

# **BELLARMINE UNIVERSITY**



## **LANSING SCHOOL**

### **Exercise Science Program**

#### **EXSC Student Handbook**

**BELLARMINE UNIVERSITY  
2001 Newburg Road  
Pasteur Hall Louisville, KY 40205**

**EXSC STUDENT HANDBOOK**  
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**BELLARMINE UNIVERSITY  
LANSING SCHOOL OF NURSING**



I, the Undersigned, have accessed on-line and read the Exercise Science Student Handbook. I understand that changes to this handbook may be made and I am responsible for knowing the updates and changes.

**Exercise Science Handbook**

**RECEIPT OF HANDBOOK AND TECHNICAL STANDARDS**

As a student in the Exercise Science Program at Bellarmine University, I have thoroughly reviewed and understand the *technical standards* provided to me in this document. I understand that I must be capable of performing the *technical standards*, with or without reasonable accommodations, in order to pursue my chosen area of exercise science education. I also understand that I am expected to fulfill these *standards* throughout the professional curriculum, with or without reasonable accommodations, in order to participate fully in the exercise science program. (See page 16)

Authorization to obtain: I authorize Bellarmine University, its representatives, employees or agents to contact and obtain information regarding me from all public agencies, licensing authorities and educational institutions. I hereby waive all rights and claims I may have regarding Bellarmine University, its representatives, employees, or agents gathering and using such information and all other persons, corporations or organizations for furnishing such information about me.

I understand that if health care is required while participating in a program of study, the emergency/or other health care services shall be at the student's expense or insurance carrier.

PRINT name

I agree to allow Bellarmine University to record and/or photograph my performance in the skills labs for teaching purposes.

BU ID #

\_\_\_\_\_  
  
\_\_\_\_\_

Signature

Date

**Appendix A**

**Lansing School of Nursing & Health Sciences****Student Drug and Alcohol Policy****Acknowledgment Form**

I hereby acknowledge that I have received a copy of the Lansing School of Nursing & Health Sciences' *Student Drug and Alcohol Policy* (the "Policy") and agree that I have read, or will read, the Policy. I understand that there may be situations where I will be required to take a drug and/or alcohol test. I also understand that if I refuse to take the test, or if a test proves positive, I may be suspended or dismissed from the Lansing School of Nursing & Health Sciences and may be subject to additional sanctions as described in the Policy. I also understand that if I have any questions regarding the Policy, I am to contact my department Chairperson or Lansing School of Nursing & Health Sciences Dean.

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Student Signature

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Date

**EXERCISE SCIENCE PROGRAM OVERVIEW**

The Exercise Science Program prepares students to advocate for community wellness; to pursue careers and graduate school opportunities in the healthcare, fitness and wellness; and to develop

lifetime awareness of healthy living. The curriculum emphasizes the role of the exercise specialist in the prevention of disease through physical activity and health awareness. Students completing the Exercise Science curriculum will be prepared to sit for a number of external certification examinations in the fitness and wellness fields, including personal training, strength and conditioning, and as an exercise specialist. The major is also an option for pre-professional preparation for careers in physical therapy, nursing, respiratory therapy, athletic training, occupational therapy, and medicine. Exercise science is the study of how the human body responds to exercise and movement. The field emphasizes concepts of health, wellness and fitness, and the scientific basis of sports performance. Students in the exercise science program will take courses in exercise physiology, kinesiology, exercise testing and prescription, nutrition, anatomy and physiology, chemistry, and physics. The Mission of the Exercise Science Department the following: Rooted in Catholic traditions of excellence in education and principles of social justice, the Exercise Science department emphasizes outreach and service to all individuals. Using a holistic approach, engaged faculty guide students through personal transformation, enabling them to maximize their potential as advocates for health and fitness through physical activity.

