

D Academic Advising Syllabus D
Exercise and Sport Science
University of Utah

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Join us on Facebook: www.facebook.com/pages/Salt-Lake-City-UT/Department-of-Exercise-and-Sport-Science-at-the-University-of-Utah/75586554158

Follow us on Twitter: <http://twitter.com/ESSUofU>

Read the ESS newsletter, ESSentials, online at: <http://essentialsuofu.blogspot.com>

Walk In Hours: Available, but vary by semester. Please email or call for walk in hours. You will not be able to declare your major or change your emphasis during walk in hours.

How to schedule an appointment: Please call either the advisor or the ESS main office to schedule an appointment. Appointments will not be scheduled by email.

**NOTE: If you are more than 10 minutes late to an appointment, you will be asked to reschedule. If you are unable to attend a scheduled appointment, please call the ESS main office to cancel or reschedule. Please turn off all cell phones and electronic devices before meeting with the advisor.*

The Department of Exercise and Sport Science has a rich tradition of preparing knowledgeable, caring professionals. The focus of the undergraduate program is on examining and understanding the phenomena associated with involvement in physical activity and the execution of sport skills. By better understanding these phenomena, teachers, coaches, athletic trainers, and fitness leaders will be able to help optimize sport skill learning experiences for children and adults, administer safe and effect fitness programs, enhance the performance potential of athletes, adopt and modify physical activity for individuals with special needs, and promote physical activity in the community. The ultimate goal of the course work is to foster a better understanding of movement, educate professionals skilled in the practical application of the sport and exercise sciences, and promote an active lifestyle through courses in pedagogy, kinesiology, biomechanics, exercise physiology, motor behavior, nutrition, and exercise/sport psychology.

Advising Philosophy

As your advisor, I am your link to the major and the university. I will provide you with information about the major and university requirements. However, I do have limitations. I am by no means an expert for other majors, minors, graduate programs, or even career opportunities. Although I do have these limitations, I am here to help you actively seek out the resources that will have the answers to your questions.

I am here to help you. I cannot help you if you do not seek me out. I will try to be available for your questions and concerns with walk in hours and scheduled appointments. Please be patient during times of high demand, i.e., the first week of a new semester, graduation deadlines, etc. Please contact me by phone and email if you are unable to meet with me in person.

Email:

All official University of Utah correspondence will be sent to your Umail account. The Department of Exercise and Sport Science uses only Umail to reach its students by email. It is your responsibility to check your Umail account often or have it forwarded to a different account. Be aware that any requests about academic progress or withheld numbers must come from your Umail account.

The ESS office does not send out solicitations via email. Email from the department will include information on electives, registering for classes, deadlines, requirements for classes, the ESS newsletter, and other things that we feel are important and will impact students. You will not receive emails about job positions, announcements from student groups outside of the major, or information concerning events at the U.

Some of the emails that you may receive may not pertain to your situation at that moment, but I guarantee that one day you will need to know about graduation deadlines or withheld numbers, so we encourage you to read all the emails from the department to be better informed and prepared.

Withheld Numbers:

Withheld numbers are numbers for classes that are replaced with asterisks. These asterisks will prevent you from registering for the class without the number. This is done to insure that the student taking the course meet the prerequisites for it. These numbers are kept by the department and you must contact the department to receive the numbers. Courses with withheld numbers are typically upper division courses meant for specific students, like those in Athletic Training, PE Teaching or for Juniors and Seniors.

The courses in the major with withheld numbers are: ESS 3480 Therapeutic Exercise in Athletic Training, ESS 3490 Issues in Athletic Training, ESS 3710 Elementary Methods, ESS 4465 Exercise Programming, ESS 4700 Middle School Methods, ESS 4710 High School Methods, ESS 4800 Practicum, ESS 4810 Internship, ESS 4900 Promoting Physical Activity in the Community, ESS 4920 Independent Study, ESS 4921 Peer Tutoring, ESS 5491 Seminar: Student Teaching, ESS 5495 Student Teaching in PE, and ESS 5800 Special Projects.

There are several ways to go about getting the withheld numbers. The first option is to meet with the ESS advisor during an appointment or during walk in hours. You will need to know the class and the section that will work best with your schedule. This is the only option for the withheld number for ESS 4900. The second option is to send an email to the ESS advisor. This option is not available to those students who want the ESS 4900 withheld number. If you send an email it must come from your Umail account and include the following: name, ID number, course, course section, and semester. Emails are dealt with on a first come, first serve basis. The reason you cannot get the ESS 4900 number email is because there is a hand out for the course and there is not an electronic copy of it.

