Manning College of Nursing and Health Sciences

EXERCISE AND HEALTH SCIENCES UNDERGRADUATE PROGRAM STUDENT HANDBOOK

2026-2027

FULL APPROVAL STATUS

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

Manning College of Nursing and Health Sciences Website

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 regularly review the current policies in the EHS Undergraduate Handbook available on the MCNHS website. This Handbook, along with other linked University publications, provides essential information on student rights, academic policies, registration, financial aid, campus facilities, and course descriptions and requirements. All EHS students, faculty, and staff are responsible for understanding and adhering to the policies, procedures, and requirements outlined in these documents. Failure to comply with these policies, procedures, and requirements may result in academic penalties.

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

Table of Contents

Welcome

Welcome to the Department of Exercise and Health Sciences!

We are excited to have you join one of the most dynamic and fast-growing programs at UMass Boston. As part of the Manning College of Nursing and Health Sciences, our department offers academic pathways including the BS, MS, and PhD programs. These programs are designed to prepare students for meaningful careers in health, wellness, and allied health professions.

Whether your interests lie in physical therapy, public health, exercise science, or another health-related field, you will find strong academic support, dedicated faculty, and valuable opportunities to grow.

Please take the time to review the EHS Student Handbook and explore our website. These resources will help guide you as you move through the program.

We look forward to supporting your journey and celebrating your success.

Sincerely,

The EHS Department Faculty and Staff

Overview of the Program

The Exercise and Health Sciences (EHS) Undergraduate program is designed to meet the diverse needs of students aspiring to pursue various careers in exercise and health sciences. As one of the fastest-growing academic disciplines in the country, our program has seen a near tripling of admissions over the past five years, now welcoming over 650 talented and motivated students. These students come from a wide range of sociocultural backgrounds, reflecting the diversity of our well recognized research-based university.

Our department is committed to providing a top-tier education, supported by faculty that has grown significantly in both size and expertise. This interdisciplinary team of faculty is dedicated to preparing and equipping students with the knowledge and skills needed to excel in the field of exercise and health sciences.

The Department of Exercise and Health Sciences is a leader in addressing the health challenges associated with inactivity and unhealthy eating. We empower individuals and communities to take control of their health and well-being. Our program is distinguished by nationally recognized faculty, a dynamic learning environment with extensive student-faculty interaction, and numerous opportunities for career development through internships, directed research, and professional activities.

Program Initiatives

The Exercise and Health Sciences (EHS) program is designed to equip students with the knowledge, skills, and ethical foundations necessary to become leaders in health promotion, physical activity, and nutrition. Our mission and program goals are focused on fostering a comprehensive understanding of the scientific principles that underpin exercise and health sciences, while also promoting the application of these principles in real-world settings. The goals of the EHS program are as follows:

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.

Learning Objectives

The primary goal of the Exercise and Health Sciences undergraduate program is to prepare students with a comprehensive foundation in exercise science, preparing them to excel as competent entry-level professionals in the field. The program's learning objectives encompass cognitive, psychomotor, and affective domains to ensure students are well-rounded and capable in their future careers.

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.

Faculty and Staff

Full-time Faculty:

Tracy Baynard, PhD	Tracy.Baynard@umb.edu
Dana Commesso, EdD	Dana.Commesso@umb.edu
Rachel Drew, PhD	Rachel.Drew@umb.edu
Bo Fernhall, PhD	Bo.Fernhall@umb.edu
Azizah Jor'Dan, PhD	Azizah.jordan@umb.edu
Melissa Linden, PhD	Melissa.linden@umb.edu
Noelle Merchant, MS	Noelle.Merchant@umb.edu
Laurie Milliken, PhD	Laurie.Milliken@umb.edu

Carlos Salas, MS	Carlos.Salas@umb.edu
Heidi Stanish, PhD	Heidi.Stanish@umb.edu
Richard Viskochil, PhD	Richard.Viskochil@umb.edu
Julie Wright, PhD	Julie.Wright@umb.edu
Huimin Yan, PhD	Huimin.Yan@umb.edu
Tongjian You, PhD	Tongjian.You@umb.edu
Nan Zeng, PhD	Nan.Zeng@umb.edu
Kai Zou, PhD	Kai.Zou@umb.edu

Part-time Faculty:

Beth-Anne Alves, BS, MS	BethAnne.Alves@umb.edu
Milko Ivanov, MD	Milko.Ivanov@umb.edu
Timothy Morgan, DC	Timothy.Morgan@umb.edu
Dante Vittor, MS	Dante.Vittor001@umb.edu
Patricia Simpson, M.Ed, ACSM CPT	Patricia.Simpson@umb.edu

Leadership:

Dana Commesso, EdD, CSCS	Dana.Commesso@umb.edu
Interim Department Chair and Undergraduate Program Director	
Kai Zou, PhD	Kai.zou@umb.edu
Graduate Program Director	