### **Program Recognition**

The Exercise Science program at Bellarmine University has met the criteria recommended for acceptance into the National Strength and Conditioning Association (NSCA) Education Recognition Program (ERP), *“For successfully meeting established criteria, the National Strength and Conditioning Association officially recognizes Bellarmine University’s Personal Training Program in Strength and Conditioning.”*

National Strength and Conditioning Association

Phone: 1-800-815-6826 ext. 115

Fax: 1-719-632-6722

Website: [www.NSCA-lift.org](http://www.NSCA-lift.org)

### **Program Outcomes:**

Upon completion of the Exercise Science curriculum at Bellarmine University the graduate will:

1. Explain the acute responses and chronic adaptations to exercise.
2. Identify and discuss human anatomy and physiology and related pathologies.
3. Demonstrate competency in appropriate exercise assessment, interpretation, and prescription in the general population and special populations.
4. Explain factors that influence exercise behavior at the intra-personal, inter-personal, and societal levels using theoretical models.

### **ACADEMIC ADVISEMENT**

Each student is assigned an Exercise Science (EXSC) faculty advisor to assist with academic planning. All students must see their academic EXSC advisor prior to registration each semester.

## **PROGRESSION IN THE EXSC PROGRAM**

### **Student in Good Standing**

A student in good standing is one who:

- Adheres to the planned sequence of EXSC courses cited in the current university catalog
- Achieves and maintains a minimum GPA of 2.0 on a 4.0 scale
- Achieves and maintains safe EXSC practice in laboratory/internship performance as well as a passing grade in laboratory/internship practice
- Earns a minimum grade of **C- or higher** in all Exercise Science and Natural Science courses (excluding BIOL 108, which requires a C).
- Maintains current CPR and health requirements, including immunizations.

## **CONTINUATION IN THE PROGRAM**

### **UNSATISFACTORY GRADE, GRADE OF D+ OR LOWER, IN AN EXERCISE SCIENCE AND/OR NATURAL SCIENCE COURSE**

To continue in the Exercise Science program, a student must achieve a grade of C- or higher in all Exercise Science and Natural Science classes (excluding BIOL 108, which requires a C to continue). If a student receives a grade of D+ or lower in an Exercise Science or Natural Science class, it is considered an unsatisfactory grade. The course must be repeated for a grade of C- or above. An Exercise Science or Natural Science course can only be repeated once.

In deciding to use the repeat option, in accordance with Bellarmine University academic policy, “the student agrees to accept for the record the grade earned for the course as repeated. The earlier grade and quality points will remain on the transcript for the term in which it was received, but will not be used in computing the student’s cumulative grade point average and cumulative earned hours. The student will receive the grade and quality points of the repeat, which will be used in determining the grade point average and the number of hours earned” (Bellarmine Catalog).

A student can repeat one course in Exercise Science or Natural Science. If a student receives a second grade of D+ or below in the Exercise Science or Natural Science course, the student will be dismissed from the program.

## **UNSATISFACTORY GRADE IN INTERNSHIP**

A student who receives an UNSATISFACTORY evaluation in EXSC 444, Internship, will receive a grade of F for the course. This failing grade places the student at-risk for completion of the Exercise Science major and the course must be repeated earning a PASS grade.

## **DISMISSAL FROM THE EXERCISE SCIENCE PROGRAM**

## TWO UNSATISFACTORY GRADES IN EXERCISE SCIENCE AND/OR NATURAL SCIENCE COURSES

1. If a student receives one unsatisfactory grade (D+ or lower) and at a later time receives a second unsatisfactory grade in an Exercise Science and/or Natural Science course, the student will be dismissed from the Exercise Science major. In addition, if a student receives two unsatisfactory grades (D+ or lower) in Exercise Science and/or Natural Science courses in the same semester, he/she will be dismissed from the Exercise Science program.
2. An Exercise Science and/or Natural Science course can only be repeated once.
3. A student must achieve a grade of C- or higher and a PASS grade in Exercise Science 444, Internship, and in any repeated course to continue to progress through the Exercise Science program.

If a student is dismissed from the Exercise Science program/major, he/she may request an exception to the Dismissal Policy. The request for exception to the policy must be submitted in writing within seven (7) business days following posting of an unsatisfactory grade/s (D+ or lower) on *myBellarmine*.

The student must clearly explain to the Admission, Progression and Graduation Committee of the Exercise Science department any unique circumstances that will inform the Committee's deliberations. Also, the student should include how the academic circumstances will be different and/or what strategies will be implemented in an effort to assure success in the program.

