

Robert and Donna Manning College of Nursing and Health  
Sciences

# Exercise and Health Science Undergraduate Student Handbook AY 2023-24

The Baccalaureate Degree Program in Exercise and Health Sciences Program at the University of Massachusetts Boston is accredited by Commission on Accreditation of Allied Health Education Programs (CAAHEP)



[www.umb.edu/academics/MCNHS](http://www.umb.edu/academics/MCNHS)

*\*The Manning College maintains the right to amend published policies, procedures, and requirements at any time.*

**ALL STUDENTS ARE RESPONSIBLE FOR UNDERSTANDING  
AND COMPLYING WITH ALL HANDBOOK POLICIES**

Students are expected to refer often to the policies and procedures contained within the current EHS Undergraduate Handbook available on the MCNHS website as well as other links provided in the EHS Undergraduate Handbook. This handbook supplements the following online University publications, which contain general information related to student rights, academic policies, registration, financial aid, campus facilities, and course descriptions and requirements. 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 MCNHS website. Failure to stay informed of published policies, procedures, and requirements is not an excuse for non-adherence.

***\*POLICIES ARE SUBJECT TO CHANGE; STUDENTS WILL BE NOTIFIED VIA EMAIL IN A TIMELY MANNER OF IMPORTANT CHANGES.***

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## Welcome

Welcome to the Department of Exercise and Health Sciences (EHS)!

The EHS department is an integral part of The Robert and Donna Manning College of Nursing and Health Sciences (MCNHS), and it currently offers a Bachelor of Science (BS) program, an Accelerate Master of Science (MS) program, a traditional Master of Science (MS) program, and a Doctor of Philosophy (PhD) program, all in Exercise and Health Sciences.

The BS program is one of the largest undergraduate programs on campus and has a current enrollment of approximately 700 students. The BS curriculum provides a solid foundation based on the principles of exercise physiology and physical activity promotion while offering the flexibility for students to prepare for further education and careers in a broad range of allied health professions. Popular career goals include physical therapy, occupational therapy, physician assistants, nursing, exercise physiology, sports medicine, health promotion, and other related health professions. For talented BS students, we also encourage you to consider our MS and PhD programs.

Please take a moment to read the student handbook and visit the EHS website to learn more about the bs program. The student handbook and website are a good guide to use as you progress through your major. On behalf of the EHS faculty and staff, I thank you for choosing our BS program for your undergraduate education. We look forward to working with you, and helping you reach your educational and career goals.

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## Overview of the Program

The EHS Undergraduate program was created to meet the needs of all students interested in pursuing a variety of careers in Exercise and Health Sciences. As a relatively new academic discipline, we are among the fastest-growing diverse exercise and health sciences programs of study in the country. Our admissions have nearly tripled in the past five years to over 650 talented, motivated, high-achieving students who represent the rich sociocultural diversity of a well-known research-based university. Our faculty ranks have significantly increased and represent an interdisciplinary, talented group of instructors and professors who will help provide students with a quality education as well as opportunities to well trained professionals in exercise and health sciences.

The Department of Exercise and Health Sciences is at the forefront of reducing adverse health conditions associated with inactivity 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.

### **Program Goals**

The mission of the Exercise and Health Sciences (EHS) department is congruent with the mission and vision of the College of Nursing and Health Sciences. The EHS Undergraduate Program mission is to provide comprehensive, theory-guided, evidence-based practices directed toward health promotion, physical activity, and nutrition. We aspire to provide the public and surrounding communities with educated and socially responsible professionals.

**It is recognized that the mission can be accomplished through a firm commitment to:**

- Recruiting and supporting students, faculty, and staff from diverse backgrounds.
- Using innovative, evidence-based teaching and learning strategies to meet the need for health science professionals at different educational levels that are prepared for excellence in practice with diverse populations in various health settings.

- Providing curriculum and research opportunities designed to discover, apply, and integrate new knowledge addressing strategies that enhance health-related quality of life, with an emphasis on diverse urban populations.
- Preparing graduates for participation in society and the global community as educated, socially responsible individuals.

## **Program Goals**

The goals of the Exercise and Health Sciences Undergraduate Program align closely with the Manning College of Nursing and Health Sciences goals, which address the community of learners through education, research, and service to the university, communities, and the discipline of Exercise and Health Sciences.

### **Our goals are to:**

- Provide comprehensive tools and services to enhance student learning in collaboration with other departments within the university.
- Create a welcoming environment within the classroom, department and university at large where students, faculty, and staff interact, learn from one another, and work collaboratively.
- Use effective teaching and learning methods to prepare baccalaureate, masters, and doctoral students to provide excellent health care with an emphasis on diverse urban populations.
- Establish meaningful partnerships with local, state and federal health agencies to enhance student learning, community service, and faculty practice and research.

## **Learning Objectives**

The primary goal of the Exercise and Health Sciences undergraduate program is to prepare competent entry-level Exercise Science professionals in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains. In addition to this goal, students will meet the following objectives throughout the core curriculum:

- 1. Demonstrate knowledge of core and concentration specific EHS courses:**
  - a. Identify chronic health conditions and disparities associated with physical inactivity and sedentary behavior.
  - b. Convey the most current recommendations for physical activity.
  - c. Demonstrate knowledge of the physiological response to physical activity and exercise and associated health benefits.
  - d. Understand the correlates of physical activity and sedentary behavior.
- 2. Demonstrate the ability to apply scientific theory to practice in humans:**



- a. Design and implement a health behavior intervention, based on scientific theory, to improve health and fitness.
  - b. Demonstrate the ability to assess health related fitness.
  - c. Design individualized exercise programs for low and moderate risk populations.
- 3. Demonstrate ability to evaluate literature related to exercise and health sciences:**
- a. Gather and analyze relevant peer-reviewed literature.
  - b. Draw conclusions through synthesis of the literature.
  - c. Convey knowledge of literature related to the exercise and health sciences in oral and written format.

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## [Program Requirements](#)

### **Program Admission**

#### **New Freshman and Non-UMB Transfer Students**

Students who have never matriculated into a degree-granting program at UMB and wish to enter the Exercise and Health Sciences Program as either a new freshman or new transfer student, must apply to the College through the Office of Undergraduate Admissions. Undergraduate Admissions is responsible for assembling and processing the UMB application, evaluating applicants, rendering decisions based on admission criteria and deadlines set by the College, and arranging new student orientation for accepted students. Admission into the EHS program occurs twice a year with start dates in the Fall and the Spring semester.

[CLICK HERE for More Information](#)

### **UMB Program and Major Change Students, UMB Degree-Holders, and Reenrollment**

#### **Applications**

Depending on your current status at UMass Boston you will need to apply to our program by following the appropriate procedures outlined below.

- You can find the appropriate application on the UMass Boston Registrar's Office [Forms](#) page or by visiting the [One Stop](#) (Campus Center, UL).
- Admission to the Exercise and Health Sciences program is not guaranteed. The program reviews a variety of factors, including 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 2 weeks after these dates. Late applications will not be accepted.