Staff:

Chanel Fields, MPA	Chanel.fields@umb.edu
Program Coordinator	
Danielle Foley	Danielle.foley1@umb.edu
Academic Advisor	
Luceta Small	Luceta.small@umb.edu
Academic Advisor	

Program Requirements

Program Admission

New Freshman and Non-UMB transfer students

Students who are new to UMB or transferring from another institution and wish to join the Exercise and Health Sciences (EHS) Program must apply through the Office of Undergraduate Admissions. This office is responsible for processing applications, evaluating candidates, and making admissions decisions based on established criteria and deadlines. Accepted students will also receive orientation arrangements from the Undergraduate Admissions office. The EHS program admits new students twice a year, with start dates in both the Fall and Spring semesters.

MCNHS First-Year Learning Community

MCNHS students can enroll in the Set SAIL for Success course at new student orientation or with their advisor. The course number is INTR-D 110 (5 sections open for fall). When a student enrolls in the class, they are considered part of the learning community and will be matched with their peer mentor prior to the start of the semester. Students will be automatically enrolled for the spring semester as well and will keep the same mentor for the entire year.

Benefits include:

- 2 part 1-credit course (Set SAIL for Success) designed to help new students transition to the university and develop skills to help them be successful for all 4 years of college
- Dedicated peer mentor (in same major)
- Social events and workshops offered to help build community

Eligibility: Must be a new first year student in any undergraduate MCNHS majors

Contact info: Any students with questions about the program can reach out to me – Jessica.Maloney@umb.edu or they can talk to their advisor about enrolling in the course.

MCNHS Transfer Program

All incoming transfer students starting an MCNHS major will be invited via email to join the Transfer Connect program.

Benefits include:

- Social events to help build community
- Peer support via our Transfer Ambassadors
- Workshops designed to help our transfer students acclimate to UMB/MCNHS quicker.

Eligibility: Open to incoming transfer students starting fall 2026. New transfer students will be invited each semester.

Contact information: Jessica.Maloney@umb.edu

Major Change Students

The Change of Major Request Form can be used by applicants wishing to have their application reviewed for a different major or by accepted students wishing to adjust their major before the end of their initial add/drop period. Submitting this request to the Office of Undergraduate Admissions does not guarantee admission into the selected major. Any change of major requests by students after the add/drop period should be filed with The One Stop in the Campus Center.

CLICK HERE for More Information

Inter-College Transfer to EHS

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

- An official or unofficial UMass Boston transcript
- A typed, short personal statement of intent
- Completed applications should be delivered to the College of Nursing and Health Sciences (CNHS) Main Office, Quinn Building, 2nd Floor. Admission into the EHS program is on a rolling basis.

Students accepted through ICT must attend a mandatory orientation offered by the CNHS Office of Student Services before registering for the upcoming semester.

Note: New or incoming transfer students must also submit an ICT application prior to the start of each semester.

CLICK HERE for More Information

Change of Collegiate Affiliation at UMass Boston

UMass Boston students wishing to change their collegiate affiliation must obtain an **Undergraduate Program Add/Change Form** and follow the directions included with the form. Policies and deadlines vary by college. Complete information is provided on the form.

Notification of approval and instructions regarding registration for the following semester will come directly from the new college.

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.
Please note: Admission is on a rolling basis. Students readmitted into the program must meet with a MCNHS Senior Director of OSSSE and EHS Undergraduate Program Director before 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, 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

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:

- Minimum of 120 credits
- Maintain a cumulative grade point average of 2.0 and earn a passing grade of a C- in all EHS required courses.

The curriculum table below outlines EHS core, EHS elective, and the University general education requirements. Additional credits are required to meet the 120-credit minimum.

