



**Rueckert-Hartman  
College for Health Professions**

**Bachelor of Science in Health and Exercise Science  
within the School of Physical Therapy**

**Fall 2022  
Student Handbook**

**Effective August 1, 2022**

Regis University is accredited by the Higher Learning Commission (HLC), one of six regional institutional accreditors in the United States. HLC accredits degree-granting post-secondary institutions in the North Central region. Regis University's most recent comprehensive evaluation was in 2018, and the institution remains in good standing.

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## Welcome

We welcome you to Regis University and look forward to sharing in the excitement and challenges of the years to come. The *Health and Exercise Science Student Handbook* has been developed for the purpose of assisting students in understanding and interpreting program policies and procedures. **This handbook is not exhaustive and is intended to be a general guide only. It is subject to change.**

Regis University assumes that students are self-directed and concerned with lifelong goals and will accept and act on this responsibility. All Health and Exercise Science students are personally responsible for all information in the **Regis University Catalog**, the **Regis University Student Handbook**, and the **HES Student Handbook** including, but not limited to, the Standards of Conduct, general University policies and regulations, and Academic Integrity in the HES Student Handbook. Failure to read and understand and failure to contact an advisor for clarification of the policies and procedures contained in the documents mentioned above and other appropriate documents **does not relieve the student of this responsibility. A faculty advisor is available to clarify policies and to assist students through their undergraduate career in Health and Exercise Science.**

The [Regis University Catalog](#) and [Regis University Student Handbook](#) are available on Regis.edu.

## I. INTRODUCTION

**Regis University Mission:** As a Jesuit Catholic university, Regis seeks to build a more just and humane world through transformative education at the frontiers of faith, reason and culture.

Within the Jesuit, Catholic tradition of Regis University, the **Rueckert-Hartman College for Health Professions** is an interprofessional college embracing the following mission and values:

- **MISSION** Our mission is to advance the ideals of social justice and the health of our global community through innovative teaching and learning, and exceptional practice and scholarship.
- **VALUES** We Commit Ourselves to:
  - Prioritize student-centered learning, emphasizing the care and education of the whole person.
  - Nurture respect for human diversity and inclusion.
  - Use evidence as the basis for education and practice.
  - Demonstrate ethical behavior and values-based practice in health care.
  - Provide practice and service opportunities that are transformative.
  - Develop leaders who are mindful of the social determinants of health, promoting health equity and increased access to health care, with the intention of transforming the future of health delivery systems to advance the welfare of our global community.

**School of Physical Therapy Mission:** We are an innovative, value-centered, passionate team committed to transforming individuals and communities in accordance with the Jesuit tradition. Through reflective, evidence-based, experiential education we inspire students to become global citizens as leaders in service of others. Our graduates embody professionalism, social responsibility, cultural sensitivity, and excellence in their endeavors to promote health.

**School of Physical Therapy Vision:** Our collaborative programs will cultivate individuals who champion optimal health throughout the world by igniting ingenuity in education, scholarship, and sustainable community partnerships

**Health and Exercise Science Program Mission:** The Health and Exercise Science Program is grounded in the Jesuit traditions of excellence in education and service to all individuals in the global community. Through a rigorous, value-centered curriculum, we empower students to serve as leaders and advocates committed to the promotion and optimization of health and dignity.

**Health and Exercise Science Program Vision:** We will be a community of leaders in health and exercise science who excel in intellectual excellence, integrity, and social responsibility through scientific, professional, and societal service.

### **Program Description**

Health status has been shown to be related to many factors including illness and disease, but it is also related to lifestyle, environmental exposures, social status, cultural affiliation, spiritual belief and access to health services. The Bachelor of Science in Health and Exercise Science offers the foundation to use strategies to help others reduce health risks and increase overall health, as well as evaluate and advocate for policies that influence public health for the common good. In Jesuit education it is known as *cura personalis*. To HES students it means looking at all aspects that affect individuals' and communities' health, including social justice issues, along with each individual's unique circumstances, challenges and gifts.

