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Welcome to the Kinesiology Program

The undergraduate Kinesiology program is designed to provide students with a foundation in the sciences and emphasis in exercise, health, and sport.

The Kinesiology program develops advanced knowledge and competencies in the area of exercise training, exercise metabolism, fitness and health maintenance, nutrition, cardiovascular risk identification, and rehabilitation.

Our Mission

The mission of the Kinesiology program is to train students who will provide professional leadership and educational services in the public and private enterprise. This will be accomplished by preparing students to enhance individual and societal well-being through innovative programs designed to increase our physical, mental, and social wellness in an environment conducive to supporting a higher quality of life.

Preparing Students for Success

Academic preparation focuses on the scientific aspects of exercise related to asymptomatic and symptomatic populations, therefore students acquiring this degree are prepared for entrance into health-related fitness and sport science professions.

Graduates are also eligible to sit for certification examinations offered by the American College of Sports Medicine and the National Strength and Conditioning Association, and to apply for advanced study in a variety of applied science and allied health programs.

Career Opportunities & Graduate Study

The undergraduate Kinesiology program curriculum includes prerequisites for further education in many allied health fields such as physical therapy, occupational therapy, cardiovascular technology, and medicine. The best of our majors gain entry into these highly competitive programs.

Program graduates are typically employed in preventive exercise programs in settings such as wellness programs, private and/or public health and fitness centers as personal trainers, government agencies, corporate industry, health education, park systems, and adult or community fitness programs, while others work as strength and conditioning specialists for collegiate and professional athletic teams. Some majors work in clinical settings such as in-hospital cardiopulmonary disease rehabilitation programs.
Meet the Kinesiology Faculty

Tim Coffey, Ph.D.
coffeytg@longwood.edu

Dr. Tim Coffey, an Assistant Professor, is entering his third year as part of the Longwood Kinesiology program. He earned his B.S. in Interdisciplinary Studies (combined Mechanical Engineering and Biology) from the University of Maryland, Baltimore County (1999) and his M.S. in Biomechanics from Texas Tech University (2001). Tim then worked for a number of years in various roles in Student Affairs at both Texas Tech and Virginia Commonwealth University. He completed his Ph.D in Rehabilitation and Movement Sciences from VCU (2015) with a focus on neuromuscular dynamics. His research interest areas include lower extremity mechanics, injury etiology and prevention, especially ACL and other lower extremity injuries, as well as the certification and facilities of high school strength and conditioning programs. Tim will be teaching Biomechanics, Health Fitness Management, and Citizen Leadership Through Sport and Exercise.

Jo Morrison, Ph.D.
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Dr. Jo Morrison earned a Bachelor and Master's of Physical Education, specializing in Exercise Physiology, from the University of Otago in Dunedin, New Zealand. She earned a Ph.D in Exercise Physiology from the University of Iowa (2004) then completed two postdoctoral research fellowships at the University of Alabama at Birmingham working in the areas of heart failure and mitochondrial metabolism. She has published articles in the areas of environmental physiology, and mitochondrial metabolism of hydrogen sulfide. Dr. Morrison joined the Kinesiology program at Longwood in 2008 and teaches Kinesiology Seminar, Exercise Testing and Prescription, Advanced Exercise Testing, and Career Preparation for Exercise. She currently serves as the director of certification workshops held at Longwood for the American College of Sports Medicine, and has previously served as the Exercise Science Program Coordinator.
Kyle Levers, Ph.D., CSCS