Table 1: EHS Course Requirements

Table 1: Course Requirements

General Elective Requirements		EHS Core Curriculum	
▪	**ENGL 101 Freshman English I-** *3cr*	▪	**EHS 120: Careers in Exercise & Health-** *3cr*
▪	**ENGL 102 Freshman English II-** *3cr* *(prerequisite: ENGL 101)*	▪	**EHS 160: Fitness & Wellness-***3cr*
▪	**First Year Seminar** *4cr* *(required of those who enter UMB < 30CR)*	▪	**EHS 230: Strength & Conditioning-** *3cr*
▪	**Intermediate Seminar-** *3cr* *(prerequisite: ENGL 102 and minimum of 30 credits)*	▪	**EHS 260: Physical Activity & Health-** *3cr* *(prerequisite: EHS 160 & EHS 280)*
▪	**Arts (AR) or Humanities (HU)-** *3cr*	▪	**EHS 280: Stats for Health Professionals-** *3cr* *(prerequisite: MATH 114QR, or higher placement)*
▪	**Arts (AR) or Humanities (HU)-** *3cr*	▪	**EHS 300: Health Fitness Assessment-** *4cr* *(prerequisite: EHS 160)*
▪	**Social/Behavioral Science (SB)-** *3cr*	▪	**EHS 310: Applied Kinesiology-** *3cr* *(prerequisite: BIOL 207 and BIOL 208)*
▪	**World Languages (WL) or World Cultures (WC)-** *3cr*	▪	**EHS 320: Adapted Physical Activity-** *3cr* *(prerequisite: EHS 300)*
▪	**World Languages (WL) or World Cultures (WC)-** *3cr*	▪	**EHS 345: Health Behavior Change-** *3cr* (*prerequisite: EHS 160)* *Note: EHS 340 also satisfies this requirement*
▪	**BIOL 207: Anatomy & Physiology I-** *4cr* *(prerequisite: BIOL 111)*	▪	**EHS 370: Exercise Program Design-** *3cr* *(prerequisite: EHS 230 & EHS 300)*
▪	**BIOL 208: Anatomy & Physiology II-** *4cr* *(prerequisite: BIOL 111 and BIOL 207)*	▪	**EHS 385: Exercise Physiology I-** *3cr* *(prerequisite: BIOL 207 & BIOL 208)* *Note: EHS 380 also satisfies this requirement*
▪	**Writing Proficiency Requirement** *(must pass by the completion of 60 credits)*	▪	**EHS 386: Exercise Physiology I Laboratory-***1cr* *(Co-req: EHS 385)*
		▪	**EHS 490: Internship** *(12 credits)* **or EHS 491** *(6 credits +6 additional credits of EHS upper-level electives= 12 credits)*
		▪	**EHS Elective #1** *(must be at least 3cr)*

General Elective Requirements	EHS Core Curriculum	
	▪	**EHS Elective #2** *(must be at least 3cr)*
	▪	**EHS Elective #3** *(must be at the 300 or 400 level and at least 3cr)*

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 course 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.

Table 2: EHS Core Curriculum

Table 2: Core Curriculum

EHS Core Curriculum	
BIOL 207: Anatomy and Physiology I- *4cr*	**EHS 300: Health Fitness Assessment-** *4cr*
BIOL 208: Anatomy and Physiology II- *4cr*	**EHS 310: Applied Kinesiology-** *3cr*
EHS 120: Careers in Exercise & Health-*3cr*	**EHS 320: Adapted Physical Activity-** *3cr*
EHS 160: Fitness and Wellness- *3cr*	**EHS 345: Health Behavior Change-** *3cr*
EHS 230: Strength and Conditioning-*3cr*	**EHS 370: Exercise Program Design** *3cr*
EHS 260: Physical Activity and Health-*3cr*	**EHS 385: Exercise Physiology I** *3cr*

EHS Core Curriculum	
EHS 160: Fitness and Wellness-*3cr*	**EHS 386: Exercise Physiology I Laboratory-***1cr (Co-req: EHS 385)*
EHS 230: Strength and Conditioning-*3cr*	**EHS 490: Internship** *(12 credits)* **or EHS 491** *(6 credits +6 additional credits of EHS upper-level electives= 12 credits)*
EHS 260: Physical Activity and Health-*3cr*	**EHS Elective #1-** *3cr*
EHS 280: Statistics for Health Professionals-*3cr*	**EHS Elective #2-** *3cr*
	EHS Elective #3- *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 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 the course selection, prerequisites, and/or possible transfer credit.

Writing Proficiency Requirement/Exam (WPR/WPE)

You'll need critical reading, reasoning, and writing skills to be successful in every class you take at UMass Boston. 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.
You must complete the requirement by your junior year when you have between 60 and 75 credits.

- Most students fulfill the requirement by participating in EWRAP in the semester they take an Intermediate Seminar.
- Students who have taken an intermediate seminar or who are not required to take an intermediate seminar must submit a WPE portfolio 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 healthy 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 joint 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: EHS 300

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 386 - Exercise Physiology I Laboratory-*1cr*

Co-requisites: 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 490 - Internship *(12 credits)*

The purpose of the internship course is to provide students with hands-on practical experience in the fields of exercise and health sciences. This 12-credit internship is for students who have completed or are in the process of completing all other required course work for the degree. Students are required to complete approximately 400 hours of hands on, practical experience over the course of the semester (15 weeks in Fall and Spring; 13 weeks in Summer) at an agency/site that has been approved by the Internship Coordinator. In addition to the practical field experience, students must complete the academic portion of the course, which includes weekly assignments, evaluations, a capstone paper and course meetings as directed by the internship course instructor. 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 the internship course 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 an additional 2 EHS electives for students who have completed or are in the process of completing all other required course work for graduation. Students are required to complete approximately 200 hours of hands on, practical experience over the course of the semester (15 weeks in Fall and Spring; 13 weeks in Summer) at an agency/site that has been approved by the Internship Coordinator. In addition to the practical field experience, students must complete the academic portion of the course, which includes weekly assignments, evaluations, a capstone paper and course meetings as directed by the internship course instructor. These provide a forum for sharing experiences, further developing career objectives, and stimulating creative thinking related to their professional development.

