



PARKER UNIVERSITY ACADEMIC CATALOG

2019 – 2020

Addendum

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Parker University
2019-2020 Academic Catalog Addendum

This addendum contains approved changes to the 2019-2020 Parker University Academic Catalog. The purpose of this addendum is to provide additional information about new programs, courses or curriculum updates that occurred after publication of the 2019-2020 Parker University Academic Catalog. The amendments listed in this document take precedence over information contained in the 2019-2020 Parker University Academic Catalog and are effective as of the date of this publication.

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Introduction to the University Catalog

Mission

Parker University is a regionally accredited private university that offers certificate, undergraduate, and graduate degree programs in healthcare and business-related fields through multiple delivery formats and learning environments. The university espouses a culture of lifelong learning, research, and service.

Parker University provides its diverse population with support services and learning opportunities to develop the necessary skills for successful employment and career advancement.

Electronic Signature Agreement

Parker University may be required by law to provide you certain written notices or disclosures that require an electronic signature. An electronic signature is the same as signing a paper document. At any time, you may request from Parker University a paper copy of any record provided or made available electronically to you by the university.

University Interruption

In the event the operation of the University is suspended at any time due to any "Act of God", strike, riot, disruption, or any other reason beyond the control of the University, there will be no refund of tuition, fees, charges, or any other payment made to the University.

Parker University reserves the right to convert on-ground courses to online courses in the case of a temporary closure of the university campus. Parker University also reserves the right to change students from on-ground courses to online courses to ensure that the minimum number of students are registered for the class to run. Students will be notified of such changes in advance.

Technology Requirements

To fully participate in courses, you must use a PC or a Mac. A Chromebook, tablet, or mobile device is insufficient for the demands of Parker University courses, though, they can be used to perform some academic activities and thereby supplement the use of a desktop or laptop computer. A broadband internet connection (Cable/DSL/Satellite) is required.

Minimum Hardware Requirements

Microsoft Windows*

Windows 8 | Windows 10

- 4 GB RAM (8 GB recommended)
- 256 GB Hard drive or higher, Solid State recommended
- Speakers or headphones
- A webcam is required

**Doctor of Chiropractic students are required to purchase a school laptop with Windows 10 in order to utilize Parker's Electronic Health Record software for their course and clinical work starting in Trimester 6.*

Mac OS X

Version 10.10 - Yosemite or higher

- 4 GB of RAM (8 GB recommended)
- 256 GB Hard drive or higher

- A webcam and speakers are incorporated into all Macs

Required Software

Microsoft Office365 – free of charge to all active Parker University students via their university account

Adobe Reader 11 or higher – free download

Respondus LockDown Browser

What is [Respondus LockDown Browser](#)? It is a custom browser that locks down the testing environment for tests taken in Blackboard. If your instructor requires that you use the Respondus LockDown Browser, Students need to download and install the browser and use it to log in to Blackboard to take the test. Students are required to have sufficient technology to support Respondus LockDown Browser. See [MyParker Student Resources](#) to download the software and validate computer requirements.

Browser

Firefox and Chrome are the recommended browsers for accessing the Blackboard Learning Management System and other course software.

- [Firefox 57.0 or higher](#)
- [Google Chrome 63 or higher](#)
- [Apple Safari 12+](#)
- [Edge 42 or higher](#)

Parker Email

You are **required** to use your Parker University student email account for your online course. Parker's email is accessible 24/7 from any computer with a web browser.

Antivirus and Malware Software

We highly recommend that you purchase anti-virus / anti-malware for your computer or laptop, **even if you have a Mac**. There are free versions available, however, they are typically minimally featured and frequently advertise their paid versions. Some common antivirus/malware software options are below. The best one for you will depend on your specific needs and budget:

- [Malwarebytes](#)
- [BitDefender](#)
- [Norton](#)
- [AVG](#)
- [ESET](#)

Assistance

If your computer doesn't meet these requirements, you should contact your Financial Aid advisor to see if you qualify for additional funding to purchase a computer. If you have specific questions regarding your technology, please have work with the Parker University IT Service Desk at servicedesk@parker.edu or 214 902 2430.

