How to Use This Handbook

Welcome to the Exercise and Health Sciences Undergraduate Program at the University of Massachusetts Boston. The faculty, administrators, and staff of the Department of Exercise and Health Sciences hope you will find your experience as an undergraduate student to be professionally and personally rewarding. We have published this handbook in order to provide you with some important information about the Bachelor of Science Program in Exercise and Health Sciences (EHS). It is designed to supplement the University's Undergraduate Handbook which contains material related to student rights, academic policies, and course descriptions.

For the most current information about the EHS Program, please visit our website at: http://www.umb.edu/academics/cnhs/exercise_and_health_sciences

This handbook specifies the rights and responsibilities of all undergraduate students in the Exercise and Health Sciences Program. EHS students, faculty, and staff members are responsible to understand and adhere to the policies, procedures, and requirements outlined herein, and all are expected to refer to the most current version of the handbook available on the department website. Failure to stay informed of published policies, procedures, and requirements is not an excuse for non-adherence. The EHS Department updates this handbook annually; curriculum and other important changes are subject to governance of the EHS Undergraduate Program Committee. The EHS Department reserves the right to amend these policies, procedures, and requirements at any time in order to achieve its own stated mission and objectives, as well as those of the University. Department personnel will notify students of such changes on a timely basis via their official UMB email accounts and/or announcements on the EHS website.
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The Undergraduate Program in Exercise and Health Sciences
Who We Are

The Department of Exercise and Health Sciences (EHS) is an integral part of the College of Nursing and Health Sciences (CNHS), and offers a Bachelor of Science in one of the fastest growing disciplines in the country. Through teaching, scientific research, and hands-on learning, our students gain the theoretical and practical knowledge necessary for careers or advanced graduate study in the fields of exercise and health. Our curriculum includes a solid foundation based on the principles of exercise physiology, health behavior change, and physical activity promotion while offering the flexibility for students to pursue a concentration, or specialty, in Health Sciences, Exercise Science, or Fitness Instruction and Management. The Department of Exercise and Health Sciences is at the forefront of reducing adverse health conditions associated with sedentary behavior and unhealthy eating, and empowering individuals and communities to take charge of their own health and well-being. Highlights of our department include a nationally recognized faculty, an active learning environment with an abundance of student-faculty interaction, and numerous opportunities for career development through a wide range of internship experiences, directed research, and professional activities.

Organization of the Department of Exercise and Health Sciences

The Dean of the College of Nursing and Health Sciences oversees the overall direction and operations of the academic departments within the College, including the Exercise and Health Sciences Department. The Dean is supported by an Associate Dean regarding academic matters, and an Assistant Dean regarding administration and financial matters. These officers are supported by their respective staff members.

The Exercise and Health Sciences Department Chairperson oversees the direction and operations of the Undergraduate and Graduate EHS Programs. The Department Chair is supported by Undergraduate and Graduate Program Directors, the Undergraduate Program Manager, and Program Assistants. As faculty members, the Chairperson and Program Directors are responsible for academic policies and requirements within individual programs.
The faculty and staff of the Department of Exercise and Health Sciences are committed to the University and College mission and dedicated to providing outstanding teaching, research and service. EHS faculty offices are generally located on the 3rd floor of the Science Building. A directory and profiles of our faculty and staff can be found on the EHS website.

**Full-Time Faculty**
- Dr. Laurie Milliken – outgoing Department Chairperson
- Dr. Ronald Iannotti – incoming Department Chairperson
- Prof. Dana Commesso – Undergraduate Program Director
- Dr. Richard Fleming – Graduate Program Director
- Dr. Sarah Camhi
- Dr. Ana Lindsay
- Dr. Areum Kim
- Prof. Mario Munoz
- Dr. Heidi Stanish
- Dr. Jessica Whiteley
- Dr. Julie Wright
- Dr. Tongjian You
- Dr. Daniel Young

**Part-Time Faculty**
- Pat Bebo
- Sherman Bigornia
- Denise Courtney
- Melissa DiTaranto
- Patrick Dwyer
- Chris Fitzgerald
- Xena Grossman
- Milko Ivanov
- Ernestine Jennings
- Abbey Lade
- Steve Medeiros
- Kristen Miller
- Tim Morgan
- Ed Perkins
- Sarah Picard

**EHS Staff**
- Patrick Dwyer – Undergraduate Program Manager
- Shauna Murray – Faculty Secretary

**Department and College Facilities and Services**

The Department of Exercise and Health Sciences houses a 1,100 square foot Exercise Science Laboratory, located within the Center for Clinical Education and Research (CCER) on the third floor of the Science Building. Between the Exercise Science Laboratory and GoKids Boston, we are fully equipped with state of the art equipment for exercise physiology assessments. These spaces are used for hands-on classroom instruction as well as student and faculty research projects.

Primary instrumentation in our laboratories includes:

- Indirect Calorimeter
- Cosmed Quark Metabolic Measurement with EKG
- Cosmed K4b2 Portable Metabolic System
- Cosmed Fitmate PRO
- Fitness Testing
- Woodway ELG Treadmill
- Monark Cycle Ergometers
- Monark Cycle Ergometer for Wingate
- VitalSense ambulatory temperature monitoring system
- Brower wireless timing system
- ProMirror Video Training System
- Muscular Strength
- Humac Norm Isokinetic Dynamometer
- Physical Activity Measurement
- Accelerometers (ActiGraph, Actical, and ActivPAL)
- Pedometers
- Health Fitness Appraisal
- Polar Heart Rate Monitors
- Pulse Oximeter
- Sphygmomanometer
- Stethoscopes
- Body Composition
- Prodigy, GE Lunar DEXA
- Tanita Segmented BIA Analyzer
- Lange and Harpenden Skinfold Calipers
- Software
- Dartfish Software

**The Center for Clinical Education and Research** is led by a Director, and houses the EHS Lab, Nursing Lab, Simulation Suite, Competency Testing Rooms, Computer Lab, and Academic and Clinical Support Programs. Representatives of the CCER also serve on the Student Affairs Committee. The Center for Clinical Education and Research (CCER) promotes student engagement in a range of educational activities that will maximize the successful completion of their program of study and transition into practice.
The Office of Student Services administers student-related activities including orientation, advising, and convocation. CNHS undergraduate programs are supported by the Director of Student Services and several Student Services Specialists, a.k.a. "program advisors", who provide academic advising specific to the requirements of each program.

The Clinical Internship and Placement Office (CIPO) is led by a Coordinator and supported by Clinical Placement Specialists. The CIPO oversees relationships with clinical agencies as well as the clinical clearance and placement for practicum courses and internships.

College of Nursing and Health Sciences Mission and Vision

The CNHS mission flows from the mission of the University of Massachusetts Boston. The specific mission of the College of Nursing and Health Sciences is to educate professionals who are prepared to meet the nursing and exercise health science needs of the citizens of Boston, the Commonwealth of Massachusetts, and the global community. We acknowledge a particular responsibility to address the needs of diverse urban populations. The faculty, administration, staff, and students of the College of Nursing and Health Sciences develop and disseminate knowledge, contribute service related to the disciplines of Nursing and Exercise Health Science, and contribute to the realization of the CNHS mission.

Our vision is to improve the health of diverse urban populations through the integration of teaching, targeted research, service, practice and health policy in partnership with others.

Our mission is to educate health and fitness professionals from diverse backgrounds to engage in building scholarly community with a special focus on health, and to provide substantial research, professional and community service.

Our goals are to:
- Advance Student Success and Development
- Enrich and Expand Academic Programs and Research
- Improve the Learning, Teaching, and Working Environment
- Establish a Financial Resource Model Consistent with the University’s Vision Statement
- Develop an Infrastructure Supportive of our vision, mission and goals
General Admissions Statement

Admission to the Undergraduate Exercise and Health Sciences Program is competitive, and requires the submission of the appropriate application and related documentation.

If you have never been a formally matriculated student at the University of Massachusetts Boston and wish to enter the Undergraduate EHS Program as either a first-time college student or a transfer student you must apply through the Office of Undergraduate Admissions. The Admissions Office is responsible for assembling the various components of your UMass Boston application, evaluating applicants and rendering decisions based on admission criteria and deadlines set by the EHS Department, and arranging orientation for accepted students. To apply or for more information please visit the website for the Office of Undergraduate Admissions at: http://www.umb.edu/admissions.

If you are a current UMass Boston student in another major, have completed a UMass Boston bachelor's degree in another major, or are a former matriculated UMass Boston student interested in being readmitted, you do not apply to the EHS Program through the Office of Undergraduate Admissions. Rather, you will apply directly to our program through one of the processes listed below.

All newly admitted students to the Undergraduate Exercise and Health Sciences Program must attend a mandatory orientation before enrolling and registering for classes in the first semester.

How to Apply: New Freshman and Transfer Students

All first-time freshman and transfer applicants are strongly encouraged to apply online by submitting either the UMass Boston Application or the Common Application. (Alternatively you may opt instead to download and mail a paper copy of the Common Application along with the UMass Boston supplement, available on the Undergraduate Admissions website).

First-time Freshmen

For your application to be considered complete and ready for review, you will need to submit the following:

- The completed application
- Your high school transcript (an official copy including your first term or first semester senior year grades)
- SAT-I or ACT scores
- Essay (at least 500 words)
- Academic Recommendation Letter (from a school-based counselor or teacher)
- Application fee ($60) paid by credit or debit card
- Verification of English language proficiency for non-native speakers of English
- The UMass Boston supplement, if you submit the Common Application

Transfer Students

If you have taken at least one college course in your lifetime you are considered a transfer student. For your application to be considered complete and ready for review, you will need to submit the following:

- Official college transcripts from all institutions attended whether you are seeking to transfer credit or not.
- Official copy of your high school transcript (or GED score report) if you have completed less than 24 transferable credits
- Official SAT I or ACT score if you graduated from high school or received a GED within the last three (3) years
- An essay
- Academic recommendation letter (from a school-based counselor and/or teacher)
- Application fee ($60)
- The UMass Boston supplement, if you submit the Common Application

Application Tips

Before you start the online application, please be sure to check application deadlines and read about application requirements that are necessary to complete your application for admission. Submit all additional application requirements to Undergraduate Admissions.

Once your application has been submitted, you cannot make corrections to it online. Please review your application carefully before you submit. You should contact Undergraduate Admissions for instructions on how to make corrections to a submitted application.

Transfer Credit Evaluations

A transfer credit evaluation and equivalency will be completed by the admissions office shortly after a student has been admit-
Admissions

In many instances, courses taken at other colleges and universities will appear on your Transfer Credit Evaluation as not transferring and needing "faculty review" or may be accepted for general elective credits if the Admissions Office cannot make an exact course equivalency. If you believe the content of the course in question was very similar to another course at UMass Boston and wish to have it reviewed for equivalency you can request a Transfer Credit Review through the Undergraduate Admissions Office. This process may take several weeks to complete, so please leave ample time before your course registration date.