EHS 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 180 – Functional Anatomy *(3 credits)*

This course provides an introduction to the human musculoskeletal system with emphasis on functional anatomy, biomechanics, muscle physiology, joint mechanics, and movement analysis. Students will explore how anatomical structures work together to produce and control movement and will apply this knowledge to exercise, performance, and rehabilitation contexts. The course is especially pertinent for students pursuing careers in physical therapy, occupational therapy, strength and conditioning, athletic training, and fitness. It is also designed to enhance readiness for advanced courses within the EHS curriculum, including Anatomy and Physiology, Strength and Conditioning, and Health Fitness Assessment.

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 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 150, EHS 260, and EHS 300 (with a grade of C or higher)

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)*

Corequisite: EHS 385

Integrated Exercise Physiology elective

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 490/491 Internship

The EHS 490 (400 hours, 12 credit) or EHS 491 (200 hours, 6 credits, including 2 approved EHS electives) internship is the capstone experience for all Exercise and Health Sciences students. Academic clearance is

required of all students prior to being approved for the internship. Health and background clearances as well as CPR certification are required for any student placed at a clinical site. A clinical site is defined as any site working with patient populations.

Internship Course Objectives

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

1. Demonstrate Knowledge of Core 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

**Successful completion of the course assignments.*

Internship Course Requirements

- EHS 490 requires 400 hours of internship experience and EHS 491 requires 200 hours, all to be completed within a single semester.
- The spring and fall semesters are approximately 15 weeks, while the summer semester is about 12 weeks.
- In addition to hours, students must complete academic assignments (e.g., discussion posts, journals, supervisor evaluations).
- A final grade (A–F) will be assigned based on both academic work and internship performance.

Internship Clearance Requirements

Academic Clearance

To be eligible for EHS 490 or EHS 491, students must meet the following academic requirements:

- Completion of the **Writing Proficiency Exam**
- Completion of all **core EHS courses**
- A minimum of 108 earned credits prior to registration

Health Clearance

Health clearance is required for clinical internship sites where students will be working with patients in a clinical environment. Health clearance is coordinated by the Clinical Internship Placement Office (CIPO) within the College of Nursing and Health Sciences. The following are required:

- Proof of current health insurance
- Up-to-date vaccinations

These requirements will be shared early in the internship application process. Health clearance must be completed before the internship start date.

Note: If your internship site has additional health clearance requirements, you must complete both the CIPO and site-specific clearance processes.

CORI and National Background Checks

All clinical placements require CORI (Criminal Offender Record Information) and National Background Checks. If you have concerns about what may appear on your record, notify the CIPO immediately to explore alternative placement options.

CPR Certification

All interns must have Basic Life Support (BLS) CPR certification from either:

- American Heart Association (AHA), or
- American Red Cross (ARC)
- The certification must be valid through the end of your internship semester.

Student Responsibilities

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 team via the placement form as soon as an internship has been secured so it can be passed on to the contract placement specialist.

Note: Students are not permitted to begin their internship until the agreement is signed and returned to the EHS department.

Apply for the Internship

- At the start of each semester, students who have completed 90 credits will be invited via email to apply.
- The application is submitted electronically through a link provided by the EHS Internship Program.
- Only students who complete the application will be reviewed for academic clearance.

Complete Internship Orientation

- Students cleared academically must complete a mandatory online orientation.
- Orientation will outline all internship requirements and expectations.

Attend a One-on-One Meeting

- Students will meet individually with a member of the EHS Internship Team.

- This meeting will help identify areas of interest, introduce the tools, and resources provided by the program.

Secure an Internship Site

- Students who have completed all prior steps will receive a list of partner internship sites.
- Students may select from this list or propose their own site.
- If proposing their own site or requesting to intern at their current workplace, approval from the Internship Team is required.

If choosing a non-partner site, students must provide:

- Site Name
- Contact Person's Full Name and Title
- Contact Phone Number
- Contact Email Address
- Site Address

The Internship Team will coordinate any necessary affiliation agreements with the site. Students are not responsible for obtaining signatures or delivering legal documents but must submit the contact information promptly via the Internship Placement Form.