College of Chiropractic

Doctor of Chiropractic

Mission

The mission of the Doctor of Chiropractic Program is to educate individuals in chiropractic wellness to be leaders in education, research, and service as primary care physicians and gatekeepers for direct access to the health delivery system.

General Program Information

Consistent with the 2018 Standards of the Council on Chiropractic Education, the Doctor of Chiropractic program prepares graduates to serve as competent, caring patient-centered and ethical doctors of chiropractic/chiropractic physicians qualified to provide independent, quality, patient-focused care to individuals of all ages and genders by:

1. Providing direct access, portal of entry care that does not require a referral from another source;
2. Establishing a partnership relationship with continuity of care for each individual patient;
3. Evaluating a patient and independently establishing a diagnosis or diagnoses; and,
4. managing the patient's health care and integrating health care services including treatment, recommendations for self-care, referral and/or co-management.

(Council on Chiropractic Education Standards, January 2018)

Parker University's Doctor of Chiropractic program includes basic, clinical, and chiropractic education with emphasis on conservative, functional, integrated, and patient-centered methods.

At Parker, chiropractic is taught as a science, philosophy, and art that is concerned with the relationship between the structure and function of the human body. Doctors of Chiropractic focus their attention on the neuro-musculoskeletal system's impact on the restoration and preservation of health and utilize neither drugs nor surgery in their practices.

Parker University teaches chiropractic as a unique and unduplicated discipline integrated within the health care system.

Program Learning Outcomes

The Doctor of Chiropractic graduate meets the program's mission based on its student learning outcomes consistent with the Meta-Competency Outcomes form the Council on Chiropractic Education.

Instructional Organization

The DC curriculum at Parker University is drawn from three academic areas and the Chiropractic Wellness Clinic. Courses are identified by a department prefix, course number, and course title. Department designations and prefix descriptions are as follows:

<u>Prefix</u>	<u>Department</u>
BASC	Basic Sciences
CHSC	Chiropractic Sciences
CLSC	Clinical Sciences
CLIN	Chiropractic Wellness Clinics

While a majority of the courses in the basic sciences are taken during the first half of the course of study, a strong thread of chiropractic philosophy, principles and techniques is maintained throughout the entire curriculum. Clinical experience constitutes a large portion of student time during the last half of the course of study.

Length of Program

The Doctor of Chiropractic curriculum is designed to be completed in ten trimesters. This includes seven trimesters of academic coursework and three trimesters of clinical internship.

Time Limit to Complete

The time limit to complete the requirements for the Doctor of Chiropractic degree is seven years from the time of matriculation. If a student has interrupted his or her education at Parker University or any other chiropractic university for more than five years, no credit will be given for the previous coursework upon re-admission. Students readmitted to the program must also meet all current admission requirements at the time of reentry.

Curriculum

Course #	Course Name	Lecture Hours	Lab Hours	Total Credit Hours	Clock Hours
Trimester I					
BASC 5101	Biology of Cells and Tissues	3	2	4	75
BASC 5104	Development and Applied Anatomy	4	2	5	90
BASC 5105	Biochemistry I	3	0	3	45
CHSC 5103	Foundations of Chiropractic	4	0	4	60
CHSC 5104	Introduction to Clinical Reasoning	2	0	2	30
CHSC 5105	Chiropractic Methods I	1	2	2	45
CLSC 5102	Fundamentals of Diagnostic Imaging	2	1	2.5	45
Trimester I Total		19	7	22.5	390
Trimester II					
BASC 5202	Gross Anatomy I	4	3	5.5	105
BASC 5204	Physiology I	4	2	5	90
BASC 5205	Microbiology/Immunology	5	2	6	105
BASC 5206	Biochemistry II	3	0	3	45
CHSC 5203	Clinical Biomechanics/Motion Palpation	3	2	4	75
CLSC 5201	Clinical Psychology	3	0	3	45
Trimester II Total		22	9	26.5	465
Trimester III					
BASC 5301	Gross Anatomy II	4	2	5	90
BASC 5303	Physiology II	4	2	5	90
BASC 5304	Public Health	2	0	2	30
BASC 5306	General Pathology	3	0	3	45
CHSC 5301	Chiropractic Principles/Philosophy	2	0	2	30
CHSC 5302	Diversified I	2	2	3	60
CHSC 5303	Extra Spinal Analysis & Technique	1	2	2	45
CLSC 5301	Diagnostic Imaging I	3	2	4	75
Trimester III Total		21	10	26	465
Trimester IV					
BASC 6105	Neuroscience	4	2	5	90
BASC 6106	Systems Pathology	5	0	5	75
CHSC 6101	Gonstead Technique	1	2	2	45
CHSC 6102	Diversified II Technique	1	2	2	45
CLSC 6103	Physical Diagnosis	3	2	4	75

