

Ball State UNIVERSITY



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School of Physical Education, Sport, and Exercise Science

Department Contact

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Admissions Contact

Write, call, or e-mail the Office of Admissions for more information or to arrange a campus tour and set an appointments with an admissions professional and a faculty member.

Brochures are available on the following:
-Information for Prospective Transfer Student
-Viewbook/Admissions Application

Office of Admissions
Ball State University
Muncie, Indiana 47306
(800) 482-4BSU
(765) 285-8300
TDD users only
(765) 285-2205
www.bsu.edu/admissions

Arrange a campus visit:
(866) 770-3136 (toll-free)
(765) 285-5683
visitus@bsu.edu

Ball State University practices equal opportunity in education and employment and is strongly and actively committed to diversity within its community.

Overview

The School of Physical Education, Sport, and Exercise Science is housed within the College of Applied Sciences and Technology. We are committed to providing an exceptional educational experience for undergraduate students, advancing the knowledge base of our disciplines through research, and serving the university, profession, and community. Currently over 1,000 students are enrolled in the undergraduate majors and minors. Additionally, the program engages over 3,500 annually in a variety of physical activity courses.

Undergraduate Programs

The School of Physical Education, Sport, and Exercise Science offers academic majors in teaching physical education, exercise science, athletic training, sport administration, and aquatics. Minors are offered in aquatics, adapted physical activity, and sports medicine. The School also administers the Physical Fitness Wellness program in the university core curriculum.

Majors

Major in Exercise Science, 71-72 hours

The exercise science major is designed to prepare students for (1) entry-level positions in the fitness industry, (2) nationally recognized certification examinations, and (3) post-graduate study in physical therapy or other fields related to health and exercise science. The curriculum includes courses in anatomy, physiology, chemistry, biology, fitness assessment, exercise prescription, exercise physiology, and nutrition. Students must maintain at least a 2.75 GPA and earn a "C" or better in each course in the major. The program also requires the completion of a 90-hour, non-credit practicum and a 12-credit hour internship to be completed in the last term of study.

Major in Athletic Training, 60 hours

Certified athletic trainers are medical experts in preventing, recognizing, managing, and rehabilitating injuries that result from physical activity, working under the guidance of a licensed physician. The program incorporates a rigorous academic program paired with an extensive clinical education component, providing students with hands-on experiences in a variety of sports medicine settings. There is a competitive application process for admission into the program, which includes earning a "B-" or better in AT 196 and obtaining a 2.75 overall GPA. Our goal is to develop knowledgeable, competent, and caring health care professionals who are prepared to work in a variety of job settings, including high schools, colleges, professional teams, and clinics.

Major in Sport Administration, 71-74 hours

The major in sport administration prepares students to work in professional sports, intercollegiate athletics, sports agencies, and recreation in functional areas such as sales, event/facility management, marketing, retail operations, governance, and communications. Admission standards include a minimum 2.5 GPA, 8 hours of volunteer service, and a "C-" or better in SPTAD 190, ENG 104, ECON 201, and ACC 201. Students are required to complete a business minor and a 12-credit hour internship during the final term.

Major in Teaching Physical Education, 61 hours

The all-grade area major covers a broad range of subjects and leads to a license to teach physical education in kindergarten through twelfth grade. Courses required for the teaching major include observational analysis, physiology of exercise, motor learning, methods of teaching, practicum experiences, aquatics, various sports skills, developmental activities, dance, and others. The curriculum includes a student-teaching experience in a public school. Students must earn a "C" or better in PEP 161, maintain a 2.5 GPA, and complete four decision points in the program.

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Major in Aquatics, 59 hours

The major in aquatics prepares students for leadership positions including; aquatic/operations directors, facility managers and program supervisors. These positions are located in a variety of organizations that include: Municipalities, Water parks, Schools, Health clubs and YMCA's among others. The program includes a internship experience of the students choice in the field. The student can tailor their aquatic electives to specialty areas like coaching, SCUBA diving and waterfront studies.

