

# **LIBERTY UNIVERSITY**



## **UNDERGRADUATE EXERCISE SCIENCE PROGRAM HANDBOOK**

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## INTRODUCTION

The goal of the Exercise Science Program (ESP) at Liberty University is to produce exercise science professionals who desire to serve Christ in the areas of sport, fitness, wellness, and health care. The information in this handbook serves as an architectural plan for the ESP and is to be reviewed regularly and followed by each student in the Exercise Science major.

Your education in the ESP will involve classroom, laboratory, practicum, and internship experiences. You will gain hands-on experience in laboratory classes held in our Human Performance Lab, Biomechanics & Motion Analysis Lab, Functional Assessment Labs, Athletic Training Teaching Lab, Standardized Patient Assessment Labs. In addition, you will have the opportunity to apply the knowledge and skills you have gained while performing an internship during your senior year.

Liberty University's ESP is accredited through the Commission on Accreditation of Allied Health Education Programs/Committee on the Accreditation for the Exercise Sciences (CAAHEP/CoAES). This helps to ensure your program meets rigorous standards for curriculum currency and outside quality assurance. Your accredited ESP also provides you with the ability to sit for certification exams and enhances your ability to obtain future employment and graduate school acceptance. We have provided you with a curriculum that is foundational to your future health or fitness-related career. Students in our program not only graduate with a Bachelor's degree, but also have the built-in opportunity to become a Certified Exercise Physiologist and/or a Certified Strength and Conditioning Specialist.

You should also be excited about one of your greatest assets at Liberty University--your professors. The professors in the ESP have many years of experience in a wide range of exercise science and/or health care fields. They are here to mentor, guide, and support you throughout your academic journey to help you achieve your goals.

The purpose of this handbook is to inform and guide students throughout their Exercise Science degree. It includes policies and procedures associated with the ESP, as well as helpful information for career preparation. Students are expected to refer to this handbook regularly to assist them in understanding their responsibilities in the program.

Welcome to the Exercise Science Program at Liberty University. We are delighted that you have made the decision to major in Exercise Science and we look forward to your partnership in striving for academic excellence and developing strong professional relationships.

## **MISSION & VISION STATEMENTS**

### **LIBERTY UNIVERSITY MISSION STATEMENT**

To develop Christ-centered men and women with the values, knowledge, and skills essential for impacting tomorrow's world. With a unique heritage and an ever-expanding influence, Liberty remains steadfast in its commitment of *Training Champions for Christ*.

### **SCHOOL OF HEALTH SCIENCES MISSION STATEMENT**

The School of Health Sciences *exists* to prepare men and women in the sciences and health professions through the integration of current scientific thought and the biblical worldview.

### **ALLIED HEALTH PROFESSIONS DEPARTMENT MISSION STATEMENT**

The Department of Allied Health Professions faculty members are committed to preparing students in three majors: Athletic Training, Exercise Science, and Health & Physical Education. Each major leads to a Bachelor of Science degree. Our objective is to encourage student growth in these disciplines from the Christian worldview in preparation for employment/graduate education as they pursue God's purpose for their lives.

## **PROGRAM ACCREDITATION**

In addition SACSCOC (Southern Association of Colleges and Schools Commission on Colleges) accreditation of Liberty University, the Exercise Science Program at Liberty University is accredited through the Commission on Accreditation of Allied Health Education Programs/Committee on the Accreditation for the Exercise Sciences (CAAHEP/CoAES). Liberty University's Exercise Science Program was awarded continuing accreditation by CAAHEP/CoAES on November 21, 2014. Reporting to CAAHEP/CoAES is performed annually and the next on-site accreditation review will occur during the 2023-2024 academic year.

## **STUDENT LEARNING OBJECTIVES**

1. The student will be able to demonstrate proficiency in the basic knowledge of an entry level Exercise Physiologist or Strength & Conditioning Specialist.
2. The student will be able to communicate effectively in the area of exercise science.
3. The student will be able to plan, implement, and evaluate exercise science related programming.
4. The student will be able to evaluate research data and apply research techniques.
5. The student will be able to integrate the biblical worldview within the field of exercise science.

