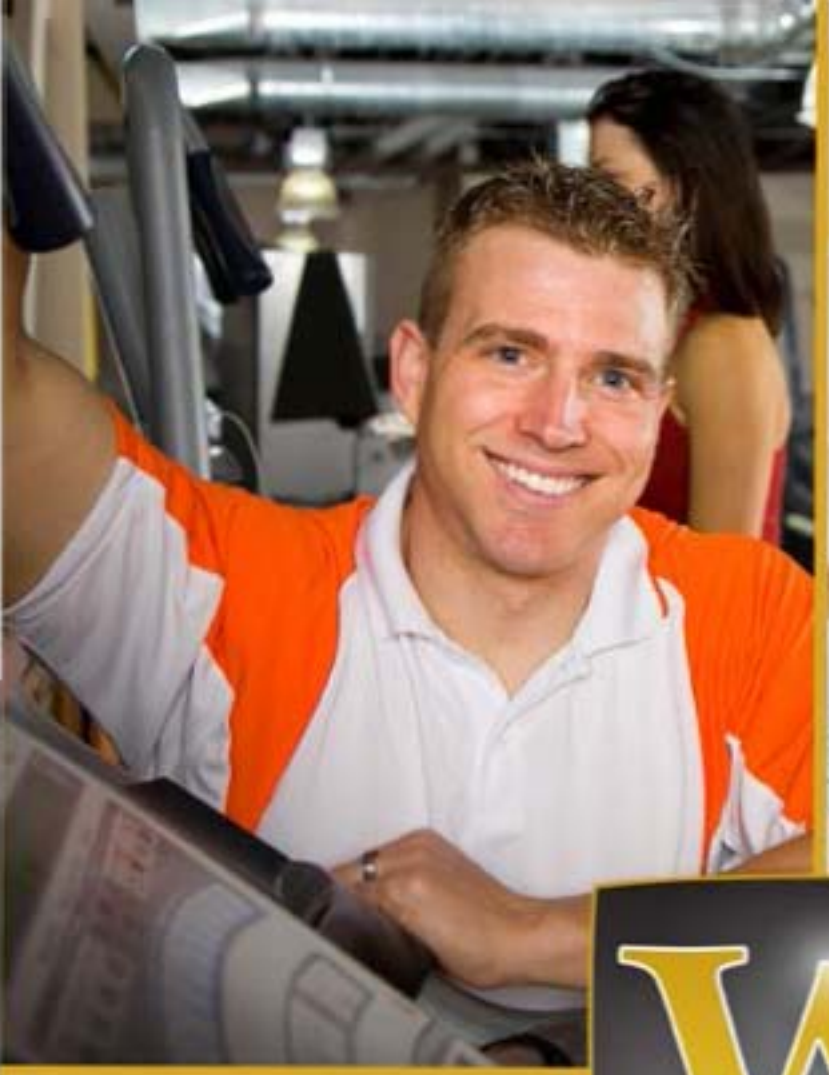


# WEXFORD UNIVERSITY

*Turning Your Passion Into Your Profession*

**University Catalog**
**2013-2014**

30245 Tomas Suite A
Rancho Santa Margarita, CA, USA, 92688-2123
www.wexford.edu | (866) 583-7277

WEXFORD UNIVERSITY

30245 Tomas, Suite A
Rancho Santa Margarita, CA 92688
Phone: (866) 583-7277

Dear Wexford University Student,

Welcome to Wexford University!

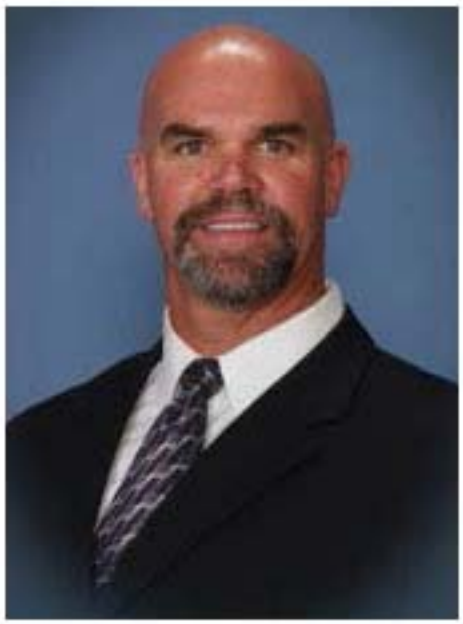
Our esteemed online degree programs prepare graduates for highly successful careers in the health, fitness, nutrition and sport psychology fields. Wexford University empowers students to achieve their professional goals, improve productivity in their organization, and provide leadership and service to their communities.

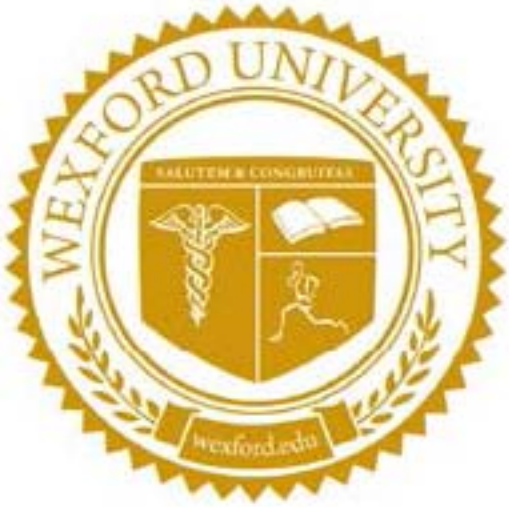
We pride ourselves on the practical, integrative and scholarly understanding of fitness, nutrition and sport psychology. We leverage our unique approach to distance learning with innovative curricula and leading edge delivery designed to meet the educational needs of the students. The student experience is of the utmost importance by enabling them to be the leaders of tomorrow's fitness, nutrition and sport psychology industries. In today's rapidly evolving and technologically advanced world; our highly regarded faculty combines disciplinary expertise and instructional online mastery in serving the committed student.

From the moment your registration begins, until the day on which you proudly earn your degree; your Wexford University colleagues will support, guide and foster your progress. When you enroll in any of our degree programs at Wexford University, you set yourself apart from all the others.

Wexford University – "Turning your passion into your profession"

Jack H. Bauerle, MS, ATC, CSCS
Chancellor






The information in this catalog is intended for informational purposes only and does not constitute a legal contract between Wexford University and any person or entity. Wexford University reserves the right to change any of the regulations, subjects or curricula, or portions thereof, contained in this catalog without prior notice. Effective January 1st, 2013 through December 31st, 2013 unless superseded by a revision.

# Wexford University

University Catalog
Academic Year 2013-2014
Table of Contents

# *Wexford University....*

*Wexford University is located in Rancho Santa Margarita, California, USA.*
*It has been established in California since 1999 (originally named Optimal Performance Institute).*

*Wexford University is affiliated with NESTA (National Exercise & Sports Trainers Association), a fitness, nutrition and sports performance association providing professional certifications and career development services, and the Spencer Institute which provides coaching and wellness credentials. Both were established in 1992.*

*All degree programs are delivered online through the university's LMS (learning management system) with supplemental textbooks for some courses. Degree programs start every 3 months (quarterly format).*

***Mission Statement***

*Wexford University provides students with leading edge practical knowledge and skills that set them apart from others. Our degree programs prepare graduates for highly successful careers in the health, fitness, nutrition and sport psychology fields. Wexford University empowers students to achieve their professional goals, improve productivity in their organization, and provide leadership and service to their communities.*

# Student's Rights & Responsibilities

## Electronic Communication (LMS)

Wexford University uses a Learning Management Service called Moodle to communicate with its students. We encourage our students to develop their student profiles and become familiar with the peers.


## Grievance Procedure

If a student feels that he or she has been treated unfairly or unjustly by an Employee, Instructor, Mentor or Tutor with regard to an academic process such as grading, testing, or assignments, the student must submit a written statement to the Chancellor. The Chancellor is the final authority on all academic matters. If a student has a grievance on the basis of race, color, gender, religion, age, marital status, national origin, physical disability, veteran's status, sexual orientation, or any other basis prohibited by applicable federal, state, or local laws or any other matter, the student should contact the Dean of Academics. If the complaint cannot be resolved after exhausting Wexford University's grievance procedure, the student may file a complaint with the Bureau for Private Postsecondary Education:

1625 North Market Blvd., Suite S202
Sacramento, CA 95834

## Satisfactory Academic Progress

Wexford University encourages persistent efforts on the part of all students. To maintain an active standing, students must:

(1) Maintain a GPA of 2.00 on a 4.00 scale for undergraduate work completed at Wexford University and a GPA of 3.00 on a 4.00 scale for graduate work completed.
(2) Complete at least one course within a 16 week period.

## Student Records and Transcripts

Each student's record will be made available, upon written request of the student, to employers and other duly authorized persons. Only official transcripts bearing the school seal will be issued. A $25 transcript fee must accompany each request.

A separate fee is required for each transcript recipient. Wexford University will not honor transcript requests of any student having a past financial obligation to the college. Transcripts from other institutions found in admission files cannot be reproduced for student use. These transcripts must be obtained directly from the other institutions.

## Tuition

Financial Information for Earning Your Degree at Wexford University

Unit Pricing (USD)
AA = $99 per unit or $396 per class. For 96 units total this will equate to $9,504.00 (USD) for the degree.

BS (with AA already completed) = $99 per unit or $396 per class. For 96 units total this will equate to $9,504.00 (USD) for the degree.

MS = $135 per unit or $540 per class. For 58 units total this will equate to $7,830 (USD) for the degree.

MA = $135 per unit or $540 per class. For 54 units total this will equate to $7,290.00 (USD) for the degree.

PsyD = $135 per unit or $540 per class. For 90 units total this will equate to $12,150.00 (USD) for the degree.

## General Service Fees for any Degree Program at Wexford

Extension of Time Fee (three more months or 1 Term) - $1,000 (USD)
Late Fee (On Quarter Payments)
Reactivation Fee (students who have not submitted work in 4 months) - $50 (USD)
Returned Check Fee/late credit card payment (1 day past due is late) - $25 (USD)
Transcript Fee - $25 (USD)
Graduation fee - $200 (USD)
Replacement diplomas - $30 (USD)

Fees must be paid in U.S. Currency, by check, money order, or credit card.

## Textbooks

The cost of textbooks are not included in the quoted tuition. Students may purchase textbooks from our recommended distributors or in some cases, directly from the college. For a complete list of textbooks contact Wexford University at 866-583-7277.

## Tuition, Fees and Payment Options

All students are required to make acceptable payment arrangements with the University during the enrollment process.

**10% Discount Available**
All students are eligible to receive a 10% discount on tuition. In order to qualify for this discount, the student must make 1-year's tuition payment, in full, at the time of enrollment.

*Note: If you are using your U.S. military discount of 15%, you cannot combine tuition discounts.*

## Low Monthly Payments

Wexford University offers flexible tuition payment options for students who prefer to make monthly installments. This monthly payment plan is offered to any student. See chart on next page for monthly payment options.

All applicants who make payments will be required to sign a Payment Agreement and/or a Credit Card Authorization Statement which will become part of the Payment Agreement.

## 4-Month Payment Plan

The payment plan is a monthly plan open to all students, who would like to make 4-monthly payments, every quarter via automatic deduction from a credit card/debit card deduction. Credit card automatic deductions are required for this payment plan. There is no enrollment fee associated with this plan. The first payment must be received prior to the new quarter's registration end date as listed in the Important Dates and Deadlines sheet.

## Employer Tuition Assistance

Many employers provide tuition support for employees and sometimes their family members. Although these programs vary from employer to employer, most include partial or full reimbursement for tuition and/or fees. Most programs require the student to submit verification of enrollment or an official grade report to the employer before payment is made. Students are encouraged to check with their human resources department regarding tuition support programs, which may available at their company.