How to Apply: Inter-College Transfer, Readmission, and UMass Boston Second Degree

Depending on your current or former status at UMass Boston, you will need to apply to our program by following one of the appropriate procedures outlined below. You can find the appropriate application on the UMass Boston Registrar’s Office website by clicking “forms,” or by visiting the One Stop (Campus Center, UL).

Admission to the Exercise and Health Sciences program is not guaranteed. Our admissions process is competitive. We assess a variety of factors, including an applicant’s prior academic performance and available space in our program for the given semester.

We will not render decisions prior to the stated deadlines, and all decision letters will be mailed to students approximately two weeks after these dates. Late applications will not be accepted.

Inter-College Transfer to EHS

If you are currently enrolled in another college or program at UMass Boston and wish to change your major to Exercise and Health Sciences, you must complete the Inter-College Transfer (ICT) Application. You must include a UMass Boston transcript with your application, as well as a short essay/
Academic Requirements
Exercise and Health Sciences Degree Requirements

Candidates for the Bachelor of Science in Exercise and Health Sciences must complete a minimum of 120 credits with a cumulative grade point average of 2.5. EHS students must achieve a grade of "C" or better in all EHS courses, BIOL 207 and BIOL 208, and, for students in the Fitness Instruction and Management Concentration, MGT 130. A grade of "C-" or below in these courses is considered failing, which would necessitate repeating the course, and two such failures may lead to academic dismissal from the Program. No courses required for the EHS Core or EHS Concentrations may be taken on a pass/fail basis. EHS Students may take general education courses and general electives on a pass/fail basis, once per semester up to a maximum of eight times during their UMass Boston career.

The Exercise and Health Sciences curriculum is divided into four parts: general education requirements, major (a.k.a. core) requirements, concentration requirements, and general electives which broaden the major and add the depth and breadth of a liberal arts education. You need not complete these requirements in the order that follows, but should plan your course selections carefully so as to complete introductory and prerequisite coursework early on in your undergraduate career.

Verbal Reasoning and Expression

All EHS students must complete one year of Freshman Composition (ENGL 101 and ENGL 102, or the equivalent). Together, these two courses focus on the fundamentals of expository writing and the presentation of research. The results of the English Placement Test, usually taken at orientation before a student's first semester, require some students to take ENGL 099 before ENGL 101. ENGL 099 does not count for graduation credit.

Critical Analysis and Logical Thought

Two courses are required:

1. A First-Year Seminar, ideally to be taken in a student's first semester after matriculation, but certainly before accumulating 30 credits. EHS students are encouraged to take Nursing 107G – Understanding HIV Disease, but can take any UMass Boston First-Year Seminar. Transfer students who enter UMass Boston with 30 or more credits are not required to take a First Year Seminar.

2. An Intermediate Seminar, to be taken after accumulating 30 but before 60 credits. EHS students are encouraged to take Nursing 212 – Health Promotion and Teaching, but can opt for any UMass Boston Intermediate Seminar.

First-Year Seminars treat particular topics in some depth while simultaneously assisting students in developing the habits of thought and the range of academic capabilities necessary for success in their future course work and life experiences. Taught in small groups, these seminars emphasize careful reading, critical thinking, and clear writing, along with information technology and literacy, teamwork, oral presentation, and academic self-assessment.

Intermediate Seminars are also small in size, often thematic.
or problem-oriented and interdisciplinary in nature, with the main topic treated in a more complex manner than in First-Year Seminars. Academic capabilities and habits of mind are taught at a more advanced level than in First-Year Seminars.

Both First-Year and Intermediate Seminars are offered by academic departments and may be identified in this publication by the prefix “G” in front of the course number. First-Year Seminars receive G100-level numbers, and Intermediate Seminars receive G200-level numbers. For complete descriptions of these courses, see the "First-Year and Intermediate Seminars" section of this publication.

**Writing Proficiency Requirement (WPR)**

The WPR is a graduation requirement for all students who are working towards an undergraduate degree at UMass Boston. The Writing Proficiency Evaluation (WPE) refers to the way the university-wide Writing Proficiency Requirement is met by UMass Boston students.

Students in EHS are required to take the Writing Proficiency Evaluation after taking the Intermediate Seminar and having reached 60 credits.

The Writing Proficiency Evaluation (WPE) is an assessment of the skills that students have developed in your general education course work. There are two possible ways that the University evaluates your writing to meet the WPR: either through a timed essay exam, or an essay written on your own time which is accompanied by a portfolio of papers previously written and graded in your UMass Boston courses.

Students should familiarize themselves with the Writing Proficiency website early in their academic careers: http://www.umb.edu/academics/vpass/undergraduate_studies/writing_proficiency. An important feature of the WPR website is to offer pertinent information, guidance, and support to help students prepare for the WPE.

Perhaps the most important way to prepare for the WPE is to understand the role that the Elements of Writing Proficiency plays in the WPE. General Education courses at UMass Boston are specifically constructed to develop certain capabilities and student learning outcomes. In turn, the WPE assesses a student’s ability to perform these capabilities and program outcomes. Your Gen. Ed. course work is a pathway to help you prepare for the WPE. The particular capabilities and work habits, which are listed and described in the Elements, are what the WPE will assess. The Elements is the list of the capabilities and work habits that the WPE graders – UMass Boston faculty from all departments -- will use to judge whether or not a student’s writing is at an immediate level of proficiency.

If you believe you may opt for the WPE portfolio option, it is important for you to begin collecting any course papers to fulfill the portfolio requirements of three required supporting papers.

**Quantitative Reasoning**

The Quantitative Reasoning Requirement is designed to enhance students’ capacity to (1) pose problems that involve quantitative relationships in real-world data by means of numerical, symbolic, and visual representations; (2) solve problems, deducing consequences, formulating alternatives, and making predictions; (3) apply appropriate technologies; and (4) communicate and critique quantitative arguments orally and in writing.

EHS students meet this requirement by taking EHS 280 – Statistics for Health Professionals. In order to be able to register for EHS 280, students must receive an appropriate score on the Math Placement Test, or have previously completed Math 114QR or higher. Students with little background in math may be required to take other introductory math courses before enrolling in EHS 280. For information about the Math Placement Test, visit the Testing Center on the Upper Level of the Campus Center, or visit their website at: www.uac.umb.edu/testing/math/.

**Human Diversity**

Students will learn about human diversity, including how different patterns of behavior and thought evolve and how development of cultures is influenced by interactions among different social groups. To fulfill the diversity requirement, each student takes courses that touch on a range of human diversity, including race, gender, class, sexual orientation, culture (including national origin, ethnicity, and religion), age, and disability. The requirement consists of two courses, one with a focus on diversity within the United States, and one with an international focus.

EHS 260 – Physical Activity and Health and EHS 320 – Adapted Physical Activity simultaneously satisfy EHS major requirements and the UMass Boston Diversity Requirement. No additional courses are required.
**Distribution Courses**

To develop a broad familiarity with the range of human knowledge, students must complete certain courses in the College of Liberal Arts and/or the College of Science and Math in four areas of study. These areas (and the codes used to refer to them) are:

- **Math and Natural Sciences** (MT, NS)
- **Arts, Humanities** (AR, HU)
- **Social and Behavioral Sciences** (SB)
- **World Languages, World Cultures** (WC, WL)

EHS students must take BIOL 207 – Anatomy & Physiology I and BIOL 208 – Anatomy and Physiology II as part of the EHS Core Curriculum; these two courses also satisfy the University's Natural Sciences (NS) requirement. Students who have not completed BIOL 111 – General Biology (4 credits, w/ lab) must do so before enrolling in BIOL 207. BIOL 111 and BIOL 207 must be completed before enrolling in BIOL 208.

EHS students must complete 2 courses to satisfy the Arts and Humanities Distribution. Students can opt to take two courses with the Arts designation (AR), or two courses with the Humanities designation (HU), or one of each.

EHS students must complete 2 courses to satisfy the World Languages and World Cultures Distribution. Students can opt to take two courses with the World Languages designation (WL), or two courses with the World Cultures designation (WC), or one of each.

EHS students must complete 2 courses to satisfy the Social and Behavioral Sciences Distribution. One course, EHS 340 – Health Behavior Change, will be taken as a part of the EHS Core Requirements. EHS students must complete one additional course with the Social/Behavioral Sciences designation (SB). Students who choose Health Sciences as their EHS Concentration should elect PSYCH 100 or PSYCH 101 – Intro to Psychology for this requirement, as it is a required course and will satisfy both requirements.

Please note that only specific courses approved by the Faculty Senate/Faculty Council satisfy Distribution Requirements. These courses are identified by the 2-letter code (NS,AR,HU,WL,WC,SB) in the Undergraduate Catalog and Schedule of Classes.

**Exercise and Health Sciences Core**

In order to complete the requirements for the Bachelor of Science in Exercise and Health Sciences, all EHS students are required to complete a comprehensive list of courses from the disciplines of exercise science and health sciences. Also referred to as the EHS major requirements, these 14 courses provide the theoretical and experiential background necessary for careers and/or advanced study in your chosen field.

Whereas general education, concentration and general elective courses provide students with an opportunity to tailor their undergraduate education to suit their own interests, EHS Core classes are designed to give all EHS a stable foundation which ensures sound knowledge in the functional areas of exercise science and health science.

Students are encouraged to begin taking EHS Core classes in their first semester after matriculating into the program. Progression through the EHS Core curriculum is sequential and cumulative in nature; the course content learned in 100- and 200-level courses is necessary to ensure success at the 300- and 400-level. Courses are numbered in such a way to help students roughly determine when to take each class. In many cases courses have prerequisites – usually lower-level courses which must be completed before beginning the next course. As examples, students must complete EHS 160 – Fitness & Wellness before beginning EHS 300 – Health Fitness Assessment; students must complete EHS 340 – Health Behavior Change before beginning EHS 360 – Wellness Coaching Techniques. Students must carefully follow the curriculum requirements and meet all course prerequisites.

Every EHS Core class is offered in both the fall and spring semester. Some, but not all, are also offered over the summer. The following courses make up the EHS Core:

- BIOL 207 Anatomy & Physiology I
- BIOL 208 Anatomy & Physiology II
- EHS 120 Careers in Exercise & Health
- EHS 150 Intro to Nutrition
- EHS 160 Fitness & Wellness
- EHS 240 Prevention & Care of Sports Injuries
- EHS 260 Physical Activity & Health
- EHS 280 Statistics for Health Professionals
- EHS 300 Health Fitness Assessment
- EHS 310 Applied Kinesiology
- EHS 320 Adapted Physical Activity
- EHS 340 Health Behavior Change
- EHS 360 Wellness Coaching Techniques
- EHS 490 Internship
**EHS Concentrations**

In addition to the EHS Core Curriculum, EHS students are required to declare one of three concentrations by the time he or she reaches 45 credits. A description of each concentration and the required courses appears below.

