

# **Long Island University Division of Sports Sciences**

## **Bachelor of Science Sports Sciences**



### **Student Handbook**

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## **LONG ISLAND UNIVERSITY MISSION STATEMENT**

Expressed in its still relevant motto—Urbi et Orbi—the mission of Long Island University since 1926 has been to open the doors of the city and the world to men and women of all ethnic and socioeconomic backgrounds who wish to achieve the satisfaction of the educated life and to serve the public good. Its mission is to awaken, enlighten, and expand the minds of its students.

Generation after generation, the students who have enrolled in the Brooklyn Campus of Long Island University have come from varied, primarily urban backgrounds. Like their predecessors, many of today's students are new to America and new to the English language or are the first in their families to seek a university education. At the Brooklyn campus, all students find an academic community where cultural, ethnic, religious, racial, sexual, and individual differences are respected and where commonalities are affirmed. This requires the Campus to be open and welcoming, even as it maintains respect for intellectual, cultural, and academic traditions.

Nationally recruited, the faculty has a strong commitment to teaching, to personal advisement of students, to the fullest range of scholarship, and to professional development and service.

The Brooklyn Campus recognizes both the faculty's training and experience, and the character of its diverse student body as two of its greatest strengths and challenges. No matter what their background or generation, students come to the Brooklyn Campus to build the educational and intellectual foundations for successful personal lives and careers. The Campus faculty and administration believe that a liberal education, along with careful preparation for a fulfilling career, is the best way to achieve this end.

To carry out its mission, the Brooklyn Campus offers comprehensive undergraduate curricula, supported by advanced courses for specialized knowledge and graduate programs in those areas in which it has developed strength or has a unique contribution to make. In addition, the campus has designed programs to permit students to acquire essential literacies, intellectual curiosity, analytic and reasoning skills, and effective communication skills. In this way, the Campus serves as a conservator of knowledge, a source and promulgator of new knowledge, and a resource for the community it serves. (*Statement of Mission, Brooklyn Campus of Long Island University*)

## **SPORTS SCIENCES MISSION STATEMENT**

The health of millions of Americans suffers in part, as a result of their sedentary lifestyles. According to the Centers for Disease Control and Prevention, more than 60% of adults do not engage in the recommended amount of physical activity, and almost 25% are not active at all. Regular physical activity can reduce the risk for developing diabetes, high blood pressure and while helping each person to attain a satisfying and meaningful quality of life. The programs offered by the Division of Sports Sciences at the Brooklyn Campus of Long Island University seek to prepare professionals in the Sports Sciences who will be skilled in not only preventing disease, injury and disability, but also in promoting health, fitness and sport/physical activity. The recipients of our services engage in active lifestyles that incorporate physical activity, exercise and sport based on scientific knowledge and principles.

## **INTRODUCTION**

This Sports Sciences Handbook contains a collection of policies, guidelines, procedures, and information of importance to students in the Sports Sciences Program. It should be read by each student upon its presentation and should be kept as a reference for future questions regarding these matters

As University and professional guidelines change from time to time, the faculty reserve the right to modify the information included herein without notice. Matriculated students shall be advised of any changes as they are approved.

*Consult the current Long Island University, Brooklyn Campus Undergraduate and Graduate Bulletins for further important information. It is your responsibility to know and follow the deadlines and expectations of the Brooklyn Campus and the University as a whole.*

## **ACCREDITATION**

The program in Sports Sciences is registered with the New York State Department of Education.

## **SETTING**

The Division of Sports Sciences is located on the Brooklyn Campus of Long Island University. The Division of Sports Sciences currently occupies the third floor, of the six-story William Zeckendorf Health Sciences Center. The academic program, which includes classroom/teaching labs, conference room, administrative and faculty offices, a neuroscience lab, a cardiopulmonary lab, a musculoskeletal lab, an athletic training lab, a physical activity room and a computer lab are housed on the third floor.

The School of Health Professions at Long Island University offers academic programs in Occupational Therapy, Physical Therapy, Physician Assistant Studies, Respiratory Care, and Community Health. Other health related academic programs represented at Long Island University include the School of Nursing, the graduate program in Speech Pathology, and the Arnold and Marie Schwartz College of Pharmacy and Health Sciences, which is one of the largest and oldest colleges of pharmacy in the nation.