CLSC 6104	Diagnostic Imaging II	4	2	5	90
CLSC 6105	Clinical Nutrition	4	0	4	60
Trimester IV Total		22	10	27	480
Trimester V					
BASC 6202	Pharmacology/Toxicology	2	0	2	30
CHSC 6204	OB/GYN/Pediatrics	4	0	4	60
CHSC 6206	Thompson Technique	1	2	2	45
CHSC 6207	Physiotherapy I	2	2	3	60
CHSC 6208	Full Spine Adjusting I	0	2	1	30
CLSC 6201	Clinical Orthopedics	2	2	3	60
CLSC 6204	Lab Diagnosis	3	2	4	75
CLSC 6205	Clinical Neurology	4	2	5	90
CHSC 7400	Technique Elective #1	1	2	2	45
Trimester V Total		19	14	26	495
Trimester VI					
CHSC 6305	Physiotherapy II	3	2	4	75
CHSC 6307	Science & Philosophy of the VSC	4	0	4	60
CHSC 6308	Full Spine Adjusting II	0	2	1	30
CHSC 6309	Small Business Creation & Management	3	0	3	45
CHSC 7400	Technique Elective #2	1	2	2	45
CLSC 6303	Functional Assessment Protocols	1	2	2	45
CLSC 6305	Differential Diagnosis	4	2	5	90
CLSC 6306	Diagnostic Imaging III	3	2	4	75
Trimester VI Total		19	12	25	465
Trimester VII					
CHSC 7103	Geriatrics	2	0	2	30
CHSC 7104	Documentation for the Chiropractic Practice	2	0	2	30
CHSC 7105	Chiro. Business Promotion / Leadership Skills	3	0	3	45
CHSC 7108	Full Spine Adjusting III	0	2	1	30
CHSC 7400	Technique Elective #3	1	2	2	45
CLSC 7104	Emergency Care	3	2	4	75
CLSC 7105	Wellness Concepts	3	0	3	45
CLSC 7106	Patient Management	4	2	5	90
CLSC 7107	Radiographic Examination	1	2	2	45
Trimester VII Total		19	10	24	435
Trimester VIII					
CLIN 7203	Internship I Practicum	5	22	16	405
Trimester VIII Total		5	22	16	405
Trimester IX					
CLIN 7303	Internship II Practicum	3	26	16	435
Trimester IX Total		3	26	16	435
Trimester X					
CLIN 8103	Internship III Practicum	3	26	16	435
Trimester X Total		3	26	16	435
Summary					
Basic Sciences		50	17	58.5	1005

Chiropractic Sciences	44	30	59	1110
Clinical Sciences	47	25	59.5	1080
Clinic Internship	11	74	48	1275
Total	152	146	225	4470

Curriculum is subject to change for continuous quality improvement, as well as to be compliant with licensing and other regulatory requirements. Students will be notified of changes. Course offerings may be limited based on faculty availability and/or enrollment.

Credit Hours - the unit of measure for valuation of courses

Clock Hours or Contact Hours - actual number of hours a student is physically in a class, lab or Chiropractic Wellness Clinic. "Clock Hour" is a 50-minute period. Note that two contact hours in lab counts for 1 credit hour and 1 lecture hour counts for 1 credit hour.

Electives

Electives are generally taught in a hybrid format with the lecture component being delivered online and the laboratory component delivered face-to-face and hands-on. Elective offerings may be impacted by faculty schedules and/or availability, as well as student interest.