Each concentration requires students to complete EHS electives. An EHS elective is any departmental course not already required in a student’s Core or Concentration. For instance, the EHS Department offers several courses which are designated as EHS electives only. Alternatively, students may take courses in concentrations other than their own to satisfy this requirement. For instance, a student in the Health Sciences Concentration may take EHS 230 Strength & Conditioning as an EHS elective, while a student in the Fitness Instruction and Management Concentration may take EHS 460 Research Methods I as an EHS elective. Please note that only courses with the EHS designation in the course title satisfy this requirement.

To declare a concentration, students should visit the One Stop or Registrar’s Office to fill out a Declaration of Major, Minor or Program of Study form, and return it to the CNHS Main Office.

**Health Sciences Concentration**

The Health Sciences concentration prepares students for advanced graduate study and/or future careers in physical therapy, occupational therapy, physician’s assistant, public health, nutrition, health promotion, and various other health professions. Students in the Health Sciences concentration also go on to attend medical school or direct-entry nurse practitioner programs. This concentration will provide a sound scientific basis of health and wellness while also offering flexibility for selecting particular courses geared towards individual career objectives in the health professions.

Courses required for the Health Sciences Concentration are:

- EHS 460 Research Methods I
- EHS 470 Research Methods II
- CHEM 115 & 117 Chemical Principles I w/ Lab*
- CHEM 116 & 118 Chemical Principles II w/ Lab*
- PSYCH 100 or 101 Intro to Psychology
- EHS elective
- EHS elective

*With advisor consent, students may substitute other UMass Boston lab science courses in place of one or both Chemi-

**Fitness Instruction and Management Concentration**

The Fitness Instruction and Management Concentration prepares students for careers in fitness center management, personal training, sports conditioning, worksite health promotion, and many other exercise-related businesses.

Courses required for the Fitness Instruction and Management Concentration are:

- EHS 230 Strength and Conditioning
- EHS 370 Exercise Program Design
- EHS 380 Exercise Physiology I
- EHS 400 Practicum in Adult Fitness
- EHS 440 Health Fitness Management
- MGT 130 Introduction to Business
- AF 210 Financial Accounting
- EHS elective
- EHS elective

**Exercise Science Concentration**

The Exercise Science Concentration prepares students for careers in physical activity-related research, cardiac rehabilitation, clinical exercise physiology, pediatric exercise, or future post-graduate exercise study.

Courses required for the Exercise Science Concentration are:

- EHS 350 Obesity and Weight Management
- EHS 380 Exercise Physiology I
- EHS 390 Exercise Physiology II
- EHS 410 Exercise and Aging
- EHS 420 Pediatric Exercise
- EHS 460 Research Methods I
- EHS 470 Research Methods II
- EHS 480 Clinical Exercise Physiology
- EHS elective

Academic Requirements
cal Principles courses, including CHEM 130 Physiological Chemistry, BIOL 209 Medical Microbiology, Physics 107 College Physics I, Physics 108 College Physics II, among others. This flexibility allows you to tailor your BS degree by choosing courses that are required for your graduate study plans. Please note that CHEM 115 & 117 and CHEM 130 are introductory chemistry courses and only 1 may be used to satisfy this requirement.

The Final Semester Internship, EHS 490

EHS 490 is a 400-hour, 12-credit internship which provides a comprehensive, experiential learning opportunity as a capstone to the Exercise and Health Sciences Program. EHS 490 is offered in the fall and spring semesters, as well as during the summer. Students are expected to have completed all other degree requirements before beginning the internship. With departmental permission, students may take a maximum of one course while completing the internship in the fall and spring semesters only. Students taking EHS 490 over the summer are not allowed to take any other courses simultaneously.

The main objective of this course is to provide educational and professional experiences in various aspects of health/fitness and wellness programs, clinical exercise programs or exercise science research. The internship will provide students with the opportunity to gain valuable hands-on experience in their selected area of interest in the healthcare environment. This course is a 12 credit non-paid internship for students, who have completed all other course work for graduation. The Internship class meets once per month on Mondays (approx. 2 hrs.). Dates and times will be set according to the UMB schedule and sent to students two weeks prior to the start of the semester.

Internship Hours

Students are required to complete 400 hours of internship work over the course of the semester. Hours must be completed between first day of classes through the last day of classes, averaging between 28 - 30 hours per week in the fall and spring semesters, and approximately 40 hours per week in the summer. Students can begin accumulating internship hours beginning the first day of classes of the internship semester and should complete their hours by the semesters end. Student interns are also required to participate in on-campus department seminars once per month.

EHS Internship Coordinator

The Faculty Internship Coordinator assists students in identifying appropriate internship sites, finalizes internship agreements with sites and acts as a resource for students and supervisors regarding any internship issues.

The Faculty Internship Coordinator at UMass Boston must approve all internship sites and placements. Corporate and public fitness centers, sports conditioning facilities, cardiac rehabilitation programs and exercise physiology research laboratories are examples of appropriate sites for our students. All sites must have at least one staff person who will act as the immediate supervisor for the student intern. This staff person will be responsible for observing, critiquing, evaluating student performance and communicating with the Internship Coordinator.

Internship Project

Each student will complete a written independent project during the semester. The facility supervisor and the faculty Internship Coordinator must approve the project. The purpose of this project is to plan and carry out to its completion, a special program, task, or event that will contribute in some way to the mission of the internship site. The intern should begin planning the project during the first few weeks of the internship program.

Applying to Participate in EHS 490

In order to complete EHS 490, students must begin an application process the semester prior to completing the internship.

Step 1: Familiarize yourself with the EHS 490 site on Blackboard. To access the site, select the Blackboard link from the UMB homepage. DO NOT use your user name and password to log in. Instead, enter Internship for the user name, and Boston for the password (both are case sensitive), then log in. Select the Internship Sites icon and choose a category. Each category has a selection for Site Information and Student Experiences. This should help you decide what type of internship you want. DO NOT CONTACT ANY SITES AT THIS TIME!

Step 2: Complete the EHS Internship Application, which is available on the EHS website. Students may request up to three possible internship sites on the application, and/or may describe an independently arranged site not listed on the Blackboard site.
Academic Requirements

Once applications have been submitted, student records will be reviewed to determine whether academically eligible to begin the internship. After you have been academically cleared you will be given instructions on the various CORI & health clearance requirements which need to be met, and will be required to attend a mandatory internship orientation. At orientation you will be given a list of approved sites and contact information to set up interviews, and you will be registered for the 12-credit internship.

Independent Study (EHS 485)

The Independent Study is designed for the student to work closely and more in-depth with a faculty in the Department of Exercise and Health Science. At the same time, the student is expected to work independently over the course of the semester. The Independent Study may count as an EHS elective. If you are interested in registering for an Independent Study, it is suggested that you coordinate with a faculty member during the semester prior to your desired enrollment. Faculty members are not always available to supervise students for Independent Study. He or she will accept students if they have an opportunity with regard to research, service, interests and experience.

How to Apply for Independent Study

Based on your area of interest, determine an appropriate faculty member to contact. Students can find faculty biographies on the College of Nursing and Health Sciences website under the faculty tab. It is important that you and the faculty member have a good understanding of each other’s needs and interests. For example, if you approach a faculty member you have never met before, it is unlikely that he or she will accept you until you both have a solid understanding of those interests and experiences. Student Services can make you aware of faculty who offer Independent Study opportunities. However only the faculty member can request that you are enrolled in a section. When the student and faculty member have agreed, a formal contract is then completed. The final grade for the Independent Study is based on the agreed upon deliverables during the course and at its conclusion. If the Independent Study is used as an EHS elective, a C or above is required to receive credit.
Exercise and Health Sciences
Degree Requirement Checklist

This checklist has been designed to help you plan your coursework towards the BS in Exercise and Health Sciences. Please refer to the EHS Student Handbook, EHS website, and your academic degree audit for full program requirements, policies, and EHS course descriptions.

### General Education Requirements

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Course/Subject</th>
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<tbody>
<tr>
<td>CR = 3</td>
<td>ENGL 101 Freshman English I</td>
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<tr>
<td>CR = 3</td>
<td>ENGL 102 Freshman English II &lt;br&gt; <strong>PRQ: ENGL 101</strong></td>
</tr>
<tr>
<td>CR = 4</td>
<td>First Year Seminar*</td>
</tr>
<tr>
<td>CR = 3</td>
<td>Intermediate Seminar** &lt;br&gt; <strong>PRQ: ENGL 102 &amp; 30 credits</strong></td>
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<tr>
<td></td>
<td>Social / Behavioral Science (SB) &lt;br&gt; <em>If HS Core take Intro Psychology</em></td>
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<tr>
<td>CR = Arts (AR) or Humanities (HU)</td>
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<tr>
<td>CR = Arts (AR) or Humanities (HU)</td>
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<td>CR = World Languages (WL) or World Cultures (WC)</td>
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<tr>
<td>CR = World Languages (WL) or World Cultures (WC)</td>
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</tbody>
</table>
| | Writing Proficiency Requirement <br> *Must be completed by 75 credits*

*Transfer students who enter UMD with 30 or more credits are not required to complete a First Year Seminar. For EHS students, NURSING 221 - Understanding HIV/AIDS is recommended but not required. **NURSING 221 - Health Promotion and Teaching is recommended but not required.