## **STATEMENT OF PURPOSE**

The Division of Sports Sciences formerly the Department of Health Sciences and Physical Education was established at Long Island University in the mid-1960's. The program focuses on scientific knowledge and the its practical application to the fields of exercise physiology, adapted physical education, coaching and conditioning and athletic training. A required core of sports sciences courses including neuroscience, exercise physiology, motor learning, nutrition and kinesiology provides the foundation for study in each of the above areas, while specialized courses and electives allow for individual growth and enrichment in the student's chosen area of interest. The academic program promotes critical thinking and problem solving to issues and questions related to exercise, health, movement and sport.

## EDUCATIONAL GOALS

As a result of the total educational process, the graduating student in the Division of Sports Sciences has the knowledge, skills, attitudes and values to:

- Demonstrate professional behaviors and work habits appropriate to the setting and the graduate's level of professional development.
- Develop effective working relationships with staff, peers, supervisors and supervisees, students, team members, representatives of fieldwork and community settings and the public.
- Develop patient/client observation, basic reporting skills and ability to effectively use oral, nonverbal and written communication skills.
- Perform basic screening, assessment, goal planning, treatment and reassessment skills under the supervision of faculty.
- Relate recommendations for individual goals, activities and methodology based on the assessment of patient/client needs, level of life span development, theoretical principles and effective practice skills.
- Demonstrate knowledge and skills in the areas of health, fitness, sports and physical activity.
- Perform assessment in areas of cardiopulmonary fitness, body composition, muscle strength and endurance and muscle/joint flexibility, sport psychological assessment and resting and exercise pulse rate and blood pressure.
- Integrate scientific knowledge into the study of adapted physical education, coaching and exercise physiology.
- Apply task analysis techniques to activities of daily living, sport and the workplace.
- Demonstrate the ability to interpret, communicate and effectively promote healthy lifestyles in various settings.
- Perform assessment and evaluation techniques in areas of physical fitness, motor abilities, movement and sports skills.
- Design assessment-based curriculum in each of the above program areas.
- Create learning environments in which instruction, activities and goals are adapted to individual differences, including those with special needs.
- Incorporate positive behavioral techniques to facilitate leisure-time physical and social activities that can enhance the quality of people's lives.
- Understand how the central nervous system functions and its role in motor learning and performance.
- Understand the fundamentals of biomechanics and its application to movement and sport skills
- Identify how principles of motor performance and learning can be applied to coaching, teaching, habilitation/rehabilitation and the design of performance friendly leisure-sport environments.
- Develop a sound knowledge base relative to the role that nutrition, complemented by exercise, may play in the enhancement of both health and sport performance.

## CURRICULUM DESIGN

The Division of Sports Sciences offers an undergraduate degree program in Sports Sciences and a Bachelor/Master in Athletic Training and Sports Sciences, a master's degree in Health Sciences with an Adapted Physical Education track, a Coaching and Conditioning track, Exercise Physiology track, as well as a M.S. in Advanced Athletic Training and Sports Sciences.

The undergraduate Sports Sciences Program, designed to meet the growing need for sports science specialists versed in the medical aspects of fitness, rehabilitation and athletic performance, is a four-year program leading to a Bachelor of Science degree.

Upon completing a strong foundation of courses in the liberal arts and basic sciences along with Sports Sciences core courses, the student enters the specialized professional program with advanced courses and practical experiences in one of the following concentrations:

Adapted Physical Education  
Coaching and Conditioning  
Exercise Physiology

Successful completion of the curriculum, which has been approved and registered by the New York State Department of Education, enables graduates to develop entry-level competencies in a variety of settings that may range from fitness centers, health facilities, schools, hospitals, and amateur and professional sports teams to organizations involved in working with the disabled.

### Admission Requirements

1. Freshman students are required to present a high school average of at least 80 and preferred combined College Board score of at least 800.
2. Transfer students must present an overall average of at least 2.0.
3. Students must submit two letters of recommendations and have a personal interview.

## CURRICULUM PREREQUISITES

LIU students must complete all of the prerequisite liberal arts and science core courses listed below.