The Bachelor of Science in Health and Exercise Science (HES) combines the following principles to optimize physical, mental and social wellbeing: behavioral health, biomechanics, exercise physiology, motor behavior, and nutrition. In addition to the course work included in this degree, there is an optional internship for students to gain practical experience in community health, individual fitness, or health policy settings. The HES degree is foundational for careers in health and wellness, personal training or community health. Careers include Exercise Physiologists, Exercise Specialists, Personal Trainers, Fitness Center Managers, Health Coaches, and Wellness Directors,

The four-year, 120 semester hour, Bachelor of Science in HES degree includes preparation for various American College of Sport Medicine (ACSM) certifications. With specific advising and use of electives, students can fulfill specific prerequisite coursework to enter professional post-baccalaureate programs in Physical Therapy, Occupational Therapy, Athletic Training, Exercise Physiology and a variety of other health care fields.

### **Courses in the HES Major**

Course descriptions can be found in the [University Catalog](#)

Total semester hours (SH) are designated for each course.

HES 210 Intro to Health & Exercise Science	3 SH
HES 311 Research Design and Statistics	3SH
HES 374 Applied Human Anatomy	3 SH
HES 375 Applied Human Anatomy Lab	1 SH
HES 376 Applied Human Physiology	3 SH
HES 377 Applied Human Physiology Lab	1 SH
HES 418 Psychosocial Aspects of Health	3 SH
HES 420 Functional Anatomy	3SH
HES 421 Functional Anatomy Lab	1SH
HES 430 Physiology of Exercise	3SH
HES 431 Physiology of Exercise Lab	1SH
HES 434 Exercise Prescription	3SH
HES 435 Exercise Prescription Lab	1SH
HES 438 Nutrition Across the Lifespan	3SH
HES 439 Management of Exercise	3SH
HES 440 Concepts of Motor Behavior	3SH
HES 441 Concepts of Motor Behavior Lab	1SH
HES 450 Biomechanics of Exercise	3SH
HES 451 Biomechanics of Exercise Lab	1SH
HES 460 Community Health Assessment	3SH
HES 465 Management in Health Settings	3 SH
HES 470 Perspectives on Global Health	3SH
HES 472 Society and Culture in Health	3SH
HES 490E-W Independent Study in Health and Exercise Science	1-3 SH
HES 498E-W Internship in Health and Exercise Science	1-3 SH

Sample degree plans are in Appendix A.

## II. ACADEMIC POLICIES AND PROCEDURES

The Health and Exercise Science program is open to all students in Regis College and Rueckert-Hartman College for Health Professions. The [University Catalog](#) outlines the policies and procedures for entering this program.

### ***Technology Requirements/Resources***

One of the primary resources that students will use in the HES Program is technology. Students use computers throughout the curriculum for communication, access to course materials, submission of assignments, computer-based examinations, etc. At minimum, students are required to have a laptop, tablet, or other device compatible with WorldClass. **All Regis students have access to Office 365 online.**

### ***Responsible Use of School Equipment***

Regis University School of Physical Therapy resources, particularly laboratory equipment used outside of laboratory is to allow students to study using the equipment. Students should *report malfunctioning equipment to a faculty member immediately* to prevent injury to another person using the equipment, and so that it can be repaired.

The School of Physical Therapy maintains a supply of equipment in our HES lab and storage area for the expressed purpose of having equipment available for classroom demonstration and student practice. This requires that the equipment be available in the classroom for faculty demonstration. Occasionally equipment can be made available for loan to students who may need equipment (crutches, canes) for a class project or research project.

### ***First Aid/CPR***

Each student is required to personally obtain and maintain current health care provider CPR certification as required by the course. Students are not permitted to participate in internships or any direct student-client interactions without current certification.

### ***Advising***

All incoming undergraduate students are assigned academic advisors at Regis University. Freshman and sophomore students are assigned a pre-professional academic advisor from the RHCHP and Regis College admissions upon declaring HES their proposed field of study. Upon official declaration of the HES major, the student is assigned a faculty academic advisor in the School of Physical Therapy.

The role of a faculty academic advisor is to advise students regarding their academic plans for course of study, specify course requirements for program completion, and serve as a student advocate. Students are required to meet with their advisors a minimum of once a semester to be approved for enrollment. Faculty academic advisors initially review the student degree requirements with their advisees and maintain systematic and frequent communication with advisees to help ensure progression in the program. Faculty academic advisors also document outcomes of all advising sessions. In the event of progression issues, students are to seek out their faculty academic advisor for advice on current policy and procedures and possible options that may be sought.