### EHS Core Requirements

All EHS Core courses must be passed with a grade of C or better, and cannot be taken on a pass/fail basis.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Course/Subject</th>
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</thead>
<tbody>
<tr>
<td>CR = 3</td>
<td>BIOL 207 Anatomy &amp; Physiology I &lt;br&gt; <strong>PRQ: BIOL 111</strong></td>
</tr>
<tr>
<td>CR = 3</td>
<td>BIOL 208 Anatomy &amp; Physiology II &lt;br&gt; <strong>PRQ: BIOL 111 &amp; BIOL 207</strong></td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 120 Careers in Exercise &amp; Health</td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 150 Intro to Nutrition</td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 160 Fitness &amp; Wellness</td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 240 Prevention &amp; Care of Sport Injuries</td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 260 Physical Activity &amp; Health</td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 280 Statistics for Health Profs &lt;br&gt; <strong>PRQ: MA 114Q or placement test</strong></td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 300 Health Fitness Assessment* &lt;br&gt; <strong>PRQ: EHS 160</strong></td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 310 Applied Kinesiology &lt;br&gt; <strong>PRQ: BIOL 207 &amp; BIOL 208</strong></td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 320 Adapted Physical Activity &lt;br&gt; <strong>PRQ: EHS 300</strong></td>
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<tr>
<td>CR = 3</td>
<td>EHS 340 Health Behavior Change &lt;br&gt; <strong>PRQ: EHS 160</strong></td>
</tr>
<tr>
<td>CR = 3</td>
<td>EHS 360 Wellness Coaching &lt;br&gt; <strong>PRQ: EHS 340</strong></td>
</tr>
</tbody>
</table>
| CR = 12 | EHS 490 - Internship in EHS <br> **PRQ: Department Consent Required**

*Prior to fall 2015 EHS 300 was a 3 credit course. Beginning fall 2015 EHS 300 is a 4-credit course w/ lab.
**EHS Concentration Requirements**

- EHS courses within the concentration and MGT 130 must be passed with a C- or better.
- All courses within the concentration must be taken for a letter grade; pass/fail is not allowed.
- EHS Electives must be EHS Department courses of 3 or more credits not already required of your Core/Concentration.

### Health Sciences Concentration

<table>
<thead>
<tr>
<th>CR</th>
<th>Course Description</th>
<th>CR</th>
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<tbody>
<tr>
<td>5</td>
<td>CHEM 115 (3cr) w/ CHEM 117 (2cr) PRQ or COREQ: MA 130 or placement into MA 140 on placement test</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>EHS 460 Research Methods I PRQ: EHS 260 and EHS 280</td>
<td>3</td>
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<tr>
<td></td>
<td>EHS Elective</td>
<td></td>
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<tr>
<td></td>
<td>EHS Elective</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>CHEM 116 (3cr) w/ CHEM 118 (2cr) PRQ: MA 130 and a grade of C- or above in CHEM 115</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>EHS 470 Research Methods II PRQ: EHS 300 and EHS 460</td>
<td>3</td>
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<tr>
<td></td>
<td>PSYCH 100 or 101 Intro to Psychology</td>
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</tbody>
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### Exercise Science Concentration

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<tr>
<th>CR</th>
<th>Course Description</th>
<th>CR</th>
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<tbody>
<tr>
<td>3</td>
<td>EHS 350 Obesity and Weight Mgt PRQ: EHS 150 &amp; EHS 260</td>
<td>3</td>
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<tr>
<td>4</td>
<td>EHS 380 Exercise Physiology I PRQ: BIOL 207 &amp; BIOL 208</td>
<td>4</td>
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<tr>
<td>4</td>
<td>EHS 390 Exercise Physiology II PRQ: EHS 380</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>EHS 410 Exercise &amp; Aging PRQ: EHS 380</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>EHS 420 Pediatric Exercise PRQ: EHS 380</td>
<td>3</td>
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<tr>
<td>3</td>
<td>EHS 460 Research Methods I PRQ: EHS 280 &amp; EHS 280</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>EHS 470 Research Methods II PRQ: EHS 300 &amp; EHS 460</td>
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</tr>
<tr>
<td>3</td>
<td>EHS 480 Clinical Exercise Physiology PRQ: EHS 150, BIOL 207 &amp; BIOL 208</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>EHS Elective</td>
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<td></td>
<td>EHS Elective</td>
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</table>

### Fitness Instruction & Management Concentration

<table>
<thead>
<tr>
<th>CR</th>
<th>Course Description</th>
<th>CR</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td>EHS 230 Strength &amp; Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>EHS 370 Exercise Program Design PRQ: EHS 300</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>EHS 380 Exercise Physiology I PRQ: BIOL 207 &amp; BIOL 208</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>EHS 400 Practicum in Adult Fitness PRQ: EHS 300 &amp; EHS 370</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>EHS 440 Health Fitness Management PRQ: EHS 300 &amp; MGT 130</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>MGT 130 Introduction to Business</td>
<td>3</td>
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<tr>
<td>3</td>
<td>AF 210 Financial Accounting PRQ: 30+ credits</td>
<td>3</td>
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<tr>
<td></td>
<td>EHS Elective</td>
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<td></td>
<td>EHS Elective</td>
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</tbody>
</table>

**EHS students must complete general electives in addition to EHS Core, EHS Concentration and General Education requirements. The number of electives required varies, depending on concentration, course selection, and possible transfer credit. To determine your required number of electives add the total credit value of your required courses and subtract from the 120 credits required for graduation.**
Exercise and Health Sciences Courses
EHS 120  Careers in Exercise & Health
This course is an overview of professions in the fields of exercise and health science. Career opportunities within fitness instruction and management, clinical exercise, sports medicine, health science, and allied health will be investigated. Objectives include describing various aspects of careers, determining requirements for advanced study and learning what necessary coursework would be for applying to several professions of interest. Activities and faculty/guest speakers will introduce students to the wide array of careers related to exercise and health science.
3 Credits

EHS 150  Introduction to Nutrition
This course examines ways in which nutrition promotes health, influences disease, and affects exercise and sports performance. A major goal is to have students better understand the role that nutrition plays in their own health. Participants evaluate popular diets and dietary supplements, examine current nutrient recommendations, and acquire confidence in making sensible nutrition recommendations.
3 Credits

EHS 160  Fitness and Wellness
Students completing this course will be able to plan and develop a personal physical fitness plan and learn about physical fitness as it relates to health and well-being. Students will also learn to set fitness related goals and articulate the aims and objectives of instruction in various fitness related activities, included but not limited to weight training, aerobic fitness using a number of modes such as walking and jogging, and an introduction to the regulation of healthy body weight. Emphasis will be on analyzing and designing fitness related activities with a consideration of safety issues and articulating carry over skills to aid in increasing the quality of life. This is a fundamental course that introduces students to the basic principles of fitness.
3 Credits

EHS 230  Strength and Conditioning
This course addresses the scientific and theoretical basis of strength training and conditioning. Basic terms and concepts will be discussed and an overview of the major research that has been conducted in this area will be explored. The fundamental concepts and variables that influence the design of strength and conditioning programs will be discussed, with an emphasis on functional training. The bioenergetics of exercise and training will be explored. Anaerobic training adaptations will be compared and contrasted with aerobic training adaptations. The course is designed to serve as basic preparations for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) certification.
3 Credits

EHS 240  Prevention and Care of Sport Injuries
This course is designed to assist students in recognizing and providing immediate treatment of the common injuries seen in recreational and competitive sports. Additional topics include pre-participation physicals, protective equipment, emergency first-aid, orthotics, illnesses and disease routinely seen in active individuals, and when to treat and when to refer.
3 Credits

EHS 250  Nutrition for Sports & Performance
This course examines the interaction between nutrition, exercise, and athletic performance. Weeks include the biological, psychological, and sociological aspects of nutrition as it relates to exercise performance. Lectures cover current research on nutritional needs in response to exercise including: fluids, energy nutrient requirements and caloric distribution, supplementation, ergogenic aids, pre/post event recommendations. A strong foundation of bioenergetics for sports competition will be emphasized.
3 Credits
Prerequisite: EHS 150

EHS 260  Physical Activity and Health
The relationship between physical activity and health across the life span and the implications for health promotion strategies targeted at both individuals and the community are examined. The course focuses on national health statistics, gaining experience reading peer reviewed scientific literature, and understanding how science is used to guide physical activity program planning.
3 Credits

EHS 270  Worksite Health Promotion
Components of administering and managing corporate and worksite fitness and wellness programs are examined. Topics covered include: Paradigms in health promotion, health and exercise programs planning, facility planning and design, program management, policies and procedures, staffing, equipment, ethics, safety and legal issues, and marketing all of which will be discussed from the perspective targeting populations within a corporate or work environment.
3 Credits
Prerequisites: EHS 150 and EHS 260

EHS 280  Statistics for Health Professionals
This course focuses on basic concepts of statistics such as measures of central tendency and variability; concepts of test
validity, reliability, and objectivity; and on basic techniques used in inferential statistics such as correlation, regression, t-tests, and analysis of variance. Emphasis will be placed on interpreting scientific peer-reviewed research in the field of exercise and health sciences. Students will also learn how to perform basic statistical tests using a statistical software package.

3 Credits
Prerequisites: MATH 114Q or appropriate score on the Math Placement assessment.

EHS 300 Health Fitness Assessment
This course focuses on the evaluation of cardiopulmonary and musculoskeletal fitness in apparently health populations. Coronary artery disease risk factor analysis, body composition assessment, aerobic fitness testing, muscle strength testing and flexibility assessments will be discussed as they relate to an individual's probability for developing a disease and issues in exercise programming. Note: prior to fall 2013 EHS 300 was a 3-credit course.

4 Credits
Prerequisite: EHS 160

EHS 310 Applied Kinesiology
Applied Kinesiology is designed to provide a foundational level of knowledge of the field of Human Kinesiology, and will serve as a primer for students who will be entering higher levels of the health and fitness professions. This course places particular emphasis on expanding the students level of understanding of functional musculoskeletal anatomy. Mechanical and anatomical concepts essential for understanding human movement are integrated routinely through this course. After introductory sections on these underlying kinesiological principles, this course systematically progresses through the human body on a joint by joint basis, and then explores the synergistic interaction of all joints systems that is the hallmark of human motion. Topics of focus will include classification of joint systems, connective tissue anatomy and biomechanics, arthrokinematics, and kinetics. Clinical and athletic application of these principles will be made through sections on the biomechanics of sport and exercise.

3 Credits
Prerequisites: BIOL 207 and BIOL 208

EHS 320 Adapted Physical Activity
This course is designed to ensure that EHS students have current information concerning the physical activity needs of individuals with various disabling conditions including (but not limited to) autism spectrum disorders, cerebral palsy, multiple sclerosis, Down syndrome, and spinal cord disabilities. Emphasis will be placed on understanding the attributes of specific disabling conditions, techniques for modifying activities so that all can participate, and strategies for developing and administering appropriate and effective community-based adapted physical programs.

3 Credits
Prerequisite: EHS 300

EHS 330 Conditioning for Performance
This course examines the advanced methods and techniques associated with the design of strength and conditioning programs to enhance human performance in sport and fitness. Topics to be studies include, but will not be limited to, the identification of training priorities, performance testing, periodization and program design, resistance training, mobility and flexibility training, aerobic and anaerobic, energy system training, speed and agility training, core training, plyometrics, and Olympic lifting. This course is designed to enhance the students level of knowledge attained in EHS 230 and aid in the preparation for the for the National Strength and Conditioning Specialist (CSCS) certification. The scientific and theoretical components of this class will be reinforced with hands-on laboratory experiences.