### Liberal Arts:

- 6 Credits English Composition (Eng16, Core Seminar)
- 6 Credits English Literature (Eng61-64)
- 6 Credits Philosophy (Phil61 and 62)
- 3 Credits Oral Communication (Spe3)
- 3 Credits Math Tools (Math16)
- 6 Credits History (His1, His2)

### Any two Social Sciences:

- 6 Credits Social Sciences (Soc.3/Anth 4,5/ Eco 1,2/Psy 3)

### Sciences:

- 8 Credits Biology with lab (Bio3-4)
- 4 Credits Anatomy with lab (Bio131)

SUMMARY OF RECOMMENDED COURSES IN THE PROFESSIONAL PHASE OF THE BACHELOR OF SCIENCE PROGRAM IN SPORTS SCIENCES. ADDITIONAL ADVANCED COURSES ARE BASED ON THE STUDENT'S CONCENTRATION IN THE FOLLOWING:

**ADAPTED PHYSICAL EDUCATION  
COACHING & CONDITIONING  
EXERCISE PHYSIOLOGY**

**CURRICULUM**

**THIRD YEAR**

First Semester

SpS 142 Principles in Athletic Training	3 credits
SpS 151 Kinesiology	3 credits
SpS 154 Adapted Physical Education	3 credits
SpS 156 Eval. Health/ Fitness/Sport	3 credits
RC 141 C.P.R.	2 credits
Elective	<u>3 credits</u>
	17 credits

Second Semester

SpS 146 Principles/Philosophy of Coaching	3 credits
SpS 148 Nutrition	3 credits
SpS 150 Motor Learning	3 credits
SpS 152 Exercise Physiology	3 credits
Elective	<u>3 credits</u>
	15 credits

**FOURTH YEAR**

First Semester

SpS 82 Aerobic Fitness	2 credits
SpS 163 Practicum Experience	3 credits
SpS 179 Philosophy of Sport	3 credits
SpS 194 Senior Project	3 credits
Electives	<u>6 credits</u>
	17 credits

Second Semester

SpS 149 Exercise and the Older Adult	3 credits
SpS 164 Field Experience	3 credits
SpS 180 Sports Psychology	3 credits
SpS 190 Neuroscience	3 credits
Elective	<u>3 credits</u>
	15 credits

## **ACCESS TO FACULTY**

### **FACULTY ADVISORS**

To facilitate advisement and counseling of students, each student will be assigned a faculty advisor. Students are required to meet with their advisor at least once during the fall and spring semester and in the summer if needed. The faculty advisor and the student will work in a collaborative fashion to monitor the student's academic progress and development of professional behaviors. Advisors are full-time faculty members.

### **OFFICE HOURS**

Faculty regularly maintains office hours each week while classes are in session. During office hours, faculty is available for meeting with students by appointment. Faculty meetings, preparation for class and committee meetings take up additional time of the faculty.

You are encouraged to take advantage of your faculty's availability, as their knowledge and experience is the greatest resource of your education. However, recognizing the multiple demands on the limited time available for faculty office hours, the best way to do this is to make an appointment. In this way, you will know that your time is reserved for you, and your faculty will be able to work with you more efficiently.

The faculty office hours schedule shall be posted each term; consult the posted schedule outside each faculty office. Appointments may be made by signing up. If convenient times are not available, you may request alternate times by leaving a note in the professor's mailbox (Main Office HS 309)

## **COURSE PROCEDURES**

### **REGISTRATION**

LIU provides a registration period each term. Each student is responsible for delivering his/her own completed card to the Registrar's office. During this time, you may make an appointment to meet with your faculty advisor to review your progress, and plan for your future. Completing your registration before the in-person registration period will save you a great deal of time and frustration. It will also maximize the time available for processing of financial aid and scholarship paperwork.

*If you are not formally registered for the course by the end of the semester, you will not receive a formal grade. This will affect your ability to graduate, as the registrar will have no record of your participation in the course. Should your registration be blocked because of financial reasons, you should notify your faculty advisor as soon as possible.*

### **UNIVERSITY RECORDS**

During the admissions process, some requirements may have been waived or substituted. It is your responsibility to make sure that all program requirements and documents are received identified and accepted by the Admissions Department. This includes official transcript with final grades for all courses. Failure to ensure that all requirements are fulfilled and acknowledged by the University may result in delay of graduation.

### **PROGRAM ATTIRE**

Students should attend class neatly and modestly dressed. Physical Activity classes may require shorts; warm-up suits or sweat pants and sneakers. Some laboratory classes require special attire: shorts and halter, or bathing suit top (2 piece) for women; shorts without shirt for men. Before entering the laboratory, it will be important for you to evaluate and treat "normals" in the classroom laboratory sessions. You would not assess body composition of a client through their clothes. Therefore, appropriate laboratory attire demonstrates consideration and respect for your classmates and their future clients or students.

Students not dressed appropriately for class may be asked to leave, and participate only upon returning in appropriate attire.

## PUNCTUALITY

Students are expected to be in the classroom **five minutes** before the scheduled start of class. This allows classes to begin on time and you may receive the full benefit of your educational experience. It is very distracting for the professor and peers to have students entering class late. Punctuality is also a professional behavior that will be included in the course grade.