### **Exercise Science Department Grading Scale:**

A+	=	98 -100%
A	=	93- 97%
A-	=	90- 92%
B+	=	88-89%
B	=	83- 87%
B-	=	80- 82%
C+	=	78-79%
C	=	73-77%
C-	=	70-72%
D+	=	68-69%
D	=	63-67 %
D-	=	60-62%
F	=	59% or below

### **INTERNSHIP**

Internship is graded on a pass/fail basis. Students must receive a passing grade in the Internship in order to successfully complete the course. In addition, all areas of performance must be successfully completed. A failure in the internship results in a grade of "F" for the course.

**STUDENT CLASSROOM EXPECTATIONS:**

- Promptness
- Attendance at all classes
- Bring class notes/materials in hand prior to class
- Notification to professor when unable to attend class
- Complete reading assignments before class
- Appropriate contributions to class
- Appropriate conduct during class

*For example:*

- Arrives on time
- Remains in classroom until class is dismissed
- Returns from breaks on time
- Stays awake in class
- Refrains from having side conversations
- Attends to speaker during class time
- Allows others to hear and learn

**CLASSROOM AND INTERNSHIP GUIDELINES**

**PROFESSIONAL CODE OF CONDUCT FOR STUDENTS IN THE EXERCISE SCIENCE PROGRAM, LANSING SCHOOL OF NURSING AND HEALTH SCIENCES** (Also see Bellarmine Student Handbook and Bellarmine Catalog).

All students must comply with their internship program's professional code of conduct. If, at any time, a student disregards standards of professionalism or engages in behavior which endangers him or others, he/she may be immediately removed from the clinic by the educational coordinator or supervisory personnel in the department. In this event, the student must report immediately to the Program Chair, or in the Chair's absence, to a faculty member in the program.

The academic policies and regulations are found in the Bellarmine Student Handbook and Catalog.

**DRESS CODE FOR INTERNSHIP**

This dress code is congruent with the majority of health care and professional agencies. Some agencies may have more restrictive dress codes. Compliance with each agency's code is expected, in addition to the code listed below:

**General Considerations:**



### **Body Piercing and Other Jewelry**

- All visible body piercing jewelry (e.g., nose, eyebrow and tongue piercing) should be removed prior to the clinical experience. No more than one stud-style earring per earlobe may be worn.
- Religious necklaces and jewelry may be worn inside the uniform. Rings that are bands may be worn but rings with large stones present a safety risk.
- Internship facility policies on appearance and attire always prevail.

### **Tattoos**

All visible tattoos must be covered during the Internship experience (i.e., if a student has an ankle tattoo, it may be covered by pantsuit uniform or opaque hosiery; if upper extremity tattoo it should be covered by sleeves of uniform). If the tattoo is in an area that cannot be covered by clothing, the student must comply with the Internship facility's policy.

### **Personal Hygiene**

All students are required to maintain high standards of personal cleanliness.

- Non-scented makeup and hair products may be worn. No perfumes or colognes may be worn.
- Makeup should conform to general body tones avoiding extreme colors.
- Nails should be clean, well kept, and neutral colored, without designs and not longer than the tip of the finger.
- Artificial nails are prohibited in compliance with facility policy.

### **Professional Attire**

All clothing should be neat, clean, opaque, wrinkle free, and properly fitting with appropriate undergarments.

- Community agencies generally require professional casual attire; the internship instructor will advise students what professional casual attire is appropriate.
- Polo shirts with Bellarmine EXSC logo over the left chest, solid color polo shirts or solid colored button down shirts worn with khaki, black or navy slacks or skirt and name tag are required, unless the internship facility policy dictates other apparel.
- Unless otherwise specified by the instructor, scrub attire, hats, shorts, denim jeans, athletic attire (sweatshirts, sweatpants, hoodies and jogging suits), may not be worn. Extreme styles should be avoided.
- Students are required to wear hose or socks at all times
- Enclosed, flat-heeled non-canvas shoes are required. All shoes must be kept clean and polished. No thongs, heel-less shoes or sandals may be worn.