Selectives

Selective courses may be provided to students. These courses are neither part of the curriculum nor required for graduation but may be of special interest. Selective courses may not be utilized to fulfill a core or elective technique requirement. ***Selective techniques cannot be utilized in the Parker University Chiropractic Wellness Clinics and are not included in the regular tuition price.***

Clinic Internship

The Doctor of Chiropractic program's Internship Practicum is a three-course sequence that students complete during their final year of enrollment (Trimesters 8, 9, and 10).

The three courses, Internship Practicum I, Internship Practicum II, and Internship Practicum III include lecture and laboratory hours. Lecture hours correlate to participation in online educational activities and laboratory to participation in patient service at one of the University's chiropractic clinics. It is during enrollment in the three clinic courses that each student is evaluated to measure achievement of each outcome of the educational Meta-Competencies from the Council on Chiropractic Education (CCE).

A student completes the clinic portion of the DC program and qualifies for graduation by passing each of the clinic courses, completing the quantitative patient service credit requirements, and achieving each of the CCE Meta-Competency Outcomes.

Community Based Internships (CBI)

Interns are offered the opportunity to participate in Community Based Internships to expand their clinical experience and knowledge. Participation in Community Based Internships is on a voluntary basis and is available to interns who have met specific requirements. Interns may apply to Community Based Internships in Trimester 9 with exception of two programs whereby applications are accepted in Trimester 8. All CBI programs last a full trimester except for the Dallas VA Program which lasts approximately half of a trimester. CBI programs are available to interns enrolled in Internship Practicum III except for two programs, the VA in Martinsburg, WV and the Kalkstein rotation in Maryland, whereby the intern will participate for approximately six months beginning in Internship Practicum II and continuing through Internship Practicum III. The interns will use the experiences in CBI to complete their quantitative clinical requirements. These programs include:

Practice Based Internships (PBI)

Practice-Based Internships provide interns with the opportunity to provide chiropractic care to a variety of patients, within local solo or multi-provider practice environments, while observing and learning successful practice management strategies.

Clinic Abroad

Three Clinic Abroad programs are available to provide interns the opportunity to deliver chiropractic care to a variety of patients in public and/or private clinics. CBI abroad programs include *Spain* at Madrid Chiropractic College (MCC), *Jamaica* at a private practice setting focusing on sports and neurology, and *Canada - Kinetic Centre* which is a multi-disciplinary and rehab practice setting focusing on movement patterns and corrective outcomes.

Veterans Affairs Hospital Rotation Programs

Interns provide chiropractic care to our nation's veterans within a multi-disciplinary, highly regulated and fully electronic environment. Participating VA hospitals include *Texas, Mississippi, West Virginia, Missouri, Indiana, California, Ohio, Iowa, Florida and Utah.*

Medical College of Wisconsin

Interns will have the opportunity to provide chiropractic care within an integrative spine model. This rotation is designed to improve the intern's clinical skills while providing the opportunity to demonstrate advanced knowledge and skills in the management of spine related disorders, chiropractic clinical care, patient communication/interaction, inter-professional collaboration, and evidence-based health care.

Kalkstein Chiropractic

This rotation will provide interns with an opportunity for practical exposure to chiropractic along with aspects involved in providing patient care in a pain management, sports and rehabilitation setting. Interns will see a variety of clinical cases while enhancing their knowledge, clinical decision-making skills and examination skills while learning all aspects of successful practice management.

Field Doctor Observation Program (FDOP)

Interns who have completed all clinical credit requirements, with the exception of their last 40% of required hours, have the opportunity to complete these hours shadowing a practicing chiropractor. No quantitative requirements may be accrued in this rotation, only clinic hours may be accrued.

Class Schedules in the Doctor of Chiropractic Program

The curriculum in the Doctor of Chiropractic program requires a minimum of 10 trimesters for completion. All entering students are placed on a full-time schedule as presented in the Catalog, unless a reduced load is requested. Students may request a reduced schedule for a single term or for multiple terms. Reduced course loads will result in changes to anticipated graduation date, increase the cost of the program, and may impact financial aid eligibility.

Students who fail or withdraw from courses receive academic advising and are placed on a modified schedule that includes the failed/withdrawn course(s). Modified schedules are designed to support successful academic progress and return students to a regular schedule of courses without violating course prerequisites or other academic policies. Students who do not accept the academic advising recommendations may experience further delay in program completion, higher cost to complete the program, and financial aid ineligibility.