[CLICK HERE for More Information](#)

### **Inter-College Transfer to EHS**

Students currently enrolled in another college or program who wish to change their major to Exercise and Health Sciences, must complete the Inter-College Transfer (ICT) Application. Students must include an official

or unofficial UMass Boston transcript with your application as well as a typed, short personal statement of intent. Applications should be delivered to the College of Nursing and Health Sciences Main Office, Quinn Building, 2nd Floor. Application deadline for Fall admission is July 1 and for Spring is November 1. ICT students accepted into the program must attend a special orientation offered by the MCNHS Office of Student Services prior to registering for the upcoming semester.

[CLICK HERE for More Information](#)

## **Readmission**

If you are currently not an active UMass Boston student but were formerly in the Exercise and Health Sciences program, you must complete a Readmission Application to re-enroll into EHS. Students who were previously admitted to UMass Boston and wish to resume their studies must submit the Undergraduate Readmission Application and any additional documents to the One Stop (Campus Center, Upper Level) or the Registrar's Office). Please note, meeting the deadline for submission of the readmission application does not ensure that required courses or placement into required professional programs will be available upon readmission. Applications are due no later than July 1 for the Fall semester, and November 1 for the Spring semester. Students readmitted into the program must meet with a MCNHS Student Support Specialist prior to registering for the upcoming semester.

[CLICK HERE for More Information](#)

## **EHS Second Degree/Previous Degree**

A student is considered to be seeking a second baccalaureate degree if the student has previously earned a baccalaureate degree at a college or university accredited by one of the United States' regional accrediting bodies. To obtain a second baccalaureate degree at UMass Boston, the student must complete the requirements of the declared major, complete at least 30 credits in residence and maintain a cumulative grade point average of at least 2.0. (Note that students whose first baccalaureate degree is from UMass Boston may be subject to additional restrictions.

Students whose first degree is from UMass Boston can apply for a second undergraduate degree using the Second-Degree application. Students whose first degree is from another school should file an admissions application. For information on applying and financial aid please check the [Admissions](#) web page.

[CLICK HERE for More Information](#)

## Exercise And Health Sciences Course Requirements

The Exercise and Health Sciences curriculum is designed to prepare students for careers that incorporate a strong understanding of the physiological and health-related effects of exercise, physical activity, and the promotion of healthy lifestyles. Students must complete a minimum of 120 credits and maintain a cumulative grade point average of 2.0 and passing grade of a C- in all EHS required courses. The table below outlines EHS core, EHS elective, and the University general education requirements. Additional credits are required to meet the 120-credit minimum.

Gen Ed Requirements		EHS Core Curriculum	
■	<b>ENGL 101 Freshman English I- 3cr</b>	■	<b>EHS 120 Careers in Exercise &amp; Health- 3cr</b>
■	<b>ENGL 102 Freshman English II-3cr</b> <i>(prerequisite: ENGL 101)</i>	■	<b>EHS 160 Fitness &amp; Wellness-3cr</b>
■	<b>First Year Seminar 4cr</b> <i>(required of those who enter UMB &lt; 30CR)</i>	■	<b>EHS 230 Strength &amp; Conditioning- 3cr</b>
■	<b>Intermediate Seminar- 3cr</b> <i>(prerequisite: ENGL 102 and minimum of 30 credits)</i>	■	<b>EHS 260 Physical Activity &amp; Health- 3cr</b> <i>(prerequisite: EHS 160 &amp; EHS 280)</i>
■	<b>Arts (AR) or Humanities (HU)- 3cr</b>	■	<b>EHS 280 Stats for Health Professionals- 3cr</b> <i>(prerequisite: MATH 114QR, or higher placement)</i>
■	<b>Arts (AR) or Humanities (HU)- 3cr</b>	■	<b>EHS 300 Health Fitness Assessment- 4cr</b> <i>(prerequisite: EHS 160)</i>
■	<b>Social/Behavioral Science (SB)- 3cr</b>	■	<b>EHS 310 Applied Kinesiology- 3cr</b> <i>(prerequisite: BIOL 207 and BIOL 208)</i>
■	<b>World Languages (WL) or World Cultures (WC)- 3cr</b>	■	<b>EHS 320 Adapted Physical Activity- 3cr</b> <i>(prerequisite: EHS 300)</i>
■	<b>World Languages (WL) or World Cultures (WC)- 3cr</b>	■	<b>EHS 345 Health Behavior Change- 3cr</b> <i>(prerequisite: EHS 160)</i> <i>Note: EHS 340 also satisfies this requirement</i>
■	<b>BIOL 207 Anatomy &amp; Physiology I- 4cr</b> <i>(prerequisite: BIOL 111)</i>	■	<b>EHS 370 Exercise Program Design- 3cr</b> <i>(prerequisite: EHS 230 &amp; EHS 300)</i>
■	<b>BIOL 208 Anatomy &amp; Physiology II- 4cr</b> <i>(prerequisite: BIOL 111 and BIOL 207)</i>	■	<b>EHS 385 Exercise Physiology I- 3cr</b> <i>(prerequisite: BIOL 207 &amp; BIOL 208)</i> <i>Note: EHS 380 also satisfies this requirement</i>
■	<b>Writing Proficiency Requirement</b> <i>(must pass by the completion of 60 credits)</i>	■	<b>EHS 490 Internship in EHS-12cr</b> <i>(prerequisite: department consent required)</i>
		■	<b>EHS Elective #1</b> <i>(must be at least 3cr)</i>

	■	<b>EHS Elective #2</b> <i>(must be at least 3cr)</i>
	■	<b>EHS Elective #3</b> <i>(must be at the 300 or 400 level and at least 3cr)</i>

## General Education Requirements

The general education curriculum at UMass Boston gives you multiple opportunities to build and improve upon your academic foundation. You will be exposed to the fundamental ideas and intellectual activities that students and faculty across campus and around the world – in the arts, the humanities, business, and the social and natural sciences – utilize in scholarship. The UMass Boston general education program introduces students to subject matter and skills from across the university and does so in ways that provide students with a strong foundation for success in future courses and in their career.

[CLICK HERE for More Information](#)

## Course Requirements

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 academic disciplines of exercise science and health sciences, which is also referred to as the EHS core curriculum. These courses provide theoretical and experiential preparation designed to prepare graduates for careers in the exercise and health sciences field.