## **TRANSPORTATION**

Students are responsible for transportation to their internship sites each semester. Sites used for student experiences are usually within 50 miles or less of Bellarmine University. In some instances,

students may find it efficient to carpool. Some courses require that students provide care in homes of individual clients, and therefore individual transportation is needed. Students provide vehicle collision and/or bodily injury liability insurance for their personal vehicles. The Exercise Science Department or Bellarmine University is not responsible for any vehicle occurrences.

### **GENERAL INTERNSHIP CONDUCT**

Rules for conduct in internship sites, agencies, facilities, hospitals, clinics, physician's offices or laboratories are:

1. Each student is to be in the internship agency at the required time. Tardiness affects the work of the section and the comfort and well-being of the client. If you are unable to be in your assigned location because of illness or other extenuating circumstances, you must call the designated person in the department and the clinical coordinator prior to the time of your expected arrival. Excessive absences which affect your performance must be made up. Excessive tardiness will be regarded as lack of professionalism.
2. A student in the internship site is expected at all times to behave in a manner which is not disruptive. Loud talking, horseplay, abusive language, or attendance while under the influence of alcohol or other drugs will not be tolerated.
3. A student is expected to maintain a respectful attitude toward instructors, peers, and other health professionals. When constructive criticism is offered, it should be accepted with a positive attitude. Though you may not agree with everything that is said, an argumentative and/or belligerent response is not acceptable. The ability to accept responsibility for one's actions and admit errors is a highly desirable trait in a student and in a health professional.
4. Students and professionals must always respect the rights of the client/patient. These rights include the right to privacy, the right to dignity, the right to confidentiality of information, and the right to a sympathetic understanding of fears and insecurities. The behavior of the student should inspire calm and confidence in the client and should never be unsettling.
5. Chewing gum, eating, drinking, and smoking in the patient care area is considered inappropriate and unprofessional behavior.

**The program faculty considers all students as members of the professional environment.**

**Telephones** are for professional use only. Telephone etiquette is a must at all times. Always state the department name and your name. Personal calls are not allowed while on duty.

Students are not allowed to accept tips or gratuities from clients/patients or visitors.

No solicitation is allowed at internship sites.

All work-related injuries must be reported immediately to the appropriate supervisor at the Internship site and promptly treated as needed. An incident report must also be filed by the student and instructor and submitted to the Program Chair.

### **ATTENDANCE**

Attendance and tardiness policies for individual didactic courses will be outlined in course syllabi.

Each student is to be in the assigned internship at the required time. Except as defined below, all internship experience hours must be completed in order to gain credit for the internship education courses. Attendance & Tardiness will affect Internship grades.

1. Tardiness or absence must be reported to the preceptor and/or facility with sufficient notice. A student who does not call to report an expected absence will be considered unexcused for that day.
2. One unexcused absence will result in a conference between the Internship instructor, the student and Program Director.
3. Any more than one (1) day of excused absence per internship term and all unexcused absences must be made up by the student at a time convenient for the internship instructors prior to completion of the internship education course.
4. Students should not attend the internship when ill or injured. In addition, students should not take prescription or non-prescription medications that may alter their clinical judgment. It is the student's responsibility to inform the instructor and preceptor of any illness or injury that may affect the student and the internship.
5. If the student must leave the internship assignment earlier than the scheduled departure time, the early departure must be approved by the preceptor; and, except for cases of illness, must be approved by the Instructor.

### **HOURS OF ATTENDANCE**

Students are required to complete all Internship hours (90) as scheduled. The Internship preceptor may alter hours if deemed necessary.

### **EMPLOYMENT**

Many students acquire employment while attending school. Employment does not release the student from the policies and procedures regarding attendance and tardiness in class or Internship. Employment cannot be used as a reason for arriving late for, leaving early from, or missing Internship assignments.

### **STUDENT DRUG AND ALCOHOL POLICY**

The Lansing School of Nursing & Health Sciences (LSNHS) is committed to providing a quality education for Students admitted into its Programs. In order to protect the integrity of the Programs, as well as safeguard the welfare of Students and of clients receiving care from Students, this Policy addresses Drug and alcohol testing of Students involved in Instructional/Learning Activities through LSNHS, based on Reasonable Suspicion of Drug or alcohol use.