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As a highly competitive youth and high school athlete, namely in soccer and wrestling, Dr. Kyle Levers was passionate about athletic performance development prior to entering college. Dr. Levers received his bachelor’s degree in both Exercise Science and Chemistry from McDaniel College. While at McDaniel, Dr. Levers was also a successful three sport athlete for the Green Terror. As an undergraduate student, Dr. Levers worked as a strength and conditioning coach for a private athletic performance training facility in southern New Jersey. Dr. Levers completed his Master’s degree in Exercise Science with a concentration in Strength & Conditioning from George Washington University. While at GW, Dr. Levers also served as an assistant strength and conditioning coach for the Colonials. Dr. Levers completed his PhD at Texas A&M University in Exercise Physiology, where his research was focused on exercise, nutrition, and supplementation interventions for weight loss and sports performance. During his time at A&M, Dr. Levers also volunteered as a strength and conditioning coach for Aggie athletics. Most recently, Dr. Levers owned and operated a private sports performance company in southern New Jersey as the Director of Sports Performance and Nutrition. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA). His research interest areas include the effects of various recovery modalities and nutritional interventions on physiological, biochemical and performance adaptations. His other research interests include the correlation between developmental patterns, neuromuscular activation, functional movement, compensatory adaptations, injuries, and athletic performance. More specifically, Dr. Levers is focused on breathing and core development as a modality for injury prevention and greater athletic performance. Dr. Levers joined the Kinesiology Program at Longwood in 2016 and teaches Essentials of Strength and Conditioning, Advanced Strength and Conditioning, Motor Learning and Control, Research Methods, and Sports Nutrition.
Dr. Troy Purdom is an Assistant Professor in the Health, Athletic Training, Recreation and Kinesiology (HARK) Department. Dr. Purdom began teaching at Longwood University in 2016 after completing his Doctorate in Exercise Science at The University of New Mexico. His expertise focuses on the metabolic adaptation to exercise and sport nutrition. Dr. Purdom teaches Exercise Science, Advanced Exercise Science, Sport Nutrition, Exercise is Medicine, and Research Methods.

Dr. Purdom has several articles in review and in progress that include Factors that Effect Maximal Fat Oxidation and The Acute Effects of Submaximal Weighted Vest Running on Substrate Utilization and Energy Expenditure. Further research inquiry includes The Monitoring of Athletes Throughout the Annual Training Cycle to Prevent Injury and Improve Performance along with nutrient timing as an intervention to mitigate inflammation and protein degradation/injury with athletes. Dr. Purdom is passionate about introducing students to the research process culminating with four students presenting original research at the International Society of Sports Nutrition (ISSN) and The National Strength and Conditioning Association (NSCA) Conferences in the summer of 2017. Additionally, Dr. Purdom is a co-founder of The Longwood Coaching Symposium: The Science of Sustained Excellence.

Dr. Purdom is a lifelong athlete participating in team sports throughout high school and was a competitive soccer and cycling athlete collegiately. While participating in athletics, Troy began working with college athletes as an athletic trainer at UCSD Sports Medicine Clinic, utilizing physical therapy techniques for rehabilitation and injury prevention. He then broadened his experience to working with a vast array of various populations to further pursue his affinity for health and wellness along with sport performance applications. Troy has been a personal trainer for over a decade while pursuing his Ph.D in exercise science. Current activities include training, cooking, traveling, and enjoying the outdoors.
Laura Jimenez, Ph.D.

jimenezlq@longwood.edu

Dr. Laura Jimenez is an Assistant Professor, entering her first year at Longwood University. She earned her Bachelor’s degree in Exercise Physiology at the University of Miami (2011), where she then went on to earn her Ph.D. in Exercise Physiology (2016). Dr. Jimenez continued to serve at the University of Miami as a lecturer. During her tenure in sunny Florida, Dr. Jimenez was involved for a number of years as a program coordinator with community outreach programs in translational health, attempting to facilitate improved health, physical activity, and nutrition education for youth in low income areas of Miami-Dade County. She also has research interests in psychology and neuroscience and has incorporated those elements into her work with the community in and around the UM campus, as well as into her research examining cognitive impacts on environmental physiology. In her spare time, Dr. Jimenez can typically be found on long runs, or unwinding with a good book.

Dr. Jimenez joined Longwood University in 2017 and teaches Introduction to Kinesiology, Sport Psychology, Exercise Intervention in Disease, and a Special Topics Kinesiology course on Electrocardiography (ECG).
Applying to the Program

Formal Admission to the Kinesiology Program
Students must be formally admitted to the Kinesiology program before they can declare the major or register for upper division Kinesiology curriculum courses. Only those students admitted to the program (see admission criteria below) may declare a Kinesiology major.

All new freshmen and transfer students interested in pursuing a Bachelor of Science in Kinesiology will be admitted to the “Pre-Kinesiology” program. Upon their successful completion of the criteria for and formal admission to the Kinesiology program, the student will declare the Kinesiology major.

Formal admission to the Kinesiology program requires successful completion of the admission criteria. Admission is competitive and not all students who meet the minimum criteria will be accepted. Admissions decisions will be made by the Kinesiology faculty based on the collective results across all pre-admission categories. A final rank ordering is based on the weighted total of all components of the application process. Students will be informed of their admission to the program prior to Spring advising and registration. Students who are not formally admitted to the Kinesiology program may not enroll in any Kinesiology course at the 300 or 400 level. Additional policies and standards for Kinesiology students are in the Kinesiology Student Handbook.