Important: Students **cannot begin** their internship until the agreement is signed and returned to the department. Students are responsible for:

- Preparing a professional resume
- Contacting sites
- Scheduling and attending interviews

Tip: *Take advantage of UMB's Office of Career Services (Campus Center, 1st Floor, Room 1300) for resume reviews, interview prep, and networking workshops. The Writing House Online (WHO) is the Manning College of Nursing and Health Sciences' writing resource center that can also assist with resumes and cover letters.*

Complete All Internship and Academic Requirements

To successfully pass EHS 490 or EHS 491, students must:

- Complete the required internship hours
    - EHS 490: **minimum 300 hours**, target 400
    - EHS 491: **minimum 150 hours**, target 200
- Complete all academic assignments
- Ensure the site supervisor submits required evaluations and forms

Meet Site Expectations

Once placed, students are expected to:

- Follow all site policies and procedures
- Exhibit professionalism, punctuality, and reliability
- Communicate effectively with site supervisors and peers

General EHS 490/491/698 Internship Timeline

Table 3: Completing Internship in the Spring Semester

Table 2: Spring Internship Timeline

Month	Action(s)
January	• Attend optional info session • Rolling application
February	• Attend optional info session • Final application deadline
March	• Complete mandatory orientation • Attend 1-on-1 meeting with EHS Team
April-June	• Inquire and interview
July	• Submit clinical clearance paperwork (if required) • Submit placement for site
September-December	• Internship

Table 4: Completing Internship in the Fall Semester

Table 3: Fall Internship Timeline

Month	Action(s)
August	• Attend optional info session
September	• Attend optional info session • Rolling application • Complete mandatory orientation
October	• Final application deadline • Complete mandatory orientation • Attend 1-on-1 meeting with EHS Team
November	• Inquire and interview
December	• Submit clinical clearance paperwork (if required) • Submit placement for site
January-May	• Internship

Table 5: Completing Internship in the Summer Semester

Table 4: Summer Internship Timeline

Month	Action(s)
January	• Attend optional info session • Rolling application
February	• Final application deadline

Month	Action(s)
	• Complete mandatory orientation • Attend 1-on-1 meeting with EHS Team
March	• Inquire and interview
April	• Submit clinical clearance paperwork (if required) • Submit placement for site
May-August	• Internship

Exercise and Health Sciences Accelerated Master's Program

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).

Note: *If students have questions about the program or eligibility, please contact:* ***chanel.fields@umb.edu***

Policies

Academic Code of Student Conduct

In administering the Student Code of Conduct the Dean of Students Office employs a philosophy that is student-centered. We are dedicated to encouraging responsible and civil community conduct, promoting student development through individual responsibility, and facilitating a fair and impartial disciplinary process in situations where violations of the code have occurred.

Students, faculty, and staff who believe there has been a violation of the code may contact our office to discuss options available for reporting incidents. The Dean of Students Office also provides conflict resolution services that help students resolve disputes in an effective and fair manner. If you find yourself in a dispute with another person, these conflict resolution services can provide you with valuable skills to resolve current and future conflicts.

Note: *As a student, your educational records are confidential, protected by the Family Educational Rights and Privacy Act (FERPA). The university cannot release this information to anyone other than you without your written authorization. This FERPA form is designed to allow you to authorize us to release information to the person(s) or organizations(s) designated.*

CLICK HERE for More Information

Disability-Related Accommodations

Students seeking academic accommodations related to a disability or medical condition should register with the Ross Center for Disability Services. The Ross Center for Disability Services provides accommodations under the Americans with Disabilities Act and Section 504 of the Rehabilitation Act. The Ross Center is also a resource for the campus community to ensure academic access and inclusion. The Ross Center provides:

- Academic accommodations
- Resources
- Training in assistive technology and alternative formats
- Information to increase the understanding of disability throughout the university community

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 of issues.

- 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 (cnhsstudentservices@umb.edu). The email must contain a detailed account of the event, a rationale for filing the complaint, and the remedial action requested.

The Senior 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 CNHS 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 of 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

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. Access the full policy here. The Administrative Standards for the Non-Discrimination and Harassment Policy can be found here.

CLICK HERE for More Information

Academic Credit Load

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.

Full-time load: 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. After the first semester, however, students may ask to take additional course credits under the following conditions:

- the student's overall grade point average is 3.0 (or above)
- the grade point average for the previous semester is 3.5 or higher and includes at least 15 credits
- the permission for Credit Overload form is completed and approved by the Office of Undergraduate Studies (except for College of Management, Management Request for Credit Overload).
    - Visit our Forms page for the Credit Overload Request Form
    - Questions about the credit overload process can be sent to UndergraduateStudies@umb.edu

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.

Table 6: EHS Grading Rubric

Table 5: Grading Rubric

Percent	Grade	Grade Point
93-100	A	4.00
90-92	A-	3.70
87-89	B+	3.30

Percent	Grade	Grade Point
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

Undergraduate students may take one course each semester on a pass/fail basis, up to a maximum of eight. (Mandatory pass/fail courses do not count toward this limit.) Please view the academic calendar for deadline information. The EHS Program does not allow students to take any core/required courses as a pass/fail option.

- You can file for the pass/fail option through WISER at any time after your initial registration until the deadline.
- 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, up to a maximum of eight. (Mandatory pass/fail courses do not count toward this limit.)
- You cannot cancel a pass/fail choice after the deadline.

Please note: The requirements of your college, major, or program may not permit you to take certain courses pass/fail. Be sure to check with your college or program BEFORE you select the pass/fail option.