Faculty academic advisors assist with final graduation requirement checks, assure advisees are following current policies and procedures for graduation and commencement. Faculty academic advisors are available during posted office hours and by appointment. Faculty Advisors may post information regarding additional office hours and appointment times available during registration periods.

### ***Registration***

Students are responsible for registering for all required courses after completing necessary advisement sessions.

### ***Student's Consent to Participate – Lab Releases (Appendix B)***

Due to the nature of this program, students are expected to participate in laboratory experiences throughout the program. Lab Release forms must be completed and submitted for each laboratory course before the onset of lab activities.

### ***Written and Laboratory Examinations***

Students are required to take all exams and quizzes at the scheduled time. This includes final exam week. The only exceptions to this policy are for medically documented illness, extenuating circumstances, or accommodation provided through Student Disability Services.

Please refer to individual course syllabi for more information.

### ***Compliance With Laboratory Hazardous Material Policies and Procedures***

Students are expected to follow appropriate Hazardous Material and Infection Control Policies as appropriate to the environment whether it be classroom, laboratory, or internship setting. Specific policies and procedures are introduced and discussed in courses throughout the program.

### ***Course Overload***

Ordinarily, only students with a 3.000 minimum cumulative grade point average and no grades of Incomplete are allowed to carry an overload. Permission to carry more than the maximum course load must come from the department director or designee. A written request for overload should be submitted at least one week prior to the beginning of the semester

### **Add/Drop**

Students must follow the add/drop policy dates published by the University. Students who drop a course must understand that this jeopardizes their timeline for progression in the program.

### **Course Withdrawal**

Students must follow the course withdrawal policy published by the University. Course withdrawals may jeopardize a student's progression in the program and may delay graduation.

### ***Grading System***

The table that follows lists grades and grade descriptions used for all HES courses. For Regis University Grade Point Average, refer to the [University Catalog](#)

Grade	Grade Points
A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%
F	<60

b. Grade of Incomplete

1. Refer to the [University Catalog](#) for procedures related to incomplete grades

c. Appeals of Disputed Course Grades

1. Refer to [University Catalog](#) for appeals of disputed grades for undergraduates

***Official Grade Reports***

Final grade reports are accessed through [WebAdvisor](#).

***Academic Progression***

A student needs a minimum grade of “C-” or better in HES major courses. Any grade below a C- must be retaken. No course in which the candidate receives a grade of “F” is acceptable credit for the Core Studies requirements.

***Academic Integrity and the Academic Integrity Policy***

Definition: Academic Integrity means that each student acknowledges that the work represented in all assignments and all examinations is their own or is properly cited, and that they have neither given nor received unauthorized information. Furthermore, each student agrees not to divulge the contents of any assignment or examination to another student in any semester or to alter or impede the work or progress of another student.

Students of Regis University are committed to the highest standards of academic integrity and assume full responsibility for maintaining those standards. All members of the Regis University community are expected to exhibit the qualities of honesty, loyalty and trustworthiness in all academic and clinical activities, holding themselves and each other accountable for the integrity of the learning community.

It is the responsibility of each student to review and abide by all aspects of the course syllabus and agree to adhere to this Regis University Academic Integrity Policy.

The Academic Integrity Policy (sometimes referred to as the Academic Honor Code) applies to any work performed by any current or former Regis University student, regardless of the student’s home college or program.

The Academic Integrity Policy prohibits cheating, plagiarism, fabrication, collusion and other forms of academic misconduct. All suspected violations, including first-time violations, will be reported via established University processes, and will be referred to the lead academic integrity officer of the college in which the offense occurred. Reporting of all offenses, regardless of the violation level, allows the University to identify repeat offenders. All faculty have access to plagiarism detection software, which can be used with or without a student’s knowledge in any Regis University course.