The purpose of this Student Drug and Alcohol Policy (the “Policy”) is to notify Students and Faculty Members of the LSNHS’s Drug and alcohol rules and testing procedures, and to provide assistance and due process for Students who test positive for Drugs (including legally prescribed medications) and/or alcohol. This policy applies to all Students admitted to the LSNHS programs (“Program” or “Programs”) at Bellarmine University, and is effective immediately. The testing of Students based on *Reasonable Suspicion* of Drug or alcohol use while engaged in Program-sponsored Instructional/Learning Activities will be completed through an independent agency contracted by LSNHS.

It is the policy of Bellarmine University to comply with federal and state laws and regulations regarding the usage and detection of Drugs and alcohol. In addition, it is the professional duty and ethical obligation, of health care providers and students to identify and report when they have reasonable suspicion of an impaired health worker. This Policy is subject to change at the sole discretion of Bellarmine University and/or LSNHS, and is meant to supplement other relevant Bellarmine University policies, including but not limited to the *Policy on Alcohol* and the *Illegal Drug Use Policy* contained in the *Bellarmino University Student Handbook*.

#### **Definitions**

For the purposes of these guidelines, the following terms shall have the following meanings:

- A. “Drug” or “Drugs” means all of those drugs included in the current Medical Professional substance abuse profile (LabCorp, 2014). These may include, but are not limited to:
- 1) Amphetamines (including Methamphetamine)
  - 2) Barbiturates
  - 3) Benzodiazepines
  - 4) Cocaine metabolites
  - 5) Cannabinoids (THC, Marijuana)
  - 6) Methadone
  - 7) Methaqualone
  - 8) Ecstasy
  - 9) Opiates (Codeine, Morphine, Heroin, Hydromorphone and Hydrocodone)
  - 10) Oxycodone

- 11) 6-Acetyl morphine (6-AM)
- 12) Fentanyl
- 13) Propoxyphene
- B. “Student” means any student enrolled in one of the LSNHS programs at Bellarmine University.
- C. “Reasonable Suspicion” means that the Student’s faculty member, clinical instructor, preceptor, supervisor, or his/her designee (collectively, “Faculty Member”) believes that the behavior, speech, body odor, or appearance of the Student is indicative of the use of alcohol or Drugs, as described in detail in this Policy.
- D. “Instructional/Learning Activities” include classroom and other activities on and off campus that involve patient care, instruction, or practice of preparatory skills as a component of health care provider practice, including but not limited to clinical practicums, internships, clerkships, service learning, community engagement, skills labs, and/or non-class associated practice at on-campus or off-campus sites.
- E. “Medical Review Officer (“MRO”)” is a nationally certified, licensed medical doctor or osteopath responsible for receiving laboratory results under these guidelines who has knowledge of substance abuse disorders and has appropriate medical training to interpret and evaluate confirmed positive test results, medical history, and any other relevant biomedical information. Access to the MRO is through the agency contracted to complete the testing.
- F. “Positive Drug Test” is determined by the MRO in accordance with guidelines established for healthcare workers.
- G. “Positive Alcohol Test” means an alcohol test that is at or exceeds the Department of Transportation (“DOT”) Guidelines for blood, breath, or saliva testing depending on the test used, e.g. blood alcohol content of 0.04 or greater (under current DOT Guidelines).

### **Policy**

The LSNHS prohibits the unlawful possession of Drugs and the use or possession of alcohol by any Student during any Instructional/Learning Activities associated with any Program. Prior to participation in a clinical course in their Program, all Students will be provided with a copy of this Policy and will be required to complete the LSNHS Student Drug and Alcohol Policy Acknowledgment Form (see Appendix A).

Per Bellarmine University policy as contained in the *Bellarmino University Student Handbook*, Students in possession of a controlled substance will be referred to the Dean of Students, and such conduct may result in suspension or expulsion from the University and/or a requirement that the Student enroll and actively participate in a Drug or alcohol counseling and rehabilitation program as a condition of continued enrollment or readmission.