## ATTENDANCE

Students are expected to attend all class, laboratory and field experience sessions. Course grades are based on full participation. Points may be deducted from the final grade, at the discretion of each faculty member, for lateness and unexcused absences, **based solely upon this statement in the Handbook.**

Each semester, a general weekly class schedule shall be posted on the door of the main office (HS 309) and the Sports Sciences classrooms identifying the dates and times classes are to be held. Each course instructor is responsible for distributing a specific course outline and schedule, which may include occasional changes from the general schedule. It is your responsibility to follow the course schedule as per the professor.

If you know ahead of time that a class will be missed, you may leave a note for the professor in the Division Office. Frequent absences may require documentation through a physician's note. The faculty may also initiate a referral to the Academic Progress Committee if extensive absence from classes occurs.

Extended absences due to illness (3 days or more) may require written approval of a physician for return to class, field experience or clinic. Students with excessive absences will be required to complete make-up assignments at the discretion of the instructor. (Course grades will reflect students mastery related to overall attendance.) (Students may be required to retake courses if all requirements including attendance are not met to the standards set by instructor and division.)

## JURY DUTY

Students who are summoned for Jury Duty may request a letter from the Registrar indicating that the student is enrolled in a full time academic program. Such documentation usually allows for postponement until graduation.

## **SPECIAL ACCOMMODATIONS**

Students requesting special accommodations due to physical, psychological or learning needs are encouraged to meet with the chairperson, and course instructor *prior* to the third class session. **The Special Education Department is also available to assist students with special needs.**

## **STUDENT ACTIVITIES**

### SPORTS SCIENCES CLUB

LIU Sports Sciences Club is open to all Sports Sciences students, and anyone interested in Sports Sciences. The SpS club meets regularly each semester. Club officers are elected each year.

The goals of the SpS club are to foster professional development among SpS students, provide community services, and to promote socialization between students in the different SpS classes and with students from other programs. Activities include attending professional conferences, volunteering at Special Olympics, volunteering at marathon medical stations, health and fitness screening clinics, and social events. At least one community or public service activity should be completed each year. Funds are allocated by the Student Government Association to help defray the cost of the activities. Look for signs on the Division bulletin board announcing the first meeting and meet your fellow Sports Sciences students.

### STUDENT INFORMATION

Bulletin boards located on the third floor are provided to share information with students. One area is reserved for the Sports Sciences Club; another area is for notices and continuing education brochures. The bulletin boards are located next to HS 309

### CHANGE OF ADDRESS, TELEPHONE, NAME

Should your personal circumstances require changes in the above information, it is the student's responsibility to notify the Registrar's Office of such changes. Both the University and the Division regularly send students important mailings, which you might miss if this information is not current. Neither the Division nor the University assumes responsibility for mail sent to students that are not received by the students.

## **FACILITIES**

### CLASSROOM MAINTENANCE

Students are responsible for keeping classrooms neat and clean by cleaning up after themselves. Students can make a real difference to classroom appearance by tidying up their lecture, study, and laboratory areas. Equipment used during lab classes must be returned to cupboards, closets, etc. so that the room is restored to order at the end of a class. Mats and chairs should be replaced when moved. No shoes are allowed to be worn on mat tables or floor mats.

### LABORATORIES

Respiratory Care and Sports Sciences Computer Laboratory. HS 332

Cardiopulmonary Laboratory HS 333

Neuroscience Laboratory HS 326

Musculoskeletal Laboratory HS 334

Fitness Laboratory HS 322

Athletic Training Laboratory HS 323

Computer laboratories are also available on the second, and fourth floors of the Library Learning Center.

### THE 3rd Floor

Students are expected to keep noise to a minimum. If you are waiting for class or for a practical examination, do so in a vacant classroom, or in common areas elsewhere in the building.

### SMOKING

***The University is a smoke free environment.*** Smoking is not permitted in the classrooms, bathrooms, stairs, or corridors under any circumstances. Students interested in smoking cessation are advised to see Dr. Scott in HS 511, and/or Health Services (718) 246-6450

### OFFICE SERVICES

The Program secretary has many responsibilities. They are accountable for smooth coordination of many administrative requests. With regards to telephone service, in the event of an emergency, she will be happy to take a message for you and do her best to see that it is delivered to you.

However, taking non-emergency messages is beyond the staff's time constraints; please do not ask them to do so, and instruct your friends accordingly.