## Private Bank Loans or Credit Union Loans

Your personal bank may provide low interest financing for your degree program.
State Disability Re-education Programs
Check with your State Disability office.

## Federal Financial Aid

Wexford University does not participate in federal student loan programs.

***Note to all Students:***
The University reserves the right to take action against students who do not make payments on their student account according to the terms of the Payment Agreement; up to and including withdrawal from the University.

## Monthly Payment Plan Directly From Wexford

AA & BS = $99 per unit or $396 per class. For 96 units total this will equate to $9,504.00 (USD) for the degree (maximum cost).

If you have transferable credits, your fees will be lower. Your admissions adviser will have details.

| Down Payment | Tuition Balance | 12 Month Term of 0% Interest (Monthly Payment) | 24 Month Term of 0% Interest (Monthly Payment) |
|---|---|---|---|
| $0 | $9,504 | $792 | $396 |
| $500 | $9,004 | $751 | $376 |
| $1,000 | $8,504 | $709 | $355 |
| $2,000 | $7,504 | $626 | $313 |
| $3,000 | $6,504 | $542 | $271 |

MA, MS & PsyD = $135 per unit or $540 per class (below). If you have transferable credits, your total tuition will be less. Your admissions adviser will have details.

| Down Payment | Tuition Balance | 12 Month Term of 0% Interest (Monthly Payment) | 24 Month Term of 0% Interest (Monthly Payment) | 36 Month Term 0% Interest (Monthly Payment) |
|---|---|---|---|---|
| $0 | $12,150 | $1,013 | $506 | $338 |
| $500 | $11,650 | $971 | $485 | $324 |
| $1,000 | $11,150 | $929 | $465 | $310 |
| $2,000 | $11,150 | $846 | $423 | $282 |
| $3,000 | $9,150 | $753 | $381 | $254 |

# Family Education Rights and Privacy Act of 1974 (FERPA)

## What is FERPA?

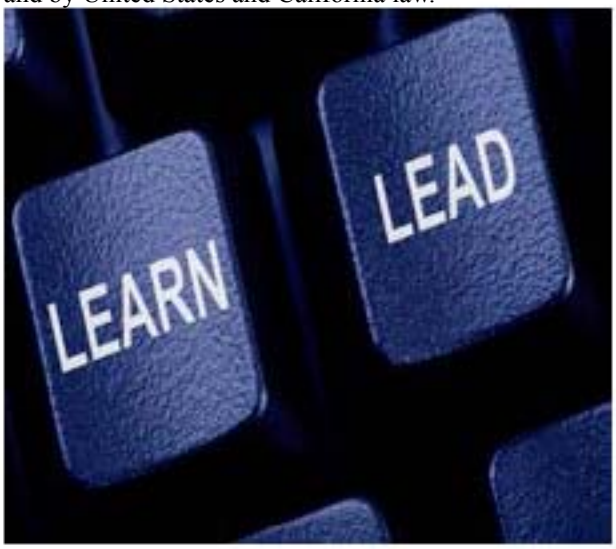
Under the provisions of the federal law known as the Family Education Rights and Privacy Act of 1974 (FERPA), eligible students, or where applicable, the parents, are given certain rights pertaining to University records and personally identifiable information on file with the institution. An eligible student is defined as any person who is currently enrolled or has been enrolled in the institution's program. It is the policy of the institution to treat all student information, both personal and academic, as strictly confidential. Student information will only be released after appropriate written permission has been obtained.

# Wexford University Privacy Policy

Wexford University is committed to protecting any personal information that you may provide to us. We want you to understand what kinds of information we gather from you, how this information is used and protected, and how you can control its use. This statement discloses the privacy practices of Wexford University. By using the Wexford University website and learning portal, the user agrees, without limitation or qualification, to be bound by this Privacy Policy. Any changes in our Privacy Policy will be communicated in this page, so please check back from time to time. This policy applies to the online collection of information at this website only.

## Who May Use This Learning Portal

Wexford University's website and online learning portal are not intended or designed to attract users under the age of 13. We do not collect personal identifiable data from any person we know to be under the age of 13, and instruct users under the age of 13 not to send us any information for collection on the university's website. Both the Wexford University website and learning portal are designed for users from the United States. Users from other countries are advised not to disclose personal information to Wexford University unless they consent to having their information used as set forth in this website's Privacy Policy rather than under the law of the user's home country. When you disclose personal information to Wexford University through the university website, you transmit data to a server located in California, and are subject to United States and California law. You should not send any personal information to the university website unless you agree to be bound by this Privacy Policy and by United States and California law.




## Information Collected

In general, you can visit the Wexford University website without telling us who you are or revealing any information about yourself. Our website tracking software collects the domain names, but not the e-mail addresses of visitors. Domain name information that we collect is not used to personally identify you, but is used to measure the number of visits, average time spent on the site and the pages viewed. We use this information to measure the use of the site and improve the content delivered on the site. When you make a request for further information from Wexford University, you are asked to provide certain contact information that is collected and then used for the purpose of responding to your request. The information collected from you may include your name, address, telephone number and/or e-mail address. We may use this information to contact you through various means, including phone calls, text messages, e-mails and postal mail. We collect personal information you submit pursuant to the registration and inquiry submission processes of our website. If you e-mail us, you are voluntarily releasing information to us. In addition, we may have collected similar information from you in the past. We use that historic information in accordance with this Privacy Policy. By using our website you are consenting to our continued use of any such information. If you choose to make a request for further information on the Wexford University website and provide Wexford University with your personal contact information, that information is

collected and used for the purpose of responding to your specific requests. We do not share, sell or lease personal information as set forth on the website.

## How Your Information is Used

We utilize "cookies" on Wexford University's website, which are small files that we send to and store on your computer so that we may recognize your computer as a unique machine the next time you visit our website. Unless you specify that you would prefer not to hear from us, we may also use the information you provide to the university website to contact you. We use the aggregate and specific information from users to develop statistics that are helpful to us in understanding how our website is used, and how we can continue to improve it. The personal information you send to us is typically used to respond to your inquiries, to process your requests or to allow you to access specific information. Your contact information may be shared with our other educational divisions so that you can be made aware of educational and career opportunities.

We DO NOT sell, rent or give your personal information to any **non-affiliated** third parties, except as described in this notice. We may transfer your personal information to companies that perform services on our behalf or to companies that we believe may offer you related services or products that may be of interest to you. We notify businesses to which we transfer your personal information that the information was shared with us under this Privacy Policy. If you tell us that you do not wish to have this information used for further contact, we will remove you from our distribution list.

## Your Choices Regarding Use of Your Personal Information

You may always choose not to provide information, even though it may be needed to take advantage of Wexford University website features.

You may add or update certain information that you send to us. When you update information, we usually keep a copy of the prior version for our records.

If you do not want to receive e-mail or other mail from us or if you wish to check your information, please e-mail us at support@wexford.edu.

## Access to Your Information

In the event that Wexford University and some of our assets are sold or transferred or used as security or to the extent we engage in business negotiations with our business partners, the information collected on our websites, including Wexford University's website, may be transferred or shared with third parties as part of that transaction or negotiation. Wexford University may also provide information or provide access to information to any of our affiliated businesses or to our business partners as required for normal university operations. Wexford University may use your contact information to reply to you and send information to you. Wexford University does not intend to reveal individually identifiable information to third parties except in the manner stated in the Privacy Policy. Wexford University will provide aggregated information received from you to third parties. Wexford University takes commercially reasonable precautions to prevent the aggregated information provided to third parties from including significant individually identifiable information.

If Wexford University is requested by law enforcement officials or judicial authorities to provide information on individuals, Wexford University may, without your consent, provide such information. In matters involving claims of personal or public safety or in litigation where the data is pertinent, Wexford University may use or disclose your personal information without your consent or court process.

We may use information you submit to investigate security breaches or otherwise cooperate with authorities pursuant to a legal matter. We may also remove personally identifiable information and use remaining data for historical, statistical or business planning purposes.

## Will Your Information Be Secure?

Wexford University recognizes that you may be concerned about the security of your personal information and we are committed to employing reasonable technology in order to protect the security of our website. Even with such technology, no website is 100% secure. We will take reasonable measures that we believe are appropriate to protect your information from loss, misuse, alteration or destruction, and where possible, will ask that any third parties to whom we may transfer your information take comparable steps to protect that security.

If you use this site, you are responsible for maintaining the confidentiality of your access information and pass-

word for restricting access to your computer. You also agree to accept responsibility for all activities that occur under your password. We are the owner of the data you supply to us.

## Information Sharing Disclosure Request – California

If you are a California resident, you have the right to request one Notice of Information-Sharing Disclosure per year, which will identify the third parties with whom Wexford University or any of its affiliates has shared the information we have collected from you.

You may request the Notice of Information-Sharing Disclosure by writing to us at:

Wexford University
30245 Tomas, Suite A
Rancho Santa Margarita, CA 92688

You may also send us your Notice of Information-Sharing Disclosure request via e-mail at support@wexford.edu or by telephone at (toll-free) 866-583-7277. We will respond to your request for a Notice of Information-Sharing Disclosure within thirty (30) days of receipt.

## Our Privacy Policy and Outside Links

Our Privacy Policy only applies to the various Wexford University websites including Wexford University website. Our websites contain links to sites outside of our control. Please be aware that these sites may collect information about you and operate according to their own privacy practices which may differ from our Privacy Policy. Remember to consult that website's own Privacy Policy, as once you are outside any Wexford websites, any information you submit is no longer within our control.

## Questions Regarding Our Privacy Policy

If you have questions concerning our privacy practices, contact us at:

Privacy Administrator
Wexford University
30245 Tomas, Suite A
Rancho Santa Margarita, CA 92688 USA

# University Rules & Regulations

## Admissions Requirements

### For Undergraduate Programs:

- Application for admission
- Official transcripts of all prior academic work from high school(s), community college(s) and/or Universities.
- Must be at least 16 years of age
- Interview with Wexford University Admissions Officer to determine subjective fit with University expectations

### For Graduate Programs:

- Application for admission
- Official transcripts verifying Bachelor's degree from recognized institution.
- Must be at least 16 years of age
- Interview with Wexford University Admissions Officer to determine subjective fit with University expectations.

### Admissions Procedure

Applicant must complete and submit online application form and pay the application fee of $50 (USD) using a VISA, MASTERCARD, DISCOVER, or AMERICAN EXPRESS credit card.

Applicant will receive receipt and e-mail with applicant's unique application ID to be used for further correspondence with the office of admissions.

### Admissions Will Require The Following, Prior to The Starting Review Process if...

The applicant is under the age of 18, admissions will require Parent/Guardian information. Request will be e-mailed to applicant.

The applicant is a service member or veteran, admissions will require a copy of DD-214 (must include Character of Service), Discharge Certificate, Military Orders, Retirement Certificate, or Military LES. (Only one document is required)

The applicant is an international student, admissions will require evidence of English proficiency. Refer to international student information on this page for requirements.

### Official Transcripts Must be Mailed to:

Wexford University
Attn: Office of Admissions
30245 Tomas, Suite A
Rancho Santa Margarita, CA 92688

*Admissions will not accept faxed, scanned or e-mailed transcripts.*


### Transferability of Credits and Degrees Earned

Undergraduates pursuing a degree may receive up to 45 credit hours for Associate's (or 90 for Bachelor's) of transfer credit for courses which satisfy the subject matter and curriculum requirements of students' degree programs at Wexford University. Graduate students pursuing a Master's Degree may receive up to 6 credit hours of transfer credit for courses which satisfy the subject matter and curriculum requirements for students' degree programs at Wexford University.

## Limits on Awarding Transfer and Extra Institutional Credit

Wexford University reserves the right to accept or reject any or all academic credits offered for transfer.