***Academic Probation***

Any student with a cumulative grade point average below a 2.00 is placed on academic probation. During the next semester of enrollment, the student must raise their cumulative grade point average to a minimum of 2.000. In some instances, the faculty academic advisor, in consultation with the program director, establishes additional conditions that students must meet within a specified period of time. Failure to raise the cumulative grade point average or meet any of the specified conditions may result in suspension. Academic probation is recorded on the student’s permanent academic record (transcript). Occasionally a student’s Regis University cumulative grade point average may be such that it is mathematically impossible for the student to raise it to a 2.000 in one semester. In that situation, the program may enter into an agreement with the student to permit the student to earn a provisional grade point average for the semester. This agreed upon grade point average is set within a range that is a fair and reasonable expectation for the student in question. If the provisional grade point average is earned for the semester, but the student’s cumulative grade point average remains below a 2.000, the student’s status of Probation may be continued for one additional semester to achieve the 2.000 grade point. If the agreed upon grade point average is not achieved, the student may be suspended.

***Academic Suspension***

Undergraduate students in the Rueckert-Hartman College for Health Professions who have been placed on academic probation and do not achieve cumulative grade point average of 2.000 or meet those conditions established during their probation are suspended. This renders students ineligible to return to Regis University for a period of 12 months. Students

who are notified of academic suspension for the previous term and who are currently in attendance in a Regis University class may complete that class. Any additional registrations will be dropped. After one year, students may reapply for admission by submitting to the appropriate program: 1) a letter requesting readmission, explaining the causes of the earlier academic difficulties and describing how the student has overcome those difficulties; and 2) an official transcript showing at least 12 semester hours (or equivalent quarter hours) of acceptable academic coursework completed at another regionally accredited college or university during the period of suspension.

### **Academic Withdrawal**

The official date of withdrawal from the University or from a course is the date that the withdrawal request is submitted to the Office of Academic Records and Registration for processing. Notice of withdrawal from the University must be received by the Office of Academic Records and Registration by using the official University Withdrawal online form. The date the withdrawal request is processed and the date the student vacates the residence hall, if applicable, determines the amount of refund credited to the student. Refund policies are further described in the General Information Section of the University Catalog under the 'Withdrawal and Refund of Tuition' heading

### ***Evaluations by Students: Course and Faculty Evaluations***

Students are required to evaluate each course and the respective faculty at the conclusion of the course/semester. Evaluations are used by faculty for course and curriculum development, accreditation reporting, and for faculty development and review. Evaluations are computerized and submitted anonymously. Results are automatically tabulated, and results are emailed to faculty upon closure of the evaluation period. The results of both the course and faculty evaluations are shared with the faculty following the closure of the evaluation period an automatic tabulation of results.

### **Graduation and Commencement**

#### ***Application***

The Application for Graduation form can be completed within [WebAdvisor](#) or [Academic Records and Registration](#). Specific application deadlines and the Application for Graduation form are available [online](#).

A Regis University cumulative grade point average of 2.000 is required for undergraduates to apply for graduation. Failing to apply by the deadline or falling below the required cumulative grade point average may delay graduation to a subsequent semester.

#### ***Attendance at Commencement Ceremonies***

Attendance at commencement ceremonies is encouraged but not required. The Academic Records and Registration office is notified of the student's intent to participate in commencement through the Application for Graduation form. Undergraduate students are permitted to march in commencement if they are within 15 semester hours of completing their degree requirements.



### **III. GENERAL POLICIES**

All students are bound by applicable provisions of the [Regis University Student Handbook](#) including, but not limited to, standards of conduct and general University policies and regulations.

#### **Student Code of Conduct**

Regis University is committed to creating and maintaining an environment where individual and institutional responsibility combine to promote each student's complete development. The Student Code of Conduct at Regis University is meant to encourage students to develop their own sense of personal responsibility and accountability regarding their decision-making and to educate students about the behavioral expectations of the University. Rooted in the Jesuit ideal to promote the development of the whole person, Student Conduct uses fair and formative processes to encourage students to reflect in the spirit of the Regis mission, on how ought they to live.

#### **Professionalism**

All Rueckert-Hartman College for Health Professions students are bound by the provisions of the [Regis University Student Handbook](#), the Regis University Bulletin, including, but not limited to, the Standards of Conduct and general University policies and procedures. [The Regis University Student Handbook](#) is available online.