Parker University reserves the right to set and/or modify the schedule of enrolled students.

Laboratory Participation

The Doctor of Chiropractic program includes many courses with associated laboratory experiences. All students are required to participate in laboratory activities unless a documented disability or other extenuating circumstance requires special accommodations.

Laboratory experiences include, but are not limited to, the following: microscopy, chemical experiments, cadaver dissection, physical and neurological examinations, palpation and adjustment, application of physiological therapeutics, and active care techniques.

Students are expected to participate as both patient and examiner/doctor in applicable laboratory experiences.

Lab Schedule Changes

Students are expected to attend labs as scheduled. In the event a student is unavailable to attend labs as scheduled, they should contact the instructor immediately for assistance. If the circumstances warrant moving the student to another lab and there is availability, the instructor will assist the student. If the instructor is unable to accommodate the student's request due to lab enrollment capacity, the student must find a classmate that is able to switch lab sections. Should a change in lab schedule be approved by the instructor or a student-to-student agreed upon lab switch be arranged, each student is responsible for completing and submitting an add/drop form to the Registrar's Office by the add/drop deadline (end of the first week of the trimester). After this point, lab schedules may not be altered.

Co-Curricular Graduation Requirements: Service-Learning Opportunities and Assemblies

The Doctor of Chiropractic program requires that students participate in co-curricular activities as a component of their educational program. In order to qualify for graduation, a student must have participated in no less than 24 college sanctioned activities in this category.

The 24 events must consist of the following: 10 Academic, 10 Service, and 4 Research. Students can track their progress toward fulfillment of this requirement on MyParker so that they may ensure they complete it by graduation. Additionally, students, faculty, and staff periodically attend Parker University Assembly to learn from experts in various fields including health care, education, philosophy, science, and business. All assemblies must be approved by the Dean of Student Engagement.

National Board Exams

The National Board of Chiropractic Examiners (NBCE) was established to maintain uniform high standards of excellence in the chiropractic profession and chiropractic education. The NBCE primarily prepares and administers examinations to qualified applicants. State licensing boards and/or legal agencies governing the practice of chiropractic may accept, at their discretion, those individuals who have successfully completed any part of the examinations.

NBCE exams include written exams Parts I, II, III, and PT, as well as clinical practical exam Part IV. All states require some or all parts of the NBCE exams to be passed as a prerequisite for licensing. A directory of state licensing requirements can be found on the Federation of Chiropractic Licensing Boards' website at www.fclb.org.

Parker University is responsible to certify that students are eligible to take National Boards in accordance with the deadlines set by the NBCE. Because of the importance of performance on National Board examinations, Parker University has requirements for certifying students for National Board eligibility.

All students should take all parts of the NBCE exams prior to graduation but students who fail or withdraw from classes, on a special schedule, or take a leave of absence from the program may experience a delay in qualifying for NBCE exams.

Parker University is an official test site for all parts of the National Boards. However, the number of exam sessions, dates of the exams, and number of students permitted to take the exams at the University is determined by NBCE.

Eligibility Timeline

Students should take NBCE exams according to the following timeline:

- Part I upon completion of all trimesters I-IV.
- Part II upon completion of trimesters I – VII.
- Part III upon completion of trimesters I – VII and completion or concurrent enrollment in Trimester VIII. NBCE requires students to be within nine months of graduation when taking the Part III exam.
- PT upon successful completion of Parker's PT course sequence.
- Part IV may be taken when the student is eligible per the NBCE requirements that include taking the exam within six months of anticipated graduation.

Students may be approved to apply for an NBCE exam when enrolled in a trimester in which application is due prior to the scheduled completion of the final trimester required for the associated exam. The following are qualifications for this approval to make application:

1. The student must have a cumulative grade point average of 3.0 or higher
2. The student must have a grade of 82.5 or higher in all courses topically covered in the associated exam by week 12 of the trimester
3. The date of participation in the exam is past the date of completion for the required trimester

Licensure Information

Enrollment in and graduation from Parker University's Doctor of Chiropractic program does not guarantee future licensure or employment.