3 Credits
Prerequisite: EHS 230

EHS 340 Health Behavior Change
This course is an introduction to the science of health behavior change. The most commonly used theories, models, and strategies of health behavior change will be explored in the context of promoting health and preventing disease. The particular emphasis of the course is on health behavior change in relation to improving physical activity, eating nutritiously, eliminating tobacco use, and other lifestyle-related habits, that impede optimal health and wellness. This course is designed to teach students the theory-based skills and strategies they need to take a patient or client from knowing what they need to do to achieving behavior change. For example, have you ever wondered why individuals who know how to exercise and eat right, do not engage in these healthy behaviors, or why individuals cannot maintain a healthy behavior change? This course will provide the student with the background theory behind human behavior and introduce the student to motivational strategies and tools that can promote a lasting health behavior change. Emphasis is placed on improving student competency in designing evidence-and theory-based interventions for individuals and groups. This course will lay the foundation for EHS 360 Wellness Coaching Techniques where the student will learn the counseling skills to interact with individuals and groups in health promotion and health care settings. The course has particular relevance to students who plan to be exercise specialists, nutritionists, health educa-
tors, physical therapists, physical assistance, nurses, psychologist and other health care professionals.

3 Credits
Prerequisite: EHS 160

**EHS 350  Obesity and Weight Management**
This course provides students with a broad understanding of the global epidemic of obesity and its health and economic consequences. Students in this course learn the scientific basis of energy balance, energy metabolism, and the regulation of body weights in humans. Students also receive and introduction to the fundamentals of the biology of appetite regulation and genetics of obesity. The critical independent and inter-related roles physical activity, healthy nutrition, and health behavior change to prevent and reduce obesity in children and adults are emphasized throughout the course. Students also study psychosocial factors related to obesity and emerging strategies for obesity treatment such as pharmacological and surgical approaches. An important aspect of this course is the opportunity for students to obtain experience reviewing current literature on a selected topic related to obesity and weight management.

3 Credits
Prerequisites: EHS 150 and EHS 260

**EHS 360  Wellness Coaching Techniques**
The overarching aim of this course is to familiarize the student with evidence-based counseling strategies that can be used to improve healthy lifestyle habits through theory-based health behavior change programs. Students will learn how to take the theories and strategies from Health Behavior Change, with a particular emphasis on the transtheoretical model, social cognitive theory, cognitive and behavioral strategies, and relapse prevention, and apply them during one-on-one counseling sessions. This course focuses on a client-centered approach to counseling which includes learning and practicing motivational interviewing techniques. A variety of experiential activities will be completed to assist students in becoming confident and effective behavior change counselors. The course has particular relevance to students who plan to be exercise specialists, nutritionists, health educators, physical therapists, physical assistants, nurses, psychologists and other health care professionals.

3 Credits
Prerequisite: EHS 340

**EHS 370  Exercise Program Design**
This course examines the theory and practice of designing exercise programs to improve or maintain cardio respiratory and muscular fitness. Students will study the principles of prescribing safe and effective exercise training programs for apparently healthy individuals and for persons who have various stable chronic medical conditions such as coronary heart disease, diabetes, hypertension, obesity, osteoarthritis, and osteoporosis. Designing exercise programs for other special populations including youth, older adults and pregnancy will also be studied.

3 Credits
Prerequisites: EHS 300 and EHS 370
Exercise and Health Sciences Courses

**EHS 410  Exercise & Aging**
This course focuses on fitness, exercise, physical activity, and health issues in the geriatric population. Topics include methods of evaluating fitness levels, exercise prescription, public health issues, and current research issues.
3 Credits
Prerequisite: EHS 380

**EHS 420  Pediatric Exercise**
This course focuses on exercise and physical activity in children and adolescents. This course introduces students to the anatomical and physiological changes that occur with growth, maturation, and puberty on the individual fitness components (body composition, cardiorespiratory endurance, anaerobic fitness, and muscle strength). Applied concepts in exercise physiology to a pediatric population such as resistance training, thermoregulation and considerations specific to a child athlete will also be discussed. A special emphasis will also be on public health policies and national recommendations for children and adolescents including physical activity, physical education, nutritional intake, sedentary behaviors, and the built environment. Students will also explore clinical pediatric health issues (asthma, diabetes, congenital heart disease, obesity, etc), including a clinical condition of their choosing, and how to adapt appropriate and safe physical activity and exercise programs. Finally, this course also includes a hands-on externship at a local school or agency, whereby students will observe and eventually lead children/adolescents in age-appropriate activities and exercise.
3 Credits
Prerequisite: EHS 380

**EHS 440  Health Fitness Management**
Students in this course study basic concepts, theories, and organizational management as applied to the field of health, fitness, and recreation. Concepts associated with facility operation, including organizational structure and function, program development and administration, marketing, human resource management, financial management, equipment purchasing and maintenance, information management, insurance issues, and legal considerations in the health and fitness industry are examined.
3 Credits
Prerequisites: EHS 300 and MGT 130

**EHS 460  Research Methods I**
This course is designed to provide students with a background in quantitative research methods with an emphasis on studies conducted in exercise and health sciences. Students will become familiar with the scientific method and basic principles of designing descriptive and experimental projects. Students will learn to review and evaluate the literature, interpret research results, and conduct ethical research.
3 Credits
Prerequisites: EHS 260 and EHS 280

**EHS 470  Research Methods II**
This course is designed to provide students with experience in quantitative research design, implementation, analysis, and reporting. In this course, students gain hands-on practical experience conducting their own pilot research study. Students will work in small groups and serve as investigators and may also participate as subjects for other class pilot research projects. At the conclusion of the course, each group of students will present their study as a written research abstract and as a poster presentation.
3 Credits
Prerequisites: EHS 300 and EHS 460

**EHS 480  Clinical Exercise Physiology**
This course examines the topic of exercise and cardiovascular health. Particular emphasis will be placed on understanding basic cardiovascular pathophysiology and learning how various lifestyle habits influence the development and progression of coronary artery disease (CAD). Students will be introduced to various options for treating individuals with CAD including comprehensive cardiac rehabilitation programs. The principles of performing various diagnostic exercise stress tests, such as those used to screen individuals with known or suspected CAD will be covered. Other topics include the theory and practice of using medical health history questionnaires and diagnostic exercise testing to evaluate individuals prior to participating in a medically supervised or non-medically supervised exercise program. Students will be introduced to other topics related to clinical exercise physiology such as electrocardiography, pharmacology, and metabolic calculations.
3 Credits
Prerequisites: EHS 160, BIOL 207, and BIOL 208

**EHS 485  Independent Study**
A student may register for independent study only with the permission of the department. The proposed study must be approved by the appropriate departmental committee and supervised by a member of the faculty.
3 Credits
Course meets by arrangement
Prerequisites: faculty member and EHS Department approval
**EHS 490 Internship in Exercise Physiology**

The purpose of this internship program is to provide students with hands-on practical experience in the fields of exercise and health sciences. This course is a 12 credit non-paid internship for students who have completed or are in the process of completing all other course work for graduation. Students are required to complete approximately 400 hours of work over 14-16 weeks at an agency/affiliation that has been approved by the Faculty Internship Coordinator. In addition to the practical field experience, students will also participate in several seminars directed by the Faculty Internship Coordinator. These seminars will provide a forum for sharing experiences, further developing career objectives, and stimulating creative thinking related to their professional development.

*3 Credits*

*Prerequisites: EHS Department Approval*
Policies and Procedures
General Statement of EHS Student Responsibilities and Rights

The policies and procedures contained in this Handbook are subject to change and revision at any time. Students are expected to adhere to all policies and procedures currently in effect by checking the Student Handbook which is available on the EHS website at the beginning of each semester. Information regarding policies and procedures will be disseminated to students through the annual issuance of the Student Handbook, email messages, and the CNHS and EHS web sites. Students are expected to check the EHS website under “Current EHS Students” and their university email at least weekly. It is the responsibility of each student to be aware of and to comply with current policies and procedures. Failure to stay informed is not an acceptable excuse for non-compliance.

Policy on Non-Discrimination

The University of Massachusetts Boston prohibits discrimination in all its policies on the basis of race, color, sex, age, religion, national origin, sexual preference or orientation, handicap condition or veteran status.

Disability-Related Accommodations

Both the College and University strive to maintain adherence to the Americans with Disabilities Act (ADA). Students with documented differences of physical or mental ability and require accommodations should review the related information from the Ross Center for Disability Services at: www.umb.edu/academics/vpass/disability and the Events, News & Media Department at: www.umb.edu/news_events_media/events/special/policies/accommodations.

Communications Policy

All those who represent CNHS are expected to exercise respect, sensitivity, discretion, and politeness in all forms of communication, including verbal, nonverbal, written, and electronic.

The CNHS website includes a faculty/staff directory with contact information in order to facilitate communication between students, faculty, and staff: www.umb.edu/academics/cnhs/faculty_staff.

There is also an Offices & Directory listing on the University website: www.umb.edu/offices_directory. Before contacting faculty or staff members please be sure to review appropriate information on the CNHS website and this Handbook, where most of your questions can be answered.

If after reviewing this material further assistance is needed, please inquire at the CNHS Main Office, Science Building, 2nd Floor. Phone (617) 287-7500; fax (617) 287-7527. The reception desk is staffed from 8:30 AM – 5:00PM, Monday through Friday.

Student Email Policy

The Exercise and Health Sciences Department exclusively utilize UMass Boston student email address to communicate with students. It is the student's responsibility to establish and maintain accounts frequently and consistently for new updates. If you are having any problems with your UMass Boston email account you may contact Customer Service at 617-287-4000 or visit the IT Help Desk on the 3rd Floor of the Healey Library.

Grading System for Exercise and Health Sciences Courses

The passing grade for all EHS courses, BIOL 207, BIOL 208 and MGT 130 is “C” or higher. The Pass/Fail option is not allowed for any course in the EHS Core and Concentrations. Please note that a cumulative grade point average of 2.5 or higher is also required for progression and continuation in the EHS Program. The following scale is used for grading in all EHS courses.

Grading scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percent</th>
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<tbody>
<tr>
<td>A</td>
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<tr>
<td>A-</td>
<td>90-93</td>
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<td>87-89</td>
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<tr>
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<td>77-79</td>
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<tr>
<td>C</td>
<td>74-76</td>
</tr>
<tr>
<td>C-</td>
<td>70-73</td>
</tr>
<tr>
<td>D+</td>
<td>67-69</td>
</tr>
<tr>
<td>D</td>
<td>64-66</td>
</tr>
<tr>
<td>D-</td>
<td>60-63</td>
</tr>
<tr>
<td>F</td>
<td>&lt;60</td>
</tr>
</tbody>
</table>

Incomplete Grades for Courses

A student must complete at least two-thirds of the assignments in any given course to request an incomplete from an instructor; grades of Incomplete are granted entirely at the discretion of that course faculty member. If the faculty
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member agrees, s/he will draft an Incomplete Contract which specifies the nature and value of the outstanding assignments, as well as an agreed upon timeframe for completion, not to exceed one calendar from the last day of the course.