## UNDERGRADUATE EXERCISE SCIENCE FACULTY

Department Chair: Dr. Jim Schoffstall  
Program Director: Dr. David Titcomb  
Internship Coordinator: Dr. Justin Kilian  
Practicum Coordinator: Mr. Jessi Glauser  
Dr. Steve Eakin  
Dr. David Horton  
Dr. Jeff Lowes  
Dr. Will Peveler

View your faculty's bios here: <https://www.liberty.edu/health-sciences/allied-health-professions/faculty/>

### Additional Faculty that Teach Courses Included in the Exercise Science Degree Curriculum

Dr. Matt Gage (Athletic Training)  
Dr. Vance Pickard (Athletic Training)  
Dr. John Coots (Athletic Training)  
Dr. Kelly Lumpkin (Athletic Training)  
Dr. Robert Bonser (Athletic Training)  
Dr. Eric Brubaker (Health & Physical Education)  
Dr. Jon House (Health & Physical Education)  
Dr. Monica Parson (Health & Physical Education)

## PROGRAM ADMISSION REQUIREMENTS & GUIDELINES

### Program Application Procedures

Acceptance to Liberty University and declaring a major as Exercise Science does not guarantee acceptance into the Exercise Science program. In order to take 400 level EXSC courses, students must gain entry into the program via the following process:

**Provisional Status:** Students interested in becoming part of the Exercise Science Program at Liberty University should complete the following courses: EXSC 101; BIOL 213 & 214; BIOL 215 & 216; and EXSC 310. Students may apply to the EXSC program while currently enrolled in EXSC 310.

### Requirements for Full Acceptance

The student must meet the following criteria:

- Have completed BIOL 213, 214, 215, 216; EXSC 101, and EXSC 310 with a grade of 'C' or better. (Students may apply while currently enrolled in EXSC 310; Grades will be reviewed at the end of the semester, with final acceptance contingent upon the successful completion).

- Candidate must be in good academic standing with the University and have a cumulative GPA of **2.50** or higher.
- Must show proof of current Undergraduate Student Membership to the American College of Sports Medicine (either copy of membership card or copy of email receipt from ACSM). Website: <https://www.acsm.org/> (once on this webpage: Select Membership tab, join tab, then student membership tab, select no prior involvement with ACSM, pay \$10).
- Must show proof of current CPR **and** First Aid certification (photo or PDF of card/certificate)
  - The certification must be maintained throughout the student's enrollment in the program.
  - Must include adult, child, and infant
  - Must have a 'hands-on' component
  - Must be from one of the following organizations
    - American Red Cross
    - American Heart Association
    - National Safety Council
- Completion of Online Application as discussed below

**Process and Full Acceptance:** Full acceptance into the Exercise Science program will be based upon the successful completion of all requirements during the provisional acceptance phase and selection by the Exercise Science admissions committee. **Application for acceptance can be made twice per year: by April 15<sup>th</sup> for fall acceptance Nov 15<sup>th</sup> for spring acceptance.** The application and all supporting materials must be submitted online following these procedures:

1. Sign the Student Confidentiality Agreement Form located in the appendix of this student handbook. 2. Create a file (either Word, PDF, or image file) of the following items:

- a) signed confidentiality agreement form
- b) copy of CPR certification card or certificate
- c) copy of First Aid card or certificate
- d) copy of ACSM student membership (or an emailed receipt from ACSM)

3. Next, go to the **Liberty University Exercise Science Program Application link** to submit these files: <https://apex.liberty.edu/apex/banprd/f?p=888>

### **Acceptance Notification**

Students will be notified of acceptance or denial by email at the end of the semester that the student applies (after semester grades have been posted).

### **Program Retention Standards**

Once admitted to the program, the student must demonstrate and maintain satisfactory academic progress as defined below:

- **Overall GPA:** Students will maintain a minimum cumulative GPA of 2.50. Students falling below a 2.50 GPA will be placed on probation for one semester. If, after one semester probation, the GPA remains below a 2.50 or falls below a 2.50 in any subsequent semester, the student will be dismissed from the program.
- **GPA in Major:** Students must achieve a “C” or better in all designated major courses (right side of the degree completion plan). A student, with permission of the Program Director, may repeat ONE major course in which the student failed to achieve the minimum grade of “C”. A second failure to receive a grade of “C” or better in any major course will result in dismissal from the program.
- **Course sequencing:** Students must complete each major course in an order which meets course pre-requisites unless approved by the Department Chair.
- **Codes of Conduct:** Satisfactory behavior must be demonstrated, per the University's code of conduct as outlined in the *Liberty Way*.
- **Guidelines for appeal:** Students may appeal decisions concerning their status in the Exercise Science Program. In order to do so, the student must submit a written appeal to the Program Director within one week of the notification in question. The documentation must include a detailed justification for the appeal. Upon receipt of the appeal, the exercise science faculty will meet to review the matter. The student will be advised in writing as to the outcome of the discussion within two weeks.