CLICK HERE for More Information

Withdraw

If you do not attend classes, you will not be withdrawn automatically. Unless your instructor takes attendance and submits a grade of "NA" to the Registrar's Office, you will receive a grade of "F" for the course.

To withdraw from a course, use the WISER system and follow these instructions.

- You may withdraw from any individual course.
- If you do so you will be given a grade of "W", which will remain on your record but will not affect your cumulative grade point average.

- You may register for the same course in another semester.
- You cannot withdraw from a course after the deadline. You can however, withdraw from the entire semester up until the last day of the semester See University Withdrawal Policy for more information.

There are no refunds for individual course withdrawals. See Bursar refund schedule for information on Refund Deadlines

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 up to one year in which to complete the course. The new grade must be submitted to the Registrar by the grading deadline for that semester, i.e., by the end of the next fall for the fall semester incompletes. The grade for any course not completed by this deadline will be converted to the grade of 'IF'.

CLICK HERE for More Information

Course Repeats

The Exercise and Health Science (EHS) program is dedicated to fostering the academic success of our students from the moment they begin their undergraduate journey until graduation. We understand that every student faces unique challenges, and our goal is to identify those challenges early on and provide tailored academic resources and support to ensure each student can achieve their full potential.

As part of our commitment, students who exceed the limit of four-course repeats overall or two-course repeats for EHS core courses are required to go through an approval process (see below). We believe in a collaborative approach, where students work closely with their EHS academic advisor to navigate this process and gain the guidance and tools they need for success.

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 an EHS core course only once. Students may not enroll in a course more than twice without approval via the Repeat Waiver Request Form

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

EHS Course Repeat Process

Follow the instructions listed above as well as below.

1. **Submit a Repeat Waiver Request**: Complete the Repeat Waiver Request Form using DocuSign.
2. **Contact Your EHS Advisor**: After submitting your waiver request, connect with your EHS advisor to obtain the EHS Repeat Contract form and instructions. Once filled out, email the completed form to the EHS Program Coordinator at Chanel.Fields@umb.edu.
3. **Processing Time**: Expect a review period of 7-10 business days.
4. **Decision**: You'll receive an email notification with your approval or denial letter from the department chair.

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 in the course and should recognize when circumstances will not allow for 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

An Early Alert is a mid-term indicator submitted in WISER during weeks 6–8 of the semester to help students gauge their progress. It uses three levels:

- Satisfactory
- Caution
- At risk of failing

This system allows students to take action while there's still time to improve their performance.
Students are notified to check for alerts and encouraged to take action if they receive a Caution or At Risk of Failing alert. Recommended steps include attending faculty office hours, meeting with their advisor, or visiting the Center for Academic Excellence for tutoring and support. A Satisfactory alert means they're on track—students are simply advised to keep up the good work!

CLICK HERE for More Information

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 or 617-287-5220.

CLICK HERE for More Information

Re-Enrollment Policy

Inactive degree seeking students who wish to return to the university and resume their studies must complete the appropriate re-enrollment application to reactivate their account.
Please note that enrollment for fall opens in April and November for spring. If you are re-enrolling closer to a semester deadline, please expect that there may be limited course availability, so plan accordingly.
Additionally, other student services may have their own deadlines. Submitting your re-enrollment application by the posted form deadline does not guarantee that other services, particularly Financial Aid and Housing, will be available when re-enrollment is approved.

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. If you have questions about a submitted application please email reg.forms@umb.edu

If you are interested in re-enrolling and changing your major/college to the College of Management or Manning College of Nursing and Health Sciences, note the following:

Prospective management majors would use The College of Management (CM) Re-Enrollment Application. This application is reviewed by a committee in the college of management. Processing time varies. If you have questions about a submitted application please email upo@umb.edu

Prospective nursing majors would use the Manning College of Nursing and Health Sciences (MCNHS) Re-Enrollment Application. This application is reviewed by a committee in the college of nursing. All applicants will be notified through email of the decision directly from the Manning College staff within a month of the deadline. If you have questions about a submitted application please email CNHSStudentServices@umb.edu

CLICK HERE for More Information

Readmission to the University

Students who leave the University in good standing may resume their studies by completing the Readmission Form. You will be notified in writing of your readmission status. Students who have been dismissed or suspended from the University and wish to resume their education should also write a letter of appeal addressed to the Standards and Credits Committee of their college or program and make an appointment for an interview with a member of the advising staff of their college or program.

All previous course work at the University remains part of the permanent record for students who have been readmitted, and the cumulative average includes all prior grades, regardless of how much time elapsed between enrollments. For deadlines and more specific information please check with your college.

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. The application includes a type written personal statement addressed to the Standards and Credits Committee of their college or program. More information on the personal statement is below.