These numbers are different from permission codes (or add codes). Permission codes are required to add the class when the class is full. You will need to contact the instructor to get the permission code. The ESS office staff and advisors do not have access to permission codes for classes. You can access the instructor's contact information on the ESS web site, the U of U directory, or by contacting the ESS office.

Holds placed on registration:

The University of Utah now requires its students to meet with an advisor at certain points in their academic career. To insure that you meet with an advisor you will have a hold on your registration that only an advisor will be able to remove. These holds are placed on freshman during their first semester at the University, students entering their second year at the University with 45 credit hours, students who have 60 credit hours and are undeclared, and students who have 90 credits. You will be notified of these holds through postal mail and through your Umail account -- just another reason to check your Umail. To have these holds removed you will need to schedule an appointment to meet with an advisor. Be sure that you let the advisor know that you are coming in for a hold on your registration. If you do not let them advisor know, they might not be able to remove it promptly.

Graduation Guarantee:

Starting Spring 2010, all incoming students will have the opportunity to sign up for graduation guarantee in the Exercise and Sport Science Department. This is a contract between you, the ESS department, and the University that guarantees your graduation in 5.5 years; transfer students will be guaranteed graduation in 3.5 years. Students currently attending the U, will be able to sign up for graduation guarantee on a rolling basis. To find out when you'll be eligible, contact the advisor. However, if you are on graduation guarantee, you must adhere by those rules. Ask the advisor or visit the Web site for more information.

The ESS Office is paperless!

Starting Fall 2009, the Department of Exercise and Sport Science will be going paperless. This means that planned advising schedules will be available on your CIS page. You will no longer be able to receive copies of your planned schedule, along with copies of the electives, "What Should I Do" Guides, and Academic Program plans. These are available on the ESS web site. It will be your responsibility to go online and print out copies of your own, or reference them on the web site.

Help us save cost and the environment by utilizing the ESS Web site, Email, Facebook, Twitter, and the University of Utah Web site.

My responsibilities as your advisor are to:

- Help you understand the requirements for both the major and the university.
- Provide information about events, job opportunities, research opportunities, scholarships within the major, college, or university, if applicable.
- Help you go over a class schedule that will accommodate major requirements, special interests, or work and family life.
- Help clarify the subtle difference between the programs within the Exercise and Sport Science major.
- Direct you to the appropriate campus resource when questions arise that are out of my scope of understanding.
- Be a link between you and the faculty in the Exercise and Sport Science Department.

Your responsibilities as a student are to:

- D Be prepared for advising sessions by bringing appropriate documents (DARS report, graduation application, transfer credits, course syllabi, professional program or minor requirements, etc) and making a list of questions or concerns. Ask questions if you do not understand the requirements for the major or the university or your schedule.
- D Take responsibility for learning and complying with University requirements, policies, and procedures.
- D Take responsibility for achieving academic success and accept the consequences of your academic and personal choice.
- D Maintain an academic advising folder that will be kept until a diploma is received.
- D Tell the advisor about special interests that you want to pursue in your education.
- D Take responsibility to get into the required courses and failure to do so may impact your graduation date.
- D Understand that your diploma cannot be expedited until after grades are posted and it will then only be expedited for military or graduate school reasons. You will have to contact the graduation office to have your graduation approval and diploma expedited.
- D Understand and comply with the prerequisites for classes and understand that if prerequisites are not met that you will be asked to leave the courses.
- D Understand which classes can be taken as electives in the Exercise Science and Fitness Leadership programs. Any class not designated as an elective will need to get approval from the department.
- D Understand that exceptions will not be made for required major classes.
- D Understand that if discontinuing from the University of Utah, you will be responsible to adhere to the new requirements of the ESS major.
- D Understand that the Exercise and Sport Science Department can only make transfer exceptions for classes that are used for major requirements. Any general education or bachelor degree requirement courses must go through University College Advising (SSB 450).
- D Withheld numbers for ESS courses can only be obtained from the ESS department by the authorized ESS staff member. Receiving a withheld number from anyone other than an authorized staff member (this may include graduate students, instructors, or classmates, etc) will result in being asked to drop the course and could possibly result in academic discipline, which could lead to expulsion from the University of Utah for violating the student honor code.
- D Apply for graduation. You will need to apply for graduation two semesters before you intend to graduation. All information on graduation can be found with your undergraduate graduate application, which can be found on the registrar's site or your CIS page. It will be your responsibility to make sure that you apply for graduation by the deadline. There is a fee for all applications turned into the graduation office after the deadline.