## Transfer Students

Students transferring to Liberty University who are interested in entering the Exercise Science Program must follow the same process and procedures for entering the Exercise Science Program as outlined in the above section, ‘Program Application Procedures.’ Additionally, students must take all 400 level courses residually. Courses at the 400 level cannot be transferred into the Exercise Science Program, unless transferring from another CAAHEP accredited Exercise Science Program.

## STUDENT EXPENSES AND FEES

- American College of Sports Medicine (ACSM) student membership....\$10/yr.
- ACSM Certified Exercise Physiologist exam: Included in University Course Fee for EXSC 485.
  - Must use accredited program voucher code at time of registration. See Dr. Schoffstall for the voucher code.
  - This exam is taken Senior year prior to internship
- NSCA Certified Strength & Conditioning Specialist: Fee Included in University Course Fee for EXSC 486.
  - See Professor Kilian for registration information.
  - This exam is taken Senior year prior to internship
- CPR and First Aid Certification.....\$75-100
- Transportation costs associated with off-campus practicum, internship, and related expenses
- TB (PPD) skin test, if required by practicum or internship site
- Medical examination and/or background check, if required by practicum or internship site

## FIRST AID/CPR CERTIFICATION

First aid/CPR certification is available through CASAS at LU. Offered regularly throughout the semester. Sign up online with the following link: <https://www.liberty.edu/cpr>  
You will need to create a username and password separate from your LU account in the registration webpage.

Off campus option in Lynchburg: Nations Best CPR: <http://www.nationsbestcpr.com/>

Another option is to take HLTH 205 as an elective course. This course provides First Aid/CPR/AED certification. HLTH 205 is offered Fall, January, Spring, Summer.

## EXERCISE SCIENCE PROGRAM CURRICULUM

Our exercise science program offers 3 specializations: fitness specialist, strength and conditioning specialist, and therapeutic science.

The **Fitness Specialist Cognate** is designed for students who are interested in working in future careers such as an Exercise Physiologist, Personal Trainer, Fitness/Wellness Center Manager, and Cardiopulmonary Rehabilitation Fitness Specialist. Fitness Specialist concentration additional unique courses incorporated into requirements for graduation such as: EXSC 315: Group Exercise Instruction, PHED 101 Physical Fitness, and a PHED activity course.

The **Strength & Conditioning Specialist Cognate** is designed for students who are interested in future careers such as a strength & conditioning coach, tactical strength and conditioning specialist, athletic development specialist, human performance specialist. This cognate has additional courses incorporated into requirements for graduation such as EXSC 345 Applied Strength Training & Conditioning, EXSC 440 Programming & Periodization for Strength & Conditioning, and EXSC 401 Seminar in Strength & Conditioning.

The **Therapeutic Science Concentration** is designed for students planning on attending graduate school for allied health care-related masters or doctoral degree programs after completing the Exercise Science undergraduate (Bachelors) degree.

The Therapeutic Science Concentration requires 20 credit hours of science courses. Students can select these from the following list: General Biology, Microbiology, Chemistry, Organic Chemistry, and Physics. Students should select the appropriate general science courses which pertain to the pre-requisites to the graduate school(s) they will be applying to. Students should begin looking at graduate school pre-requisites during freshman and sophomore years to be prepared to apply to graduate school having taken the appropriate courses their senior year.

Therapeutic Science Concentration also includes these additional courses:

ATTR 330 Clinical Musculoskeletal Anatomy & Function

ATTR 331 Clinical Musculoskeletal Anatomy Lab

ATTR 335 Musculoskeletal Injury Assessment

ATTR 336 Musculoskeletal Injury Assessment Lab

ATTR 406 Corrective Exercises & Rehabilitation Theory (previously Theory of Therapeutic Rehabilitation)

ATTR 425 Healthcare Evidenced-Based Research Analysis

## Minor in Strength & Conditioning

We also offer a minor in Strength & Conditioning. Students who are interested in becoming a Strength & Conditioning Specialist, but would prefer to major in a different discipline than Exercise Science may choose to minor in Strength & Conditioning. For example, if a student is interested in running their own fitness or strength business in the future, they may choose to major in business and minor in strength & conditioning. Students who are in the EXSC Fitness Specialist or Therapeutic Science concentrations can also minor in Strength & Conditioning if they would like to.