EHS Core Curriculum	
<b>BIOL 207: Anatomy and Physiology I</b> - 4cr	<b>EHS 300: Health Fitness Assessment</b> - 4cr
<b>BIOL 208: Anatomy and Physiology II</b> - 4cr	<b>EHS 310: Applied Kinesiology</b> - 3cr
<b>EHS 120: Careers in Exercise &amp; Health</b> -3cr	<b>EHS 320: Adapted Physical Activity</b> - 3cr
<b>EHS 160: Fitness and Wellness</b> - 3cr	<b>EHS 345: Health Behavior Change</b> - 3cr
<b>EHS 230: Strength and Conditioning</b> -3cr	<b>EHS 370: Exercise Program Design</b> 3cr
<b>EHS 260: Physical Activity and Health</b> -3cr	<b>EHS 385: Exercise Physiology I (1 credit optional lab)</b> 3cr
<b>EHS 160: Fitness and Wellness</b> -3cr	<b>EHS 490: Internship (12 credits) or EHS 491 (6 credits +6 additional credits of EHS upper-level electives= 12 credits)</b>
<b>EHS 230: Strength and Conditioning</b> -3cr	<b>EHS Elective #1</b> - 3cr
<b>EHS 260: Physical Activity and Health</b> -3cr	<b>EHS Elective #2</b> - 3cr
<b>EHS 280: Statistics for Health Professionals</b> -3cr	<b>EHS Elective #3</b> - 3cr

### Please note the following:

It is highly encouraged to plan your course schedule with your academic EHS advisor to ensure that you complete all requirements within your expected time frame.

All EHS core curriculum requirements (listed above) including BIOL 207 and BIO 208 must be passed with a grade of C- or higher and may not be taken on a pass/fail basis.

Many of our EHS courses have a pre-requisite courses that are listed in [WISER](#) and the [Undergraduate Course Catalog](#). Pre-requisites are not waived for EHS courses under any circumstances.

## **General Electives**

In addition to EHS major and general education requirements, EHS students must complete general elective courses that can be chosen from any academic discipline at UMass Boston. The number of general elective credits varies by student but is generally between 21 and 36 credits, depending on course selection, prerequisites, and/or possible transfer credit.

## **Writing Proficiency Requirement/Exam (WPR/WPE)**

The purpose of the Writing Proficiency Requirement is to help you be better prepared for academic work in advanced courses where you will be expected to apply these essential communication skills. All students enrolled in baccalaureate degree programs at the university are required to complete the WPR/WPE. Students must demonstrate the ability to evaluate different points of view, read critically, and write analytically. Students are required to demonstrate writing proficiency before they complete 75 credits.

[CLICK HERE for More Information](#)

## **Exercise and Health Sciences Course Descriptions**

### **EHS Core Courses**

#### **EHS 120 - Careers in Exercise & Health (3 credits)**

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.

#### **EHS 160 - Fitness and Wellness (3 credits)**

Students completing this course will learn introductory concepts about 1) fitness and related topical areas, including physical activity, nutrition, behavior change, body composition, muscular strength, cardiorespiratory

endurance, and flexibility, and 2) wellness, including lifestyle related chronic diseases such as obesity, diabetes, cancer and cardiovascular disease. Students will learn about the components of fitness as it relates to health and develop their own personal fitness plan. Students will be introduced to causes and treatments for lifestyle related chronic diseases, relevant organizational websites, and develop their own wellness profile. This is a fundamental course that introduces students to the basic principles of fitness and wellness.

**EHS 230 - Strength and Conditioning (3 credits)**

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.

**EHS 260 - Physical Activity and Health (3 credits)**

*Prerequisites: EHS 160 and EHS 280*

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.

**EHS 280 - Statistics for Health Professionals (3 credits)**

*Prerequisite: MATH 114QR or equivalent*

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. Advantages and limitations of statistical tests will be presented. Emphasis will be placed on interpreting the statistics presented in peer-reviewed scientific research in the field of exercise and health sciences.

**EHS 300 - Health Fitness Assessment (3 credits)**

*Prerequisite: EHS 160*

This course focuses on the evaluation of cardiopulmonary and musculoskeletal fitness in apparently health populations. Theoretical and practical components relating to 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. Completion of this course will help prepare students to take one of the American College of Sports medicine (ACSM) Certifications.

### **EHS 310 - Applied Kinesiology (3 credits)**

*Prerequisites: BIOL 207 and BIOL 208*

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 student's 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.

### **EHS 320 - Adapted Physical Activity (3 credits)**

*Prerequisites: BIOL 160*

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.

### **EHS 345 - Health Behavior Change (3 credits)**

*Prerequisite: EHS 160*

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 a healthful diet, eliminating tobacco use, and other lifestyle related habits



that impede optimal health and wellness. This course is designed to teach students strategies and skills that they can use to support and facilitate a client or patient's behavior change goals. Emphasis is placed on improving student competency in designing evidence- and theory-based interventions for individuals and possibly groups. Students will learn the evidence-based counseling skills to interact with individuals in a few settings such as in health care, the community, and worksites. The course has particular relevance to students who plan to be exercise specialists, physical therapists, nutritionists, physical assistants, nurses, health educators, psychologists and other health care professionals.

### **EHS 370 - Exercise Program Design (3 Credits)**

*Prerequisites: EHS 230 and EHS 300*

This course examines the theory and practice of designing exercise programs to improve or maintain cardiorespiratory 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.

### **EHS 385 - Exercise Physiology I (3 credits)**

*Prerequisites: BIOL 207 and BIOL 208*

This course examines the acute and chronic effects of exercise on the human body. Specific topic areas to be covered include; 1) aerobic and anaerobic energy metabolism, 2) pulmonary system physiology, 3) cardiovascular system physiology, 4) hormones related to energy metabolism, 5) skeletal muscle physiology, 6) nervous system physiology, and 7) possible other topics such as temperature regulation, the effects of altitude, ergogenic aids. Students cannot receive credit for both EHS 380 and EHS 385.

### **EHS 490 - Internship (12 credits)**

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 internship for students who have completed or are in the process of completing all other course work for the degree. 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 regular course meetings directed by the Internship Faculty. These provide a forum for sharing experiences,

further developing career objectives, and stimulating creative thinking related to their professional development.

**EHS 491- Internship** *(12 credits-6 credits +6 credits of EHS upper-level electives)*

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 6-credit internship completed with 2 EHS electives for students who have completed or are in the process of completing all other course work for graduation. Students are required to complete approximately 200 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 regular course meetings directed by the Internship Faculty. These provide a forum for sharing experiences, further developing career objectives, and stimulating creative thinking related to their professional development.

**Electives**

**EHS 150 – Introduction to Nutrition** *(3 credits)*

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.

**EHS 240 - Prevention and Care of Athletic Injuries** *(3 credits)*

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.

**EHS 250 – Nutrition for Sports Performance** *(3 credits)*

*Prerequisite: EHS 150*

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.

### **EHS 330 – Conditioning for Performance (3 credits)**

*Prerequisite: EHS 230*

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 studied 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 student's 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.

### **EHS 350 – Obesity and Weight Management (3 credits)**

*Prerequisites: EHS 300*

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 an 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 have 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.

### **EHS 386 - Exercise Physiology I Laboratory (1 credit)**

*Pre- or corequisite: EHS 385*

This course utilizes laboratory experiences to illustrate topics taught in EHS 385 - Exercise Physiology I. Specific labs include: 1) measuring work and power, 2) field tests of aerobic and anaerobic capacity, 3) muscle fatigue and relationships between muscle force, velocity and power, 4) the measurement of oxygen consumption, carbon dioxide production and the respiratory exchange ratio, 5) Oxygen deficit and excess post exercise oxygen consumption, 6) direct test of maximal aerobic power, 7) heart rate and blood pressure response to exercise, 8) the ventilator response to exercise, 9) body temperature and exercise, and 10) substrate utilization during exercise.