Professionalism is expected from students, faculty, and staff. These professional behaviors not only prepare you for higher education or the workplace but foster a sense of respect for yourself and others. The following guidelines are expectations of the entire Health and Exercise Science program; however, each professor has the autonomy to clarify expectations and ramifications for each individual class and section.

Students are expected to be in class and prepared at the start of class time so as not to disrupt the classroom environment. If a student is planning on being late or missing class, the student must notify the professor in person or via email prior to class time. The consequences for unexcused absences and providing make-up work opportunities or recorded lectures are up to the discretion of the professor. Please refer to course syllabi for details.

Communication: The student will be communicating through numerous formats, including oral, written, and electronic methods throughout the curriculum. Etiquette for all communications, including e-mail, should follow similar rules and expectations including correct grammar, clarity in expression of ideas, and appropriate presentation of the writer as a developing professional. The student is expected to evaluate the impact of this communication prior to transmission or presentation of the information.

Class Participation and Discussion: Each student is encouraged to take an active part in class discussions and activities. Honest and respectful dialogue is expected. Disagreement and challenging of ideas in a supportive and sensitive manner is encouraged. Hostility and disrespectful behavior are not acceptable and, if this occurs, the students will be asked to leave the class session and meet with the faculty member outside of class.

#### **Service Learning**

Service learning is an integral part of learning within the Rueckert-Hartman College for Health Professions (RHCHP) and within the Health and Exercise Science major. Through community-based experiential service-learning opportunities, students gain insight into social justice while developing professional skills like communication, leadership and cultural intelligence.

Service learning emphasizes critical thinking and reflection while encouraging a heightened sense of personal growth, academic enhancement, civic learning and professional development beyond clinical skills-building and gives students the chance to practice acting with justice.

Service learning is embedded into RHCHP courses with objectives, assignments and direct service. The critical reflection and transformative experiences involved in service-learning position students to fully meet the diverse needs of their patients and clients.

### ***Drug Screening and Criminal Background Check Policy***

It is becoming common practice for agencies and/or field placement sites to have policies requiring screening and/or criminal background checks for their employees, volunteers, and for students who are assigned to the facility. Regis University will comply with these requirements in placing students at such facilities or agencies. As a condition for enrollment and continued matriculation in academic programs involving internships or service-learning experiences, students are required to submit to drug screening tests and to participate in a criminal background prior to matriculation. This will be at the discretion of Regis University or the agency sponsoring the field placement or internship. The cost of background checks and/or drug screening is the responsibility of the student.

Regis University will assist students in understanding and complying with the requirements. However, the responsibility for providing such information and their associated costs rests with the student and not with Regis University. Failure to submit to such testing or to provide such information as required as a condition for admission or internship may result in disqualification from further study at the University. Similarly, results from the drug screening tests or criminal background check may result in disciplinary action on the part of the University, including, but not limited to disqualification from further studies at the University.

### ***Class Cancellations/Schedule Changes***

In case of illness or unplanned absence of a faculty member, the faculty member will post schedule changes or cancellations in WorldClass.

### ***Cancellations (Due to Inclement Weather)***

All students, faculty and staff may sign up to receive emergency alert text messages through your cell phone and/or email messages to your computer using the [RU Alert system](#). The system is also used to announce weather delay/cancellation information.

### **[Regis Emergency Management Plan](#)**

For procedures related to campus emergencies, please follow the above link.

### **[Name Change/Change of Address/Academic Records Changes](#)**

Visit the Office of Academic Records online for necessary changes to student records

### **[Student Complaints Policy](#)**

Please refer to Regis University's Student Complaint Policy for:

- Violations of the Student Code of Conduct or the Nondiscrimination and Sexual Misconduct Policy
- Academic Complaints
- Complaints Regarding Non-Academic Services

### **[Non-Discrimination, Sexual Misconduct and Retaliation Policy](#)**

Refer to the University policies for reporting and procedures

### **[Diversity, Equity and Inclusive Excellence](#)**

Diversity Pledge:

I pledge to stand up to all forms of hate, bigotry and bullying. I will not stay silent in the face of intolerance based on race, ethnicity, sexuality, gender, religion, ability or any other identity. I will work together with my peers to create safer, more inclusive communities for all and will uphold our Jesuit value of honoring the dignity in all individuals.