## EXERCISE SCIENCE DEGREE COMPLETION PLANS AND COURSE SEQUENCING

See the following webpage and follow the instructions below for DCPs and course sequences.  
<https://www.liberty.edu/index.cfm?PID=39557>

At the top of the page, select the year that you declared your major as EXSC. (Note: If you are unsure what year you declared your major you can check this in ASSIST). Students will remain on the same DCP year (the year you declared EXSC as your major) throughout their degree.

Next, scroll down to School of Health Sciences and select your Exercise Science degree concentration. The recommended course sequence is found on the second page of the DCP document.

## EXERCISE SCIENCE COURSE DESCRIPTIONS and PREREQUISITES

EXSC Course descriptions and prerequisites are found in the LU course catalog located at this link: <https://catalog.liberty.edu/undergraduate/courses/exsc/>

Prerequisites for courses on the EXSC DCP that do not begin with the prefix EXSC:

Course	Number	Title	Prerequisites
BIOL	213/214	Human Anatomy/Physiology 1	SAT Math 450, or ACT Math 18, or Placement Score Math 70, or Assessment Math 23, or BIOL 102/104 C or higher
BIOL	215/216	Human Anatomy/Physiology 2	BIOL 213/214 grade of C or higher
HLTH	333	Exercise & Sports Nutrition	EXSC 310
ATTR	205	Musculoskeletal Term. & Clinical Docu.	None
ATTR	330	Clinical Musculoskeletal Anatomy& Function	BIOL 213, BIOL 214, BIOL 215, & BIOL 216. Co-Requisite: ATTR 331
ATTR	331	Clinical Musculoskeletal Anatomy Lab	BIOL 213, BIOL 214, BIOL 215, & BIOL 216. Co-Requisite: ATTR 330
ATTR	335	Musculoskeletal Injury Assessment	ATTR 330 & 331; ; or by the professor Co-requisite: ATTR 336
ATTR	336	Musculoskeletal Injury Assessment Lab	ATTR 330 & 331; ; or by the professor Co-requisite: ATTR 335

ATTR	406	Theory of Therapeutic Rehabilitation	ATTR 335 & 336; or by the professor
ATTR	425	Healthcare Evidenced-Based Research Analysis	MATH 201, EXSC 320; or by the professor

## PREREQUISITE OVERRIDE REQUESTS

The prerequisite error in ASIST means that the registration system does not see that you have met the academic qualifications to take the course. If you have met the pre-requisites or have a unique circumstance in which you feel would qualify for an override, fill out a prerequisite override request form located on the registrar website:

<https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>. The Chair of the Department of Allied Health Professions, Dr. Schoffstall, will receive this form after you submit it online and then will approve/deny your request.

## ACADEMIC ADVISING

Freshman and Sophomore Advisors: (located in CASAS: DeMoss Hall 1100)

Advisor is assigned based on the first letter of the student's last name:

A-G: Email [advising@liberty.edu](mailto:advising@liberty.edu) to set up an appointment in CASAS

H-O: Mrs. Shelby Voss [srburden@liberty.edu](mailto:srburden@liberty.edu) (434) 592-3072

P-Z: Mr. Corey Rugh [cdrugh@liberty.edu](mailto:cdrugh@liberty.edu) (434) 592-6535

Junior and Senior Advisors:

Advisor is assigned based on the first letter of the student's last name:

A-B: Dr. David Titcomb (Science Hall T013) [dtitcomb@liberty.edu](mailto:dtitcomb@liberty.edu)

C-F: Dr. Justin Kilian (Science Hall T022) [jrkilian@liberty.edu](mailto:jrkilian@liberty.edu)

G-K: Dr. Jeff Lowes (Science Hall T026) [jnlowes@liberty.edu](mailto:jnlowes@liberty.edu)

L-N: Mr. Jessi Glauser (Science Hall T028) [jglauser@liberty.edu](mailto:jglauser@liberty.edu)

O-S: Dr. David Horton (Science Hall T024) [dhorton@liberty.edu](mailto:dhorton@liberty.edu)

T-Z: Dr. Stephen Eakin (Science Hall T023) [sweakin@liberty.edu](mailto:sweakin@liberty.edu)

## CAREER PREPARATION

**“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11**

**Fitness Specialist cognate** in Exercise Science prepares students for the following careers:

Cardiopulmonary Rehabilitation Fitness Specialist

Corporate/Employee Fitness Director

Exercise Physiologist in a privately owned fitness facility

Exercise Physiologist in fitness facilities located in PT or medical clinics

Exercise Physiologist employed by a Wellness Center

Exercise Physiologist working in Human Performance Laboratories (ex: VO<sub>2</sub> testing of triathletes, cyclists, elite runners, etc.)