This section of the handbook will explain in detail 1) the minimum requirements to apply, 2) what items must be included in your application, 3) when to apply, 4) how to apply, 5) how your application will be scored, 6) special instructions and criteria for transfer students, and 7) the appeal process.

1) Minimum requirements

All applicants must have

a. Good standing with the University (not subject to probation, suspension, or in financial appeals)

b. An overall grade point average (GPA) of at least 2.0

c. Successful completion of the following courses
   i. KINS 205 – Introduction to Kinesiology with at least a B-
   ii. BIOL 206 & BIOL 207 – Anatomy and Physiology I & II with at least a C in both courses

1. Exception for students with at least an A- in BIOL 206
   a. BIOL 207 will be waived as a criterion for the application. However, if admitted your admittance will be provisional (as long as BIOL 207 is completed with at least a C in the same term in which you apply). A grade of "C" will be entered for BIOL 207 for the purposes of scoring your application.
2) Items to be included in your application
   a. Official or unofficial transcripts from all post-secondary schools, including Longwood (i.e., any schooling beyond high school). A hard copy transcript should be scanned and saved as a PDF
   b. Personal statement (instructions will be provided in the Canvas site)
   c. Professional resume (instructions will be provided in the Canvas site)

3) Application Deadline
   a. Applications are only accepted once per year and are due by 11:59pm the Monday After Fall Semester Finals (December 11, 2017)
   b. Applications submitted early will not be scored differently. However, we recommend that you complete the application process well before the due date to give yourself time to correct any mistakes we may find.
   c. Note that your application MUST include final grades from the Fall Semester.

4) How to apply
   a. All students on the 2014-2015 catalog and beyond must apply to be admitted to the Kinesiology program
   b. To submit your application materials:
      i. Enroll in the Canvas course “Kinesiology Admission Application” by selecting a link that will be published by the program faculty during the Fall semester.
      ii. On the course homepage there will be links for you to upload your Transcripts from all post-secondary schools (i.e., any schooling beyond high school), Personal Statement, and Professional Resume. Click on each link and attach the respective document (ALL documents must be saved and uploaded as PDFs)
         1. You will upload FIVE copies of your Personal Statement using the “Submit Personal Statement 1/2/3/4 Here” links
         2. You will upload FIVE copies of your Resume using the “Submit Resume 1/2/3/4 Here” links

5) Your application will be scored objectively based on the following items:
   a. Overall GPA 40%
   b. Average GPA for KINS 205, BIOL 206, and BIOL 207 20%
   c. Average personal statement score* 30%
   d. Average professional resume score* 10%

The maximum possible overall application score is 100%. For the number of spots we have available in a given year, the highest scoring applicants will receive acceptance letters/emails. For example, if there are 30 openings the top 30 scoring applicants will be accepted.
* Your personal statement and professional resume will be scored by all Kinesiology faculty and the average score for each item will be used to compute your overall application score. The faculty do not know your identity when scoring these items.

The following is an example of how two students with different strengths would be scored:

- **Student A** with a 3.0 overall GPA; an average 2.6 GPA for 205, 206, and 207; an average personal statement score of 8; and an average resume score of 7; would have an overall application score of 
  \[(3.0 \times 10\%) + (2.6 \times 5\%) + (8 \times 3\%) + (7 \times 1\%) = 74\%\]

- **Student B** with a 2.3 overall GPA; an average 2.7 GPA for 205, 206, and 207; an average personal statement score of 10; and an average resume score of 9; would have an overall application score of 
  \[(2.3 \times 10\%) + (2.7 \times 5\%) + (10 \times 3\%) + (9 \times 1\%) = 75.5\%\]

Note that Student B would be ranked **higher** than student A, despite having a substantially lower overall GPA!

6) **Special instructions and criteria for transfer students**

   a. **Transfer students without an associate’s degree** must adhere to all criteria above as well as the criteria listed below
      i. Your cumulative GPA for ALL post-secondary coursework will contribute to your application score
      ii. If the equivalent BIOL 206 and/or BIOL 207 were taken at a different institution, you must have earned at least a C in both courses and your grade in those courses will contribute to your application score
      iii. You must still complete KINS 205 (Introduction to Kinesiology) **before applying**

   b. **Transfer students with an associate’s degree**
      i. You must apply to both the Kinesiology program and Longwood University. **Acceptance into the Kinesiology program does not guarantee admittance into Longwood University or vice versa**
      ii. You must apply to the Kinesiology program the December preceding your first full term at Longwood
      iii. Your cumulative GPA for ALL post-secondary coursework will contribute to your application score
      iv. You must have completed the equivalent BIOL 206 and/or BIOL 207 and earned at least a C in both courses **before applying**. Your grade in those courses will contribute to your application score.
      v. KINS 205 (Introduction to Kinesiology) will be waived as a criterion for the application process. However, if admitted your admittance will be
provisional (contingent on completion of KINS 205 at least a B- in your first full term at Longwood University)