Each state sets its own requirements for licensure. In addition to the Doctor of Chiropractic degree and passage of National Board exams, some states require completion of a bachelor's degree, a minimum threshold of attendance while in chiropractic college, and quantitative requirements for certain clinical procedures. Students are responsible to know and to meet the licensure requirements of the state(s) in which they intend to practice. A directory, published by the Federation of Chiropractic Licensing Boards, is available for students on the Federation's website www.fclb.org.

Diagnostic Imaging Residency Program

The Diagnostic Imaging Residency Program at Parker University is a three (3) calendar year program designed to qualify licensed Doctors of Chiropractic to sit for the American Chiropractic Board of Radiology's certification examinations. The program is rigorous, and residents are selected on a competitive basis for limited openings. They receive an annual stipend and are eligible for full-time employee benefits. Applicants are selected on the basis of a written examination, oral film reading examinations, and an interview with the residency selection committee. The resident training program includes didactic content sessions, film interpretation sessions, clinic radiology interpretation duties, classroom teaching responsibilities, radiology conference attendance, and publication and presentation opportunities. Residents are periodically evaluated via sectional examinations for training progression and to provide feedback on areas of relative strength and weakness within the course of study. Applicants for a residency position must be graduates of an accredited Doctor of Chiropractic program and are expected to have above average knowledge of academic and clinical radiology topics. Successful residents are self-motivated and demonstrate a strong desire to successfully complete the program and pursue diplomate status with the American Chiropractic Board of Radiology.



College of Health Sciences – Program Additions

Master of Science Degree in Strength and Human Performance

Mission

The mission of the Master of Science degree in Strength and Human Performance program at Parker University is to prepare graduates to apply evidence-based research to promote health, enhance physical performance, and prevent athletic injuries.

General Program Information

The Master of Science degree in Strength and Human Performance provides a comprehensive study of evidenced-based research in physiology, biomechanics, and human metabolism to enhance health, function, and physical performance. This program prepares graduates for advanced graduate work in research and for professionals in a health-related field to strengthen their knowledge and application of exercise science. The courses are designed to facilitate certifications from the American College of Sports Medicine and the National Strength and Conditioning Association.

American College of Sports Medicine (ACSM) Certifications:

- ACSM Certified Personal Trainer (ACSM-CPT)
- ACSM Certified Exercise Physiologist (ACSM-EP)
- ACSM Certified Group Exercise Instructor (ACSM-GEI)
- ACSM Certified Clinical Exercise Physiologist (ACSM-CEP)
- ACSM Exercise is Medicine Credential
- ACSM/ACS Certified Cancer Exercise Trainer (CET)
- ACSM/NCHPAD Certified Inclusive Fitness Trainer (CIFT)
- ACSM/NPAS Physical Activity in Public Health Specialist (PAPHS)

National Strength and Conditioning Association (NSCA) Certifications:

- Certified Strength and Conditioning Specialist (CSCS)
- Certified Special Population Specialist (CSPS)
- NSCA-Certified Personal Trainer (NSCA-CPT)

Program Learning Outcomes

The graduating student will be able to:

- Develop critical thinking skills that will enable success in graduate school
- Prescribe specialized training in areas related to cardiac rehabilitation, sports injuries and rehabilitation, and other allied health professions
- Develop fitness programs that are goal-oriented to meet the needs of various populations

Length of Program

The degree program may be completed in 5 terms for the 30-hour program.

Mode of Instruction

The Master of Science degree in Strength and Human Performance is offered through distance education.

Graduate Admission Requirements

- Submission of a completed Graduate School Application

- Submission of an unofficial transcript or a foreign evaluation showing successful completion of a degree equivalent to a bachelor's degree in the US.
- Submit two letters of recommendation within the first semester of enrollment
- Submit a resume indicating education and complete work history
- Minimum GRE composite score of 1350 received within the first semester of enrollment. The requirement for GRE may be waived for students who meet the following criteria:
 - Graduate degree from an accredited institution
 - Undergraduate degree from an accredited college or university with a grade average of at least 3.0 or above
 - Completion of the first semester of enrollment at Parker University MS in Strength and Human Performance with a minimum grade average of 3.0 and no grade below a B

Failure to provide all admissions documentation, test scores or to achieve the grade point average required by the end of the first semester may lead to suspension or dismissal from the University. All graduate students are required to complete foundational courses for the appropriate program through undergraduate or equivalent course work. Students who have not completed relevant undergraduate courses will be required to take equivalent courses upon acceptance to the program. Pre-requisite courses must be completed with a "C" grade or higher.