In addition, Students who participate in an LSNHS Program may not Test Positive for Drugs or Test Positive for Alcohol, with the exception that a Student who Tests Positive for Drugs will be provided an opportunity to explain if that positive test is the result of his or her use of legally prescribed medication. Students will be tested for the use of Drugs and alcohol upon observation of behavior that creates a Reasonable Suspicion of alcohol or Drug use; this could include conduct that prevents the Student from performing the essential functions of his or her role in the Instructional/Learning

Activity, or which poses a direct threat to the health or safety of others. Other behavior which could create a Reasonable Suspicion of Drug or alcohol use by a Student includes, but is not limited to: odor of alcohol or Drugs, unsteady or staggering gait, rapid or slurred speech, pinpoint or dilated pupils, unresponsiveness, bloodshot eyes, fine motor tremors, difficulty participating in activities, nausea, vomiting, sweating, erratic behavior, incoherent speech, verbal or physical outbursts, self-report of Drug use or alcohol abuse, unsafe behavior, unsatisfactory care for others, and threats to harm self or others. Students in an LSNHS Program are expected to act in conformity with, and will be held accountable to, the same professional standards of licensed healthcare professionals during all educational and Instructional/Learning Activities. While it is not the intent of the LSNHS to monitor Students' behavior outside of their Program, Students' use or suspected use of Drugs and alcohol outside of the Program may adversely impact their behavior during their Program's Instructional/Learning Activities and may lead to a Drug or alcohol test based on Reasonable Suspicion of Drug or alcohol use. The Student will bear the cost of the screening based on a Reasonable Suspicion of Drug or alcohol use.

Faculty Members are encouraged to consult with other faculty members and clinicians, or other health care providers who may have witnessed the behavior, if possible, to validate the basis for Reasonable Suspicion testing. If the Faculty Member determines that Reasonable Suspicion of Drug use or alcohol use is present, Faculty Member should take the following steps:

Remove the Student from the Instructional/Learning Activity:

- A. Move the Student into a private setting and in the presence of a witness, if possible;
- B. Discuss the suspicious behavior with the Student and allow the Student to explain;
- C. Decide whether Reasonable Suspicion exists for Drug and/or alcohol testing, in conformity with this Policy; and
- D. Make arrangements for Drug and/or alcohol testing, if necessary, or allow the Student to return to the Instructional/Learning Activity.
  - a. If Drug and/or alcohol testing is necessary – the following steps should be taken:
    - Notify the Department Chairperson the of drug and/or alcohol testing need
    - If unable to reach the Department Chairperson, notify the “on call” Student Affairs staff member
    - If in the Louisville area, call the Yellow Cab Service at 502-636-5511 for transportation needs
    - Call Mainline Drug Testing Services, LLC to determine the closest testing facility (412-884-6967 or 412-398-8074)
    - Provide the student with the drug testing form
    - Either the clinical faculty member / preceptor or Department Chairperson (or their designee) should escort the student to the testing facility, wait for specimen collection to occur, and then using Yellow Cab, escort the student to their residence

If the Faculty Member determines that Reasonable Suspicion exists for a Drug and/or alcohol test, the Student must submit to a Drug and/or alcohol test at the earliest time possible in accordance with

arrangements made by the Faculty Member. A Student tested for Drug or alcohol use, based on Reasonable Suspicion, will not be allowed to participate in Instructional/Learning Activities until he or she meets with the Faculty Member, Chairperson and Dean of the LSNHS.

If a Student is asked to submit to a Drug or alcohol test in accordance with this Policy, the involved Faculty Member will immediately, or within one business day for evening or weekend occurrences, notify the Chairperson of their program. The Faculty Member will also make a written report for their Chairperson within two working days of the event identifying the Student involved and describing the Student's conduct, names of witnesses, and a summary of the events that led to the Reasonable Suspicion Drug or alcohol test.

### **Consequences**

#### **A. Refusal to Test for Drugs or Alcohol:**

If a Student fails to produce the requested sample at the date and time designated, the Student will be allowed 30 minutes to reconsider the decision and the Faculty Member will notify the Chairperson immediately. A Student who refuses to take the test after the 30 minute waiting period will be treated as if he or she received a Positive Drug Test or Positive Alcohol Test.