7) Appeal process
   If denied admission, candidates may formally appeal the Kinesiology Faculty’s decision. The following steps outline the appeal process:
   a. The candidate must write a detailed letter of appeal to the Program Coordinator of the Kinesiology Faculty. The Program Coordinator may request supporting documentation depending on the nature of the appeal. This letter must be received within one week of the Kinesiology Faculty’s decision.
   b. Subsequent appeals should be made to the Chair of the Health, Athletic Training, Recreation, & Kinesiology Department.
   c. Candidates who are not accepted into the program may reapply for acceptance into the program during the next application period.
# Course Sequencing

## SUGGESTED COURSE SEQUENCING – KINESIOLOGY (120 credits)

| Freshman |  | Sophomore |  |
|-----------|-----------------|-----------------|
| **Course** | **Credits** | **Semester Taught** | **Course** | **Credits** | **Semester Taught** |
| Goal 1 Longwood Seminar | 1 | Fall | PHYS 103 or 101 | 4 | Both/Fall |
| **KINS 205** (must earn at least a B) Introduction to Kinesiology | 2 | Both | KINS 215 Exercise is Medicine | 3 | Both |
| KINS 218 Motor Learning and Control | 3 | Both | MATH 171 or MATH 301 Statistical Decision Making or Applied Statistics | 3 | Both |
| **Goal 2 (must earn at least a C-)** ENGL 150 | 3 | Both | Goal 8 Social Science | 3 | Both |
| **BIOL 206** (must earn at least a C) Anatomy and Physiology I | 4 | Fall | Goal 5 - Math FINA 250 or MATH121 recommended | 3 | Both |
| **BIOL 207** (must earn at least a C) Anatomy and Physiology II | 4 | Spring | Goal 7 History | 3 | Both |
| **Goal 4** Art/Music/Theater | 3 | Both | Goal 9 Diversity | 3 | Both |
| **Goal 11** PHED 101 - Fitness Concepts | 2 | Both | Goal 10 | 3 | Both |
| CHEM 101 or 111 Chemistry | 4 | Both | Foreign Language - complete by end of sophomore year | 3 | Both |
| **Total** | **26** |  | **Total** | **28** |  |

**Summer between Junior and Senior year:** KINS 392-Kinesiology Internship – 8 credits

Prerequisites: KINS387, KINS486 (C- in both), KINS 386, KINS 316, KINS 370

| Junior |  | Senior |  |
|---------|-----------------|-----------------|
| **Course** | **Credits** | **Semester Taught** | **Course** | **Credits** | **Semester Taught** |
| KINS 365 Specialized Exercise Physiology | 3 | Fall | KINS 385 Sport Psychology | 3 | Both |
| KINS 376 Sports Nutrition | 3 | Fall | KINS 400 Career Preparation in Kinesiology | 1 | Fall |
| KINS 370 Health Fitness Management | 2 | Both | KINS 484 ACSM EP-C Workshop and Certification | 1 | Fall |
| **KINS 486** (must earn at least a C-) Exercise Testing and Prescription | 5 | Spring | KINS 462 Admin. in Fitness, Wellness, & Sport | 3 | Fall |
| KINS 488 Exercise Intervention in Disease | 3 | Both | KINS 399 Advanced Exercise Physiology | 3 | Fall |
| KINS 316 Essentials of Strength and Conditioning | 3 | Both | KINS 480 Advanced Exercise Testing | 2 | Fall |
| **KINS 387** (must earn at least a C-) Exercise Physiology | 4 | Both | KINS 470 Research Methods in Kinesiology | 3 | Both |
| KINS 386 Biomechanics | 4 | Both | Goal 12 Ethics | 3 | Both |
| HLTH 335 Nutrition | 3 | Both | Goal 13 ENGL 400 | 3 | Both |
| **Choose 6 elective credits from the list of restricted electives** | 6 |  |  |  |  |
| **Total** | **30** |  | **Total** | **28** |  |
Restricted Electives