## **Support Services**

### **[Campus Safety](#)**

The mission of the Regis University Department of Campus Safety is to promote and maintain a safe and secure learning, living, and working environment for the University community, while supporting and promoting the Regis University Jesuit mission of “Men and Women in Service of Others”, through community-based outreach, education, and collaboration in safety.

### **[Student Disability Services](#)**

Regis University is committed to building an inclusive community that values the dignity and contributions of all our members. Student Disability Services and University Testing (SDS/UT) is responsible for providing all students with documented disabilities reasonable and appropriate accommodations in coordination with faculty and other university resources. In addition, SDS/UT provides a broad spectrum of testing services to the university and the community.

### **[Student Disability Services Grievance Policy:](#)**

For information regarding grievance with Student Disability Services, please follow the link above.

### **[Family Leave Policy](#)**

Regis University (Regis) acknowledges that during a semester or course, a student may be temporarily unable to attend classes or be required to pause their studies in order to take time away to pursue a personal, professional or volunteer opportunity, to recover from a physical or mental health concern, to assist a family member, or any other situation that requires the student’s attention. Students may elect to take a Voluntary Leave of Absence (VLOA) or Regis may deem it necessary to institute an Involuntary Leave of Absence (ILOA).

### **[Family Educational Rights and Privacy Act \(FERPA\)](#)**

In compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA), the disclosure of information from a student’s educational record is considered confidential and will not be released, with certain exceptions, without the student’s written consent, including state and federal government agencies and their representatives.

For more information, go refer to [Regis University Policies & Procedures](#).

### **[Library Services](#)**

Dayton Memorial Library provides access to books, articles and other research databases, both within the library and through connections to other public and research libraries worldwide. The library also provides numerous group and individual study areas. Watch the video below to learn about the services offered by Dayton Memorial Library.

## VI. APPENDICES

### APPENDIX A: Health and Exercise Course Planning Worksheet Sample

Recommended Courses	Pre-Health and Exercise Science Requirements	SH	Requirement Complete?
<b>Freshman Fall Semester</b>			
RCC 200	Writing Analytically/English Composition	3	
HES 210*	Intro to Health and Exercise Science	3	
SO 200*	Sociology	3	
BL 258 (not required but strongly recommended for success in BL 260)	Principles of Biology: Organismic	3	
BL 259 (not required but strongly recommended for success in BL 261)	Organismic Biology Laboratory (Can opt out of lab and take lecture only)	1	
MT 260*(3 credits are required for HES) (Pre-calc offered at Regis is a 4 credit course).	Pre-Calculus	4	
<b>Freshman Spring Semester</b>			
PY 250*	General Psychology	3	
BL 260 (BL 258 strongly recommended but not required)	Biology: Molecular/Cellular	3	
BL 261(BL 259 strongly recommended but not required)	Molecular/Cellular Biology Lab	1	
NS 260*	Introduction to Brain and Behavior	3	
NS 261*	Introduction to Brain and Behavior Lab	1	
COM, EN, FAA, FAC, FAH, FAM, FAMH, FR, GR, HU, LT, SP, GK PORT*	Lit/Humanities Requirement	3	
RT 201*	Religion and the Human Quest	3	
<b>Sophomore Fall Semester</b>			
HES 374	Applied Human Anatomy	3	
HES 375	Applied Human Anatomy Lab	1	
HES 311	Research Design and Statistics	3	
PH 202A	General Physics with Trigonometry I	3	
PH 205A	General Physics with Trigonometry Lab	1	
PL 270*	Philosophy	3	
<b>Sophomore Spring Semester</b>			
HES 376	Applied Human Physiology	3	
HES 377	Applied Human Physiology Laboratory	1	
AN, BA,CR, EC, ED, HS, PJ, POL, PY, SO WS*	Social Science/Econ/Business Requirement	3	
CAS,RC,RS,RT*	2 <sup>nd</sup> Religious Studies Course	3	
COM, EN, FAA, FAC, FAH, FAM, FAMH, FR, GR, HU, LT, SP, GK PORT*	Lit/Humanities Requirement	3	
Elective*	General Elective	3	
<b>Recommended Courses</b>	<b>Health and Exercise Science Requirements</b>	<b>SH</b>	<b>Requirement Complete?</b>
<b>Junior Fall Semester</b>			
HCE 445	Ethics and Health	3	