Personal Trainer  
Fitness/Wellness facility owner/operator (for this career, additional business education is highly recommended)

The ACSM-Exercise Physiologist (ACSM-EP) certification is taken during the senior year prior to internship. Students in this concentration may also choose to take the NSCA-CSCS certification in place of the ACSM-EP.

**Strength & Conditioning cognate in Exercise Science prepares students for the following careers:**

Strength & conditioning coach  
Athletic development specialist  
Human performance specialist  
Tactical strength & conditioning specialist

The NSCA-Certified Strength & Conditioning Specialist (CSCS) certification is taken during the student's senior year prior to internship. In addition to high school, college, and military settings, Strength & conditioning specialists may also work for organizations such as Athletic Republic™ or CrossFit™, which have their own certifications as well.

**Therapeutic Science concentration in Exercise Science: for students preparing for graduate school education in the following health professions:**

Recommended minimum GPA for acceptance into the following graduate degree programs

Physician (DO, MD)	3.5 and above
Physician Assistant (PA)	3.5 and above
Physical Therapist (DPT)	3.5 and above
Athletic Trainer (LAT)	3.0 and above
Occupational Therapist (DOT)	3.3 and above
Chiropractor (DC)	3.3 and above
Registered Dietician (RD)	3.3 and above
Prosthetist (design/fit artificial limbs for amputees)(CP)	3.3 and above

Students in the Therapeutic Science Concentration may choose to take either the ACSM-EP or the NSCA-CSCS certification in their senior year prior to internship.

**Other Degrees to Consider after graduation with a Bachelors in Exercise Science:**

Masters in Exercise Science  
Masters in Biomechanics  
Masters in Health and P.E with teacher licensure  
Masters in Sports Management  
Masters in Sports Psychology  
Masters in Recreational Therapy  
Masters in Public Health

**Other Healthcare Careers not directly related to Exercise Science** (a different major or degree program recommended)

Audiologist (Au.D)  
Dental Hygienist  
Emergency Medical Technician (EMT)  
Office Medical Assistant  
Optician  
Paramedic  
Radiology Technician (x-ray, CT, MRI)  
Respiratory Therapist  
Speech-Language Pathologist/Therapist (SLP)

## **FREQUENTLY ASKED QUESTIONS**

**What is required to take the ACSM Certified Exercise Physiologist (EP-C) exam in EXSC 485?**

This certification exam is taken by EXSC students prior to internship their Senior year and is part of the EXSC 485 course. Please see the bottom of the Exercise Science website for more information: <https://www.liberty.edu/health-sciences/bachelors/exercise-science/>

**Instructor for EXSC 485:** Dr. Jim Schoffstall: [jeschoffstall@liberty.edu](mailto:jeschoffstall@liberty.edu)

**What minimum score do I need to earn on the EP-C exam in order to graduate? 480/800**

**What minimum score do I need to earn on the EP-C exam in order to become certified? 550/800**

**Can I take the NSCA Certified Strength and Conditioning Specialist (CSCS) exam (EXSC 486) instead of the ACSM EP-C exam (EXSC 485)?**

Yes. Students may choose to complete either EXSC 486 or EXSC 485 prior to internship. For more information about the workshop and course, contact Dr. Justin Kilian: [jrkilian@liberty.edu](mailto:jrkilian@liberty.edu)

**What score do I need to earn on the CSCS exam in order to graduate? Minimum of 60% in both sections of the exam.**

**What score do I need to earn on the CSCS exam in order to become certified? 70% or higher in both sections of the exam.**

**What student Clubs are most associated with the Exercise Science major?**

Pre-physical therapy club, Pre-occupational therapy club, Pre-physician assistant club, Pre-med club, Powerlifting Club. Webpage for student clubs:

<https://www.liberty.edu/studentaffairs/sga/index.cfm?PID=19868>

### **Can I take classes online?**

If you have a 2.0 or higher GPA, you can take classes online. If you live on campus, you need at least 3 credit hours residentially. If you are an international student, you need at least 9 credit hours residentially. **There are no undergraduate residential Exercise Science courses offered online**, however most of the general studies courses that are listed on the left side of the DCP are offered online and residential.