Take 6 credits from following:
KINS 217 Olympic Lifting Movements/1 credit
KINS 430 Applied Exercise Physiology/3 credits
KINS 375 Kinesiology Seminar/3 credits
KINS 412 Advanced Health and Fitness Management/3 credits
KINS 416 Advanced Strength and Conditioning for Performance Enhancement/3 credits
KINS 487 Clinical Exercise Physiology/3 credits
KINS 493 Kinesiology Journal Club/1 credit

Courses taken at another institution
If you are planning on taking a course at a different institution, you must fill out the proper paperwork prior to completing the course. This form can be found in the Registrar’s Office or on their website. You will fill in the course name and number as it is offered at the other institution.

Degree Application:
This must be completed and turned into the Registrar’s Office one year prior to graduating. For example, if you are graduating in May 2018, you must complete the application prior to registering for Fall 2017 classes.

If you are not graduating on time, you must notify the registrar’s office with this information. They assume everyone is graduating in 4 years unless told otherwise. Therefore, you will have a “delinquent degree application” hold flag unless you fill out the application on time or notify them that you are not graduating until…..

Closed courses
We do not have the authority to override you into any closed courses. You must first speak to the instructor of the specific course, and then upon their approval, the Chair of the department in which the class is offered can register you for the closed course. Please note that, typically, instructors and Chairs will only authorize overrides into closed courses when it is essential for graduation or prerequisite purposes.

Grade Requirements and Admission Criteria for the Kinesiology Program
B- in KINS 205 for admittance to the Kinesiology program
C in both BIOL 206/207 for admittance to the Kinesiology program
C- in ENGL 150 as a prerequisite for KINS 470
C- in KINS 387 as a prerequisite for KINS 392 Kinesiology Internship
C- in KINS 486 as a prerequisite for KINS 392 Kinesiology Internship
Internship

The Kinesiology internship / field experience is designed to provide the student an opportunity to perform under supervision, duties relative to the conduct of exercise and sport physiology programs as assigned by a practicing administrator. These experiences may take a variety of forms. The internship affords the student an opportunity to profit from the experience and expertise of a professional mentor and from participation in the workings of a fitness facility. The internship is viewed as a very important segment of the curriculum and is individually designed to meet the personal and professional needs of the students as well as the internship agency.

Completion of the required 400-hour internship leads to employment for an estimated 25-40 percent of Kinesiology majors. Other graduates pursue graduate degrees in such fields as exercise science, physiology, and biomedical sciences in preparation for careers in academe and research.

With few exceptions, the internship is to be completed during the summer between your Junior and Senior years. To be eligible to go out on internship you must maintain an overall GPA ≥ 2.0 and earn at least a C- in KINS 387 and KINS 486. You will be provided with much greater detail in your Junior year.

Certified Exercise Physiologist Certification

At the end of your Senior year you will sit for the ACSM Certified Exercise Physiologist (EP-C) Certification exam. This certification, offered through The American College of Sports Medicine, will provide you with a highly respected credential in the health and fitness industry and will improve your marketability in your career search.

While your Kinesiology education is intended to be the main form of preparation for this exam, we offer two EP-C workshops each year to reinforce what you have already learned and direct your attention to the competencies you will be tested on.
Kinesiology Program Policies

Class Attendance Policy

*Longwood University Class Attendance Policy*

Students are expected to attend all classes. Failure to attend class regularly impairs academic performance. Absences are disruptive to the educational process for others. This is especially true when absences cause interruptions for clarification of material previously covered, failure to assume assigned responsibilities for class presentations, or failure to adjust to changes in assigned material or due dates.

- It is the responsibility of each instructor to give students a copy of his or her attendance policy in the course syllabus.

- Instructors may assign a grade of "0" or "F" on work missed because of unexcused absences.

- Instructors have the right to lower a student's course grade, but no more than one letter grade, if the student misses 10 percent of the scheduled class meeting times for unexcused absences.

- Instructors have the right to assign a course grade of "F" when the student has missed a total (excused and unexcused) of 25 percent of the scheduled class meeting times.

Students must assume full responsibility for any loss incurred because of absence, whether excused or unexcused. Instructors should permit students to make up work when the absence is excused. Excused absences are those resulting from the student's participation in a college-sponsored activity, from recognizable emergencies, or from serious illness. Faculty may require documentation for excused absences in their attendance policy. Student Health Services can provide documentation only for students hospitalized locally or absent at the direction of Student Health Services personnel.