HES 420	Functional Anatomy	3	
HES 421	Functional Anatomy Laboratory	1	
HES 430	Physiology of Exercise	3	
HES 431	Physiology of Exercise Lab	1	
HES Elective*	Upper Division HES Elective or Internship	3	
<b>Junior Spring Semester</b>			
HES 434	Exercise Prescription	3	
HES 435	Exercise Prescription Lab	1	
HES 440	Concepts of Motor Behavior	3	
HES 441	Concepts of Motor Behavior Laboratory	1	
HES 418	Psychosocial Aspects of Health	3	
HES Elective*	Upper Division HES Elective or Internship	3	
<b>Senior Fall Semester</b>			
HES Elective*	Upper Division HES Elective or Internship	3	
HES 460	Community Health Assessment	3	
Elective*	General Elective	3	
PY 358*	Lifespan Human Development	3	
NR 350*	Nutrition	3	
<b>Senior Spring Semester</b>			
HES 438	Nutrition Across the Lifespan	3	
HES 450	Biomechanics of Exercise	3	
HES 451	Biomechanics of Exercise Laboratory	1	
HES Elective*	Upper Division HES Elective	3	
Elective*	General Elective	3	

**Note:** Courses denoted with the \* symbol are offered every semester and can be taken other than the semester designated. Most science courses (other than NS 260/261) are only offered once a year and must be taken in the order indicated. At least 14 credits of general electives are required (**must complete 120 total credits**) and 12 credits of upper division HES electives. BL 258/259 and MT 260 will count towards your general electives. Be sure to review your schedule each semester with your advisor.

**APPENDIX B: Laboratory Release Form**  
**School of Physical Therapy**  
**Health and Exercise Science**  
**Laboratory Participant Release**

This release is to be completed by the first class at the beginning of each course. Students need to fill out this electronic copy and place it in the Course Assignment Folder in D2L™.

It is the responsibility of the student to inform the instructor of any changes which may alter the student's capability to participate in designated laboratories.

I am participating of my own free will in clinical laboratories in the course entitled:

<i>Course number</i>
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I agree to wear lab attire as described in syllabus.

I acknowledge that the Regis University School of Physical Therapy is organizing the laboratory solely for my personal benefit. I also acknowledge that the laboratory may include:

<i>List of skills</i>
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I further acknowledge that I have no knowledge of any personal physical condition that prevents my full participation in these labs and/or said clinical evaluation and treatment techniques except.

Students respond here. Enter none, if there are no exceptions or limitations, otherwise provide explanation in this box.
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I also acknowledge that I understand that no techniques taught in the laboratory performed on me by the instructor or any other participants are outside my personal control. I agree that at any time, I have the right to terminate any clinical technique or laboratory participation involving me for any reason that I judge may be injurious in any manner to my person. I further agree to terminate any procedure if pain, discomfort, or any adverse sensation is experienced.

I acknowledge that other participants may practice techniques on myself as I might practice techniques on other participants for the purpose of increasing personal clinical knowledge and I willingly accept the risk of injury in return for the personal benefits received. I hereby release Regis University, the instructor, and other participants from any claim I might have for any resulting injury to me.

Signed: Enter full name (electronic signature)
Regis ID:
Date:

The undersigned is a competent adult of at least 18 years of age and has read, understood and consents to all of the terms of this Release and acknowledges that an electronic signature or consent to this Release expressed in any manner shall be

as valid and binding on the undersigned as would the undersigned's physical signature on a paper document. As further consideration for being permitted to participate in the learning activities in the Lab, the undersigned agrees to indemnify and forever hold Regis University and all of its faculty, staff, students, employees, agents, schools, colleges and departments (collectively, "Regis") harmless from any liability arising out of the access of the undersigned to and use of the Lab and its equipment by the undersigned and others with respect to any harm or injuries to the undersigned or others which are due to any cause whatsoever, including without limitation the negligence or intentional conduct of Regis or other persons, to conditions existing in or around the Lab or elsewhere on the Lab's premises or otherwise.