Personal telephone calls should be made at the pay telephones located in the lobby on the first floor, near the Paramount cafeteria and in the basement lounge of Metcalfe Hall.

Under no circumstance, will the secretary be responsible for your personal photocopying. The only photocopying that will be permitted within the department must be at the request of the Director or a faculty member. Copy machines are available for students use in the library, as well as several copy services nearby the University.

## LOCKERS

Lockers are provided for your personal use in the hallway. It is not a good idea to store valuables or expensive items in your locker. Long Island University is not responsible for theft or damages. The division office HS 309 will assign lockers.

## PERFORMANCE STANDARDS

The Division of Sports Sciences Academic Progress Committee consists of four full time faculty. The committee meets at the end of each semester to discuss academic progress of all students. It will also meet to evaluate any problematic situations involving *Professional Behavior* of a student.

### *PROFESSIONAL BEHAVIOR*

The goals of a professional education program are to facilitate the student's knowledge, skills, and values representative of the respective profession. Values become especially important in the helping professions, where future clients' well being is entrusted to the professional who provides services to them. By their very nature, values direct individuals' behavior. Thus, the clearest demonstration of the internalization of the profession's value system is the student's behavior.

Professional behavior is considered an integral component of every aspect of the professional phase of the program. The values that produce professional behavior govern all interpersonal relations. Appropriate behavior, then, must be displayed in the classroom, laboratory, and field experiences and in all the students' interactions.

Professional behavior is defined as the ability to behave in a manner appropriate to effectively represent the profession. Below are the definitions of the standards that will be used to assess students' professional behavior:

1. Commitment to Learning                      The ability to self-assess, self-correct, and self-direct; to identify needs and sources of learning; and to continually seek new knowledge and understanding.
2. Interpersonal Skills                              The ability to interact professionally with faculty, patients, families, colleagues, other health care and education professionals, and the community. In addition, the ability to be sensitive to cultural and ethnic diversity issues.
3. Communication Skills                            The ability to communicate respectfully and appropriately (i.e., speaking, body language, writing and listening) to varied audiences and purposes and to clearly express your point of view.
4. Effective Use of Time Resources              The ability to obtain the maximum benefit from a maximum investment of time and resources.
5. Use of Constructive Feedback              The ability to identify sources of and seek out feedback; to effectively use and provide feedback for improving personal interaction.
6. Problem-Solving                                 The ability to recognize and define problems, analyze data, develop and implement solutions, and evaluate outcomes.
7. Professionalism                                 The ability to fulfill commitments and be accountable for actions and outcomes.
8. Responsibility                                     The ability to fulfill all academic, fieldwork, and professional commitments and to be accountable for all actions and outcomes.
9. Critical Thinking                                 The ability to question logically; identify, generate and evaluate elements of logical argument; recognize and differentiate facts, illusions, assumptions and hidden assumptions; distinguish the relevant from the irrelevant.
10. Stress Management                             The ability to identify and effectively cope with any stress/stressors that would affect performance in an academic program

## ACADEMIC

Below is a new grading system, which will be used in the Division of Sports Sciences:

New Grading: Effective Fall 2003

A	4.00	93-100
A-	3.67	90-92
B+	3.33	86-89
B	3.00	83-85
B-	2.67	80-82
C+	2.33	76-79
C	2.00	73-75
C-	1.67	70-72
D	1.00	60-69 (undergraduate only)
F	0.00	0-59

Beginning Fall 2003 and thereafter, grades and GPAs earned through August 31, 2003 remain intact and are not affected. Beginning Fall 2003 and thereafter, grades earned will reflect the new grading system. In the interim, if you have any questions, please speak with your assigned academic advisor.

### Academic Progress Committee

The Sports Sciences Division's Academic Progress Committee will review the academic progress of all students in the fall, spring and summer semesters. This committee will follow the criteria listed below. All the division's full time faculty members sit on the Academic Progress Committee.

### Sports Sciences Students

Students must maintain a 2.0 GPA and make appropriate progress toward fulfilling the degree requirements for the sports sciences program. Excessive withdrawals for incompletes can be considered as failing to make satisfactory progress.