### **EHS 400 - Practicum in Adult Fitness (3 credits)**

*Prerequisites: EHS 370*

This course explores the physiological and psychological basis of physical conditioning; body weight control and exercise adherence for apparently healthy adults. Students will gain practical experience administering fitness tests, designing safe and effective exercise programs and developing effective leadership and communication skills. Students will enhance their competencies in adult fitness programming by serving as instructors, test administrators and fitness counselors. Theories and practices related to exercise physiology and health behavior change will be employed throughout the course.

### **EHS 410 - Exercise & Aging (3 credits)**

*Prerequisites: EHS 385*

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.

### **EHS 420 - Pediatric Exercise (3 credits)**

*Prerequisite: EHS 385*

This course focuses on exercise and physical activity in children and adolescents. This course introduces students to the anatomical, physiological, and psychosocial issues related to exercise and physical activity in children such as effects of maturation, growth and puberty on the fitness components (body composition, cardiorespiratory endurance, muscle strength, muscle endurance and flexibility), normal responses to exercise, and adaptations of exercise training. Students will also explore clinical pediatric health issues (asthma, diabetes, congenital heart disease, obesity, etc), and how to adapt appropriate and safe physical activity and exercise programs. A special emphasis will also be on public health policies and national recommendations for children and adolescents including physical activity, physical education, nutritional intake, and sedentary behaviors.

### **EHS 440 - Health Fitness Management (3 credits)**

*Prerequisite: EHS 300*

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.

**EHS 460 - Research Methods I (3 credits)**

*Prerequisites: EHS 260 and EHS 280*

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.

**EHS 470 - Research Methods II (3 credits)**

*Prerequisite: EHS 300 and EHS 460*

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.

**EHS 480 - Clinical Exercise Physiology (3 credit)**

*Prerequisite: EHS 380 or EHS 385*

This course focuses on the role of exercise in managing several common chronic disease conditions. Risk reduction and the treatment of chronic conditions using exercise will be addressed. The chronic conditions studied in this course are endocrine and metabolic diseases (such as diabetes, metabolic syndrome and obesity) pulmonary diseases (such as asthma and chronic obstructive pulmonary disease), and cardiovascular diseases (such as heart failure, cardiovascular disease, and peripheral artery disease). Graded exercise testing and prescription in clinical populations will be included.

**EHS 485 - Independent Study (1-6 credits)**

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.

**EHS 497 - Special Topics (3 credits)**

Addresses a specific topic in exercise and health sciences. Course content varies according to the topic.

**Note:** *These courses are not offered every semester and may vary in their delivery (in-person, remote, or online).*

## **EHS Undergraduate Internship (EHS 490/491)**

The EHS 490 (400 hour, 12 credit) and EHS 491 (200 hour, 6 credit, plus 2 approved EHS electives) internship is the capstone experience for all Exercise and Health Science students. Academic, health, and background clearance is required of all students prior to being approved for the internship.

**Academic Clearance:** Student has completed all academic requirements including the Writing Proficiency Exam and will have completed 120 credits (including the internship).

**Health Clearance:** The requirement for health clearance is standardized by the Clinical Internship Placement Office (CIPO) within the College of Nursing and Health Science. Proof of current health and vaccinations is required. The CIPO office will share the requirements early in the internship application process. Health clearance must be completed prior to the internship start date.

**CORI and National Background Check:** It is standard practice for health-related internship sites to require these checks. If you believe there is something that might appear in one of these checks, please notify the CIPO immediately so alternative plans can be made.

**CPR:** Certification from the American Heart Association: BLS for the Health Care Provider Level or American Red Cross: CPR/AED for Professional Rescuers and Health Care Providers are the only CPR certifications accepted by the CIPO.

The required 200/400 hours must be completed in one semester (12 weeks in the summer) and approximately 15 in Spring and Fall). In addition, there are academic requirements associated with the internship. The Internship Coordinator, with feedback from site supervisor/s, will evaluate the student intern based on appropriate measures resulting in the assignment of an A through F scale for 6/12-credits.

## **Internship Course Objectives**

Course objectives align with the following learning goals of the Exercise and Health Science Undergraduate Program:

- 1) Demonstrate Knowledge of Core and Concentration Specific EHS Courses
- 2). Demonstrate Ability to Apply Scientific Theory to Practice in Humans
- 3). Demonstrate Ability to Evaluate Literature Related to Exercise and Health Sciences

*\*Course objectives will be demonstrated by the successful completion of the course assignments.*

## **Student Responsibilities**

**Apply for Internship** – Students who have completed 90 credits will be prompted via email to apply for the internship. Students will be provided with web link from the EHS Program Manager to an electronic application. Only students who complete the application will be reviewed for academic clearance; the first step of the internship process.

**Attend Orientation** – Students who submit the electronic application and are cleared academically will be invited to a mandatory internship orientation meeting. All required forms (clearance) are provided at the orientation. At this time, students will also indicate their area of interest so that the internship coordinator is able to guide students to potential internship opportunities and provide site contact information.

**Secure a site** - The student is required to complete an up-to-date resume, contact prospective sites, and secure interviews/meetings with the appropriate contact. Ultimately it is the student's responsibility to secure a site. Acceptance to intern at a site is largely based on the students resume and interview. It is strongly suggested students take advantage of the Office of Career Services at UMB which is located in the Campus Center, 1st Floor, in the 1300 offices. They offer resume writing workshops, preparing for an interview workshops, networking workshops and other events to prepare you for your internship interview. After an agreement has been made between the student and the site, the student is responsible for sharing the following information with the internship coordinator so that a legal agreement can be prepared between the site and the college

- Site Name
- Site Contact Full Name
- Site Contact Phone
- Site Contact email address
- Site address

The student is not responsible for ensuring the legal agreement is signed. Neither the student nor the internship coordinator is responsible for delivery or signing of this agreement. However, the contact information must be provided to the internship coordinator as soon as an internship has been secured so it can be passed on to the CIPO. Students are not permitted to begin their internship until the agreement is signed and returned to the CIPO.

**Complete all assignments** –It is the responsibility of the student to complete all assignments and the required 200/400 hours. It is the student's responsibility to ensure the site supervisor completes and submits required forms and evaluations.

**Meet the requirements of your site** – it is expected that once the student begins at the internship site, they will meet its expectations and rules including appropriate behavior, reliability, professionalism and bring with them a positive attitude and energy!