## No Entrance Exams Required for Enrollment

There are no LSAT, SAT and/or GMAT exams required as a basis for admission.

## Academic Probation and Suspension

When a student's cumulative grade point average falls below 2.00 at the undergraduate level, probation occurs. A student on academic probation has a *maximum* of six months to raise the cumulative average above the minimum standard, either by completing additional courses or repeating courses bearing inadequate grades. When an undergraduate course is repeated, the original grade is replaced by the subsequent course grade. The cost for repeating a course may vary; contact the University for a determination. Academic suspension will follow only if a student is unable to return to active status within six months. Suspended students may apply for readmission to the university after a period of one year.

## Attendance Policy

Wexford University is 100% online. No travel is needed. You can fit your coursework into your schedule by completing course requirements within the term of quarter. You will work closely with your Faculty Mentor to assure that all work is completed, but you never have to attend a classroom on campus.

## Grade Point Average

The academic standing of a student is expressed in terms of a grade point average (GPA). A grade point average is computed by dividing the total number of grade points earned at Wexford University by the total number of units attempted at Wexford University.

## Grading System & Grading Policy

Wexford University records grades for completed courses only. Incomplete coursework will not be recorded. The following system of grading is used.
A = 4.0 B = 3.0 C = 2.0 D = 1.0 F = 0.0

## Grading Scale

| Total Points | Letter Grade | Percentage | Grade Point |
|---|---|---|---|
| 930-1000 | A | 93-100% | 4.0 |
| 900-929 | A- | 90-92% | 3.7 |
| 870-899 | B+ | 87-89% | 3.3 |
| 830-869 | B | 83-86% | 3.0 |
| 800-829 | B- | 80-82% | 2.7 |
| 770-799 | C+ | 77-79% | 2.3 |
| 730-769 | C | 73-76% | 2.0 |
| 700-729 | C- | 70-72% | 1.7 |
| 670-699 | D+ | 67-69% | 1.3 |
| 600-669 | D | 60-66% | 1.0 |
| 000-599 | F | 0-59% | 0.0 |

## Plagiarism

If it is determined by a student's instructor or other staff member, that plagiarism has occurred, the student will not receive credit for that course. If plagiarism re-occurs, the student's enrollment at Wexford University may be suspended.

# International Learners

Wexford University welcomes international students from around the world who are seeking an American education which is accelerated and online. You can earn an Associates, Bachelors, Masters, or Doctoral degree from the comfort of your own home country.
International students whose primary language is not English must have a sufficient command and comprehension of the English language to benefit from instruction at this university.

Coursework is delivered in English through English textbooks, English spoken video lectures, and through consultation and critique by English speaking Faculty. Therefore, learners must be able to communicate effectively in English to complete courses. Applicants whose native language is not English, and who have not earned a degree from an appropriately licensed/accredited institution where English is the primary language of instruction, must provide evidence of English proficiency in one of the following ways:

### Associates Degree & Bachelors Degree

A minimum score of 500 on the paper-based Test of English as a Foreign Language (TOEFL PBT), or 61 on the Internet Based Test (iBT), a 6.0 on the International English Language Test (IELTS) or 44 on the PTE Academic Score Report.

### Masters Degree

A minimum score of 530 on the paper-based Test of English as a Foreign Language (TOEFL PBT) or 71 on the Internet Based Test (iBT), 6.5 on the International English Language Test (IELTS) or 50 on the PTE Academic Score Report

### Doctoral Degree

A minimum score of 550 on the paper-based Test of English as a Foreign Language (TOEFL PBT), or 80 on the Internet Based Test (iBT), a 6.5 on the International English Language Test (IELTS), or 58 on the PTE Academic Score Report.

A minimum grade of Level 3 on the ACT COMPASS English as a Second Language Placement Test.

A minimum grade of Pre-1 on the Eiken English Proficiency Exam.

A transcript indicating completion of at least 30 semester hours of credit with an average grade of "C" or higher at an appropriately accredited*/recognized accredited college or university where the language of instruction was English; "B" or higher for Masters, or Doctoral Degree.

A transcript indicating a grade of "C" or higher in an English composition course from an appropriately accredited*/recognized/licensed college or university; "B" or higher for Masters, or Doctoral Degree; or Undergraduate only: A high school diploma completed at an appropriately accredited/recognized/licensed high school (where the medium of instruction is English).

*Accredited by an agency recognized by the United States Secretary of Education and/or the Council for Higher Education Accreditation (CHEA), or an accepted foreign equivalent that is listed in the International Handbook of Universities.

# Graduation Requirements

In order to be considered for graduation all fees and tuition must be paid in full prior to graduation. A degree cannot be awarded nor transcripts released until all outstanding tuition and financial obligations have been paid in full.

The date of graduation is the date the University Registrar determines that all graduation requirements have been satisfied.

## Graduation Requirements for the Associates Degree

The associate degree requires a total of 96 quarter credits and satisfaction of the following criteria:

- Cumulative grade point average of 2.0 (C) or higher
- All financial obligations to Wexford University paid in full
- A completion of Wexford's 40 quarter units of General Education
- A minimum of 51 quarter units completed through Wexford University

## Graduation Requirements for the Bachelor's Degree

The bachelor degree requires a total of 192 quarter units and satisfaction of the following criteria:

- A minimum of 102 quarter units completed through Wexford University
- Cumulative grade point average of 2.0 (C) or higher
- All financial obligations to Wexford University paid in full
- A completion of Wexford's 32 quarter units of General Education

## Graduation Requirements for the Master's Degrees

The MA and MS degrees require a total of 54 quarter units completed in the field of study beyond a bachelor's degree. The required units may include a maximum of 10 graduate quarter units accepted in transfer from an appropriately accredited postsecondary institution and satisfaction of the following criteria:

- Cumulative grade point average of 3.0 (B) or higher
- All financial obligations to Wexford University paid in full
- Official transcripts on file for graduate transfer credits accepted by Wexford University and for the bachelor's degree

## Graduation Requirements for the Doctoral Degree

The PsyD degree requires a total of 90 graduate quarter units and the satisfaction of the following criteria:

- Cumulative grade point average of 3.0 (B) or higher
- All financial obligations to Wexford University paid in full
- Official transcripts on file for graduate transfer credits accepted by Wexford University and for the bachelor's degree and master's degrees

## Job Placement Assistance

Wexford University will assist students and graduates in career placement through our resume services and networking contacts.

## Learner's Right to Appeal Academic Probation or Dismissal

If a students feels that he or she has been wrongfully put on academic probation or academic dismissal, he or she has the right to appeal the decision. The student should follow the steps outlines in Wexford's Grievance Procedure.


## Inactive Status

In the event the University fails to receive any coursework from a student within a four month period, he/she will be placed on inactive status. To return to active status, the student may inform the University Registrar of the desire

to do so, and submit a $50 reactivation fee. If an inactive student chooses not to return to active status within a six month period, the process for withdrawal from the University will be initiated by the University.

## Extensions

Occasionally students encounter personal challenges and difficulties while enrolled at Wexford University, which may prevent them from completing all course requirements within a three (3) month period. Under these circumstances, students may be granted a three month extension of time upon payment of a reduced tuition payment (see financial information section). Receiving an academic extension in no way suspends any financial obligations students may have to the college.

## Degree Program Entry and Time Limitation

Wexford University uses a quarterly admissions process. This allows students to register and begin their degree program each quarter during the year. Students must complete all their degree requirements within five years from the date of enrollment. Doctoral students must complete their program in no fewer than two years and no more than 10 years from the initial date of enrollment. Extensions for extenuating circumstances are available through the Student Services Department. Students are expected to demonstrate reasonable progress toward completion of their study program. The University defines reasonable academic progress as the successful completion of one course every 3 months for a minimum of four courses per year. Though students determine their lesson completion goals and set their own study schedules, Wexford University expects students to actively pursue their studies and regularly submit coursework.

- AA degrees have an estimated completion time of 12 - 24 months
- BS degrees have an estimated completion time of 12 - 24 months
- MA/MS degrees have an estimated completion time of 12 - 16 months
- PsyD degrees have an estimated completion time of 24 - 36 months
- The maximum time for completing an associate's degree program is 48 months
- The maximum time for completing a bachelor's degree program is 48 months
- The maximum time for completing a master's degree program is 36 months. The maximum time for completing a master's degree program is 60 months.

If a student enrolled in a degree program finds it necessary, they may request a 3-month extension of time upon payment of a $1,000 administrative fee. Extensions must be continuous. If a student has not completed their degree in the allowed time or fails to maintain their tuition extensions, then they must re-apply for admission.

## Refund Policy & Finance Information

Students who cancel within eight (8) days after acceptance by the university will receive a refund of all tuition money paid to the institution. Thereafter, refunds will be as stated in the chart, and will be based upon the percentage of time in each course.

## Number of Days Since First Course Began

0 -7 days: Refundable Tuition Due 100%
8 - 14 days: 75%
15 - 21 days: 25%
22 - 30 days: None

# Academic Information

## Objectives

All degree programs offered at Wexford University share the following common objectives. These objectives have evolved over time and are continually shaped by our students, faculty, staff, employers, and the ever-changing socioeconomic climate.

- To allow our students to complete degree requirements as quickly as possible while having strong comprehension.
- To enable our students to successfully meet coursework requirements without traditional classroom attendance.
- To provide students with the most comprehensive, current and directly applicable information available in their field of study.
- To utilize proper evaluation materials which require the student to demonstrate the effective integration of concepts and skills.
- To make available to students all materials necessary to successfully complete their degree requirements, and to give students access to faculty members who will provide assistance and guidance when needed.
- To develop the student's understanding of the language and information specific to their discipline.
- To instill in students the value of life-long learning and ongoing success principles.

Our graduates are in a position through their educational training to become leaders in the health, nutrition, or sport psychology fields. As a student of Wexford University, you will learn at a comfortable pace without the need to commute to classes, find parking, or stand in lines or sit in uncomfortable seats. In addition, our tuition is substantially less than a traditional university. This is why millions of Americans and many more individuals from around the world are currently pursuing their education though distance learning.

## General Education Requirements

**Human Communications**
- Written, Oral, Critical Thinking

**College-Level Quantitative Analysis**

**Natural Sciences**
- Physical and Biological Sciences

**Social and Behavior Sciences**

**Arts and Humanities**

## AA in Personal Fitness Training Course Requirements (24, 4 unit courses)

**Human Communications**
AA 103 Introduction to Language Arts

**College-Level Quantitative Analysis**
AA 102 Introduction to College Math

**Natural Sciences**
AA 101A Introduction to Biology
AA 106A Human Anatomy and Physiology I
AA 106B Human Anatomy and Physiology II
AA 106C Human Anatomy and Physiology III

**Social and Behavior Sciences**
AA 104 Introduction to Psychology
AA 108 History of Exercise Science

**Arts and Humanities**
AA 112 Cultural Perspectives on Physical Activity
AA 120 Art of Drawing Human Anatomy

# BS in Health and Fitness Course Requirements (24, 4 unit courses)

**Human Communications**
BS 207 Introduction to Technical Writing

**College-Level Quantitative Analysis**
BS 203 Research Methods in Exercise Science
BS 222 Applied Mathematics in Exercise Science

**Natural Sciences**
BS 201 Kinesiology
BS 206 Biomechanics

**Social and Behavior Sciences**
BS 204 Introduction to Sport Psychology
BS 216 Ethics and Sports Management

**Arts and Humanities**
BS 208 Sport and American Society

# Degree Programs

## A.A. in Fitness Training Program Description

Earning your AA degree in fitness training with Wexford will give you the needed skills to have a successful career as a personal trainer, fitness coach, lifestyle consultant, fitness manager and similar fields.

The purpose of the AA degree program is to prepare students for an entry-level career in the health/fitness and/or wellness industries.