Sports Sciences students whose GPA is below 2.0 or those with unsatisfactory academic progress will be placed on academic probation. Students on academic probation will be notified in writing by the division and are expected to earn a GPA 2.0 or higher the following semester without excessive incompletes or withdrawals. Periods of probation are determined on an individual basis. Failure to show sufficient academic improvement may result in dismissal from the program. In addition, students on academic probation must adhere to the following criteria or they are at risk for dismissal:

- Can not be absent for more than 3 class meetings in any one course.
- Tardiness can be considered as an absence
- Can not participate in extracurricular activities
- May not miss more than 20% of laboratory or field experience time

All possible avenues are explored in order to prevent dismissal. When a dismissal is necessary, each case is dealt with according to individual circumstances. Confidentiality is a priority and support for the student is maximized.

### ACADEMIC DIFFICULTY

If you experience difficulty in any course, address this issue promptly. Poor performance in one area tends to quickly spread to others, producing a cumulative effect. In the event of academic difficulty:

- \* SEE THE COURSE INSTRUCTOR FIRST
- \* ARRANGE FOR TUTORING WITH THE HELP OF THE FACULTY
- \* SEE YOUR CLASS ADVISOR

It is your responsibility to notify the appropriate faculty members as soon as you perceive an academic problem, and initiate procedures to obtain assistance.

## PLAGIARISM

Plagiarism is a serious offence. It is a violation of student integrity and considered by the faculty to be cheating on an assignment. Any student found to be plagiarizing on a written assignment would receive a zero for that assignment. Plagiarisms of any sort are unacceptable and, if proven, are causes for the most severe penalties up to and including suspension or dismissal from the University. (Long Island University Undergraduate Bulletin)

## EXAMINATION PROCEDURE

Examinations comprise an important method of assessing student's knowledge of subject matter. As such, examinations form an integral part of the educational program of each student.

Procedures for taking examinations become very important for each student. In order to control for various extraneous factors affecting student performance on examinations, the following procedures shall be followed for each examination given in this program.

1. Students shall be seated in the examination room with a maximum amount of space between them, as directed by the instructor.
2. All notes, texts, and book bags shall be placed in the front of the examination room.
3. No student shall leave the room without permission until he/she completes the examination.
4. Students arriving late for an examination any time **after students have left the examination room** may not be permitted to take the examination.
5. Students must be available and dressed in appropriate attire for laboratory practicals.
6. If a student is caught cheating, his/her paper will be taken and he/she will receive a zero for that exam. Any student caught cheating is subject to dismissal from the program. Please see the Long Island University Undergraduate Bulletin, "Discipline."

## GRIEVANCE PROCEDURE

To provide for fair consideration of student grievances, the Program has developed a protocol for resolving grievances, which is based upon the procedure outlined in the Brooklyn Campus Undergraduate and Graduate Bulletins:

1. Student will write out a clear statement of the grievance to the faculty member involved and request a meeting. The student will be given a written response within a reasonable time.
2. If the student is not satisfied with the response, the student may submit a statement to the division director. The director will review the matter and provide the student with a written response within a reasonable time.
3. If the student is still not satisfied, the student may utilize the School of Health Professions Academic Standing Committee.
4. If the student is still not satisfied, the student may consult with the Associate Dean, School of Health Professions. The request must include a description of the problem, the student's reasons for requesting the hearing, and a statement affirming that the above protocol has been followed. The Dean will review the matter, hear the student and staff member where appropriate, and see that the proper action is taken.

## LEAVE OF ABSENCE

Any student wishing to request a leave of absence must submit a written request, including the rationale for their request, to the Division Director. The Division Director will then review the student's case and make a written recommendation to the Associate Dean, School of Health Professions.

Request for leave of absence may be approved or disapproved by the Division Director and the Associate Dean, School of Health Professions. Upon the student's return, he/she must comply with the regulations concerning the class currently in progress.

Failure to return to the Program at the termination of the Leave of Absence shall result in the student's dismissal from the Program.

Under no circumstances will permission be given to withdraw from some, but not all, courses during any term.

## COMMUNITY SERVICE

Students will be prepared to ultimately work in the urban environment, which presents unique challenges to health care provision. Consistent with the mission of Long Island University to provide service to the community, sports sciences students will participate in health fairs and unique community activities sponsored by the University. The curriculum emphasizes the importance of community service learning, cultural competence and the relationship of the environment to health and illness. It is critical that students have early and consistent exposure to the community facilitated through developmental learning activities. The community-based learning experiences will foster a deep appreciation of the broad spectrum of social, cultural, political, and economic forces that shape this environment and influence the individual in his/her daily activities and valued occupations.

During the course of the curriculum, students will be placed in the community, in a variety of settings, including corporate fitness facilities, health clubs, public schools institutions, disability service organizations, hospital rehabilitation centers and fitness/sports training facilities. Students will be able to effectively work in traditional and nontraditional settings, including health, social and community agencies addressing health promotion, disease prevention and habilitation/rehabilitation needs.