### General EHS 490/491/698 Internship Timeline

	Fall	Spring	Summer
January		Start internship	Attend Info Session
February		Internship	Apply for Internship, Attend Orientation & Inquire and Interview
March		Internship	Submit clearance paperwork
April	Attend Info Session & Apply for internship	Internship	
May	Attend Orientation	Finish internship	Start internship
June	Inquire and Interview		Internship
July	Submit clearance paperwork		Internship
August			Finish internship
September	Start internship		
October	Internship	Attend Info Session, Apply for internship &	



		Attend Orientation	
<b>November</b>	Internship	Inquire and Interview	
<b>December</b>	Finish internship	Submit clearance paperwork	

## [Exercise and Health Science Accelerated Master of Science Degree](#)

The Exercise and Health Sciences Accelerated Master of Science degree provides students with the unique opportunity to study concepts regarding exercise science and physical activity-related health promotion in a diverse urban and multicultural environment. Our program will enhance the career growth potential of our students for pursuit of a professional position in the health field (e.g., exercise physiologist, worksite health promotion). The Accelerated Master of Science degree is typically a 5-year BS to MS program that offers advanced study in exercise and health sciences (EHS). This accelerated program offers two concentrations:

1. Applied Exercise Physiology (AEP) and
2. Physical Activity and Health Promotion (PAHP).

If students have questions about the program or eligibility, please contact [chanel.fields@umb.edu](mailto:chanel.fields@umb.edu)

## [Policies](#)

### **University Policy Against Intolerance**

The Board of Trustees denounces intolerance, particularly that based on ethnicity, culture, religion, race, or sexual orientation which interferes with those rights guaranteed by law and insists that such conduct has no place in a community of learning. We also recognize the obligation of the University to protect the rights of free inquiry and expression, and nothing in the Resolution in Support of Pluralism or the Policy Against Intolerance shall be construed or applied so as to abridge the exercise of rights under the Constitution of the United States and other Federal and State Laws.

[CLICK HERE or More Information](#)

## 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 accommodation should review the related information from the Ross Center for Disability.

[CLICK HERE for More Information](#)

## Student Concerns and Complaints

All complaints will be handled in accordance with written policies of the University of Massachusetts Boston and MCNHS. This policy provides the opportunity for students to formally address and document complaints and concerns about MCNHS. Student concerns and complaints may entail a variety.

- 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 Senior Director of the Office of Student Support and Engagement 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 email with the Office of Student Success and Engagement ([mcnhsstudentservices@umb.edu](mailto:mcnhsstudentservices@umb.edu)). The email must contain a detailed account of the event, a rationale for filing the complaint, and the remedial action requested.

The Director of OSSE assures all college procedures align with university policy. They 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 with MCNHS administrators for advice with resolution.

[CLICK HERE for More Information](#)

## Academic Standing

University regulations apply to students in the EHS undergraduate program. The EHS program supports students in graduating successfully by identifying students that are at risk for not meeting the academic standards and providing resources to support them throughout their academics.

Repeating a course does not retro-actively change academic standing. As such, repeated courses, even when they improve a student's cumulative and semester GPA, will not change the original academic standing designation that was applied to the semester in which the first course was taken.

1. Cumulative GPA is calculated based on all UMass Boston grades. Term GPA is calculated based on grades in a given semester. Transfer courses are not factored into the GPA.
2. When a student's cumulative GPA is below 2.0, the Office of Undergraduate Studies notifies students via email and/or a letter encouraging academic advising. However, it is the student's responsibility to know his academic standing by checking his grades and transcript on the [WISER](#) system.
3. Inactive students wishing to readmit to the university must complete an Undergraduate Readmission Application.
4. If a student with a cumulative GPA below 2.0 voluntarily withdraws, his eligibility to enroll in future courses is not automatic and is subject to approval by the readmitting authority of the student's college, who may set conditions on the student's schedule. Students must apply for readmission by their college deadline. See Undergraduate [Re-Enrollment Application](#) for more information. Student must be active to register. Inactive students must apply for re-enrollment.

[CLICK HERE for More Information](#)

## Academic Honesty & Academic Misconduct

It is the expressed policy of the University of Massachusetts Boston that every aspect of academic life—including formal coursework situations as well as all relationships and interactions connected to the educational process—shall be conducted in an absolutely and uncompromisingly honest manner. The university presupposes that any work submitted by a student for academic credit indicates that the work is the student's own and complies with university policies. In cases where academic dishonesty is discovered after completion of a course or degree program, sanctions may be imposed retroactively up to and including revocation of the degree. Any student who reasonably believes another student has committed an act of academic dishonesty should inform the course instructor of the alleged violation. Plagiarism and cheating are serious offenses and are not tolerated by MCNHS or the University. Strict policies and procedures for dealing

with these offenses are in place at the University and are outlined extensively in both the [University's Code of Student Conduct](#) and [Policies web pages](#).

[CLICK HERE for More Information](#)

## **Non-Discrimination and Harassment Policy**

The University of Massachusetts complies with applicable state and federal laws on non-discrimination, harassment, and retaliation including Title IX of the Education Amendments of 1972, Title VII of the Civil Rights Act of 1964, the Violence Against Women Act of 1994, and the Massachusetts anti-discrimination law. This policy states the University's commitment to assure compliance.

[CLICK HERE for More Information](#)

## **Full-time and Part-Time Enrollment**

It is the intention of the EHS Undergraduate Program to be flexible with students' needs to balance the demands of undergraduate study with the obligations of work and family. Students may, therefore, elect to enroll in the program on either a full time or part time basis.

**Part-time:** An undergraduate student is deemed to be in part-time status during a semester if carrying up to 8 credits.

**Full-time:** An undergraduate student is deemed to be in full-time status during a semester if carrying 12 or more credits. Some financial aid programs may be reduced if enrollment is for fewer than 12 credits.

**Maximum load:** Undergraduate students may apply for no more than 17 credits per semester which includes fall, spring and summer (all sessions). For the winter session the maximum allowed is 6 credits.

[CLICK HERE for Information](#)

## **Grading Policy**

The instructor of a class has full responsibility for grading and is the best judge of student performance; there may, however, be instances in which a graduate student believes that a grade has been assigned unfairly. In such cases, the student should discuss the grade with the instructor. If they are unable to resolve the issue, the student should make a written request to the Undergraduate Program Director/ Department Chair asking for a meeting with the faculty member to discuss a fuller explanation of the grade and/or reconsideration of

the grade. Although the Undergraduate Program Director/ Department Chair serves as mediator in this meeting, the faculty member remains the final authority for any grading decision.

Percent	Grade	Grade Point
93-100	A	4.00
90-92	A-	3.70
87-89	B+	3.30
83-86	B	3.00
80-82	B-	2.70
77-79	C+	2.30
73-76	C	2.00
70-72	C-	1.70
67-69	D+	1.30
63-66	D	1.00
60-62	D-	0.70
Below 60	F	0.00

[CLICK HERE for More Information](#)

## Pass/ Fail

Students are allowed to pass/fail any course outside of the EHS core courses and EHS requirements including BIOL 207 and BIOL 208 and EHS electives. You can file for the pass/fail option through [WISER](#) at any time after your initial registration until the deadline. It is highly recommended that you meet with your academic advisor to discuss enrolling in a course as pass/fail. Many graduate programs require courses taken for grades to meet prerequisite for graduate study.