*http://www.longwood.edu/academicaffairs/20875.htm*
Communication Policy

The official form of communication for this course is Longwood University e-mail. This does include the Canvas conversation function which directs communication to a linked e-mail. E-mail communication should be in a professional format (include a greeting/salutation, proper grammar, and signature line) and not sent as though it was a text message. Non-professional e-mails may be returned to the sender to be re-written before the content of the communication is addressed. E-mails will be responded to by the faculty member usually within 24 hours excluding weekends and holidays. Email should not be used for emergency questions or notifications as these should be addressed in person or via the faculty member's office phone.

While e-mail can be timely and beneficial, it should not replace in person office hours. If your e-mail is multi-part and/or requires an extensive, lengthy answer, you may be directed to attend office hours or schedule an appointment to address your question/concern appropriately. The few minutes before class are a great time to talk with a faculty member, but it can be disruptive to the flow of the course and other students if that time is used for intensive questioning. It is for this reason that the few minutes before class starts should NOT be used for detailed questions about upcoming assignments or missed material. These types of questions are much more appropriate for AFTER class, during office hours, or via e-mail.

The grading feature in Canvas allows for "comments" to be made about specific assignments. This is often used by the faculty member to provide feedback to students. Students should NOT use this feature to initiate questions or commentary with the faculty member, and those comments will not be responded to. All questions and commentary concerning grading should be sent via Longwood University e-mail or addressed in person.
Disciplinary Procedures Policy

1. Reporting of alleged violations
   a. Kinesiology faculty members and students as well as internship site supervisors are responsible for reporting any alleged infractions of the Kinesiology Program Policies (Professionalism Policy, Social Networking Policy, etc.). Such reports must be in writing and submitted as soon as reasonably possible after the infraction to the Kinesiology Program Coordinator. Longwood University email has been deemed the most acceptable method of reporting. Pertinent details of the alleged infraction, including the date, time, and location of the alleged infractions as well and any and all witnesses. The submitted reports will be maintained by the Program Coordinator. The Kinesiology Program Coordinator will notify the alleged student in writing via Longwood University e-mail of the allegation.

2. Investigation of allegations
   a. After the receiving the report of an allegation, the Kinesiology Program Coordinator will conduct an investigation of the allegation. The investigation may include, but is not limited to: a review of the submitted allegation, interviews with the individual submitting the allegation, interviews with the alleged student, and interviews with any witnesses.
   b. During the investigation, the alleged student will have an opportunity to review the submitted report of allegation and provide any evidence that they believe is pertinent.
   c. The Kinesiology Program Coordinator will make a determination based upon a preponderance of the submitted evidence whether or not the student violated any of the Longwood Kinesiology Program Policies.

3. Findings and determination
   a. Once the Kinesiology Program Coordinator makes a determination concerning the allegation, they will inform both the reporting individual and the alleged student of the finding via Longwood University e-mail.
   b. Any student who is found responsible of violating the Kinesiology Program Policies will additionally be informed of any disciplinary sanctions issued by the program. Possible sanctions include, but are not limited to:
      i. Written Warning
         • A written warning is a formal written notification that a student has violated a Kinesiology Program policy and that their conduct in the future should comply with all policies.
      ii. Program Probation
         • Probation is a specified period of time that a student is expected to demonstrate that their actions positively reflect the Longwood Kinesiology Program.
         • Students who are found responsible for violating another Kinesiology Program Policy while on Program Probation may be Dismissed from the Longwood Kinesiology Program.
      iii. Educational Sanction
• Educational opportunities may be utilized to help students learn from the incident and their decisions in order to help them be successful in the future.
• These may be required as part of a Written Warning, Program Probation, or return to the program after Dismissal.
• These educational sanctions include, but are not limited to: letter of apology, reflective paper, drug/alcohol education, and behavioral action plan.

iv. Dismissal from Kinesiology Program
• Dismissal is when a student is immediately administratively removed from the Kinesiology Program after being found responsible for violating a Kinesiology Program policy.
• Students dismissed from the program will not be permitted to register and/or enroll in any upper level courses (300 and above).
• Dismissed students will need to meet with a faculty member to designate a new major/program of focus at the University.
• Dismissed students can re-apply to the Kinesiology Program through the regularly scheduled admission process, but no earlier than 12 months after the Dismissal was finalized.
• Dismissed students do have the right to appeal the determination made by the Kinesiology Program Coordinator. That process is outlined below in the Appeals section.

c. The sanctions listed above as issued by the Longwood University Kinesiology Program do not limit any internship site or the University from issuing additional sanctions for violation of their policies or codes of conduct.