The agreed Incomplete Contract should be signed by both faculty member and student, and it must then be approved and signed by the Undergraduate Program Director. The student is entirely responsible to adhere to the terms of the Incomplete Contract. Failure to do so will result in a final course grade of "IF."

EHS students must make-up any incomplete grade before entering any subsequent course for which the incomplete course is a pre-requisite. For other EHS courses, students must follow the incomplete policy of UMass Boston.

Pass/Fail

A letter grade must be earned for all required courses in the EHS Core and Concentration. Only general education courses and general electives may be taken on a PASS/FAIL (P/F) basis.

In accordance with University policy, only one course per semester may be taken (P/F), and no more than eight times during a student's academic career. Students should remember that grades of "P" neither add to nor reduce the quality points used to calculate a grade point average.

Academic Progression

To continue in the EHS major, students must adhere to the following Department requirements. Students who fail to adhere to all of the policies may be dismissed from the Department, College and/or University:

- Students admitted or readmitted to the EHS major must maintain a cumulative grade point average of 2.5 or higher.
- Students must receive a grade of “C” or higher in all EHS courses, BIOL 207/208 and MGT 130. Any grade below a “C” is considered a failing grade by the EHS department.
- Students will not be permitted to enroll in any EHS course without achieving a grade of “C” or better in the prerequisite course(s). EHS students must also make up any incomplete grade before entering any EHS course for which the incomplete course is a prerequisite.
- Students receiving a grade below a “C” in two or more EHS courses, BIOL 207, BIOL 208, and/or MGT 130 will be dismissed from the EHS program.
- EHS students are expected to comply with all policies and procedures stated in this Handbook and the University's Student Handbook. Non-compliance may result in dismissal from CNHS.

Requests to Take Non-UMB Courses During Program

In accordance with University policy, all courses taken after matriculation to the Exercise and Health Sciences Program must be taken at UMass Boston in order to receive credit and to be counted towards your UMass Boston degree. Students with a compelling reason to enroll in a course at another accredited university or college after matriculation must request and be granted permission from the Office of the Registrar, using a Transfer Credit Prior Approval form, available at the One Stop or online from the Registrar's homepage. Please note that reasons based on cost, schedule and/or proximity are not considered valid reasons and such requests will be denied.

Residency Requirement

EHS students must complete a minimum of 30 credits in the Exercise and Health Sciences Program at UMass Boston. Second Degree students with a previous Bachelor's Degree from UMass Boston must complete a minimum of 30 residency credits after the first degree.

Graduation and Commencement

Once you have accumulated at least 90 credits and believe you will have completed all of your requirements within the next three semesters, you must apply for graduation. You can do this through your WISER account or in the Registrar's Office on the 4th floor of the Campus Center.

Graduation information (deadline dates, etc.) can be found in WISER, in the beginning section of your degree audit, and on the UMass Boston website. After you have filed for graduation, the Registrar’s Office will notify the EHS Program of your intent to graduate, and your academic records will be reviewed for graduation clearance. Please note that the final approval of graduation is the purview of the Office of the Registrar.

Graduating and participating in the Commencement ceremony are not the same thing. "Graduation" refers to com-
Completing all of your academic requirements and courses and being awarded your degree by the University. Students may graduate from UMass Boston at one of three designated times a year: May, August, or December. Please be sure to select the appropriate graduation date when all degree requirements will be completed, including all courses, the final semester internship, and any other obligations to the University. Failure to select the incorrect date will result in a denial of graduation for your selected date.

“Commencement” refers to the UMass Boston ceremony, which is traditionally held the last Friday in May or first Friday in June. Please note there is only one Commencement ceremony each year. The University traditionally publishes all pertinent Commencement information midway through the spring semester.

Students who previously graduated in December of a given year participate in Commencement the following May. Students who graduate in May participate in that month’s Commencement. Students who will be graduating in August of a given year participate in Commencement the prior May.

Graduation Honors

The University bestows three separate honors designations for scholastic excellence reflected in the UMass Boston cumulative grade point average:

- Summa cum laude: 3.75 or above
- Magna cum laude: 3.50 to 3.74
- Cum laude: 3.30 to 3.49

Course Repetition Policy

With the exception of EHS 485 (Independent Study), a student may repeat a course only once. If a student repeats a course, both grades will appear on the student’s transcript, but only the second grade will be counted in the cumulative GPA.

Withdrawals

EHS students who are considering withdrawing from the EHS Program should discuss this decision with their faculty advisor. If the student decides to withdraw, he or she must meet with a Student Affairs Specialist/Academic Advisor of the CNHS to obtain the appropriate withdrawal form prior to withdrawing. The completed form should be brought to the Office of Records and Registration (Registrar). Students who voluntarily withdraw, with the intention of returning to the EHS major, should apply for readmission by contacting a Student Affairs Specialist/Academic Advisor as soon as their new plans are formulated. It is expected that the students will initiate and maintain contact with an academic advisor at least once a semester, especially in the first five semesters of the program. All re-admissions are considered on a space available basis.

Progressive Discipline System

Students who fail to meet EHS Department requirements for progression in the program will be subject to probation or dismissal.

Academic Probation

A "C-" or below for the first time in a required EHS course, BIOL 207, BIOL 208 and/or MGT 130 will result in academic probation. The Student Affairs Committee determines the conditions of the probation. Students must sign a probation contract, which usually includes participation in the CNHS "Plan for Success" Program and a recommendation for further progression. Students must adhere to the stipulations of the contract. Students on probation will be allowed to repeat courses on a space available basis if they return the signed probation contract and letter by the date due.

Academic Dismissal

Students who fail to meet the EHS Department Progression requirements – not maintaining a GPA of 2.5 in all courses, or failing 2 or more EHS courses, BIOL 207, BIOL 208 and/or MGT 130 – will result in dismissal from the Program. It is the students’ responsibility to keep track of their academic standing using information available online through WISER. Students may appeal dismissal decisions via the Student Affairs Committee within one week of receipt of a dismissal letter from the CNHS that informs them of their status. Students who anticipate potential dismissal should prepare to meet the SAC deadline even if a dismissal letter has not yet been received. Students dismissed from CNHS will also be dismissed from the University. Dismissed students who wish to continue at the University in a different major may apply for an Inter-College Transfer (ICT), using forms available from the Registrar’s Office. Please note that Inter-College Transfer admission is not guaranteed.
Policies and Procedures

**Code of Student Conduct**

The Code of Student Conduct provides a framework of standard acceptable behavior for students. It is set forth to give students general notice of prohibited conduct; it should not be regarded as an exhaustive definition of misconduct or construed as a contract between the student and the University. Students are responsible for understanding and complying with this Code. Copies of the Code of Student Conduct are available in the Office of the Vice Chancellors for Academic and Student Affairs, in the undergraduate catalog and graduate bulletin, in the UMass Boston Student Handbook, and on the University's website at http://www.umb.edu/student_affairs/code.html.

**Academic Dishonesty and Misconduct**

Examples of academic dishonesty include but are not limited to cheating on examinations, submitting written material that is the work of others, purchasing papers over the internet, or seeking unauthorized use of computer files of a student or faculty member. Misconduct includes, but is not limited to, furnishing false or inaccurate information, disruptive conduct, or theft and damage to University property.

Plagiarism and cheating are serious offenses and are not tolerated by CNHS or the University. Strict policies and procedures for dealing with these offenses are in place at the University and are outlined extensively in the Student Handbook for Undergraduate and Graduate Students.

Sanctions for cheating and plagiarism may include but are not limited to a "0" for the assignment, forced withdrawal, "0" for the course or referral to the University Student Affairs for review. Please refer to the Student Handbook for Undergraduate and Graduate Students.

**Suspected Plagiarism**

Should a faculty member suspect an Exercise and Health Sciences student of plagiarism, as defined in the UMass Boston Student Handbook for Undergraduate and Graduate Students, the faculty member will notify the student of the charges and inform the student of his/her rights and responsibilities as printed in the Student Handbook for Undergraduate and Graduate Students. The faculty member should meet with the student to discuss the alleged violation within ten (10) days of incident. If the issue is not resolved at this meeting, the faculty member will notify the student in writing of the specifics of the alleged violation and of the sanction(s) to be imposed within ten (10) days. If there are no sanctions imposed the charges are considered dismissed.

A faculty member may wish to have a case of student plagiarism or cheating heard before the Student Affairs Committee. The faculty member must make a written request to the SAC within 10 days of the alleged violation. The Committee will meet with the student to hear the circumstances of the case and make recommendations for sanction(s). A student may appeal sanctions to the University Student Affairs Committee.

A student may wish to have a case of plagiarism or cheating heard before the SAC. The student must make a written request to SAC within 10 days of receiving the sanction(s). The faculty member will be asked to present information concerning the suspected violation and the student will be asked to meet with SAC. Recommendations may be made by SAC with the understanding that the decision of sanctions rest solely with the faculty member.

**Suspected Cheating**

EHS students are honor bound to maintain ethical practices when taking examinations and completing course requirements. If a student's behavior indicates he/she is cheating during an examination, as defined in the UMass Boston Student Handbook for Undergraduate and Graduate Students, the student will be asked to surrender the examination and meet with the faculty member as specified in the above section on Suspected Plagiarism.

**Breach of Ethical Conduct**

Should a member of CNHS faculty or administration suspect a student of a breach of ethical conduct, that person will notify the student of the alleged breach and will meet with the student within ten (10) school days of the date the incident comes to the faculty member's attention. If the issue is not resolved at this meeting, the faculty member will complete a Breach of Ethical Conduct Form and furnish a copy to the student in writing within ten (10) school days after the meeting of the specifics of the alleged violation and any imposed sanctions. If no sanction is imposed, the allegation shall be considered dismissed. A copy of the Breach of Ethical Conduct Form describing the specifics of the alleged violation will also be sent to the EHS Chairperson, Undergraduate Program Director, and the Student Affairs Committee (SAC).

Within ten (10) school days after the imposition of the sanction, the student may:
1. accept the decision of the faculty member, or
2. submit a written appeal for a hearing to the Undergraduate Program Director or to the Department Chairperson.

