

## Technical Standards for Admission, Continuation, and Graduation

The Kinesiology (KNES) program at George Mason University is a demanding program that requires commitment, an excellent work ethic, and a passion for the subject matter. The mission of the KNES program is to provide a comprehensive approach to the study of human movement. The program offers and disseminates evidence-based knowledge and its practical application through classroom, laboratory, research, and field experiences. Emphasis is placed upon the development of future professionals with the knowledge, skills, and abilities to enhance physical performance, fitness, and general well being across the lifespan. The four specific learning outcomes of the program are the following:

1. **Evidence-based knowledge:** Compile and analyze evidence-based knowledge of exercise science, sports medicine, and physical fitness.
2. **Fitness assessment and exercise technique:** Demonstrate knowledge of and ability to perform fitness assessments and instruct exercises for individuals across the lifespan.
3. **Program design:** Create exercise programs for individuals of varied fitness levels across the lifespan.
4. **Application of clinical skills:** Demonstrate skills and abilities expected of an entry-level exercise professional.

### Admission

Students may enter the KNES program in one of three ways: 1) Enter as a freshman or transfer student; or 2) change their major and concentration to KNES. Candidates seeking admission to the program must meet the minimum entrance requirements, verify that they understand the technical requirements of the program, and demonstrate that they are capable of completing the program.

Candidates for selection to KNES must demonstrate:

1. The mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessments and to distinguish deviations from the norm;
2. Sufficient postural and neuromuscular control, mobility, sensory function, strength, endurance and coordination to accurately, safely, and efficiently demonstrate:
  - a.) Appropriate fitness assessment techniques
  - b.) Specific activities and skills involving all components of physical fitness
3. The ability to communicate effectively and sensitively with patients, colleagues, and health care professionals including individuals from a variety of cultural and social backgrounds. This includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and exercise information effectively. KNES students must be able to understand and speak the English language at a level consistent with competent professional practice.
4. The ability to conduct and record the results of fitness assessments and exercise programs.
5. The capacity to maintain composure and continue to function effectively and appropriately during periods of stress.
6. Flexibility, and the ability to adapt to changing situations and uncertainty in clinical situations;
7. Affective skills, i.e., appropriate demeanor and rapport that relate to professional education and quality patient care.

8. The perseverance, diligence and commitment to complete the KNES program at the published standards or higher as outlined and sequenced.

### **Continuation**

The required courses will provide students with a broad background of how the body functions and responds to physical activity, measurement techniques of various physiological systems of the body, evaluation of these measurements, and appropriate programming/prescription of physical activity based on such measurements. Students must maintain a minimum cumulative GPA of 2.5 and receive a grade of C or better in BIOL 124, BIOL 125, HEAL 230, and STAT 250 as well as all Professional Sequence courses. Failure to do so will result in probation or dismissal from the KNES program.

Each KNES student is expected to exhibit appropriate behavior that is representative of an exercise professional. Any violation of the George Mason University Honor Code as stated on the University website or failure to follow the policies and procedures stated in the George Mason University Catalog and School of Recreation, Health and Internship Manual will result in probation or dismissal from the KNES program.

Fees and expenses specific to students enrolled in the KNES program are as follows: laboratory supplies and equipment, clinical supplies, and internship attire. Students enrolled in KINE 350, KINE 370, KINE 400, and KINE 410 will be assessed a \$25.00 laboratory fee for each course during the semester in which they are enrolled.

Arrangement and cost of transportation to and from internship settings is the full responsibility of all KNES students. Since public transportation is limited it is recommended that students have personal transportation available. All students must have current Emergency Cardiac Care (CPR, AED) and First Aid certifications from either the American Heart Association or the American Red Cross before entering their first internship (KINE 341) experience. These certifications must be maintained until completion of the KNES program. Certain internship sites may require a criminal background check of potential interns. If a criminal background check does not meet the requirements of the student's assigned internship site, the student will be withdrawn from said site and may be prohibited from completion of the KNES program.

### **Graduation**

In order to graduate, students must fulfill the following requirements:

- 1.) Meet the standards for Mason residency, complete 120 total credits of which 45 credits must be at the 300-400 level, successfully complete general education requirements for the appropriate catalog year, receive a grade of C or better in specified KNES program coursework and achieve  $\geq 2.5$  cumulative GPA.
- 2.) Internships - KNES students complete three required internship experiences (KINE 341, KINE 441, KINE 490) totaling 700 hours as part of the program's comprehensive approach to the study of human movement. Internships provide KNES students with the opportunity to apply evidence-based knowledge and its practical application in general fitness, clinical, and sports performance settings. Selection of internship sites is done under the guidance of the KNES Internship Coordinator. Approved sites are designed to provide an environment in which students can foster their development as research-savvy practitioners, demonstrate skills, and transition into chosen careers through guided experiential learning.

3.) Challenge ACSM HFS or NSCA CSCS Exam – Prior to completion of KINE 490, KNES students must take either the American College of Sports Medicine (ACSM) Health Fitness Specialist (HFS) or the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) exam. Passing the exams is not required; however, the KNES program curriculum should adequately prepare students to pass either exam.

**Acknowledgement of Technical Standards**

Candidates seeking admittance to the KNES Program will be required to verify that they understand and meet these technical standards. Candidates must sign below to acknowledge and accept the technical standards. The signed form will be kept on file until they either graduate or leave the program. If a candidate feels the need for special accommodations in order to meet these standards he/she should contact the Office of Disability Services at George Mason University. The Office of Disability Services will evaluate the candidate and make a decision as to whether or not the condition warrants accommodations under applicable laws. At which point the candidate AND the University will determine if the student can fulfill the KNES program’s technical standards with reasonable accommodation. The University will base its decision on whether or not the accommodation will interfere with the educational process of the candidate, the educational environment of the KNES program as a whole, and will need to take into account the safety of potential patients at internship sites.

I certify that I have read and understand the technical standards of the selection listed above, and I believe to the best of my knowledge that I meet each of these standards without any accommodation. I understand that if I am unable to meet these standards I will be dismissed from the program.

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Name of Applicant

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Signature of Applicant Date

**Alternative statement for students requesting accommodations**

I certify that I have read and understand the technical standards of the selection listed above and I believe to the best of my knowledge that I can meet each of these standards with certain accommodations. I will contact the Office of Disability Services at George Mason University (<http://ods.gmu.edu>) to determine what accommodations may be available. I understand that if I am unable to meet these standards with or without accommodations, I will be dismissed from the program.

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Name of Applicant

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Signature of Applicant Date