The AA degree is designed to prepare students for higher levels of study, such as BS programs in health, fitness and human performance.

## A.A. in Fitness Training Program Objectives

Fundamental knowledge of the human body and how it adapts to the stress of exercise

Understanding of basic nutrition and its importance to health and wellness

Understanding of psycho-social factors that affect an individual's ability to achieve health and wellness goals

## Courses in the Associate of Arts Degree in Fitness Training

AA 101 Intro to Biology
AA 102 Introduction to College Math
AA 103 Introduction to Language Arts
AA 104 Introduction to Psychology
AA 105 Lifestyle Fitness Coaching
AA 106A Human Anatomy and Physiology I
AA 106B Human Anatomy and Physiology II
AA 106C Human Anatomy and Physiology III
AA 107 Introduction to Nutrition
AA 108 History of Exercise Science
AA 110 Introduction to Wellness Coaching
AA 111 Corporate Wellness Coaching
AA 112 Cultural Perspectives on Physical Activity
AA 113A Exercise Physiology 1
AA 113B Exercise Physiology 2
AA 113C Exercise Physiology 3
AA 114 Health and Performance Assessments
AA 115 Exercise Program Design
AA 116 Introduction to Personal Trainer Marketing
AA 117 Fitness Management
AA 118 Introduction to Performance Training
AA 119 Weight Management
AA 120 Art of Drawing Human Anatomy
AA 121 Personal Training Capstone

## BS in Health and Fitness Program Description

The purpose of the BS degree program is to prepare students for a career in the health/fitness and/or wellness industries.

The BS degree prepares students for post baccalaureate study with meaningful educational experiences for careers in health, fitness and human performance.

Successful graduates of the BS degree will have a broad understanding of the knowledge, skills and competencies required to be an effective leader in the field of Health Science.

Students advancing to a graduate degree or professional designation will find opportunities in a wide range of career choices, such as: Exercise Scientist, Sport Psychologist, Kinesiologist, Health Educator, Clinical Exercise Physiologist, Corporate Wellness Director, Physical Therapy and other related fields.

## BS in Health and Fitness Program Objectives

Comprehensive understanding of the sciences currently applied in the field, such as biomechanics, nutrition, exercise physiology, advanced program design and sport psychology

Candidates will be able to utilize a multi-disciplinary approach to enhance health, prevent disease and disability.

Ability to effectively address conditions related to hypokinetic illness, chronic disease states, special populations, or other health etiologies

Development of analytical and critical thinking skills.

## Courses in the Bachelors of Science Degree in Health and Fitness

BS 201 Kinesiology
BS 202A Introduction to General Chemistry
BS 202B Introduction to Organic Chemistry
BS 202C Introduction to Biochemistry
BS 203 Research Methods in Exercise Science
BS 204 Introduction to Sport Psychology
BS 206 Biomechanics
BS 207 Introduction to Technical Writing
BS 208 Sport and American Society
BS 209 Advanced Nutrition
BS 210 Advanced Anatomy and Kinesiology of the Lower Extremities
BS 211 Advanced Anatomy and Kinesiology of the Core
BS 212 Advanced Anatomy and Kinesiology of the Upper Extremities
BS 213 Performance Nutrition and Supplementation
BS 214 Concepts in Group Exercise
BS 215 Applied Biomechanics
BS 216 Ethics and Sports Management
BS 217 Concepts in Strength Training
BS 218 Concepts in Cardiovascular Training
BS 219 Concepts in Power Training
BS 220 Program Design for Special Populations
BS 221 Speed, Agility and Quickness Training
BS 222 Applied Mathematics in Exercise Science
BS 223 Strength and Fitness Program Design Capstone

## MS in Nutrition and Exercise Program Description

Graduates of this degree programs will enter into, or advance in, the following types of careers: weight management consultant, nutrition adviser, healthy living coach, author, lifestyle consultant, health club operator and similar fields.

This MS program provides specialized learning with measurable competencies relevant to the degree, the profession and credentialing standards in the health and fitness industry.

The purpose of the Wexford University MS in Nutrition and Exercise is to provide students with the academic and research skills needed for doctoral study in Health and Fitness and related disciplines.

To prepare students for careers in clinically-oriented environments with an emphasis on evidence-based practices, such as exercise prescription and clinical applications.

## MS in Nutrition and Exercise Program Objectives

Content knowledge and disciplinary concepts at expert level in the fields of exercise and nutrition.

MS candidates will demonstrate reflection and critical thinking for application in professional practice. This includes development of exercise and nutrition objectives and the application of research from experts in the field.

All MS students will demonstrate evidence-based knowledge and skills, using best practices for assessing needs and for designing, implementing and evaluating health-based programs.

Students will demonstrate professional behaviors, including commitment to excellence, valuing diversity and collaboration, service to others, and techniques for lifelong learning.

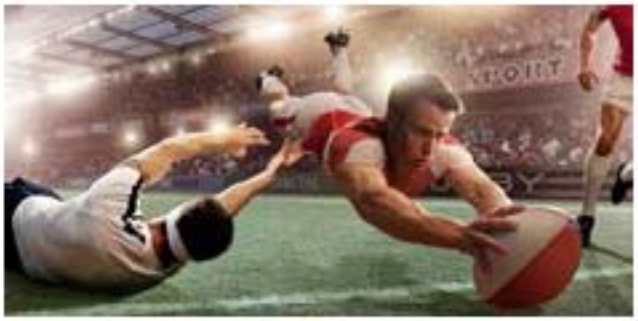
Each MS candidate will articulate a philosophy that recognizes physical activity programs as important to the health and well-being of individuals, and a belief that physical activity can promote greater human performance through both physical and psychological expressions.

## Courses in the Master of Science Degree in Nutrition & Exercise

MS 301A Physiology (biochemistry) of exercise, metabolism and skeletal muscle
MS 301B Physiology (biochemistry) of exercise, pulmonary and cardiovascular systems
MS 302 Nutritional Health, disease and genetics
MS 303 Ergogenic Aids, exercise and sports supplements
MS 304 Environmental stress, exercise and obesity
MS 305 Motor Control
MS 306 Science of Metabolic Conditioning
MS 307 Motor Learning
MS 308 Nutrition, exercise and aging
MS 309 Nutrition for Special Populations
MS 310 Research, design and inferential statistics in exercise and nutrition
MS 311 Pharmacology of vitamins, fluid and electrolytes
MS 312 Advanced Biomechanics
MS 313 Capstone thesis

NOTE: This degree program is not intended to prepare the student for any particular registration or licensing.

## M.A. in Applied Sport Psychology Description



Sport psychology is a rapidly growing profession. Many fitness enthusiasts and athletes seek the services of sport psychology experts and mental training coaches who can help them with the mental/psychological aspects of sports competition and fitness training. Mental training skills (focus, relaxation, goal-setting, leadership and reducing anxiety) are critical in separating first from second place in sports competition. More recently, recreational athletes and fitness enthusiasts of all levels are finding mental training beneficial as well.

The critical role the mind plays in the world of competitive sports has been widely documented. For those students who desire to help athletes perform their best when it matters most, the MA program in Applied Sport Psychology at Wexford University is the first step.

The purpose of the MA program in Applied Sport Psychology is for graduate students to be both educated and gain practical experience in the field of sport psychology. Graduates of our programs will have opportunities to work with elite and professional athletes, assist youth and adolescents in performance enhancement design and training, and transfer the skills acquired to the corporate world by engaging in executive coaching.

The MA degree is designed to prepare graduate students for higher levels of study, such as the PsyD program in Applied Sport Psychology.

This degree may also be a terminal degree for some students choosing not to pursue a PsyD in Applied Sport Psychology and therefore enter the workforce.

Upon graduation with an MA in Applied Sport Psychology, graduates may choose to apply for certification with the Association of Applied Sport Psychology (AASP).

## M.A. Applied Sport Psychology Program Objectives

The MA in Applied Sport Psychology is designed to challenge graduate students to use critical thinking skills to enhance the performance and lives of their surrounding community.

Through our program, graduate students will gain competency by creating opportunities to assist others while working toward graduation and becoming an applied practitioner in the field of sport psychology.

It is our goal as faculty to engage in the mentoring of graduate students to facilitate self-awareness, growth and understanding by continuing to develop the necessary skills needed to be successful in an applied setting.

## Courses in the Master of Arts Degree in Applied Sport Psychology

MA 301: Intro to Sport Psychology
MA 302: Principles of Positive Psychology
MA 303: Foundations in Precision Communication Skills: Hemispheric Integration with neuro-linguistics (NLP)
MA 304: Cognitive & Affective Behavior
MA 305: The Fine Arts of Relaxation, Concentration and Meditation
MA 306: Intro to Applied Sport Psychology
MA 307: Applied Mental Training Techniques
MA 308: Cognitive-Emotional Realignment with The Other Mind's Eye
MA 309: Advanced Applied Sport Psychology
MA 310: Sport Psychology Coaching Business
MA 311: Ethical Issues in Applied Sport Psychology
MA 312: The Role of Culture in Applied Sport Psychology

NOTE: This degree program is not intended to prepare a student for state or national licensing as a clinical psychologist or mental health professional.

## Psy.D. in Applied Sport Psychology


If you have a strong interest in sport and fitness performance, this online doctoral degree in applied sport psychology will help prepare you for a highly rewarding career. Doctoral degree program graduates can seek positions in administration, coaching, consulting, counseling, or entrepreneurship. Employment opportunities are also available in the corporate world, government agencies, nonprofit organizations, sports performance clinics, and sports and fitness organizations. Sport psychology experts help athletes and fitness enthusiasts optimize their performance, assist coaches create winning, cohesive teams and help athletes set personal, as well as professional goals, in striving to enhance their performance on and off the field.

This PsyD degree provides students with the opportunity to extend their theoretical and applied knowledge and understanding of sport beyond the Masters degree level. You will experience a highly supportive student-centered environment. The courses are delivered by a team of dedicated sport psychology, personal development and sports performance experts. Many of whom are at the forefront of international research and professional practice developments in their respective fields. The application of theory to professional practice is the core strength of this doctoral degree in applied sport psychology.

The coursework in this Doctoral Degree in Applied Sport Psychology provides students with a wide range of knowledge in coaching principles, counseling methods, group dynamics, linguistics for coaching success, mental toughness, teamwork, Hemispheric Integration and the application of psychology and coaching to athletic performance. Students also learn practice and business building skills for long-term career success.

## Courses in the Doctoral Degree in Applied Sport Psychology

PsyD 401: Sport Psychology in Practice
PsyD 402: Precision Communication: Language of Influence for Successful Mediation and Negotiation
PsyD 403: Social Psychology of Healing and Fitness: Cognitive Emotional Re-Alignment
PsyD 404: Advanced Applied Sport Psychology
PsyD 405: Leadership: Creating, Modeling and Producing Excellence
PsyD 406A: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents
PsyD 406B: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents
PsyD 407: The Basics of Mental Toughness Training
PsyD 408: Advanced Mental Training and the Pursuit of Excellence
PsyD 409: Building Successful Practice
PsyD 410: Eastern Approach To Applied Sport Psychology
PsyD 411: Developing Professionalism
PsyD 412: Doctoral Practicum/Internship

The internship/project will be either:

- Exploratory: in a work setting unfamiliar to the candidate
- Re-definitional: allowing the candidate to redefine his/her current or proposed occupational tasks
- Action Oriented: intended to have a defined social impact on a specific population
- Mentoring: involving individual work with someone who has knowledge that the candidate wishes to develop
- Traditional: activity in the field in which the candidate eventually wishes to work
- Collective: combination of several of the above types of internship

The candidate will discuss, research, and complete a pre-approved project depicting his/her knowledge and understanding of applied sport psychology. This course covers ALL necessary aspects of choosing and the approval of a quality project. The project must be the equivalent of three months of full-time work regardless of how long it actually takes to complete.