Required personal statement details for suspended or dismissed students:

1-2 typed pages, single-spaced, addressing the following:

I. Describe the circumstances that resulted in or led to your suspension or dismissal. Please account for all the semesters in which your cumulative grade point average (GPA) was below 2.0. (approximately 250 words)

II. Describe facts and circumstances that demonstrate your readiness for re-enrollment at UMass Boston. Be as specific as possible, for example, list classes taken at other colleges (include transcript or screenshots with grades) and explain what you have learned during your time away. (approximately 500 words)

III. If you intend to change your course of study, list which major you want and why. If you plan to continue in your previous major, describe your skills and/or strengths pertaining to that major.

- The Undergraduate Studies re-enrollment application will be reviewed by a committee. Processing time varies. Deadlines are outlined on the undergraduate forms page. If you have questions about a submitted application, please email 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).

CLICK HERE for More Information

Residency Reclassification

Current or returning/readmitted students who consider that they meet exceptions to the Massachusetts Department of Higher Education's residency classification rules can check on details of exceptions and apply for residency reclassification by completing the Residency Reclassification Application (see link in box below). Applicants for residency reclassification are responsible for submitting all documentation to support a claim. The final decision will be based solely on the submitted documentation with qualitative rather than quantitative emphasis. A number of factors are required to determine residency. No single document is decisive. The burden of proof rests on the student seeking reclassification.

CLICK HERE for More Information

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. A student's residency status determines their tuition and fee billing rates. Massachusetts residents are eligible for in-state tuition and fee billing rates at Massachusetts public higher education institutions. Residency status does not typically change for the duration of your studies.

CLICK HERE for More Information

Rights as a Student and FERPA Guidelines

The Family Educational Rights and Privacy Act (FERPA) is a federal law enacted in 1974 to protect the privacy of student education records. It is incumbent upon all employees of the university to protect educational records, be it in files, documents, spreadsheets, and other materials (paper or digital) containing information related to a student.

These guidelines are to help you know what you can and cannot disclose to parents and others about a student's record. It does not mean you can't speak with a parent and use general terms to discuss university rules and guidelines. You just can't give out specific details without permission.

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 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

Co-Requisite Waiver Request Procedure

- **Student-Adviser Meeting:**
  The student meets with their academic advisor to determine eligibility for a co-requisite waiver.
- **Form Issuance:**
  If the advisor supports the request, they send the co-requisite waiver form to the student.
- **Form Completion:**
  The student completes the form and returns it to their advisor.
- **Advisor Submission:**
  The advisor reviews the form, provides academic feedback, and submits both to Dana Commesso.

- **Internal Review:**
  Dana Commesso reviews the form and advisor feedback, then forwards the request and her comments to the course instructor(s).
- **Instructor Decision:**
  The instructor(s) review the materials and make the final decision.
- **Notification:**
  The instructor(s) inform the student of their decision and CC Dana Commesso and the academic advisor.
- **Enrollment:**
  If approved, the advisor enrolls the student in the course and notifies them of the registration.

Graduation Requirements and Procedures

Graduation is when a student successfully completes all of their academic requirements, and their degree is conferred. The Graduation Team handles that academic process. *Graduation is not an automatic process* – all students must apply for graduation by the application deadlines to ensure that your record is reviewed for degree conferral.

Once you know your graduation term, apply for graduation in WISER by the deadlines posted on the Academic Calendar (visit our IT Knowledge base for video and written instructions on how to apply for graduation).

- Applying for graduation generates the one-time, mandatory $200 Graduation Processing Fee. The fee will be added to the bill for the term you apply for (if you applied for the current term, check your bill in a few days!).
- Verify your name: view & update your Diploma name in WISER.
- Verify your address: view & update your Diploma address in WISER).
- You can review your graduation status in WISER at any time under My Academics > Graduation > View my graduation status.