Students are expected to present themselves as professionals; this includes complying with the protocol for appropriate dress.

## STUDENT PRACTICUM

The Sports Science curriculum lay the foundation for the students to use contemporary health, movement and fitness evaluation techniques and equipment in a fieldwork setting. Students work in small groups, with faculty supervision, develop an individualized learning experience that involves blood pressure, heart rate, body composition, energy systems, EKG Analysis, ergometry, metabolic calculations, muscular strength, muscular power, exercise programming, motor ability testing, evaluation and health/fitness interventions. The hands on learning experience will identify skills, knowledge, method of implementation, data analysis and evaluation. The students present a case study to include implementing evaluation elements and recommend interventions. Students will demonstrate knowledge, theoretical understanding, and skill in areas of Adapted Physical Education, Athletic Training, Coaching and Exercise Physiology.

The Sports Sciences Faculty is committed to expanding the professional body of knowledge. Sharing information is critical to strengthening the scientific bases of professional practice. Under the continued supervision of the primary faculty advisor, students are encouraged to participate in presentation and publication of results at both the local and national levels.

## **FIELD EXPERIENCE**

### FIELD EXPERIENCE CONCERNS

Field Experience practice constitutes an integral part of your course of study. It provides an excellent opportunity for you to acclimate yourself to the professional setting, practice selected aspects of sports sciences, observe various types of fieldwork settings, and develop your professional competence. Students should be certified in CPR prior to enrolling in SpS 164.

The dates for your fieldwork affiliations are pre-arranged, and constitute part of the contractual agreement between the University and each center. As a result, the planned schedules must be adhered to. Please do not expect your faculty advisor to modify these plans to suit your personal situation.

During your scheduled affiliation attendance is mandatory; absences must be made up. Note that it is usually impossible to complete make-up days, except at the field experience center's convenience. This limitation may result in your grade for a fieldwork practice course being an "Incomplete" until your time is made up.

Punctuality is of critical importance in fieldwork practice. If you are going to be late, telephone your supervisor at the time you were to begin your work day to notify him/her you will be in. Repeated tardiness constitutes a serious problem; missed time may need to be made up, and unresolved problems may result in failure of a fieldwork affiliation

### ASSIGNMENT OF FIELDWORK PRACTICE SITES

Matching of student needs and fieldwork center resources is the responsibility of the assigned faculty member. While individual student's abilities and concerns are considered in assigning fieldwork sites, the quality of the fieldwork practice experience is the prime criterion for assignment.

Students should recognize that the organization of fieldwork practice courses is a complex and time-consuming task. As a result, it is impossible for you to pick and choose.

Students having personal, or financial relationships with a fieldwork facility are ineligible for placement at that facility. An objective learning and evaluation process cannot be guaranteed when potential conflicts of interest are present.

Although some of your affiliations may be within commuting distance of the Brooklyn Center, note that you may be required to attend an out-of-town affiliation. Due to the limitation of the sites, you may need to travel within the city at a distance also.

The Faculty Member is responsible for the final decision determining fieldwork assignments.

### MEDICAL INFORMATION

Effective June 4, 1992, all employees, volunteers and students who are at risk of exposure to blood and body fluids must be advised of the Occupational Safety and Health Administration (OSHA) blood borne pathogen standards, and should consider receiving the Hepatitis B vaccine. It is the responsibility of the individual student to obtain the vaccine.

### HEALTH INSURANCE

According to the contract that has been established with our fieldwork sites, it is the responsibility of the fieldwork site to provide emergency medical care to students who become ill or injured on the fieldwork center premises. It is the student's responsibility to absorb all costs related to the care. There are some fieldwork sites that require students to have health insurance.

It is recommended that students maintain an individual health insurance policy. There is a student policy available through the University.

### ATTIRE FOR FIELDWORK PRACTICE

As representatives of the profession of sports sciences, students are required to dress appropriately in accordance with the specific dress code of each assigned site. (It is the student's responsibility to inquire about the specific site's dress code prior to their first day.)

Inappropriate attire includes: open toe shoes, low cut or sheer blouses, bare shoulders, midriffs or exposed cleavage, miniskirts and tight fitting clothing. Make-up, jewelry and accessories should be conservative as well. In some settings students may not be able to wear jewelry.

Remember that neatness and professional behavior are very important in the education or health care setting, and that you are a representative of your school. When in doubt as to the appropriateness of a component of dress, choose conservatively. (You must confirm the appropriate dress of choice, in a routine phone call prior to the start of the affiliation.)