#### **B. Negative Test Result:**

If the Drug or alcohol test is negative, no action will be taken, and the Student will be allowed to participate in all Instructional/Learning Activities. The Student will be allowed to make-up any missed clinical/laboratory time at no cost.

#### **C. Positive Drug Test or Positive Alcohol Test, Other Policy Violations, and Self-Admission:**

If a Student receives a Positive Drug Test or Positive Alcohol Test, if a Student violates this Policy in any other manner, or if the Student admits to a Drug and/or alcohol problem, the Student will be immediately removed from all Instructional/Learning Activities and the Faculty Member will notify the Chairperson and Dean of the LSNHS. At a minimum, a Student who violates this Policy will receive a zero for the missed clinical/laboratory day when the Student was removed for testing. The Student will be responsible for payment of all costs associated with making up the clinical/laboratory day. However, a Student who receives a Positive Drug Test will be provided with an opportunity to explain any Positive Drug Test that results from his or her use of a legally prescribed controlled substance, and such circumstances will be taken into account in determining the consequences of the Positive Drug Test.

### **Student Conduct Proceedings**

A Student found in violation of this Policy will be referred to the Chairperson and LSNHS Dean, as well as Bellarmine University's Dean of Students. A Positive Drug or Positive Alcohol Test result could result in the Student's suspension or dismissal from the LSNHS program and from Bellarmine University, and/or a requirement that the Student enroll and actively participate in a Drug/alcohol counseling and rehabilitation program as a condition of continued enrollment or readmission. These regulations are not substitutes for criminal sanctions provided for by state and federal statutes or regulations. Please reference the *Bellarmino University Student Handbook* for more information on student conduct proceedings.

- A. If not suspended or dismissed from the LSNHS program and/or Bellarmine University, the Student will not be allowed to participate in Instructional/Learning Activities until he/she fulfills all terms set forth by the LSNHS and Bellarmine Dean of Students.
- B. A second positive Drug or alcohol test or violation of this Policy will result in dismissal from the LSNHS program.

### **Confidentiality**

The University will take reasonable measures to ensure individual privacy under this Policy including, without limitation, keeping all Drug and alcohol test results confidential to the extent possible. Drug or alcohol test results will only be released in accordance with applicable federal and state laws and regulations.

## **ACADEMIC HONESTY**

### **[Academic Honesty Policy in Bellarmine's Catalog](#)**

### **Student Liability Insurance**

Student liability insurance premiums are collected as part of the course/clinical fees.

### **Health Insurance**

It is recommended that the student maintain health/medical insurance coverage so that, in the event of exposure to illness or injury at an internship site, the student can obtain adequate testing and treatment.

## **EXERCISE SCIENCE PROGRAM TECHNICAL STANDARDS**

**Technical Standards define the observational, communication, cognitive, affective, and physical capabilities deemed essential to complete this program and to perform as a competent exercise science professional. Students matriculating through this program must be capable of performing the following functions, with or without reasonable accommodations, throughout the professional curriculum, through a continuous evaluation process:**

1. Utilize appropriate verbal, non-verbal, and written communication with clients, families, and others.
2. Practice in a safe and ethical manner.
3. Determine the exercise prescription and develop an exercise program for clients.
4. Demonstrate the ability to apply basic first aid.



5. Safely, reliably, and efficiently perform appropriate physical assessment procedures used to assess the function of the movement systems (list of essential assessment procedures follows).
6. Develop exercise prescription procedures in a manner that is appropriate to the client's status and desired goals (list of essential prescription procedures follows).
7. Develop and document a periodization plan of exercise for a client with a focus to improve or maintain health and wellness.
8. Recognize cultural diversity and integrate, adjust, or modify exercise prescription based on client values.
9. Demonstrate management skills including planning, organizing, and working as a member of a multi-disciplinary team.
10. Apply teaching/learning theories and methods in public health care and diverse community environments.

