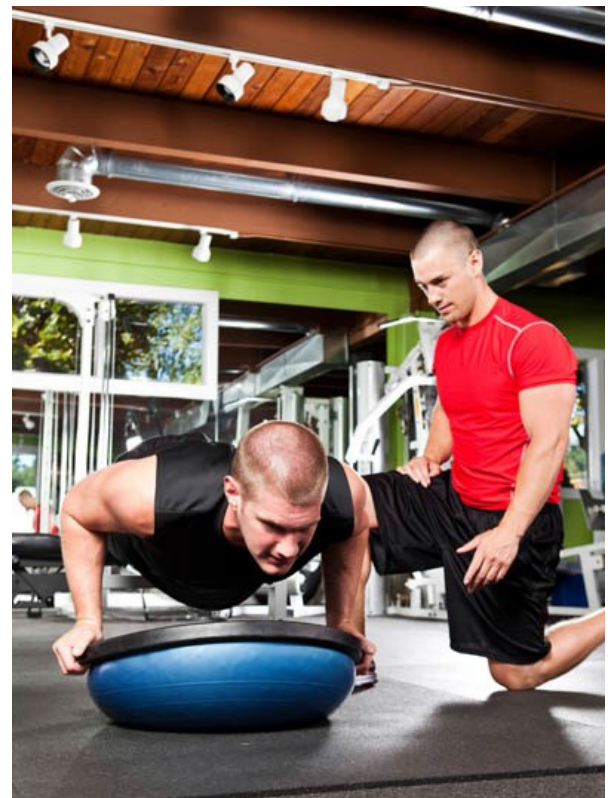
The Wexford University Personal Trainer Certification is approved and licensed by the state of California. You can use this certification in any state in the U.S. and work throughout the world.



Wexford University is a private university licensed to operate by the (BPPE) Bureau for Private Postsecondary Education (California Education Code 94900 mid/or 94915). The University was founded in 1999, and has been continuously approved by the State of California to offer cert undergraduate and graduate level degrees. School Code: 4306651

Approved for Continuing Education Credits (CECs/CEUs) from the following professional industry associations:

NESTA (National Exercise & Sports Trainers Association) Spencer Institute  
MMA Conditioning Association  
ITCA (International Triathlon Coaching Association) ISSA (International Sports Science Association) NASM (National Academy of Sports Medicine)





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## Program Details:

Requirements for you to become a Wexford University Certified Personal Trainer:

1. 18 years of age or older
2. High school diploma or GED

### Recertification and Continuing Education Process

Wexford requires each certified personal trainer (CPT) to complete 4.0 Continuing Education Units (CEUs) over a four year period. Each 0.1 CEU is worth one hour of study time or one contact hour in a live training format.

### Course Modules:

Chapter 1 - Introduction to Personal Training  
Chapter 2 - Exercise Physiology  
Chapter 3 - Kinesiology and Functional Anatomy  
Chapter 4 - Applied Biomechanics  
Chapter 5 -  
Flexibility Chapter 6  
- Nutrition  
Chapter 7 - Special Populations  
Chapter 8 - Assessments Chapter  
9 - Program Design  
Chapter 10 - Exercise Application  
Chapter 11 - Safety, Injury Prevention and Treatment  
Chapters 12-14 - Career Strategies and Applications for the Certified Personal Fitness Trainer Chapter  
15 - Business, Marketing, Branding and Entrepreneurship for the Fitness Professional

### Purchasing options:

Single Payment of \$675 total  
2 Payment Option (30 days apart)  $\$360 \times 2 = \$720$  total  
3 Payment Option (30 days apart)  $\$260 \times 3 = \$780$  total