4. Appeals
   a. Students who have been dismissed from the program have the right to appeal
   b. Appeals must be made in writing, via Longwood University e-mail within 5 business days of the notification of determination made by the Kinesiology Program Coordinator to the Kinesiology Program Coordinator.
   c. Appeals may only be made on the grounds of procedural error or the discovery of new evidence that was not available at the time of the original investigation.
   d. Appeals will be reviewed by a committee comprised of the Kinesiology Program Coordinator, HARK Department Chair, and one other HARK faculty member selected by the HARK Department Chair.
   e. The appeals committee will review the appeal request and the original investigation if deemed necessary and determine if the appeal has merit.
   f. The appeal committee can determine to uphold the dismissal, reduce the severity of the sanction, or change the finding to not responsible. Decisions will be made based on a majority vote of the three members.

In certain instances, such as failure to meet University academic standards, other policies may be enforced in addition to or in lieu of Kinesiology policies.

Adapted with permission from the Program Behavioral Regulations, Longwood University Athletic Training Program. Professionalism Policy
Professionalism is regarded with the utmost importance for faculty and students in the Kinesiology Program at Longwood University. Each student, regardless of their class status or the internship site, is viewed as an extension and representative of Longwood University. Every student must maintain the highest standards while functioning as a Kinesiology student, and commitment to the profession must be displayed through professional appearance, conduct, and attitude.

During a student’s internship or a Kinesiology program sanctioned activity, the student should consult with their site supervisor and/or the faculty members regarding appearance and conduct prior to each experience or opportunity. The site supervisor, as well as the Kinesiology faculty, retain the authority to determine the appropriateness of the student’s attire, appearance, language and manner insomuch as it is a reflection on the Longwood University Kinesiology Program.

Professional Behavior Expectations

1. Attire
   a. Appropriate attire for particular labs and lab activities, as determined by faculty member in the course
   b. Appropriate attire for events, as determined by faculty member
   c. During a student’s internship, the site supervisor will determine proper daily attire

2. Promptness
   a. Students should arrive on time for all classes, lab, and other Kinesiology events and activities, as well as all internship requirements
   b. Designation of “tardy” is left to the discretion of the individual faculty member or site supervisor
   c. An extended period of tardiness could be counted as an absence if the bulk of the assignment or duties are missed as a result of tardiness

3. Attendance
   a. Students should attend all classes and labs. The Kinesiology Program adheres to the Longwood University Class attendance policy which states:
      i. Grades may be reduced a letter grade if a student misses 10% of scheduled class meetings
      ii. A student may be issued a grade of an F if they miss 25% of scheduled class meetings.
      iii. Students must assume full responsibility for any loss of class material incurred due to an absence, whether excused or unexcused
      iv. Faculty may require documentation for excused absences
   b. While out on their internship, students should inform their site supervisor if an absence is imminent and abide by all site regulations concerning absences
   c. Emergency absences should be reported as soon as possible

4. Performance
a. Students are expected to take initiative in completing designated tasks (e.g. set-up and take-down for labs, program events, research opportunities, etc.)
b. Students are expected to submit all assignments and paperwork related to their internship on time (e.g. placement agreement, internship assignments, final portfolio, and evaluations).
b. Students are expected to submit all paperwork as required for the ACSM EP-C certification workshop and exam

5. Conversation / Manner
a. Students should maintain appropriate professional communication in the classroom, labs, hallways, and other program related facilities.
   i. Language unbecoming of professionals will not be tolerated
   ii. Content of discussions not appropriate for professionals will not be tolerated
   iii. Mannerisms or actions unbecoming of professionals will not be tolerated
   iv. The definition of unbecoming will be left to the individual faculty members and site supervisors and includes but is not limited to:
      1) Profanity; racist or sexist language or innuendo
      2) Discussion of participation in illegal activity; sexual activity; abuse/misuse of substances
      3) Degrading colleagues, students, staff, or faculty

6. Kinesiology Labs Computers, Equipment, and Supplies
a. The abuse/misuse of Kinesiology lab equipment and supplies for personal use or benefit will not be tolerated.
b. Any unsupervised use of equipment should be pre-arranged with an appropriate faculty member

7. Honor Code and Ethical Behavior
a. All students are expected to uphold the Longwood University Honor Code and the ACSM Code of Ethics as they relate to submission of assignments, paperwork, and reporting of completed internship hours
b. Violations of these codes may result in program warning, probation, or dismissal. See Disciplinary Procedures for an explanation of this process.
c. The codes are accessible at the following locations:
   i. www.acsm.org/membership/membership-resources/code-of-ethics
   ii. www.longwood.edu/studentconduct/12011.htm

Poor exercise in judgment or conduct unbecoming a Longwood University Kinesiology student may bring cause for disciplinary actions according to the Disciplinary Procedures. In certain instances, such as failure to meet University academic standards, other policies may be enforced in addition to or in lieu of Kinesiology policies.