CLICK HERE for More Information

Appendices

Appendix A. Quick Links

Manning College of Nursing and Health Sciences

Exercise and Health Sciences Department

Frequently Asked Questions

Academic Policies

Academic Calendar

Graduation Policies

Registrar Forms

Bursars Office

University Health Services

Counseling Center

WISER

Academic & Career Engagement and Success (ACES) Center

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

Appendix B. Curriculum Overview

Table 6: Curriculum Overview

General Elective Requirements		EHS Core Curriculum	
▪	**ENGL 101 Freshman English I-** *3cr*	▪	**EHS 120: Careers in Exercise & Health-** *3cr*
▪	**ENGL 102 Freshman English II-***3cr* *(prerequisite: ENGL 101)*	▪	**EHS 160: Fitness & Wellness-***3cr*
▪	**First Year Seminar** *4cr* *(required of those who enter UMB < 30CR)*	▪	**EHS 230: Strength & Conditioning-** *3cr*
▪	**Intermediate Seminar-** *3cr* *(prerequisite: ENGL 102 and minimum of 30 credits)*	▪	**EHS 260: Physical Activity & Health-** *3cr* *(prerequisite: EHS 160 & EHS 280)*
▪	**Arts (AR) or Humanities (HU)-** *3cr*	▪	**EHS 280: Stats for Health Professionals-** *3cr* *(prerequisite: MATH 114QR, or higher placement)*
▪	**Arts (AR) or Humanities (HU)-** *3cr*	▪	**EHS 300: Health Fitness Assessment-** *4cr* *(prerequisite: EHS 160)*
▪	**Social/Behavioral Science (SB)-** *3cr*	▪	**EHS 310: Applied Kinesiology-** *3cr* *(prerequisite: BIOL 207 and BIOL 208)*
▪	**World Languages (WL) or World Cultures (WC)-** *3cr*	▪	**EHS 320: Adapted Physical Activity-** *3cr* *(prerequisite: EHS 300)*
▪	**World Languages (WL) or World Cultures (WC)-** *3cr*	▪	**EHS 345: Health Behavior Change-** *3cr* (*prerequisite: EHS 160)* *Note: EHS 340 also satisfies this requirement*
▪	**BIOL 207: Anatomy & Physiology I-** *4cr* *(prerequisite: BIOL 111)*	▪	**EHS 370: Exercise Program Design-** *3cr* *(prerequisite: EHS 230 & EHS 300)*
▪	**BIOL 208: Anatomy & Physiology II-** *4cr* *(prerequisite: BIOL 111 and BIOL 207)*	▪	**EHS 385: Exercise Physiology I-** *3cr* *(prerequisite: BIOL 207 & BIOL 208)* *Note: EHS 380 also satisfies this requirement*
▪	**Writing Proficiency Requirement** *(must pass by the completion of 60 credits)*	▪	**EHS 386: Exercise Physiology I Laboratory-** *1cr* *(Co-req: EHS 385)*
		▪	**EHS 490: Internship** *(12 credits)* **or EHS 491** *(6 credits +6 additional credits of EHS upper-level electives= 12 credits)*
		▪	**EHS Elective #1** *(must be at least 3cr)*
		▪	**EHS Elective #2** *(must be at least 3cr)*
		▪	**EHS Elective #3** *(must be at the 300 or 400 level and at least 3cr)*

Appendix B. EHS Required Curriculum

Table 7: Core Curriculum

EHS Core Curriculum	
BIOL 207: Anatomy and Physiology I- *4cr*	**EHS 300: Health Fitness Assessment-** *4cr*
BIOL 208: Anatomy and Physiology II- *4cr*	**EHS 310: Applied Kinesiology-** *3cr*
EHS 120: Careers in Exercise & Health- *3cr*	**EHS 320: Adapted Physical Activity-** *3cr*
EHS 160: Fitness and Wellness- *3cr*	**EHS 345: Health Behavior Change-** *3cr*
EHS 230: Strength and Conditioning-*3cr*	**EHS 370: Exercise Program Design** *3cr*
EHS 260: Physical Activity and Health- *3cr*	**EHS 385: Exercise Physiology I (1 credit optional lab)***3cr*
EHS 160: Fitness and Wellness-*3cr*	**EHS 386: Exercise Physiology I Laboratory-***1cr (Co-req: EHS 385)*
EHS 230: Strength and Conditioning-*3cr*	**EHS 490: Internship** *(12 credits)* **or EHS 491** *(6 credits +6 additional credits of EHS upper-level electives= 12 credits*
EHS 260: Physical Activity and Health- *3cr*	**EHS Elective #1-** *3cr*
EHS 280: Statistics for Health Professionals-*3cr*	**EHS Elective #2-** *3cr*
	EHS Elective #3- *3cr*

Appendix C. EHS Internship Timeline

Table 8: Actions to Complete Spring Internship

Month	Action(s)
January	• Attend optional info session • Rolling application
February	• Attend optional info session • Final application deadline
March	• Complete mandatory orientation • Attend 1-on-1 meeting with EHS Team
April-June	• Inquire and interview
July	• Submit clinical clearance paperwork (if required) • Submit placement for site
September-December	• Internship

Table 9: Actions to Complete Fall Internship

Month	Action(s)
August	• Attend optional info session
September	• Attend optional info session • Rolling application • Complete mandatory orientation
October	• Final application deadline • Complete mandatory orientation

Month	Action(s)
	• Attend 1-on-1 meeting with EHS Team
November	• Inquire and interview
December	• Submit clinical clearance paperwork (if required) • Submit placement for site
January-May	• Internship

Table 10: Actions to Complete for Summer Internship

Month	Action(s)
January	• Attend optional info session • Rolling application
February	• Final application deadline • Complete mandatory orientation • Attend 1-on-1 meeting with EHS Team
March	• Inquire and interview
April	• Submit clinical clearance paperwork (if required) • Submit placement for site
May-August	• Internship

Appendix D. Grading Rubric

Table 11: Grading Rubric

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