If the Department Chair or UPD uphold the allegation, the student may appeal to the Student Affairs Committee within ten (10) school days of receiving the faculty decision. The SAC Chair will then establish a date for a hearing. The student and the University’s Division of Student Affairs will be notified in writing at least ten (10) school days in advance of the hearing date. The student has the right to have a member of the UMass Boston community of his/her choice (except legal counsel) present during the hearing to act as an advocate on his/her behalf.

If the full Student Affairs Committee cannot be present at the hearing, at least three faculty members and one EHS student member must be present. During the hearing, the faculty member who initiated the action will describe the specifics of the alleged violation. The student will have the right to present evidence on his/her behalf in regard to the alleged violation. The committee may call witnesses as necessary. After the evidence has been offered, the committee will meet in private to deliberate and vote. The Student Affairs committee chair will vote only in the event of a tie.

The student will be notified in writing of the decision of the committee within ten (10) school days of the hearing. If the committee does not find evidence of such a breach, the faculty member and the student will be notified that the committee recommends dismissal of the sanction. If the committee finds evidence of a breach of ethical conduct, the sanction imposed by the faculty member shall be upheld, and the committee may recommend further sanctions.

### Alcohol / Substance Abuse Policy

The fundamental principles underlying this policy are a) safety and protection, and b) the need to secure help for the affected student. CNHS adheres to the policy and procedures of the University. Accordingly, if an EHS student is suspected of alcohol and/or substance abuse, s/he will be immediately removed from the clinical or classroom setting. Appropriate arrangements will then be made to ensure that the student reaches his/her home safely that day.

The incident will be reported to the course coordinator, who will complete and forward a Breach of Ethical Conduct Form to the Undergraduate Program Director, the Associate Dean of the College, the Vice Chancellor for Student Affairs, and/or another designee for investigation. Until the investigation is completed, the student will not be allowed to participate in any clinical experiences. Pending the outcome of the investigation, disciplinary action may be imposed and/or counseling may be recommended. EHS student may avail themselves of appropriate hearing and appeal procedures as exist within the College and as outlined in the University’s Code of Student Conduct, available at www.umb.edu/life_on_campus/policies/code/.

### Appeal Process

Students in the EHS Program have the right to file appeals as they relate to grades and academic status.

#### Appealing a Paper, Examination and/or Course Grade

Students who have questions about a grade received on a paper or examination or in a course should first meet with the professor involved. This meeting should take place within 2 weeks of receiving the paper, examination, or course grade. Discussion should focus on understanding the faculty member's rationale for the grade. Most often, this meeting results in an understanding of each party's perspective. If, in either party's opinion, such an understanding is not reached, either party may ask to meet with the Chair of the EHS department. The Chair will make an effort to help parties involved to reach an understanding. If a satisfactory understanding is still not reached, either party may ask to meet with the Director of Academic and Student Services in CNHS. Also see related university policies.

#### Appeals of Probationary / Dismissal Status

Students who have questions about academic warnings and/or a grade received for a paper, examination, or course should first meet with the involved faculty within two weeks of receiving the warning or grade. Discussion should focus on understanding the faculty member's rationale for the grade. Most often, this meeting results in an understanding of each party's perspective. If such an understanding is not reached, either party may ask to meet with the Chair of the EHS department. The Chair will make an effort to help parties involved to reach an understanding. If a satisfactory understanding is still not reached, students may submit a letter of appeal to the Exercise and Health Sciences Department Chair and the Chairperson of the Student Affairs
Policies and Procedures

Committee. The letter should include:

- Documentation of faculty member’s reason(s) for the grade or warning received.
- Reason and supporting evidence for the inaccuracy of the grade or warning.
- Student’s plan to prevent any recurrence of a failing grade or warning status.

Students may request to appear before the Student Affairs Committee to clarify and/or to answer questions regarding their appeal. The student may bring someone to lend support. The support person may submit written materials, a letter of support, and may attend the Student Affairs Committee meeting, but may not actively participate in proceedings or serve as legal counsel. Students will be notified in writing of the decision of the Student Affairs Committee.

Appeals of SAC Decisions on Policy Exceptions

Students have the right to submit a written appeal of a SAC decision to the Dean of CNHS, as well as the right to meet with a representative from the University’s Office of the Vice Chancellor for Student Affairs, Campus Center, Rm. 4100, 617.287.5800 (phone), 617.287.5811 (fax), or by email to: student.affairs@umb.edu, Office Hours: M—F, 8:30 AM—5PM.

Student Concerns and Complaints

All complaints will be handled in accordance with written policies of the University of Massachusetts Boston, the Department of Exercise and Health Sciences, and the College of Nursing and Health Sciences. This policy and procedure provides the opportunity for students to formally address and document complaints and concerns.

Student concerns and complaints may entail statements of dissatisfaction involving course (classroom, lab, clinical, internship), program, or college-related experiences. The college encourages direct communication for informal resolution of the concern or complaint. Complaints and concerns may relate but are not limited to course expectations, the overall program of study, faculty, classmates, college staff, or other college activities.

- For course-related concerns or complaints, the course faculty member will serve as the student’s first resource and primary contact for communication.
- For program-related concerns or complaints, the appropriate Undergraduate Program Director will serve as the student’s first resource and primary contact for communication.
- For college-related concerns or complaints, the Director of Student Services will serve as the student’s first resource and primary contact for communication.

Students also have the option to directly submit a formal letter of complaint or concern after they have made documented efforts to utilize the appropriate channel, and have not received adequate attention or resolution within a reasonable timeframe. When a formal concern or complaint occurs, students should file a typed, professionally-worded letter with the Office of Student Services. The letter must contain the date, the student’s original signature, a rationale for filing the complaint, and the remedial action requested.

The student should then seal his/her letter in an envelope addressed to the Director of Student Services. The Director of Student Services assures all college procedures align with university policy. The Director of Student Services will review the concern or complaint and respond by e-mail or phone to the student within 5 business days. The Director will document response, proposed resolution, and/or suggested next steps. The student’s letter may be shared with CNHS administrators for advice with resolution. Documents are maintained for three years at a minimum by the Office of Student Services.

Right to Review Records

Educational Rights and Privacy Act: In accordance with Public Law 93-38, the University wishes to inform all UMass Boston students of their right to review their education records on file at the University. Accordingly, any EHS student wishing to examine his or her education record should submit a written request to the CNHS Director of Academic and Student Affairs.

Students who want copies of materials from their student file should complete a Student Request Form available at the CNHS reception desk. The requested items will be ready for pick up within five business days.
CNHS Clinical Clearance Policy

The College of Nursing and Health Sciences and the Exercise and Health Sciences Program offer practical experiences in a variety of settings ranging from community hospitals and medical organizations, to primary and secondary schools to fitness centers and facilities. CNHS maintains contractual agreements for practical experiences with numerous agencies. EHS students must meet the expectations of both CNHS and the agency regarding professional conduct, attire, health clearance, and other requirements. Individual agency policies may supersede those of the University and the College.

Clinical Clearance

Students receive information about clinical clearance documentation requirements at New Student Orientation, and again in advance of completing EHS 490, the final semester internship, as well as any course with a practical component where students will be interacting with the public. Students are fully responsible to complete and submit clinical clearance documents correctly and on time. EHS students are responsible for all costs which may include immunizations, tests, certifications, insurance, illness, or hospitalization.

Clinical clearance documents must be submitted according the procedures specified by the Clinical Internship and Placement Office (CIPO). Incomplete packets will not be accepted. Students who fail to submit Clinical Clearance documentation on time will be administratively withdrawn from EHS courses with any type of practicum.

Criminal & Sex Offender Record Information (CORI/SORI)

All students accepted into any undergraduate, masters, post master's certificate, or PhD program or other offering at CNHS must undergo a Criminal Offender Record Information (CORI) check. Depending upon the results of the CORI/SORI, a student's continued participation in a program may be denied.

The purpose of the CORI check is to ensure public safety and avoid unacceptable risk to vulnerable populations. As most agencies sponsoring a practical experience require CORI, SORI or other criminal background checks prior to offering a practical experience to students, CNHS cannot guarantee a practical experience to a student if a sponsoring agency refuses to accept the results of any CORI/SORI/ or other criminal background check required by the sponsoring agency. Students found to have certain criminal convictions or pending actions will be presumed ineligible for a practical experience.

The College is authorized and certified by the Commonwealth of Massachusetts Criminal History Systems Board (CHSB), pursuant to MGL, Chp. 6, § 172 to access CORI records to include convictions and pending criminal cases. CNHS refers to regulations issued by the Massachusetts Executive Office of Health and Human Services, 101 Code of Massachusetts Regulations 15.00-15.16, as guidance when assessing student CORI records. Sex Offender Registry Information (CORI) checks shall be performed pursuant to MGL, Chapter 6, Sections 178C-178P. For information regarding CNHS's CORI/SORI check process, please contact the CORI Administrator, at cnhs.cori@umb.edu, with questions.

Students participating in a practical experience component of their program (such as a clinical affiliation, internship, practicum course and/or laboratory experience) are required to undergo a CORI, SORI, or other criminal background check as may be required by the agency sponsoring the practical experience.

Students who refuse to consent to a CORI/SORI or other criminal background check, will be administratively withdrawn from the CNHS program. A student with a positive CORI, SORI or other criminal history may be excluded from a practical experience at a particular agency at the sponsoring agency's discretion. CNHS is obligated to comply with its sponsoring agencies' CORI, SORI and other criminal background policies. Any student who refuses to consent to a CORI, SORI or other criminal background check required by the sponsoring agency will be precluded from participating in the corresponding practical experience.

Students who do not complete the required practical experience component of their program will be unable to fulfill their requirements for graduation and may be withdrawn from the program.

If a CNHS student is cleared for a practical experience and CNHS subsequently discovers a violation on the student's CORI (from any state) or a violation of any other criminal background check required by the agency, you will be immediately removed from your practical experience pending further investigation which may include a delay in a return to the practical experience or possible academic probation or academic dismissal from the program or college.

CNHS students who receive a new violation on their record while in a practical experience but do not notify the Undergraduate Program Director and Director of Student Services within five (5) business days of the violation may be subject
to additional disciplinary actions. [See 3(b) below]. These may include, but are not limited to, academic probation or academic dismissal from the program or college.

All CNHS undergraduates must submit a CORI Check Release form with a copy of their valid government-issued identification upon admission, and each semester thereafter, prior to a practical experience and at subsequent intervals as requested.

CNHS students must submit a CORI Check Release form with a copy of a valid form of identification as well as the original form of identification upon admission and once a year thereafter, prior to a practical experience and at subsequent intervals as requested.

A student may not refuse a CORI check. Students who refuse to consent to a CORI will be administratively withdrawn from the EHS Program.