- If you receive a grade of “F,” it WILL count as a failure and against your cumulative average.
- If you successfully complete the course, you will earn a grade of “P” and the course will be counted toward your graduation requirements, but it will NOT affect your cumulative grade point average.
- Undergraduate students may take one course each semester on a pass/fail basis. Only one course during the summer is allowed to be taken using the pass/fail grading (Cannot be a EHS required course or elective). Mandatory pass/fail courses DO NOT count toward this limit.) There is a maximum of eight classes allowed to be taken using a pass/fail basis.
- Pass/Fail MUST be submitted before the semester deadline. You CANNOT cancel a pass/fail choice after the deadline.
  - Your instructor cannot see if you selected the pass/fail option when they grade.
- Any grade D- to A will convert to a P grade.

[CLICK HERE for More Information](#)

## **Withdraw**

Students may withdraw from the university before the last day of classes of the semester for both fall and spring semesters, by submitting the University Official Withdrawal Form, although the effective date of withdrawal is when the form(s) is (are) completed, signed, and successfully submitted to the Office of the Registrar. Students withdrawing receive a “W” for each course in which they are enrolled.

## **Taking Planned or Unexpected Time Off, or Transferring from UMass Boston**

Many students take planned time away from UMB or need to stop taking classes unexpectedly, while others choose to transfer. Planning your time off and communicating with the University what you intend to do can make your exit as well as your entry back into school easier, avoid unnecessary hurdles, and get you support from staff.

Students who plan to withdraw from the university should review the withdrawal checklist to understand all of the ramifications of this decision. Please follow the instructions to make sure you withdraw successfully.

[CLICK HERE for More Information](#)

## **Course Incompletes**

The grade incomplete (INC) is reported only where a portion of the assigned or required class work, or the final examination, has not been completed because of serious illness, extreme personal circumstances, or scholarly reasons at the request of the instructor. If your record is such that you would fail the course regardless of your missing work, you will fail. Permission of the instructor must be obtained, and the Incomplete Contract form must be completed by the faculty member. If you are receiving the grade of incomplete (INC), you are allowed a maximum of up to one year in which to complete the course, however the contract will indicate the specific date as it may be before the one year deadline. Both the faculty and the student must sign the contract and submit this to the Office of the Registrar. The EHS Department will also keep a record of the contract. The new grade must be submitted to the Registrar by the faculty. If the faculty is no longer at the university, it should be submitted by the Undergraduate Program Director or EHS Chair. The grade for any course not completed by the deadline will be converted to the grade of 'IF'.

[CLICK HERE for More Information](#)

## Course Repeats

It is important that EHS supports our students throughout their undergraduate academic career. It is important that EHS identifies the course challenges students are having and provide students with the academic resources and support they need to graduate our program successfully. EHS requires students that have exceeded their 4 course repeats to complete a repeat contract explaining the academic support actions they will need to take to complete courses successfully. It is important that students work with their EHS academic advisor to assist them through the process.

- You may repeat up to four different courses taken at the university, regardless of the original grade earned in these courses. Please review the [Course Sequencing Policy](#) for additional information. If you have used up your 4 allowed course repeats, visit our forms page and fill out the: [Repeat Waiver Request Form](#) via DocuSign.
- You may repeat a course only once.
- If you choose to repeat a course, both grades for the course will be posted on your transcript but only the second grade will be counted toward your grade point average and you will only receive graduation credit for the second course. The first course will be noted on your transcript as an “excluded repeat”.
- If you take a course at the university that is equivalent to a course you transferred into the university, you will lose credit for the transfer course.
- The course repeated must be identical to the first course taken (same department, same course number and title, same number of credits).
- You may not repeat a course after graduation.

[CLICK HERE for More Information](#)

## Class Attendance

The university expects students to attend all regularly scheduled class meetings. The authority to excuse absences rests with the course instructors, subject to the requirement to reasonably accommodate class absences as set forth in these guidelines. Students are responsible for adhering to course attendance policies, just as they are responsible for completing course assignments. Attendance and participation in class (including online and remote courses) are fundamental parts of the learning process and key factors in academic success. Students should consider whether they will be able to fully complete the requirements of the course prior to enrolling and should recognize when circumstances will not allow them to fully participate in the course due to absences. In such cases, the student should work with their academic advisor to

determine other options. UMass Boston adheres to federal and state law regarding accommodations. Absences related to disability accommodations will be handled in accordance with the Ross Center for Disability Services. Absences related to Title IX regulations will be handled in accordance with the Office of Civil Rights and Title IX.

[CLICK HERE for More Information](#)

## **Academic Early Alerts**

Students that are not meeting academic expectations at the midpoint of the semester will receive an academic early alert through **WISER**. This signals academic advisors to communicate with the students and share resources available for the student to be successful. Students are required to follow university procedures to track their progression.

## **UMass Boston Email**

MCNHS exclusively utilizes students' UMass Boston email addresses to communicate with its students. Information about courses, clinical placements, warnings, dismissal, and probation letters comprise some of what is sent to students via their UMass Boston email account. It is the student's responsibility to set up his/her account and check at least twice a week. Students who experience problems with their UMB email account should contact IT Service Desk at [ITServiceDesk@umb.edu](mailto:ITServiceDesk@umb.edu) or 617-287-5220.

[CLICK HERE for More Information](#)

## **Re-Enrollment Policy**

Students who wish to return to the university and resume their studies must complete the appropriate re-enrollment application. Students should be aware of their academic standing status at the point of departure from the university. If you do not know, please email [reg.forms@umb.edu](mailto:reg.forms@umb.edu).

[CLICK HERE for More Information](#)

## **Good Academic Standing**

Students who leave the University in good standing may resume their studies by completing the General Undergraduate Re-enrollment application. You will be notified in writing of your re-enrollment status. The General application will be reviewed in 2-4 business days. If your request is approved, your application will be processed and signed by the Registrar's Office. DocuSign will email you a signed copy of your application confirming completion of your request.



- You will be able to log into WISER after you have been approved.
- If you don't remember your credentials, please use the Student ID and Email look up tools. If you need help resetting your password, please contact the IT Help Desk.

[CLICK HERE for More Information](#)

## **Suspended or Dismissed Standing**

Students who have been suspended or dismissed from the University and wish to resume their education should complete the Undergraduate Studies Re-enrollment application; write a letter of appeal addressed to the Standards and Credits Committee of their college or program. Please follow the instructions on the application for further details and deadlines.