Minors

Minor in Aquatics, 24 hours

The three minors in aquatics prepare students in specific areas involving teaching aquatic activities, aquatic administration and recreational SCUBA diving. The program content involves materials specific to these areas and opportunities to earn certifications from various groups related to the field. The minors have a common core of classes that include Lifeguard Training, Water Safety Instructor and Pool Operations.

Minor in Adapted Physical Activity, 16 hours

Students will receive several opportunities to work with individuals with disabilities in an exercise/fitness environment. Special practicums are established to provide learning experiences in weight training, water exercise, and general fitness. Students will receive hands-on experience working with several special populations considered orthopedic, sensory, and/or cognitively impaired.

Minor in Sports Medicine, 24 hours

Coursework in the sports medicine minor will greatly enhance the ability of a student to prevent, recognize, treat, and refer to physicians those injuries and conditions that commonly occur during exercise, physical activity or labor, and sport. Coursework in this minor includes anatomy; biomechanics; injury prevention, recognition, treatment, and rehabilitation; psychology of injury; and exercise nutrition.

The Physical Fitness Wellness (PFW) Program

Physical Fitness and Wellness (PFW) is a two credit-hour course that includes one hour of lecture and two hours of physical activity per week. The lecture contains a common core of knowledge concerning fitness and wellness. The activity portion of this class promotes the importance of being physically active for the development and maintenance of physical fitness. The Ball State student enrolls in PFW according to the specific aerobic activity he/she wishes to pursue for the entire term. The student may select one of the following six courses: physical conditioning, walking, jogging, aerobics, water aerobics or swimming. The PFW requirement is viewed as a springboard toward a total university commitment to fitness and wellness.

Advising

Each undergraduate program utilizes a centralized advising where one faculty member serves as advisor for each student in the program. Appointments can be made to schedule classes and receive career planning advice.

Departmental Honors

The purpose of the Honors Program is to provide an opportunity for the intellectual enrichment of outstanding students in the School. Students who complete the Honors Program will earn a special designation on their official transcript and in the Commencement program. To earn Departmental Honors, you must:

1. Earn a minimum GPA of 3.50 within the major and an overall GPA of 3.25
2. Earn 6 hours of Honors Credit in approved 300 and 400 level major courses with a grade of B or better
3. Complete a Senior Honors Project by enrolling in a HONRS 499.

Facilities

The School of Physical Education, Sport, and Exercise Science is housed in the Health and Physical Activity Building at the corner of McKinley and Neely. The complex contains state-of-the-art facilities for teaching, research, and recreation. The Health and Physical Activity Building contains laboratory spaces for academic programs and research, offices, classrooms, a large lecture hall, and a computer lab. The Student Wellness and Recreation Center, completed in 2010, has dance studios, racquetball courts, running track, weight rooms for recreational and instructional use, rock climbing, basketball courts, and group fitness rooms. The Lewellen Aquatic Center services the Aquatics program with a competitive 6-lane pool and diving well. Ball Gymnasium, on the southwest end of campus, includes a newly remodeled pool, activity space, and classroom space. It is used for both classes and recreational activities.

Student Organizations

Each academic major has a co-curricular club that emphasizes professional socialization, networking, and professional development opportunities for its members. Under the guidance of a faculty member and a student leadership team, co-curricular clubs organize a variety of events and programming for students.

Scholarship Opportunities

Incoming Freshman Scholarships

Sport Administration—John Reno Scholarship

Physical Education—Mildred Hollett Smith Scholarship

Post-enrollment Scholarships

Physical Education—Katherine Hamilton King, Grace Woody, Ruth Andrews, G. Ann Uhler

Athletic Training—Richard Hoover, Jim Dickerson, Rex Sharp, Matthew Roush

Any Major: Marilyn Buck International Studies Scholarship