Adapted with permission from Professionalism Policy, Longwood University Athletic Training Program. Social Networking Policy
Students must be aware of their association with Longwood University, the Department of Health, Athletic Training, Recreation, and Kinesiology, the Kinesiology Program and the manner in which you represent yourself and these entities while participating in any form of electronic media. We believe that all students must understand what it means to be a Kinesiology professional and that your online professional reputation reflects positively on Longwood University and the Kinesiology program. You are responsible for protecting that professional reputation. If you identify yourself as a Kinesiology student of Longwood University, you must ensure that your online profile and related content is consistent with how you wish to present yourself to colleagues, future employers, and your patients, clients, or students. As a professional, the public holds you to a higher standard. Therefore, be cognizant in all your interactions on social networking sites to prevent compromising the sacred trust the public places in you.

In addition, if participating in social networking sites, Kinesiology students are expected to maintain your commitment to the ACSM Code of Ethics. In particular, “Members and affiliates of the American College of Sports Medicine are committed to the highest standards of conduct. As advocates for athletes’ health and performance, all ACSM members assume an obligation to train, treat and support athletes with the highest ethical standards. Avoiding inappropriate treatment of athletes as well as the appearance of inappropriate treatment is of the utmost importance.” Violations against the Code of Ethics will be treated according to the Program Behavioral Regulations. It is required that students keep all patient, client, or student information or discussion of clinical experiences off any social media sites. This includes the use of social network sites, such as Facebook, Instagram, Snapchat, Twitter, blogs, wikis, forum boards, texting or any other form of user-generated media. The following activities are prohibited when participating in social networking web sites and other media:

- Students may not post information, videos, photos, or other items online that could reflect negatively on you, your peers, faculty, staff, or preceptors, the Kinesiology Program, or Longwood University.
- Students may not post or communicate any online materials that could be interpreted as a violation of the Health Insurance Portability and Accountability Act (HIPAA) or Family Educational Rights and Privacy Act (FERPA).
- Students may not use online social networks maliciously. This includes derogatory language directed at patients, clients, Internship staff, or Longwood faculty, staff, and students; demeaning statements about or threats to any third party; incriminating photos or statements depicting hazing, sexual harassment, vandalism, stalking, underage drinking, illegal drug use, or any other inappropriate behaviors.

Failure to agree and adhere to this policy will result in actions ranging from reprimand to dismissal from the program (See Program Behavioral Regulations and Discipline Procedures). It is the Kinesiology Program’s intention to achieve a level of behavior that reflects positively on all of us.

Adapted with permission from Social Networking Policy, Longwood University Athletic Training Program.
Student Resources

Things you can begin doing as early as your Freshman year to improve your marketability to future employers and/or increase the likelihood of acceptance into a graduate program.

1) Join one or more professional organizations such as:
   a. American College of Sports Medicine ($10/year)
   b. National Strength and Conditioning Association ($65/year)
   c. American Society of Exercise Physiology ($50/year)

   The cost is minimal for students and it can go a long way toward demonstrating your ongoing commitment to the field. Your membership should be documented in your professional resume and we advise you to join as early as possible.

2) Read at least one peer-reviewed journal article (such as the complimentary journal that accompanies your professional organization membership) each week to remain informed about what is happening in your field.

3) Join one or more student organizations on campus (e.g., the Kinesiology Association).

4) Dress and act professionally. Be respectful and courteous to your peers and professors.

5) Be engaged in class and develop a relationship with your professors. You will one day ask them to serve as a reference for a job or graduate school application; you will want their memories of you to be positive and detailed.

6) Work or volunteer your time in a setting in which you would eventually like to be employed.

7) Begin searching for a job or graduate program now and take note of the minimum qualifications/requirements. Some of the qualifications/requirements may take considerable time to achieve, so don’t wait until your Senior year to begin looking.

8) Live the major (i.e., exercise daily, eat healthily, and be smart about your lifestyle choices).