- The Undergraduate Studies re-enrollment application will be reviewed by a committee. Processing time varies.
- If you have questions about a submitted application, please email [tim.blackman@umb.edu](mailto:tim.blackman@umb.edu)

[CLICK HERE for More Information](#)

## **Second Degree/Previous Degree**

A student is considered to be seeking a second baccalaureate degree if the student has previously earned a baccalaureate degree at a college or university accredited by one of the United States' regional accrediting bodies. To obtain a second baccalaureate degree at UMass Boston, a student is required to complete the requirements of the declared major, complete at least thirty credits in residence and maintain a cumulative grade point average of at least 2.0. (Note that students whose first baccalaureate degree is from UMass Boston may be subject to additional restrictions. Students whose degree is from another school must have a total of 120/123 credits to graduate (passed governance 11/2013).

- Students whose first degree is from UMass Boston can apply for a second undergraduate degree using the Second-Degree application.
- Students whose first degree is from another school should file an admissions application. For information on applying and financial aid please check the admissions web page.

[CLICK HERE for More Information](#)

## **Residency Reclassification**

Residency status does not typically change for the duration of a student's studies. If you are admitted as a non-Massachusetts resident, you should not expect to attain in-state student status and the cost benefit later

in your career. However, there are some circumstances where a student may apply for a change in residency and with appropriate documentation, be approved for a change in status. Such requests, from currently enrolled students, or students reenrolling after a period away from the university, are received and reviewed by the Registrar's Office and as needed, the Residency Appeals Committee.

### **Classification of Residency:**

Your residency status, in-state, out-of-state/international, or New England Regional Student Program, is determined through the admissions process, based on the information you provide on your application. Residency status does not typically change for the duration of your studies.

The rules and regulations surrounding residency in Massachusetts are set by the Massachusetts Department of Higher Education. A student's residency status determines their tuition and fee billing rates. Massachusetts residents are eligible for reduced billing rates at Massachusetts public higher education institutions.

For questions about residency status as prospective student, or an admitted student who has not yet started classes, please contact either Undergraduate or Graduate Admissions.

[CLICK HERE for More Information](#)

## **Rights as a Student and FERPA Guidelines**

Security, Privacy, Responsibility & Your Right to Know. The following provides important information for all undergraduate and graduate students at UMass Boston. It covers the following topics as required by the Family Educational Rights and Privacy Act (FERPA):

- Access to Your University Records
- Your Student Identification Number
- Campus Security
- Financial Aid
- Athletic Participation Statistics
- Institutional Information
- Graduation Rates

[CLICK HERE for More Information](#)

## **Course Sequencing Policy**

Some specific departments at the University teach subject matter that builds over multiple courses taught in a particular order, or sequence, over multiple semesters. Courses are considered to be in sequence when

concepts introduced in one course serve as direct preparation for the next course and there is a progression from one course to another. This applies to courses taken at the university and for transfer courses. If you pass a higher-level course in a sequence, you may not subsequently enroll for credit in a lower-level course in that sequence.

[CLICK HERE for More Information](#)

## **Graduation Requirements and Procedures**

As students near the end of their college career, the Graduation Team can guide you toward finishing your degree on track and getting your diploma.

Degrees are awarded on May 31, August 31 and December 31 each year. **All students are required to apply for graduation regardless of whether they will attend the annual ceremony.** The Registrar's Office will not know that you plan to graduate if you do not submit a graduation application. UMass Boston holds two Commencement Ceremonies at the end of May; one for undergraduate students, and one for graduate students. These ceremonies honor students who graduated in December and are eligible for the May or August graduation dates. The ceremony date changes every year, and details are posted at <https://www.umb.edu/commencement/> as they are available.

[CLICK HERE for More Information](#)

## **Academic Resources**

### **Office of Student Services and Engagement (OSSE)**

The Office of Student Services and Engagement was established to academically support MCNHS students with academic related issues and concerns throughout their undergraduate career. OSSE offers MCHNS students' academic advising, tutoring, and other resources to support our students to ensure student success. The Director of Student Services and Academic Advisors are professional staff members at MCNHS who provide guidance to students about course enrollment, course progression, as well as MCNHS and university academic policies.

[CLICK HERE for More Information](#)

### **The Writing House Online (WHO)**

WHO is the Manning College of Nursing and Health Sciences' writing resource center. The aim of the Writing House Online is to support CHNS students to become stronger, more confident, and more accomplished writers. WHO tutors work with undergraduate, graduate, and PhD students on writing for general education,

core, and elective courses. The Writing House advises students on meeting the requirements of the Writing Proficiency Evaluation (WPE) and with career and college application writing.

WHO offers a variety of resources to assist students and faculty, including writing guides, workshops, paper feedback, and one-on-one tutoring sessions. WHO's written resources can be accessed through. Through the [WHO scheduling page](#), students can book an appointment with one of our knowledgeable graduate school tutors for live online tutoring or paper feedback.

[CLICK HERE for More Information](#)

## **Student Support Services**

The Student Support Services (SSS) Program at UMass Boston is a federally funded TRIO program that holistically supports approximately 500 multilingual, culturally, ethnically and racially diverse students. Research shows that first-generation students may find the college atmosphere uncomfortable. In SSS, we work together with students to increase academic achievement by providing culturally sustainable advising and creating a sense of belonging for students in the program. We do this by getting to know students' interests, experiences, and understanding that the social capital students bring, are strengths and not barriers to their success.

## **Office of Urban and Off-Campus Support Services (U-ACCESS)**

U-ACCESS envisions a campus where students are empowered to effectively engage in the fight against the systems of poverty, pursue economic security, and successfully achieve their academic goals at UMass Boston. The mission of U-ACCESS is to help UMass Boston students meet their basic needs so they can achieve academic success. This office also provides leadership development and inspires student agency in mitigating systemic poverty. Along with various services to fulfill student needs, the office provides students with work and internship opportunities to empower them to fight campus poverty and support their peers.

To qualify for U-ACCESS services, you must be a UMass Boston student taking at least one credit. To begin receiving services, [please fill out a CARE Management Referral form](#). This form will help U-ACCESS determine any and all resources that are available to you. Please note: the University uses this form for various student concerns. As it pertains to U-ACCESS, the most important information needed is a clear description of what concerns you have and the best ways to contact you.

[CLICK HERE for More Information](#)

## **Ross Center Disability Services**

The mission of the Ross Center is to serve as a resource for the UMass Boston campus community in order to ensure academic and housing access and inclusion for students by promoting a view of disability informed by social, cultural, and political forces. The Ross Center strives to create inclusive academic environments by advancing universal design throughout the university.

We accomplish this by providing academic accommodations, resources, and training in assistive technology, and information to increase the understanding of disability throughout the university community.

[CLICK HERE for More Information](#)

## **Beacon Athletics**

At UMass Boston, we offer a wide range of athletic programs, state-of-the-art facilities, and recreational activities to cater to your interests and fitness goals. Our NCAA Division III athletics teams compete in various sports, providing opportunities for student-athletes to excel both on and off the field. Whether you're passionate about basketball, soccer, track and field, or any of our other sports, our dedicated coaches and supportive community will help you unleash your full potential.

If you're looking to stay fit and active, our Recreation Center offers a variety of fitness classes, gymnasiums, and strength training equipment. Take advantage of our indoor and outdoor recreational facilities, including the Beacon Fitness Center, Clark Gymnasium, ice rink, and racquetball courts. Stay engaged through intramural sports, group workouts, and outdoor adventures organized by our Recreation team.