Be meticulous in your grooming for fieldwork. For example, long hair should be tied up neatly away from the face, and fingernails should be closely trimmed.

### FIELDWORK PRACTICE EVALUATIONS

Evaluations are distributed with course syllabus at the beginning of each semester. For each fieldwork practice course, evaluations and hours must be completed. You are also responsible for completing an evaluation of the fieldwork center.

The original copy of the student evaluations must be sent to the instructor. These evaluations are required for completion of the course and a final grade. Grades of Incomplete will be given until all of the appropriate paperwork is submitted. It is the student's responsibility to complete the Change of Grade Form in order to get the incomplete changed on their academic record.

## **FINANCIAL AID**

### DIVISIONAL WORK STUDY AWARDS

The Division and the Brooklyn Campus award a limited number of scholarships:

#### WORK-STUDY ASSIGNMENTS

Division monies are available to pay for students who assist in the laboratories of specific courses or other assignments. The faculty will solicit names of interested students as this need arises.

#### STUDENT ACTIVITY AWARD

The Student Activity Award provides up to \$5,000 tuition yearly in return for up to 15 hours per week of work. Students interested in this award should apply **directly to the Division of Sports Sciences Office** and carefully follow procedures that are required including interviews and orientation sessions.

The Sports Sciences faculty confers on all applications for these awards. Criteria used for ranking applicants include:

1. Ability to work effectively and serve as a role model for other students
2. Financial need
3. Academic performance
4. Leadership ability
5. Demonstration of personal growth

Upon completion of this evaluation, the Division Director will notify applicants of the Division Awards. These scholarships are awarded in an effort to recognize outstanding students, and to ease their financial burden. The work scholarship awardees contributions increase their own skills and enhance operation of the Division.

#### SCHOLARSHIPS

LIU Dean's/Presidential/Provost's Award: students who maintain a high GPA will be eligible for this scholarship.

LIU Regents Scholarship: available to NYS residents. Minority students are eligible to apply.

#### OTHER FINANCIAL AID

In addition, numerous scholarships, merit awards and fieldwork sponsorships are available apart from those offered through Long Island University. Students interested in applying for any award that requires faculty input must make requests for faculty assistance, at least 30 days prior to the application deadline. For a more specific description of other grant or scholarship or loan resources, refer to the Undergraduate Bulletin, to the booklet distributed by the Financial Aid Office.

## **LIBRARIES**

### BROOKLYN

Long Island University Library  
Library Learning Center, 4<sup>th</sup> Floor

*Sports Sciences students are encouraged to work closely with library staff members to take advantage of library resources.*

SUNY Downstate Medical Center  
450 Clarkson Avenue, Brooklyn, NY

*This library requires a Metro-pass, which may be obtained from LIU library. You will need to show the librarian a journal name, which is unavailable at LIU to obtain access to the material.*

Grand Army Plaza  
Flatbush Avenues & Eastern Parkway, Brooklyn, NY

*This is the largest public library in Brooklyn, and should be of use for books and journals.*

### MANHATTAN

*These libraries require a pass from a staff person explaining your student status.*

Cornell Medical Center  
York Avenue at 69<sup>th</sup> Street  
New York, NY

New York Academy of Medicine  
2 East 103 Street  
New York, NY

Hospital for Joint Disease, 5th Floor  
301 East 17<sup>th</sup> Street  
New York, NY

### LONG ISLAND

LIU C.W. POST Campus Library at Greenvale  
Greenvale, NY

Stony Brook Health Science Center Library  
Nicholls Road, Stony Brook

Nassau County Medical Center  
Hempstead Turnpike  
East Meadow, Long Island, NY

*This is a small library, but it has a fair number of journals. Library is always open to students*

### INTERLIBRARY LOAN

Books and journal articles can be requested through the interlibrary loan service. Allow 1-2 weeks for this service.

*Most clinical affiliation sites, especially hospitals have excellent medical libraries. You are entitled to use these libraries while you are on clinical affiliations.*

**DIVISION OF SPORTS SCIENCES  
LONG ISLAND UNIVERSITY**

I, the undersigned, have received and reviewed the Student Handbook for the Division of Sports Sciences Program. I recognize that some of the policies and procedures contained therein differ from those listed in the Long Island University Undergraduate and Graduate Bulletins. By my attendance in this Program and by this signed statement, I agree to conform to the requirements and procedures in this Handbook.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_