The project requires a review of the scientific literature and will go through a series of revision stages and will be either:

- a traditional dissertation
- a publishable book
- a manual (i.e., applied workbook on a specific topic within domain of sport psychology)
- another form that meets approval and demonstrates quality of education received

NOTE: This degree program is not intended to prepare a student for state or national licensing as a clinical psychologist or mental health professional.

# Course Descriptions

### AA 101 Introduction to Biology (4 units)
This course introduces foundational concepts in biology and how they relate to the fitness/wellness professional. Topics include: cells and cell structure, chemistry of life, basic genetics and molecular biology.
Prerequisites: None

### AA 102 Introduction to College Mathematics (4 units)
Introductory course designed to review and develop fundamental concepts of arithmetic, principles of algebra, and geometry. Topics include: real number system, simplifying algebraic expressions, solving equations and inequalities, systems of equations and inequalities, ratios, proportions, percent, graphing, and the use of calculator as a tool.
Prerequisite: Satisfactory score on placement test, instructor approval.

### AA 103 Introduction to Language Arts (4 units)
An expository writing course designed for first-year students. Satisfies the writing requirement for general education at Wexford University. It emphasizes academic writing, focusing primarily on analytical reading and thesis-driven writing.
Prerequisites: None

### AA 104 Introduction to Psychology (4 units)
Introduction to the scientific study of human behavior. Provides a basis for further study and for application to everyday life. Topics include biological foundations of behavior, memory, abnormal behavior, motivation, emotion, learning, development, thinking, personality, social behavior and methods of therapy.
Prerequisites: None

### AA 105 Lifestyle Fitness coaching (4 units)
This course introduces concepts of coaching and how mastery of the coactive relationship with an individual is vital to the success of their outcome goals. Topics include: why an active lifestyle is healthier for most members in the general population; how to transition into a coaching relationship with individuals; ethics in coaching; understanding behavior change required for lasting change; rapport and dialogue skills and leadership in coactive relationships.
Prerequisites: None

### AA 106A Human Anatomy and Physiology A (4 units)
This course is the first of three courses designed to introduce foundational concepts in human anatomy and physiology. Topics include: language of anatomy and physiology, basic biochemistry, cytology, cellular metabolism, histology, and the primary bodily systems that oversee support and movement of the body.
Prerequisites: AA101 or equivalent approved by instructor

### AA 106B Human Anatomy and Physiology B (4 units)
This course is the second of three courses designed to introduce foundational concepts in human anatomy and physiology. Topics include: the nervous system, the endocrine system, the cardiovascular system, and lymphatic system.
Prerequisites: AA106A

### AA 106C Human Anatomy and Physiology C (4 units)
This course is the third of three courses designed to introduce foundational concepts in human anatomy and physiology. Topics include: the digestive system, the respiratory system, urinary system, and reproductive systems.
Prerequisites: AA106B

### AA 107 Introduction to Nutrition (4 units)
This course will involve developing an understanding of the process of nutrition, motility and anatomy, (the mouth and esophagus, stomach and intestines), enzymes/hormonal control, basic energy requirements, anaerobic and aerobic energy, energy and ATP, ATP and nutrition as well as applications for use in the field. Students will learn the importance of understanding various components of nutrition by learning about macronutrients, (carbohydrates, protein and fats) as well as their vital role in human function. Nutrition requirements will also be learned. Students will be expected to learn of the role vitamins from foods consumed by clients and mineral intake requirements for activity levels across a broad range. Some assessment of nutritional needs is also learned in this course; this will include body composition standards and the use of BMI. To provide more understanding of alternative approaches, supplement usage and ergogenic aids are also part of the course content for AA107.
Prerequisites: None

### AA 108 History of Exercise Science (4 units)

An introduction to the history of sport and kinesiology. Historical identification of the cultural trends and functions of sport and kinesiology in America.
Prerequisites: None

### AA 110 Introduction to Wellness Coaching (4 units)

This course expands upon coaching models that are currently used in wellness coaching. Students will understand concepts tied to the overall coaching experience, from how you train to be a coach, on up to application of skills with clients. Before working as a Wellness Coach with clients, students will learn how wellness is a dynamic concept comprised of an interrelated set of dimensions including emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual factors. Wellness is an active, lifelong process that involves expanding knowledge, skills, values, practices, and supportive environments that increase one's ability to enjoy a balanced and fulfilling life. Students will have a profound appreciation of this aspect of coaching upon completion of this course.
Prerequisites: None

### AA 111 Corporate Wellness Coaching (4 units)

The corporate wellness coach course is designed to give students the tools to consult, educate, and be a hands-on coach for individuals and groups wanting to improve their wellness through all available and appropriate means. The Corporate Wellness Coach course is also designed to teach you how to manage and facilitate corporate wellness programs, required for success in workplace environments. This type of work is usually coordinated with corporate human resources departments and this is fundamental to the approach taken in this course; the student will learn to create a wellness culture within a corporate environment and to promote healthy behaviors in order to reduce company costs and improve the overall morale of an organization. When paired with AA110, students greatly increase their effectiveness as a fitness professional.
Prerequisites: AA110 Introduction to Wellness Coaching.

### AA 112 Cultural Perspectives on Physical Activity (4 units)

This course is an introduction to the multifaceted roles of sport and physical activity in society and examines sport from a critical perspective. One goal of this course is to get students involved in and excited about the role society plays in how we view physical activity. The student will become engaged by reading real-world examples, connecting theory with the sports that our culture participates in. Topics covered include the emerging area of sport and development, which describes how sport may be used to promote peace, socialization, and moral development; deviance in sport and the social media phenomena that have become intertwined with the world of sport. The student will take a deep look at the issues, contradictions, and confusion surrounding sport for students in sport management, sport sociology, or other areas of sport studies. Students will find heavy emphasis on areas sometimes overlooked—including the role of coaches, importance of lifetime sport and fitness, and sport for special populations such as the physically and mentally challenged and the elderly. As a result, students gain a complete view of what constitutes sport and physical activity and a firm grasp of the sociocultural considerations vital to their understanding of sport within our culture.
Prerequisites: Introduction to Language Arts (AA103 or similar)

### AA 113A Exercise Physiology 1 (4 units)

This course is the first of three courses designed to help students to develop a basic understanding of exercise physiology along with its related topics and applications. This enables the student to use exercise as a form of therapy in the treatment, prevention and rehabilitation processes of a wide range of disorders and problems. The course will be conducted at a level intended for students whose professional goals do not include a mastery of exercise physiology, but for whom an understanding of the principles and practice of exercise physiology is important for a career in the fitness, health and/or wellness industries.
Prerequisites: None

### AA 113B Exercise Physiology 2 (4 units)

This course is the second of three courses designed to help students to develop a basic understanding of exercise physiology along with its related topics and applications. This enables the student to use exercise as a form of therapy in the treatment, prevention and rehabilitation processes of a wide range of disorders and problems. The course will be conducted at a level intended for students whose professional goals do not include a mastery of exercise physiology, but for whom an understanding of the principles and practice of exercise physiology is important for a career in the fitness, health and/or wellness industries.
Prerequisites: AA 113A or equivalent approved by instructor

### AA 113C Exercise Physiology 3 (4 units)

This course is the third of three courses designed to help students to develop a basic understanding of exercise physiology along with its related topics and applications. This enables the student to use exercise as a form of therapy in the treatment, prevention and rehabilitation processes of a wide range of disorders and problems. The course will be conducted at a level intended for students whose professional goals do not include a mastery of exercise physiology, but for whom an understanding of the principles and practice of exercise physiology is important for a career in the fitness, health and/or wellness industries.

Prerequisites: AA 113B or equivalent approved by instructor

### AA 114 Health and Performance Assessments (4 units)

This course introduces students to the field of fitness training and evaluation for gaining the benefits of regular physical activity in a positive and safe manner. The goal of this course is to present the foundations underlying the study of physical activity and its relevance to fitness. Topics include: relationships among health, fitness and performance; summarization of current evidence regarding fitness and health; screening process for assessing potential fitness participants and recommendations (medical data collection for determining medical referral guidelines and static and dynamic testing procedures, i.e. fitness evaluations/assessments for guiding the development of individualized exercise/fitness training programs).

Prerequisites: None

### AA 115 Exercise Program Design (4 units)

This course introduces students to the concepts and theories of developing training programs, i.e. exercise prescription in the numerous fields of fitness training (cardiorespiratory, weight management, resistance/ strength, flexibility, special populations). Topics include acute program variables (choice of exercise, order of exercise, sets, repetitions, speed of movement, rest periods) and chronic program manipulations (periodization-adjusting the volume, intensity, and frequency of the acute program variables over time using a logical, well-developed plan.)

Prerequisites: None

### AA 116 Injury Recognition and Prevention in Exercise (4 units)

Basic principles and techniques of the prevention and care of common athletic injuries.

Prerequisites: None

### AA 118 Introduction to Performance Training (4 units)

This course is designed to provide the student with theoretical knowledge and practical skills needed to become a personal trainer. The course covers such topics as the client-trainer relationships, business of personal training, fitness and health assessments and exercise prescription.

Prerequisites: AA 113 A, 113B and 113C

### AA 119 Weight Management (4 units)

This course is designed to provide the student with the knowledge of current health education and wellness theories, concepts and lifestyles regarding weight loss and management and the means for developing a weight control plan. The course will examine commercial diet programs, fad diets, and effective weight loss strategies. In addition, the course content will give students an overview of information on decision-making, analyzing health information, developing a positive self-image and understanding the need for a lifelong commitment in the development of a health promoting lifestyle. The student will have the opportunity to assess their own body composition, and will study the role body composition and weight have in health/wellness.

Prerequisites: None

### AA 120 Art of Drawing Human Anatomy (4 units)

The goal of this course is to study the human anatomy, and to learn how to use portraiture as a means of creating work that is not only captivating, but beautiful. Through studies of photos, students will learn how to draw the human anatomy from very basic, almost abstract methods, and ultimately learn how to add those small details that make all the difference.

Prerequisites: None

### AA 121 Personal Training Capstone (4 units)

This course is intended to prepare students to pass the NESTA Personal Fitness Trainer Exam. This course will synthesize all the information previously taught within the AA program in Personal Fitness Training into a cohesive model for professional and personal success in the fitness industry.