### **How do I sign up for online classes?**

You can sign up for online classes from the Registrar's Office webpage. Please go to (<https://www.liberty.edu/academics/registrar/index.cfm?PID=5380>) and select "Residential Students Taking Online Courses."

### **Can I take summer classes for Exercise Science Courses?**

Yes, the following courses are typically offered in the summer: 310, 321, 350, 351, 410/411, 499.

### **Can I take a class at a community college and transfer it in to Liberty?**

If the community college is an accredited college within the state of Virginia, you can go to the registrar's website and use the VCCS Transfer Guide (<http://www.liberty.edu/index.cfm?PID=10655>) to see the course equivalencies. If you are taking the course elsewhere, you will need prior approval by filling out a Transient Approval Form – found on the registrar's website under "online forms" <https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>.

### **Can I be considered a senior prior to my 4<sup>th</sup> year at LU?**

Yes, once a student completes 72 credit hours, they are considered senior status from an academic standpoint. Students can view their total completed credit hours on ASIST.

### **Can I substitute a class?**

To substitute a class outside of EXSC major, students need to complete a course substitution form: <https://www.liberty.edu/academics/registrar/index.cfm?PID=4849> .

### **Can I walk in May graduation with remaining classes?**

If students have 2 or fewer courses left to complete and are enrolled in those courses for the summer, they can participate in the May commencement ceremony. One of those courses can be EXSC 499 Internship, however the other course cannot be another EXSC or ATTR course. Based on program accreditation standards, all other EXSC (and ATTR courses if you are in the

Therapeutic Science Concentration) need to be completed prior to internship. In addition, for degree conferral, students must also have completed their CSER requirements.

**Is there a Fall/Winter graduation ceremony held at Liberty University?**

No.

**How do I get into a class that is full?**

Students can only enroll into a class that is full only if the professor of the class agrees to add them to the class. Students will need either a professor signature on an add/drop form or an email to registrar from the professor of the course you wish to add granting permission.

**Where do I find the form for (add/drop, course sub, etc)?**

This form is located on the registrar forms webpage:

<https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>

**Can I perform an independent study as a substitute for taking a course?**

Performing an independent study requires approval from the Course Instructor, Department Chair, and Dean. This process should be started the semester prior. The independent study form is found on the registrar forms webpage:

<https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>

**Can I take more than 18 credits during a semester?**

To take 19-20 hours per semester students must have a 3.0 GPA or higher and have Dept. Chair approval

To take 21 hours per semester students must have a 3.5 GPA or higher and have the Dean's approval

**Can I withdraw from a residential general education class to then take it online during the same semester?**

No. Students may not attempt a class more than once per semester.

**How do I withdraw from a class?**

To withdraw from a class, go to registrar forms and submit a Course Withdrawal Form.

<https://www.liberty.edu/academics/registrar/index.cfm?PID=4849>

Note that this must be performed prior to the withdrawal deadline for the semester which is listed on the University's academic calendar.

<https://www.liberty.edu/academics/registrar/index.cfm?PID=17813>

## **Appendix**

**See page below for confidentiality agreement form**

## Exercise Science Education Program

### **Exercise Science Student Confidentiality Agreement:**

Confidentiality about medical or personal information gained concerning a client during a visit for assessment and screening is of highest priority. It is critical that all exercise science students who provide services honor and support this commitment to strict confidentiality. Failure to do so may result in legal litigation and serious discipline, including possible elimination of all activity associated with the Liberty University Exercise Science Program.

Medical/personal information is defined to include the client's name, assessments, program prescriptions, or other health conditions, and any academic or personal information gained during association through course work, laboratory exercises, practicums, internships, or any other affiliated setting. Revealing any portion or part of a client's health record, revealing or discussing any material pertaining to a client whether medical or personal will be construed a breach of confidentiality.

Any information gained about a client, including knowledge of health, well-being, training level, assessment information, or exercise prescription, at Liberty University, or at any other affiliated site, must not be shared with anyone outside of the supervising staff. Furthermore, individuals should not acknowledge they know any privileged information unless the client initiates that conversation, whether in an academic, professional, or a social setting. In addition, personal information regarding a client should not be shared with a third party under any circumstances. This is to protect the client from unwanted intrusion. If the exercise science student has any question about what is confidential, it should be assumed that information is protected until cleared by the supervising staff/faculty member.

By signing this agreement, I, the exercise science student, acknowledge that I have read this agreement and will protect the confidentiality of every client. I also understand that violation of confidentiality is grounds for immediate dismissal.

---

Signature of Exercise Science Student

---

Date