CORI Screening and Review Procedure

When a student is admitted to CNHS, he/she will complete:

- A CORI Check Release form in the presence of a CORI officer verifying his/her identity with a government issued ID (i.e. driver’s license or passport). Attached to the release form will be a photocopy of the ID provided by the student that will be double checked by the CORI officer when the form is submitted. If requested, the applicant will be provided with a copy of the CORI policy.
- Certified CORI officer will submit the required information online to the Criminal History Systems Board (CHSB).
- CHSB results will be reviewed by the CORI Administrator.

The CORI Administrator will closely compare the record provided by CHSB with the information on the CORI Check Release form and any other identifying information provided by the applicant, to ensure the record relates to the applicant.

If a CNHS student has a violation on their record(s) (from any state) *he/she must meet with the Director of Student Services in confidence within five business days of being notified by the CORI Administrator that there is a clinical clearance issue. During this meeting, the violation or penalty will be discussed further to obtain more information and to plan accordingly. The applicant shall be provided with a copy of the criminal record and the CNHS’ CORI Policy, advised of the part(s) of the record that makes the individual ineligible for the practical experience, and given an opportunity to dispute the accuracy and relevance of the CORI record. Applicants challenging the accuracy of the CORI shall be provided a copy of CHSB’s Information Concerning the Process in Correcting a Criminal Record.

If the CORI record provided does not match the identification information provided by the applicant, CNHS will make a determination based on a comparison of the CORI record and documents provided by the applicant. CNHS may contact CHSB and request a detailed search consistent with CHSB policy.

If necessary, the Director of Student Services will convene the CNHS CORI Committee, which will be comprised of the following CORI certified individuals: Associate Dean, Director of Student Services, CORI Administrator and the appropriate Nursing Department Program Director or Exercise and Health Sciences Department Preceptorship or Internship Coordinator. The committee will review each case individually to determine a plan of action.

The student will be contacted by the Director of Student Services within five business days regarding their status as a result of the review. The appropriate Associate Dean, CORI Administrator and the appropriate Nursing Department Program Director or Exercise and Health Sciences Department Preceptorship or Internship Coordinator will be notified if the Committee determines that the student should not attend his/her practical experience.

If CNHS reasonably believes the record belongs to the applicant and is accurate, based on the information as provided in Section 3 of his procedure, then the determination of eligibility for a practical experience will be made. Unless otherwise, provided by law, factors considered in determining suitability may include, but are not to be limited to the following:

- Relevance of the crime to the practical experience;
- The nature of the work to be performed;
- Time since the conviction;
- Age of the candidate at the time of the offense;
- Seriousness and specific circumstances of the offense;
- The number of offenses;
- Whether the applicant has pending charges;
- Final disciplinary action by the Board of Registration in
Students are responsible for notifying the EHS Undergraduate Program Director and course instructor of new or ongoing personal issues or health concerns that may impact patient or student safety or health.

**Incidents or Illness/Injury in the Internship/Practicum Setting or at CNHS**

EHS students who become ill or injured while in clinical or at CNHS may receive emergency treatment in the agency or, if occurs on campus, at UMB. The agency’s and university’s designated forms must be completed by the student and course instructor if necessary. The student is expected to pay for services rendered, through his/her medical coverage. Students should obtain medical advice from their own primary care provider, or the UMass Boston Health Service, if they become ill or are exposed to an infectious disease.

Concerns regarding decision making about pregnancy and other health issues can be discussed confidentially with the Undergraduate Program Director and/or course instructor. Faculty should consult with Program Director and about all incidents occurring in internship/practicum. A Clinical Incident form needs to be completed and can be obtained from the CIPO. All Clinical Incident forms are maintained on file with the CIPO, tracked, and regularly reported at Undergraduate Program Committee Meetings.

**Transportation and Change of Status in Internship/Practicum**

EHS students are expected to provide their own transportation to and from all internship/practicum settings and must make arrangements for access to transportation as needed. CNHS cannot guarantee particular sites based on transportation or other personal needs at all times. Students often carpool from the college and share parking expenses since some city clinical agency parking facilities’ prices are expensive. If you anticipate transportation problems, please talk to the internship/practicum course instructor who may be able to assist with providing names of other classmates in clinical site. Please note that not all clinical sites are accessible by public transportation.
Our Plan for Success Program (PFS) serves students through enhanced academic and social support. Participating students connect with appropriate resources and in partnership with PFS staff design individualized strategies that address pertinent issues, promote effective academic habits, capitalize on strengths, and maximize potential. Students who commit to the program and follow their individualized plan experience a high rate of success. Students consistently report the following changes:

- Improved planning and time management
- Decreased procrastination
- Improved and varied study techniques
- Improved test taking skills
- Increased knowledge of resources
- Consistent use of tutoring
- Joining a study group
- Meeting with professors and advisors
- Creating a positive attitude.

The University Honors Program

The University Honors Program seeks to meet the needs of students who thrive on intellectual challenge by offering special interdisciplinary academic opportunities outside the major. These students are curious, ambitious, reflective, independent-minded. They are active participants in their own learning experiences, and they are concerned to use their gifts to benefit others as well. They profit from taking course work with like-minded students, and with teachers who are skillful in leading them to increasingly rigorous levels of performance.

For these students, the University Honors Program offers enriched courses that may probe more deeply into theory or venture further into application. They may bring guest experts to the classroom or exploit special resources in the Boston area. The Program fosters community among its students outside the classroom as well: Honors students share a common study area, and the Program sponsors special events every semester. Academic advising is a high priority, and the Program seeks to connect its students to opportunities for scholarships, internships, and service activities.

Outstanding performance is acknowledged through award of the Robert H. Spaethling Prize. Seniors who have completed the Program are recognized at their College’s Honors Convocation, and the designation “Honors Program Scholar” is affixed to final transcripts.
Student Resources

Benefits of Honors Program Membership include:

- Specially designed courses for Honors students only
- Small class size
- Priority registration for courses
- Study area with computers, open daily
- Intensive, personalized advising.

The Joseph P. Healey Library

The Healey Library is open Monday through Thursday from 8:00 a.m. until 11:00 p.m., Friday from 8:00 a.m. until 7:00 p.m., Saturday from 9:00 a.m. until 5:00 and Sunday from 11:00 a.m. to 7:00 p.m.

A Library Manual for students is available on the library web site www.lib.umb.edu and in the library. The manual contains valuable information about the University’s Library facilities and the resources for students. Another valuable resource available on the library web site is Live Chat (BLC ASK 24/7) which gives you access to a librarian who can answer questions 24 hours a day, 7 days a week.

The library web site www.lib.umb.edu also provides access to electronic reserve and to many databases and on-line journals that will be helpful to EHS students. When faculty place reading on electronic reserve, students can access that reading anywhere they have access to the Internet. A complete list of on-line databases can be found on the library web site.

UMass Boston is a member of three library consortia. Two of the consortia allow use of their facilities along with borrowing privileges, while the third allows use of the library only. Students must present a valid UMass identification card to use any of these libraries. Some of these libraries have additional requirements, which must be met prior to borrowing books. A list of consortia is available on the library web site.

Academic Support Services

Campus Center, 1st floor (1400 Street), (617) 287-6550
The Office of Academic Programs provides tutors free of charge for many non-nursing courses. Students should speak to the professor about tutoring available for a course or contact the Office of Academic Programs to learn which courses have tutorial assistance, how to arrange for a tutor and the scheduling of workshops in reading, writing, studying and research skills.

Office of Undergraduate Admissions

Campus Center, UL. If students have transfer credit or CLEP credit missing from their audit they should contact the Admissions Office. Prospective undergraduate students interested in the program should sign up for an Information Session through the Enrollment Marketing area at (617)287-6000.

Career Services

Campus Center/1/1100 Street, (617)287-5519, http://www.careers.umb.edu/
EHS students are strongly encouraged to establish a credentials (reference) file at Career Services. Their office is open Monday – Friday 8:00 am to 5:30 pm.

Computers

The University has an extensive Computing Services Center located in the Upper Level of the Healey Library. Computers available to EHS students include DEC, IBM, and Apple micro-computers. There is also a sophisticated graphics lab and an adaptive computer lab for disabled students. EHS students are encouraged to familiarize themselves with the computing center early on. We highly recommend enrolling in the introductory computer instruction classes offered at the beginning of each semester.

College Level Examination Program (CLEP)

CLEP Office, Testing Center Campus Center/UL/130, (617)287-5522, www.uac.umb.edu/clepinfo.html
Students may take CLEP examinations in lieu of Sociology 101 and English 101. Registration takes place through the CLEP office. Students can get study information at the College Board Website www.collegeboard.org

Disability Services, Ross Center

Campus Center/2/2100 Street, (617) 287-7430, http://www.rosscenter.umb.edu/
Any individual with a physical or mental impairment that substantially limits a person in some major life activity, and needs accommodation, must provide documentation of the disability to the Director of the Ross Center for Disability Services. The Director of Disability Services will make a deter-
mination whether or not accommodations are needed. Once this determination is made, the Director will then consult with the faculty member for the appropriate accommodations. Students with documented disabilities are encouraged to register with Disability Services by visiting the Ross Center or calling (617) 287-7430.

The center offers the services of the Admissions, Registrar, Bursar and Financial Aid Offices. Students can also access and print out their unofficial transcripts, schedules, billing statements and degree audits. The “One Stop” takes care of all paperwork and walk-in enrollment questions.

Financial Aid Office

Information and application forms for student financial assistance are available from the Office of Student Financial Management on the first floor of the Quinn Administration Building. It is open during the academic year on Monday and Wednesday from 8:30 am – 6:00 pm, and Tuesday and Thursday from 8:30 am – 5:00 pm. No appointment is necessary.

WISER system

http://www.umb.edu/it/info/wiser/index.html
WISER is UMass Boston’s web-based, self-service system, where students, faculty and staff can access information and utilize online features to help make the student experience a positive and rewarding one. With this system, students can update and maintain their personal, academic and financial information at the University.

Writing Proficiency Office

Campus Center/2/2100 Street, (617) 287-6330, http://www.umb.edu/umb/wpr/office.html
Students should stop by the office or check out the website to get additional information on the requirement and upcoming test/portfolio dates and materials.

Registrar’s Office

Campus Center/4th floor, (617) 287-6200, www.registrar.umb.edu. Students with any questions regarding registration or graduation should contact the Registrar’s Office at the above website or phone number.

Scholarship Office

Campus Center, 4th floor, (617) 287-6026
Information on university and nursing scholarships is available in the Scholarship Office. Further information regarding the Massachusetts General Hospital Multicultural Scholarship, the Hebrew Rehabilitation Center for the Aged Scholarship and the New England Sinai Scholarship is available at the front desk of the CNHS.

Student Services Center – The One Stop

Campus Center, UL, (617) 287-4880