Prerequisites: Successful completion of all AA coursework

### BS 201 Kinesiology (4 units)

This course introduces students to the basics of kinesiology (the study of human movement/motion). The overall emphasis of this course is structural kinesiology – the

study of muscles, bones, and joints as they are involved in the science of movement. To a much lesser degree, certain physiological and mechanical principles are addressed to enhance the understanding of the structures discussed. Anatomists, athletic trainers, physical therapists, physicians, nurses, massage therapists, coaches, strength and conditioning specialists, performance enhancement coaches, physical educators, and others in health-related fields should have an adequate knowledge and understanding of all the large muscle groups so they can teach others how to strengthen, improve, and maintain these parts of the human body to enhance and improve normal human movement as they relate to activities of daily living as well as sport performance. This course utilizes the information from anatomy (structure) and physiology (function) to optimize human movement.
Prerequisites: None

### BS 202A Introduction to General Chemistry (4 units)

This course is the first of three courses designed to help students gain an understanding of key concepts and appreciate the significant connections between chemistry, health, disease and the treatment of disease. The course will strike a balance between theoretical and practical chemistry, while emphasizing material that is unique to health-related studies. The course will be conducted at a level intended for students whose professional goals do not include mastery of chemistry, but for whom an understanding of the principles and practice of chemistry is a necessity.
Prerequisites: None

### BS 202B Introduction to Organic Chemistry (4 units)

This course is the second of three courses designed to help students gain an understanding of key concepts and appreciate the significant connections between chemistry, health, disease, and the treatment of disease. The course will strike a balance between theoretical and practical chemistry, while emphasizing material that is unique to health-related studies. In addition, it will serve as an introduction to organic chemistry covering topics of nomenclature, structure, physical properties, reactions and synthesis of major organic functional groups. The course will be conducted at a level intended for students whose professional goals do not include a mastery of chemistry, but for whom an understanding of the principles and practice of chemistry is a necessity.
Prerequisites: BS 202A or equivalent approved by instructor

### BS 202C Introduction to Biochemistry (4 units)

This course is the third of three courses designed to help students gain an understanding of key concepts and appreciate the significant connections between chemistry, health, disease, and the treatment of disease. The course will strike a balance between theoretical and practical chemistry, while emphasizing material that is unique to health-related studies. In addition, it will serve as an introduction to the biochemical topics of carbohydrates, lipids, proteins, nucleic acids and their subsequent metabolism. The course will be conducted at a level intended for students whose professional goals do not include a mastery of chemistry, but for whom an understanding of the principles and practice of chemistry is a necessity.
Prerequisites: BS202B or equivalent approved by instructor

### BS 203 Research Methods in Exercise Science (4 units)

This course explores the full range of basic topics typically covered in research courses in exercise science, kinesiology, and physical education. The book provides the information and skills needed to write effective research proposals and theses; read, assess, interpret, and apply published research and understand how to conduct basic studies in health, physical education, exercise science, athletic training, and recreation. This course will also shed new light on the research process, particularly regarding use of library facilities and to enhance students' understanding of basic statistical calculations and the relevance of their uses. A large part of this course will spent teaching an understanding of how to write research reports by learning the essentials of the research process and to appreciate statistical analyses common to research studies; students will also learn the basics of planning research and linking appropriate statistical packages with specific research designs; students will discover how to bring together all the components of the research process and lay them out, in appropriate formats, for dissemination to user groups; and in doing so, removes the fear and confusion often associated with the research process and shines a light on all the aspects of research that both students and readers need to know—whether it's reading, understanding, planning, carrying out, writing, or presenting research.
Prerequisites: Introduction to Language Arts (AA103 or similar. Introduction to College Math (AA102 or similar)

### BS 204 Introduction to Sports Psychology (4 units)

This course introduces foundational concepts and applied models in sport psychology. Topics include but are not limited to: goal setting, motivation, arousal/anxiety, cognitive effects of sport, and interventions to enhance sport and exercise performance.
Prerequisites: None

### BS 206 Biomechanics (4 units)

This course introduces students to the field of exercise and sport biomechanics. The goal of this course is to present the basics of mechanical concepts as it pertains to human movement in a clear, concise, and user-friendly format. Topics include: Force (linear and rotary); motion (linear, curvilinear, rotary, and general); linear and angular kinetics; linear and angular kinematics; work, power, and energy; qualitative analysis to improve exercise techniques, training systems, and decreasing injury rates.
Prerequisites: None

### BS 208 Sport and American Society (4 units)

This course is designed to help students understand the significance of the changes and patterns in American sport during six distinct eras over the past 400 years. The topics of instruction include a view of sport within the Puritan society of colonial New England, gender roles and more recently, fads in sports and recreation. By analysis of essays, students are encouraged to reflect upon cultural changes and influences of the periods described in the course textbook. Students are expected to realize a greater understanding of sport throughout history, and to consider the interrelationships of sport and other societal institutions. Students will be asked to write about sport as a reflection of the changing values and norms of society. Students will be expected to develop perspectives regarding the role of sport at particular points in American history and through reflection and analysis, gain an appreciation for the complex intersections of sport with society and culture.
Prerequisites: Introduction to Language Arts (AA103 or similar)

### BS 209 Advanced Nutrition (4 units)

Introductory course focusing on the scientific investigation of the nature, role, and metabolism of energy nutrients in human health at all stages of life, including childhood, adolescence, middle-age, and elderly. Emphasis on digestion, absorption, and metabolism of foods and nutrients, and planning dietary intake incorporating necessary macro- and micronutrients for overall health.
Prerequisites: None

### BS 210 Advanced Anatomy and Kinesiology of the Lower Extremities (4 units)

This advanced course examines the anatomical, physiological and biomechanical factors that influence movements of the lower extremity. The course emphasizes joint structure and muscle function in basic human movements so as to foster understanding and differentiation between normal and pathological function. Special emphasis is placed on the etiology of common hip, knee and ankle injuries and the current best practices for prevention and recovery.
Prerequisites: BS 201 and BS 206

### BS 211 Advanced Anatomy and Kinesiology of the Core (4 units)

This advanced course examines the anatomical, physiological and biomechanical factors that create spinal movement and those areas that have direct and indirect influence on the spine. This course emphasizes joint structure and muscle function in basic human movements so as to foster understanding and differentiation between normal and pathological function. Special emphasis is placed on the various causes of low back pain and the use of evidence-based research to determine the best course of action for the health and fitness professional.
Prerequisites: BS 210

### BS 212 Advanced Anatomy and Kinesiology of the Upper Extremities (4 units)

This advanced course examines the anatomical, physiological and biomechanical factors that influence movements of the upper extremity. The course emphasizes joint structure and muscle function in basic human movements so as to foster understanding and differentiation between normal and pathological function. Special emphasis is placed on scapulohumeral rhythm and loading of the pectoral girdle to maximize shoulder complex performance and minimize the chance of injury.
Prerequisites: BS 211

### BS 213 Performance Nutrition and Supplementation (4 units)

Introductory course with emphasis on proper nutrition requirements for optimal performance in exercise and sport. Focus on nutritional needs for a variety of sports during training, competition/performance, and recovery. Disordered eating issues in sport, and the female athlete triad will also be discussed.
Prerequisite: BS 209

### BS 214 Concepts in Group Exercise (4 units)

Learn to become effective group exercise leaders by understanding responsibilities of fitness leaders, principles of fitness, and leadership skill. Techniques for various group exercise activities will be taught.
Prerequisites: None

### BS 215 Applied Biomechanics (4 units)

This course is the continuation of BS 206 Biomechanics and will review the foundational concepts/principles of exercise technique. The student will learn the concept of using McGinnis's "Do I" principles (D.O.E.I. or "Do (E)I" with the 'E' being silent. D.O.E.I. is the acronym for "Describe, Observe, Evaluate, and Instruct i.e. "Do I have the tools and information to describe the optimal technique of any exercise; Do I have the tools and information to observe anyone performing the optimal technique in any exercise; Do I have the tools and information to Evaluate the proper technique in any exercise being performed; and Do I have the tools and information to instruct anyone learning and performing the correct/optimal technique of any exercise in a training program. Numerous exercises will be evaluated to enhance the student's education on performing and evaluating numerous human movements in the training industry.
Prerequisites: BS 206

### BS 216 Ethics and Sports Management (4 units)

This course will focus on the moral and ethical issues confronting sport in contemporary society. In the evolving world of sport and physical activity, new perspectives on current themes and how they compare and contrast with the individuals' perspectives will be learned. Going beyond fair play and social ethics, students will also tackle such topics as drug use and the effects of genetic technology in sports. Students will be exposed to meta-ethical considerations of sport while learning the importance of this field in a sporting context. Concepts such as winning, cheating, and gamesmanship are also a focus within this course. Competition dynamics, such as revising athletic tests and contests, success and failure in competitive athletics, intentional rule violations, and strategic fouling are also explored. More recent and controversial issues are also learned, including doping and genetic enhancement in sport, will be viewed in terms of the moral permissibility of using performance-enhancing drugs in sport. The controversial topic of genetic modification, as well as gender and sexual equality in sport is addressed. This course examines gender roles perpetuated by sport that are harmful to women both inside and outside the athletic arena. The last modules of this course include learning social ethics of sport, violence, exploitation, race, spectatorship, and disability among participants.
Prerequisites: Introduction to Language Arts (AA103 or similar)

### BS 217 Concepts in Strength Training (4 units)

This course is intended to be a comprehensive approach as to the meaning of what strength training is from both a scientific and practical point of view. While many in the training industry still hold a rather archaic view of what strength training is, this course will attempt to define the true meaning of strength (The ability to exert force in a specified direction and at a specified velocity) as well as address the numerous categories of strength unfamiliar to the vast majority of the training industry. These categories include Maximum/absolute strength, strength-speed, speed-strength, strength-endurance, strength-flexibility/flexibility-strength, skill-strength as well as combinations of the previous listings just to name a few. Numerous examples of the different categories of strength will be given to help the student understand what each category is and to facilitate developing the proper training for each of these categories.
Prerequisites: BS 210, BS 211 and BS 212

### BS 218 Concepts in Cardiovascular Training (4 units)

This course prepares students in understanding the process of developing a cardiorespiratory exercise prescription program. Students will be able to determine the differences between activity, fitness, and sport performance and be cognizant of the various components and modes of cardiorespiratory activity. Students will understand the different models of cardiorespiratory exercise prescription for health, fitness, and sport performance. Applying this knowledge, students will experience practical applications of cardiorespiratory exercise prescription on various training modalities applied to a wide range of settings.
Prerequisites: None

### BS 219 Concepts in Power Training (4 units)

The concept of power training is another misunderstood subject in the training industry. Power is nothing more than the "rate of doing Work" i.e. power is equal to work divided by time. Power is not just training fast and explosively: it also involves sustained rates of work such as endurance events where a level of work is being performed at a constant rate but is still a specific power output. This course will educate the student as to what power truly is, how it is defined, and how one can ascertain the power output of a particular activity. This information will be useful for development and utilization of the type of

strength training one needs to use in order to increase the specific type of power output necessary for an activity. The information presented will be from numerous textbooks along with various training articles from various sources.
Prerequisites: None

### BS 220 Program Design for Special Populations (4 units)

Scientific information regarding exercise testing and exercise prescription for adult special populations. Topics include coronary artery disease, pregnancy, diabetes, stroke, respiratory disorder, arthritis, hypertension, and obesity.
Prerequisites: BS 212

### BS 221 Speed, Agility and Quickness Training (4 units)

This course prepares students for a theoretical understanding of all bio-motor abilities associated to speed, agility and quickness training. Students will enhance their proficiency and coaching abilities through a comprehensive understanding of kinetic chain variables related to the overall aspect of speed, agility and quickness training.
Prerequisites: None

### BS 222 Applied Mathematics in Exercise Science (4 units)

This course explores the scientific principles and mathematics applications that help us understand sport, exercise and human movement. Topics include: Units of measurement, fitness assessment, data analysis, geometry and basic trigonometry, and introduction to scalar and vector.
Prerequisite: AA102 or equivalent, instructor approval.