[CLICK HERE for More Information](#)

## **Pre-Collegiate Programs**

The mission of the Department of Pre-Collegiate and Educational Support Programs is to provide low-income and first-generation students, students with disabilities and students who are underrepresented in graduate education with the skills, knowledge, and motivation to successfully pursue post-secondary and post-baccalaureate education. This mission is achieved through programs that are designed to address a range of learning needs and serve pre-collegiate students and UMass Boston undergraduates.

[CLICK HERE for More Information](#)

## **Academic & Career Engagement and Success (ACES) Center**

The Academic and Career Engagement and Success (ACES) Center guides you through the academic and career readiness process by assisting in the following areas:

- Understanding undergraduate major and degree completion requirements
- Exploring careers and majors to match learning to career goals
- Connecting with experiential opportunities, including internships
- Preparing for the job market including practice interviews
- Providing guidance on internships, global experiences, and research opportunities
- Assisting graduate and alumni with a variety of career development topics

[CLICK HERE for More Information](#)

## **Center of Excellence for Veterans**

At UMass Boston we are dedicated to serving veterans and their dependents by providing unparalleled service. More than 600 veterans are enrolled at the University.

Our Center of Excellence for Veterans is made possible by our partners at the Satter Foundation. The Center includes support and resources to help our veterans and their dependents succeed.

[CLICK HERE for More Information](#)

## **Academic & Career Engagement & Success**

Students in all academic areas are prepared to achieve career success in a global society. The Office of Career Services and Internships is a strategic partner with community and employer constituents to enhance the UMass Boston experience.

We engage all students, alumni, and the UMass Boston campus community in a lifelong career planning process. We are dedicated to maximizing each individual's full potential by promoting the choices and behaviors that lead to meaningful careers in a global society.

[CLICK HERE for More Information](#)

## **Undergraduate Studies**

The Department of Undergraduate Studies oversees the [general education](#) program, including the [Writing Proficiency Requirement](#). We are here to provide you with information and guidance about general education curriculum and assessment, academic policy concerns, and [waivers of deadlines](#) and certain academic requirements.

The UMass Boston faculty wants you to gain important knowledge, capabilities and attitudes through undergraduate coursework that gives you a foundation for lifelong learning. The [general education](#) program is structured to give you opportunities to:

- Engage in critical reading and analysis
- Understand and respect human diversity
- Explore the principal approaches to knowledge
- Learn in depth
- Develop effective speaking, listening and writing skills
- Reason logically and quantitatively
- Work independently and collaboratively

[CLICK HERE for More Information](#)

## **Success Boston**

Success Boston is a citywide college completion initiative that provides resources aimed at doubling the college graduation rate of Boston Public School (BPS) students. The university has formed a Success Boston team of university administrators, staff, advisors, and coaches from nonprofit community agencies to work with our BPS graduates. The community agencies working with UMass Boston students are Boston Private Industry Council, Bottom Line, Freedom House, Inc., Hyde Square Task Force, Sociedad Latina, The Steppingstone Foundation, uAspire, UMass Boston's Student Support Services (SSS), and West End House Boys and Girls Club. The initiative has expanded to include support for students who graduated from the City of Cambridge-College Success Initiative. Our coaches can help students with:

- Connections to academic and career advising and goal setting
- Time management and personal organization
- Assistance getting tutoring and other academic support services
- Support through non-academic challenges

Referrals to personnel for assistance with financial aid, work study, and scholarship searches

[CLICK HERE for Information](#)

## **Alpha Lambda Delta Honor Society for First-year Academic Success**

Alpha Lambda Delta is a recognized, well-established national honor society for first-year students. If you have maintained a 3.5 or higher GPA (on a 4.0-point scale) during your first year at the University of Massachusetts Boston, you will be invited to join this prestigious society.

[CLICK HERE for More Information](#)

## **Office of Registrar**

The mission of the Registrar's office is to support every member of the student body, faculty, staff, and alumni of the university. Our office is committed to providing support in the areas of academic record maintenance, grades, transcripts, registration, scheduling, university catalogs, and graduation.

[CLICK HERE for More Information](#)

## **One Stop Student Service Center**

The One Stop is a student services center staffed with a team of professionals who represent three essential offices: [Financial Aid Services](#), the [Registrar's Office](#), and the [Bursar's Office](#). We help students take care of several financial aid, registrar, and student billing transactions all at once and in one centralized location

[CLICK HERE for More Information](#)

## **Bursar's Office**

The mission of the Bursars Office is to provide superior service and support to parents, guardians, and students by efficiently managing all student accounts through accurate and timely billing and refunding of tuition, fees, scholarship, and need-based aid and by developing and implementing tools and technologies to support easy access to information and flexible payment options.

[CLICK HERE for More Information](#)

## **University Health Services**

Our multidisciplinary health care team is composed of nurse practitioners, consulting physicians, psychologists, social workers, registered nurses, laboratory technicians, and health educators, supported by clinical and administrative support staff. We provide both telehealth and on-site healthcare and mental health services for the UMass Boston Community.

[CLICK HERE for More Information](#)

## **Counseling Center**

As a counseling center committed to making sure that all students have access to care regardless of their background, immigration status or how they identify, we feel a particular dedication to renouncing oppression



in all its forms. It is our goal to offer a safe and affirming environment so that all members of the campus community will feel welcome to seek our services.

**[CLICK HERE for More Information](#)**

## **Quick Links**

### **Manning College of Nursing and Health Sciences**

<https://www.umb.edu/nursing-health-sciences/>

### **Exercise and Health Sciences Department**

<https://www.umb.edu/nursing-health-sciences/departments-centers/exercise-health-sciences/>

### **Exercise and Health Sciences Student Resources**

<https://www.umb.edu/nursing-health-sciences/departments-centers/exercise-health-sciences/student-resources>

### **International Students: Frequently Asked Questions**

<https://www.umb.edu/academics/global-programs/international-student-and-scholar-services/frequently-asked-questions/>

### **Academic Policies**

<https://www.umb.edu/academics/seas/undergraduate-studies/academic-policies/>

### **Academic Calendar**

<https://www.umb.edu/registrar/academic-calendar/>

### **Graduation Policies**

<https://www.umb.edu/registrar/graduation/>

### **Registrar Forms**

<https://www.umb.edu/registrar/>

### **Bursars Office**

<https://www.umb.edu/bursar/>

### **University Health Services**

<https://www.umb.edu/health-services/>

### **Counseling Center**

<https://www.umb.edu/health-services/counseling-center/>

### **WISER**

<https://www.umb.edu/it/wiser>

### **Academic & Career Engagement and Success (ACES) Center**

<https://www.umb.edu/academics/seas/career-services/>

**Office of Urban and Off-Campus Support Services (U-ACCESS)**

<https://www.umb.edu/campus-life/current-students/u-access/>