**ASSESSMENT and TREATMENT PROCEDURES:** Students must be capable of performing the following assessments and procedures, with or without reasonable accommodations:

**ASSESSMENT PROCEDURES, including but not limited to:**

Anthropometrical measures (length, girth and volume)  
 Balance  
 Cardiovascular endurance (VO<sub>2</sub> testing)  
 Cognitive/mental status  
 Coordination (motor unit recruitment)  
 Lifetime Developmental stages  
 Functional abilities  
 Gait observations  
 Joint motion  
 Movement patterns  
 Muscle tone, origins & insertions  
 Strength  
 Muscle contractions  
 Palpation  
 Posture  
 Pulmonary system  
 Sensation  
 Blood pressure/heart rate  
 Vital signs  
 Hydro static weighing/skin fold test  
 Electrocardiogram

**TREATMENT PROCEDURES, including but not limited to:**

Cardiopulmonary Resuscitation (CPR)  
 Balance training  
 Exercise techniques (Strength/endurance)  
 Functional training  
 Coordination training  
 Postural correction  
 Cardiopulmonary rehabilitation  
 Developmental activities  
 Relaxation techniques  
 Client education  
 Aerobic/Anaerobic conditioning  
 Muscle soreness (DOMS)  
 Basic First Aid

**The following capabilities and functions will be assessed continuously as the student matriculates through the program, with the expectation that the student will meet these criteria at exit from the program:**

### ***Observational Capabilities***

- Obtain information from clients (such as but not limited to obtaining client history, observation of movement, posture, , heart/breath sounds, and signs of distress) and from the practice environment (such as but not limited to dials on equipment, diagnostic instruments, alarms, assistive devices, and floor surfaces).
- Interpret lectures, laboratory demonstrations, and other graphic images (including but not limited to EKGs, DVD, and Internet resources) in order to receive information.

### ***Communication Capabilities***

- Communicate effectively and efficiently in oral and written English.
- Engage in respectful, non-judgmental interactions with individuals from various lifestyles, cultures, races, socioeconomic classes, and abilities.
- Participate in group meetings to deliver and receive information, and to respond effectively to questions from a variety of sources.
- Receive and send verbal communication in life-threatening situations in a timely manner.
- Perceive and interpret non-verbal communication to elicit information such as mood and activities.
- Communicate clearly, legibly, and timely in written records; complete forms according to directions; possess computer literacy, including keyboard skills.

### ***Cognitive Capabilities***

- Measure, calculate, and reason.
- Analyze, integrate and synthesize information across the cognitive, psychomotor and affective domains in order to solve problems, evaluate work, and generate new ways of processing or categorizing information.
- Comprehend three-dimensional relationships and understand spatial relationships of structure (for example, how a muscle contraction causes movement of a joint in multiple plans of motion)

### ***Affective Capabilities***

- Cope with the mental and emotional rigors of a demanding educational program; function effectively under stress.
- Acknowledge and respect individual values and opinions in order to foster harmonious working relationships.
- Demonstrate appropriate behavior and attitudes to not jeopardize the emotional, physical, and behavioral safety of individuals.
- Demonstrate integrity, honesty, and ethical behavior.

### ***Physical Capabilities***

- Safely and effectively participate in client examination and exercise intervention.
- Safely and effectively lift and manipulate body parts, assist clients in moving and positioning, and perform CPR.
- Safely and effectively manipulate small objects such as equipment dials, and heavier weight equipment (metal plates, bars, platforms) used for examination or exercise intervention.

- Engage in physical exercise procedures that involve palpating, grasping, pushing, pulling, and holding.
- Tolerate physically demanding workloads sustained over the course of a typical work or school day.

### **OFFICE OF DISABILITY SERVICES**

Bellarmino University is committed to providing equal educational opportunities and full participation for persons with disabilities. It is the University's policy that no otherwise qualified person be excluded from participating in any University program or activities, be denied the benefits of any University program or activity, or to otherwise be subject to discrimination with regard to any University program or activity, or to otherwise be subject to discrimination with regard to any University program or activity. The Disability Services Office provides support services to persons with disabilities to assist them in achieving academic, career, and personal goals. Students may contact the Director at (502) 272-8490, or email [rpurdy@bellarmine.edu](mailto:rpurdy@bellarmine.edu). The office is located in the Academic Resource Center (ARC), on the B-level of the W.L. Lyons Brown Library; office B05