### BS 223 Strength and Fitness Program Design Capstone (4 units)

This course will utilize all previous class information to facilitate and evaluate the student's ability to design a training program based on numerous variables (age, injury history, needs analysis to include posture/ROM/strength/FMS, goals, level of fitness, previous experience, type of activity, motor abilities, etc.). While there are many "systems" or "Models" of training in the training industry, this class attempts to help the student utilize all previously learned information to develop an "individualized" model for every individual needing professional guidance related to physical training. Each module will identify a step in this individualized approach culminating into a project to be submitted at the end of the term for scrutiny.
Prerequisites: Successful completion of all BS coursework

### MA 301: Intro to Sport Psychology (4 units)

This course introduces foundational concepts in applied sport psychology and how they are applied to athletes and performers in a variety of different social, cultural, and environmental contexts. Topics include but are not limited to personality and sport, group and team dynamics, and psychological skills training.
Prerequisites: None

### MA 302: Principles of Positive Psychology (4 units)

This course is designed to educate graduate students on the scientific study of positive psychology. Positive psychology speaks to the importance of complimenting the problem-focused paradigm within the field and illuminating tested methods of achieving growing success. Variables within each of our lives that make life meaningful and worthy of our time, attention, and effort will be explored in an attempt to increase autonomy and competency in the building of professional and responsible practitioners. Previously, the field of psychology has focused on pathology and overcoming weakness in an attempt to improve one's quality of life. This novel movement speaks to the strengths of the individual and societies, as well as to their weaknesses. This course will attempt to teach students that self-fulfillment is a product of their thoughts, emotions, decisions, attitude and effort. Most importantly, perception, authenticity, and purposeful behavior can be taught.
Prerequisites: None

### MA 303: Foundations in Precision Communication Skills: Hemispheric Integration with Neuro-linguistics (NLP) (4 units)

This course gives a foundation in the technology of Hemispheric Integration with neuro-linguistics. Hemispheric Integration bridges the gap between the science of how the brain processes information and practical applications for building rapport, connection, and safety. Topics include both verbal and non-verbal communication skills for gathering and delivering information effectively, precision goal setting, visualizing and motivating for success, and using each hemisphere of the brain for win-win results.
Prerequisites: None

### MA 304: Cognitive & Affective Behavior (4 units)

This course will explore the critical role emotion plays in one's memory and cognitive processing. In working with athletes and performers from a variety of backgrounds, it is imperative to establish a firm understanding of the dynamic role between one's thoughts, emotions, and behaviors and their role in performance enhancement.
Prerequisites: None

### MA 305: The Fine Arts of Relaxation, Concentration and Meditation (4 units)

This course continues with more of the foundation in the technology of Hemispheric Integration and neuro-linguistics. Hemispheric Integration bridges the gap between the science of how the brain processes information and practical applications for influencing with integrity. Topics include both verbal and non-verbal communication skills for gathering and delivering information effectively, motivating for success, decision making strategies and using each hemisphere of the brain for win-win results.
Prerequisites: MA 303

### MA 306: Intro to Applied Sports Psychology (4 units)

This course introduces foundational concepts in applied sport psychology and how they are applied to athletes and performers in a variety of different social, cultural, and environmental contexts. Topics include but are not limited to personality and sport, group and team dynamics, and psychological skills training.
Prerequisites: None

### MA 307: Applied Mental Training Techniques (4 units)

This course introduces foundational concepts in applied sport psychology along with breakthrough methods to enhance individual and team performance. This course also uses cutting edge technology to facilitate the learning experience through the use and application of flash technology and on line gaming via online mental trainer and certified mental coach programs. Topics include but are not limited to goal setting, visualization, positive self-talk, emotional control, leadership development and effective communication.
Prerequisites: None

### MA 308: Cognitive-Emotional Realignment with The Other Mind's Eye (4 units)

This course will give you skills in a field of technology using your full brain to achieve your desired outcomes. Too often we are using only "half of our mind" to get results. Learn how to access both hemispheres of your brain on purpose to be aware of the information held in both the conscious and other than conscious mind so you can make informed decisions and develop strategies for success. Discover how to access your "Other Mind's Eye" and the technology of Cognitive-Emotional Realignment with Hemispheric Integration for fully congruent and inspired communications. Learn how to bring out the essence, the authentic self, and to influence positive and thorough outcomes.
Prerequisites: MA 303 and MA 305

### MA 309: Advanced Applied Sport Psychology (4 units)

This course introduces the comprehensive and realistic application of standard procedures in applied sport psychology. Understanding and applying these skills with prospective clients provides each student with the fundamental skills necessary to gain valuable consulting and problem-solving experience. Topics include but are not limited to how to structure an initial intake, the processes of developing the client/consultant relationship and fundamental issues that often occur within private practice.
Prerequisites: None

### MA 310: Sport Psychology Coaching Business (4 units)

Current topics of psychological concern and application as related to owning a sport psychology coaching business.
Prerequisites: MA 309

### MA 311: Ethical Issues in Applied Sports Psychology (4 units)

This course introduces a practical guide on the importance of positive ethics and ways in which psychologists can reach their highest moral and ethical efficiency. Topics include but are not limited to resolving ethical dilemmas, self-regulation, and understanding challenges of psychology in practice.
Prerequisites: None

### MA 312: The Role of Culture in Applied Sport Psychology (4 units)

This course introduces significant aspects of cross-cultural knowledge in the developing field of cultural sport psychology along with breakthrough approaches to effective practice in multicultural settings. Topics include but are not limited to important cultural factors such as religion, gender, personal space, and social structure.
Prerequisites: None

### MS 301A Physiology (biochemistry) of Exercise, Metabolism and Skeletal Muscle (4 units)

This course is designed to provide content on the research-based findings of how exercise alters biochemical function in skeletal muscle, the liver and adipose tissue. In addition, it will help experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. The ultimate goal is Application of the knowledge base of exercise physiology, which requires an understanding of the design of human cellular metabolism, and how metabolic regulation enables cells to tolerate the energy dependent demands of exercise.
Prerequisites: None

### MS 301B Physiology (biochemistry) of exercise, pulmonary and cardiovascular systems (4 units)

This course is designed to provide content on the research-based findings of how exercise alters biochemical function in the pulmonary and cardiovascular systems. In addition, it will help experienced students to develop an in-depth understanding of exercise physiology along with its related topics and applications. Both the immediate and long-term effects of exercise on individual body systems are described in detail, and the text emphasizes how each body system's physiological response to exercise is interdependent. The ultimate goal is Application of the knowledge base of exercise physiology, which requires an understanding of the design of human cellular metabolism, and how metabolic regulation enables cells to tolerate the energy dependent demands of exercise.
Prerequisites: MS 301A or equivalent approved by instructor

### MS 302 Advanced Nutrition Throughout the Lifespan (4 units)

Foundations of nutrition focusing on the scientific investigation of the nature, role, and metabolism of energy nutrients in human health at all stages of life, including childhood, adolescence, middle-age, and elderly. Emphasis on digestion, absorption, and metabolism of foods and nutrients, including interrelationship of metabolic pathways. Additional focus on research and topics of special interest.
Prerequisites: None

### MS 303 Human Nutrition: Health, Disease & Genetics (4 units)

Nutrient interrelationships and the prevention of disease and maintenance of health are the focus of this course. Emphasis will be on nutrient metabolism and dietary effects of poor nutrition, genetic components, and concentration on most common nutrition-related diseases, including eating disorders.
Prerequisite: MS 302

### MS 304 Sports Focused Nutrition (4 units)

Importance of proper nutrition requirements for optimal performance in exercise and sport. Focus on metabolic and physiologic components of macro- and micronutrient needs for specific sports during training, competition/performance, and recovery. Disordered eating issues in sport, and the female athlete triad will also be discussed.
Prerequisite: MS 302

### MS 305 Motor Control (4 units)

This course presents the neuromuscular and psychological mechanisms underlying the control of movement with emphasis on application of concepts to sport, physical activity, and performance. Instruction is directed toward understanding the fundamental principles of human movement control.
Prerequisites: None

### MS 306 Science of Metabolic Conditioning (4 units)

This course is designed to provide content on the cellular and systems physiology of the neuro-endocrine system, as well as present research-based findings of how exercise alters neuro-endocrine function. The stresses of exercise instigate a myriad of control regulation responses that are designed to allow the human body to cope with the stresses as best as possible. A vital component of this regulation involves the release of specific hormones that alter cellular, organ and systemic physiology. As there are a multitude of hormones that are or can be released during exercise, and that the release of these hormones varies with different environmental, nutritional, training, gender and disease states, the academic and research content of exercise endocrinology is immense. Consequently, this course is specific to the endocrine adaptations of the body prior to, during, and after exercise.
Prerequisites: None

### MS 307 Motor Learning (4 units)
This course presents the principles and theories for understanding motor skill acquisition and the cognitive and motor processes influencing the learning of motor skills. Implications for a variety of skill instruction contexts will be discussed.
Prerequisites: MS 305 Motor Control

### MS 308 Nutrition Communication for Special Populations (4 units)
Concentration of identification, planning, implementation, and evaluation of nutrition/health promotion programs to improve health and wellness and prevention of disease. Limits on scope of practice, community resources, and referral procedures will be a focus of this course.
Prerequisites: None

### MS 309 Ergogenic Aids, Exercise & Sports Supplements (4 units)
In depth look at most commonly used dietary supplements for performance, body/muscle enhancement, overall health, and weight loss with an emphasis on ergogenic/thermogenic aids for sport. Concentration on most recent research, understanding and interpreting marketing strategies, and making sound, research-based recommendations to clients is the focus of this course.
Prerequisite: MS 302

### MS 310 Research, design and inferential statistics in exercise and nutrition (4 units)
Understanding of research methods and statistical procedures common in peer-reviewed research periodicals. Critical review of selected nutrition literature. Assessment of experimental design, research protocols, data analyses, and data presentations. Preparation for student thesis.
Prerequisites: None

### MS 311 Pharmacology of vitamins, fluid and electrolytes (4 units)
Focus on micronutrients (vitamins, minerals, amino acids, electrolytes) and water and their interactions in cellular metabolism. Emphasis on food sources and supplementation and effects on human physiological functions, including absorption, transport, function, deficiencies, normal states, and toxicities.
Prerequisite: MS 302 and MS 303

### MS 312 Advanced Biomechanics (4 units)
This course will focus on the mechanics of skeletal muscle, its related connective tissue and the various physiological adaptation to the tissues due to various types of mechanical stress. Emphasis will be places on analysis of external forces, and the ensuing internal forces as they relate to performance enhancement and injury prevention.
Prerequisite: MS 307

### MS 313A Capstone Thesis (3 units)
Capstone Thesis courses (2) are a combination of graduate level coursework with research and communication proficiencies. Students will work with core faculty to develop and propose thesis topic, write the first three chapters of the thesis document (Introduction, Literature Review, Methodology) and obtain IRB approval. The course is taken for two quarters. Completion of MS Core Courses. Permission of instructor is required.
Prerequisite: Successful completion of all MS coursework

### MS 313B Capstone Thesis (3 units)
Students will collect and analyze thesis data, finalize written document, and present/defend document to thesis committee.
Prerequisite: MS 313A

### PsyD 401: Sport Psychology in Practice (4 units)
This course introduces foundational concepts in applied sport psychology. The text is divided into five sections that allow the reader to understand the integral process of working in an applied setting. Topics include but are not limited to motivational drive, cognitive and emotional control, leadership and communication effectiveness, potential pitfalls, and the educated consumer.
Prerequisites: None

### PsyD 402 Precision Communication: Language of Influence (4 units)
In this class students will learn the qualities and structure of precision communication based on the science of how the brain processes information. Topics include: how to recognize and construct patterns of language to facilitate the best possible mental condition for the client's chosen sport or activity; understanding how to use communication skills to gather specific information and to influence with integrity; and develop sensory acuity to calibrate for non-verbal signals. Students will delve into the details of gaining rapport, effectively dealing with challenges or objections, and clearly defining a goal then creating a comprehensive action plan leading to successful results. Graduates of this class will be able to go into any situation with the confidence that they have multiple levels of communication awareness and sensitivity to be an excellent player, guide, coach, leader or business executive.
Prerequisites: None

### PsyD 403 Social Psychology of Healing and Fitness: Cognitive Emotional Re-Alignment (4 units)

In this course the student will study the field of Cognitive Emotional Re-Alignment with Hemispheric Integration, a technology for understanding multiple levels of awareness when dealing with unresolved challenges as well as generating creative options for the future. Topics include: Discerning and updating limiting beliefs and patterns of thinking and behavior; releasing phobic reactions and compulsive habits; five natural phases of moving through grief and loss; getting a system in balance using strategic processing filters; and creating a compelling and congruent individual and corporate future through congruent visualization.
Prerequisites: None