Things an advisor will not do:

- D Register you for classes.
- D Choose a major for you.
- D Be your only source of information. You will need to contact those responsible for minor and graduate program requirements.
- D Waive major requirements or allow you to take courses out of sequence without departmental permission.
- D Give you permission codes for full classes. You will need to contact the instructor to get added into a course.

Recommended online resources:

- D Exercise and Sport Science Web site: <http://www.health.utah.edu/ess/>
- D College of Health Web site: <http://www.health.utah.edu/>
- D University of Utah Course Catalog: <http://www.ugs.utah.edu/catalog/>
- D Degree Audit Report (DARS): https://gate.acs.utah.edu/psp/plpr/EMPLOYEE/EMPL/h/?tab=PAPP_GUEST
- D Student Handbook: <http://www.acs.utah.edu/sched/handbok/toc.htm>
- D Academic Calendar: <http://www.sa.utah.edu/regist/pages/Deadlines.html>
- D Career Services: <http://careers.utah.edu>
- D University College Advising: <http://www.sa.utah.edu/advise/index.shtml>
- D Registrar's Office: <http://www.sa.utah.edu/regist/index.htm>

Faculty Information – current as of Summer 2009. For an updated list visit the ESS Web site,
<http://www.health.utah.edu/ess/Faculty/index.html>

Faculty	Class	Office	Phone	Email
Dr. Lynne Durrant	HEDU 4250	HPER N 258	801-581-8520	Lynne.durrant@hsc.utah.edu
Dr. Patricia Eisenman, Associate Dean, ESS Honors Advisor	ESS 3670	HPER N 259	801-581-7929	Patricia.eisenman@health.utah.edu
Dr. Zan Gao	ESS 3551, 4700	HPER N 205	801-587-7900	Zan.gao@hsc.utah.edu
Dr. James Hannon, Director of Graduate Studies	ESS 4710	HPER N 206	801-581-7646	James.hannon@hsc.utah.edu
Dr. Bradley Hayes, Athletic Training Education Program Director	ESS 3092, AT courses	HPER E 207	801-585-1820	Bradley.hayes@hsc.utah.edu
Dr. Hester Henderson, UFIT Director	ESS 4400, 4610, 4910, 4430, 4650	HPER N 255	801-581-7964	Hester.henderson@hsc.utah.edu
Dr. Keith Henschen	ESS 2600, 3340	HPER N 252	801-581-7772	khensche@msn.com
Dr. Charlie Hicks-Little	ESS 3480	HPER N 253	801-581-4897	Charlie.hickslittle@hsc.utah.edu
Dr. Melinda Houston	ESS 2600, 3340, 4780, 4900	HPER N 245	801-581-7630	Melinda.houston@hsc.utah.edu
Kerry Jacques	ESS 4465, 3670, 4670	HPER N 202	801-585-1451	Kerry.m.jacques@hsc.utah.edu
Josh LaReaux	ESS 4900, ESS 4920 (PEAK)	HPER E 217	801-585-7325	Joshua.lareaux@hsc.utah.edu
Dr. Jim Martin	ESS 3093, 3096	HPER W 122	801-587-7704	Jim.martin@utah.edu
Dr. Nicole Detling-Miller	ESS 2500, 2600, 3340, 3200, 4900	HPER N 251	801-585-1119	Nicole.miller@health.utah.edu
Dr. Maria Newton	ESS 3340, 2600	HPER N 203	801-581-4729	Maria.newton@health.utah.edu
David Phillips	ESS 2500, 3551, 3170	HPER N 201	801-581-3836	David.phillips@hsc.utah.edu
Dr. Janet Shaw	ESS 4670, 4465, 4900	HPER N 239E	801-585-5107	Janet.shaw@health.utah.edu
Dr. Barry Shultz, Department Chair	ESS 3550	HPER N 248	801-581-4440	Barry.shultz@health.utah.edu
Dr. J. David Symons	ESS 3094	HSEB 585	801-581-8855	j.david.symons@hsc.utah.edu
Traci Thompson, PEAK Director	ESS 4800	HPER E 217	801-588-7325	Traci.thompson@hsc.utah.edu
Dr. Daniel Williams	ESS 3091, 4360	HPER N 256	801-581-7734	Daniel.williams@hsc.utah.edu
Shannon Mulder, ESSF Director		HPER N 249	801-585-5840	Shannon.mulder@utah.edu
Andrea Moss, ESS main office secretary		HPER N 247	801-581-7558	Andrea.moss@hsc.utah.edu