### PsyD 404: Advanced Applied Sport Psychology (4 units)

This course focuses on the specific issues affecting athletic performance and uses a unique, multi-perspective approach. Students will learn to apply theories with practical applications that allow athletes to increase performance. With the in-depth analysis and discussions among the authors, students are provided a variety of perspectives on the effective treatment of performance enhancement related issues. Topics include but are not limited to: psychological factors in athletic performance, psychological assessment, the coach-athlete relationship, and team cohesion.
Prerequisites: None

### PsyD 405 Leadership: Creating, Modeling, and Producing Excellence (4 units)

This course will give the student multiple tools for effective leadership and consulting. Learn to model the components of success and excellence with the Hemispheric Integration template to build a solid structure and how to introduce change and adapt new strategies effectively. Topics include: the structure of group dynamics and being a powerful and respectful consultant or leader; a foundation in platform and presentation skills; and balanced techniques essential for mediating and negotiating with mutual satisfaction.
Prerequisites: None

### PsyD 406A: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents (4 units)

This course offers the most exciting, innovative, and diverse theoretical orientations and research perspectives generated throughout the history of this discipline. Students will find a variety of readings that offer a clear and concise reference to the history, development, and future directions of the field. In addition, students will both familiarize and learn how to implement an online mental training system into the performance enhancement process by assessing and treating issues of coaches, athletes, and parents in order to facilitate self-awareness and increase athletic performance.
Prerequisites: None

### PsyD 406B: Online Mental Training: Gaining Access to Coaches, Athletes, and Parents (4 units)

This course is designed to help students pursue their personal and professional goals within applied sport psychology by strengthening their understanding and commitment to mental skills training. This course offers students an opportunity to receive a credential as a certified mental coach (cmc) as well as complete an online course in parent mental training. Both of these online educational tools are included with the intention that students will further expand their understanding of the core mental training skills while applying these skills in their work with coaches, athletes, and parents.
Prerequisites: None

### PsyD 407: The Basics of Mental Toughness Training (4 units)

This course offers students an opportunity to learn the fundamentals of mental toughness training while exploring the many factors that affect one's success in sport, business and life. The four pillars of mental toughness will be explored in detail in order to provide a framework of understanding that facilitate individual growth and autonomy toward the achievement of short and long-term goals. Finally, students will benefit by gaining an understanding of a variety of coping skills that not only promote mental toughness training, but also can be modeled and adapted for clients to aid in their cognitive, emotional and physical development.
Prerequisites: None

### PsyD 408: Advanced Mental Training and the Pursuit of Excellence (4 units)

This course offers students an opportunity to learn and further develop both core and advanced mental training skills that increase success in sport and life. Students will learn skills such as distraction control, self-hypnosis, getting the most out of coaches and building team cohesion. This course allows students to further expound on previously gained knowledge in applied sport psychology by

adapting mental training skills to fit the unique complexity of individual and team dynamics.
Prerequisites: None

### PsyD 411: Developing Professionalism (4 units)

This course provides students with various concepts and examples in how to choose a life that is full of purpose and intention. By focusing on concepts found within, a student will learn the important role decision-making plays in their personal and professional development. In applied sport psychology, consultant's often learn that their most formable opponent is the one that lies within. Therefore, through self- discovery, qualitative commitment and personal monitoring, students will learn to apply eastern philosophical ideas and theories to the solving of traditional, western difficulties that hinder the performance enhancement process.
Prerequisites: None

### PsyD 412: Doctoral Practicum/Internship (4 units)

This course is the coordination of either an internship or a project to fulfill graduation requirements. The internship is coordinated with your Wexford University mentor and set up in your local area. The candidate will do the majority of the work setting up the internship and must be approved by departmental chair/advisor. This course covers ALL necessary aspects of choosing and the approval of a quality internship. The candidate will discuss, research, and complete a pre-approved project depicting his/her knowledge and understanding of applied sport psychology.
Prerequisites: None

# Campus Information

## Institutional Approval and Licensure

### California Bureau for Private Postsecondary Education

Wexford University is a private university licensed to operate by the (BPPE) Bureau for Private Postsecondary Education (California Education Code 94900 mid/or 94915). The University was founded in 1999, originally under the name Optimal Performance Institute, and has been continuously approved by the State of California to offer undergraduate and graduate level degrees. School Code: 4306651

In accordance with the provisions of California Education Code 94900 mid/or 94915, this institution had received approval to operate from the Bureau for Private Postsecondary Education. That approval to operate meant that the Bureau determined and certified that the institution met the minimum standards for integrity, financial stability, and educational quality, including the offering of bona fide instruction by qualified faculty and the appropriate assessment of students' achievement prior to, during, and at the end of its programs.

To earn approved status in California, a degree-granting institution must undergo a qualitative review and assessment of programs offered and of all institutional policies, procedures, and operations. The assessment is conducted by a comprehensive on-site review process performed by a qualified visiting committee composed of educators and other appropriate experts.

Most countries do not have independent organizations for which schools can seek accreditation. Rather, they are granted status by a government agency such as what the state of California and the Department of Education requires. In the United States, the Department of Education does not require accreditation by any accrediting body, nor is accreditation governed by the government. U.S. accreditation organizations are a private institutionalized board which grants a peer review status and approval to universities that pursue this course of action on a voluntary basis. The biggest benefit is federal funding for schools. Please note that regardless of accreditation, the transfer of credits between all universities (whether state approved or accredited), is determined by the specific policies of the universities and determined on a case-by-case basis.

Wexford University is California Corporation.

Wexford University is currently preparing for DETC (Distance Education Training Council) accreditation. We cannot make assumptions of approval or give an appropriate timeline for completion.

Wexford University will also seek WASC (Western Association of Schools and Colleges) accreditation. We cannot make assumptions of approval or give an appropriate timeline for completion.

A degree program that is unaccredited or a degree from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.

### Licensing & Other Memberships

## Location

30245 Tomas, Suite A
Rancho Santa Margarita, CA 92688 USA

## Board of Trustees

Dr. John Spencer Ellis, President
Michelle Adams, Chief Operating Officer
Jeannene Richie, Chief Financial Advisor

## Administrators

Jack Bauerle, Chancellor
Scott Gaines, Head of Faculty
Tracy Daly, Department Chair of Graduate Programs in Nutrition and Exercise
Brad Jurica, Departmental Chair of Graduate Programs in Applied Sport Psychology
Mark Teahan, Dean of Admissions

## Faculty

**Bauerle, Jack**
Chancellor & Professor
M.S. Sports Medicine, 1989, Chapman University
B.S. Sports Medicine, 1987, Chapman University
Area of Specialization: Athletic Training, Strength & Conditioning

**Borrego, Tamara**
Adjunct Professor
M.A. Fine Arts, 1999 , California State University Long Beach
B.A., Liberal Arts and Sciences, 1993, San Diego State University
Areas of Specialization: Journalism, Advertising, Studio Arts

**Brown, Jennifer**
Adjunct Professor
M.Ed. Educational Administration, 2011, Concordia University
M.A. Teaching, 2009, National University
M.Ed. Cross Cultural Teaching, 2005, National University
B.S. Liberal Studies, 2003, National University
Areas of Specialization: Cross-Cultural Training, Communications, Intensive Literacy, Reading Comprehension

**Tracy Daly**
Professor & Departmental Chair of Graduate Programs in Nutrition and Exercise
M.S. Nutrition Education, 2003, Chicago Medical School
B.S. Dietetics, 1997, Madonna University
Areas of Specialization: Nutrition, Disease Prevention

**DeLong, Tom**
Professor
M.A. Kinesiology, 2005, California State University, Long Beach
B.S. Exercise Science and Wellness, 1996, Ball State University
Area of Specialization: Kinesiology, Biomechanics, Exercise Physiology, Resistance Training Fundamentals

**Foltz, Charles**
Professor
Ph.D. Interdisciplinary Molecular and Cellular Biology, 2004, Tulane University
M.P.H. Epidemiology, 2004, Tulane University
B.S. Molecular Neuroscience, 1998, University of California, Santa Barbara
Areas of Specialization: Molecular and Cellular Biology, Biochemistry, Exercise Physiology, Strength and Conditioning

**Gaines, Scott**
Professor & Head of Faculty
M.S. Human Movement, 2008, A.T. Still University
B.S. Biological Sciences, 1994, University of California, Irvine
Area of Specialization: Biomechanics, Anatomy, Physiology, Biochemistry, Biology, Physics

**Jurica, Brad**
Professor & Departmental Chair of Graduate Programs in Applied Sport Psychology
Psy.D. Applied Sport Psychology, 2012, Wexford University
M.A. Psychology, 2004, San Diego State University
B.A. Philosophy & Psychology, 1998, Texas State University
Areas of Specialization: Performance Enhancement Training, Leadership Development

**Musser, Leslie**
Professor
M.S. Exercise Science, 2010, California State University, Long Beach
B.S. Anthropology, 2002, University of California, Los Angeles
Areas of Specialization: Resistance Training, Motor Behavior, Exercise Physiology, Biomechanics

**Sheuh, Dolly**
Adjunct Professor
M.A. Educational Technology and Instructional Design, 2003, California State University, Los Angeles
B.A. Music Education, 2003, University of California, Los Angeles
Areas of Specialization: Music Comprehension, Alternative Education, Adult Education

**Teahan, Mark**
Adjunct Professor & Dean of Admissions
B.S. Exercise and Sports Science, 1999, University of Utah
Area of Specialization: Physiology, Anatomy, Nutrition, Wellness Coaching

# Contact Information

### Telephone
866-583-7277 or 949-484-8454 (International Callers)

### Website
www.wexford.edu

### E-mail
support@wexford.edu

### Facilities

Wexford University's main office is in beautiful Southern California. Located in the Rancho Santa Margarita near the 5 freeway and 133 freeways.

## Office Hours

9 am to 5 pm, Monday to Friday, Pacific Standard Time

## Academic Calendar

| Quarter | Instruction | Finals |
|---|---|---|
| Winter 2013 | 1/7-3/15 | 3/18-3/22 |
| Spring 2013 | 4/1-6/7 | 6/10-6/14 |
| Summer 2013 | 6/24-8/30 | 9/2-9/6 |
| Fall 2013 | 9/30-12/13 | 12/16-12/20 |
| Winter 2014 | 1/6-3/21 | 3/17-3/21 |
| Spring 2014 | 3/31-6/6 | 6/9-6/13 |
| Fall 2014 | 9/29-12/12 | 12/15-12/19 |

## University Holidays

Thanksgiving
Christmas Eve
Christmas Day
New Year's Holiday

# Technology Requirements

Wexford University recommends the following basic computer requirements:

### Computer Hardware
A processor of 1.6 GHz or faster
A current anti-virus application
256MB RAM or greater
20 GB hard drive or larger
High-speed Internet connection
Monitor and video card with 1024×768 ppi or greater resolution
Sound card with speakers
CD-ROM
Iaser or ink jet print

### Operating System
A computer running Windows XP or MAC 10.X or later versions.

### Computer Software
E-mail address
Internet service provider (ISP) account (Internet access)
Adobe® Reader® 6.0 or later
Microsoft® Outlook Express 6.0 or later
Microsoft® Office XP, 2003, 2004 or 2007
Microsoft® Word
Microsoft® PowerPoint®
Flash® Player

### Essential Software Downloads

The following browsers & plug-ins may be necessary to view course content within the Wexford University Virtual Classroom. You are encouraged to download the plug-ins listed below and choose an appropriate browser.
Please note: We recommend the Firefox browser for safety and security when browsing the web.

### Browsers

Internet Explorer 8 (PC)
Mozilla Firefox
Google Chrome

### Plugins

PowerPoint Viewer®
Windows Media Player
Real Player
QuickTime
Acrobat Reader
Macromedia Shockwave
Java™ Plug-in
Macromedia® Flash™

### Your Connection to the Web

A dedicated, reliable 512 Kbps or faster Internet connection (optimal)

# Copyright Information