Pre-Requisite Requirements

Students without a bachelor's degree in Exercise Science, or related field, will be required to complete pre-requisite requirements before starting the Master of Science in Strength and Human Performance.

- Exercise Physiology + Lab
- Biomechanics + Lab
- Exercise Prescription and Application + Lab
- Kinesiology
- Introduction to Nutrition

Degree Requirements

The Master of Science in Strength and Human Performance students must complete a total of 30 graduate semester credit hours of coursework. No elective courses are offered in this program.

Graduation Requirements

To be eligible for the Master of Science in Strength and Human Performance, students at Parker University must fulfill the following requirements:

- Complete 30 credit hours of graduate study (24 credits must be earned at Parker University)
- Complete the course of study required for the Master of Science in Exercise Science and Human Performance with a grade point average of 3.0 or higher, based on a 4.0 scale
- Complete the degree requirements with no more than two courses with a grade of "C."
- Complete all The Master of Science in Exercise Science and Human Performance degree requirements within five years of beginning coursework; exceptions for extenuating circumstances reviewed by the Dean

Curriculum

MASTER OF SCIENCE Strength and Human Performance		
TOTAL		30 Semester Credit Hours
Course ID	Cr.	Course name
Required Courses		
HPER5301	3	Exercise and Health
NUTR5311	3	Dietary and Nutritional Supplementation for Athletic Performance
PSYC5302	3	Applied Sports Psychology
HPER5304	3	Research Methods
HPER6313	3	Endocrinology in Health and Exercise
HPER6323	3	Cardiovascular Health and Exercise
HPER6333	3	Exercise Prescription for Special Populations
HPER6306	3	Advanced Methods of Strength and Conditioning
NUTR6316	3	Advanced Nutrition and Metabolism
HPER6399	3	Strength & Human Performance Capstone

Bachelor of Science Degree in Strength and Human Performance

Mission

The mission of the Bachelor of Science degree in Strength and Human Performance program at Parker University is to provide students the foundation in exercise and movement sciences to promote health, fitness, strength, and human performance for physically active people.

General Program Information

The Bachelor of Science degree in Strength and Human Performance is a pre-professional degree program to prepare students for entrance to graduate degree programs in Chiropractic, Physical Therapy, Occupational Therapy, and Sports Medicine. The program offers quality classroom and laboratory instruction designed to prepare students to specialize in assessment, treatment, strength, conditioning, and rehabilitation in physically active people. The courses are designed to facilitate certifications from the American College of Sports Medicine and the National Strength and Conditioning Association.

American College of Sports Medicine (ACSM) Certifications:

- ACSM Certified Personal Trainer (ACSM-CPT)
- ACSM Certified Exercise Physiologist (ACSM-EP)
- ACSM Certified Group Exercise Instructor (ACSM-GEI)
- ACSM Certified Clinical Exercise Physiologist (ACSM-CEP)
- ACSM Exercise is Medicine Credential
- ACSM/ACS Certified Cancer Exercise Trainer (CET)
- ACSM/NCHPAD Certified Inclusive Fitness Trainer (CIFT)
- ACSM/NPAS Physical Activity in Public Health Specialist (PAPHS)

National Strength and Conditioning Association (NSCA) Certifications:

- Certified Strength and Conditioning Specialist (CSCS)
- Certified Special Population Specialist (CSPS)
- NSCA-Certified Personal Trainer (NSCA-CPT)

Program Learning Outcomes

The graduating student will be able to:

- Develop critical thinking skills that will enable success in graduate school
- Prescribe specialized training in areas related to cardiac rehabilitation, sports injuries and rehabilitation, and other allied health professions
- Develop fitness programs that are goal-oriented to meet the needs of various populations
- Become certified as a personal trainer or strength and conditioning coach

Length of Program

The degree program may be completed in a minimum of 10 terms of instruction and with a maximum satisfactory time frame for completion of 15 terms. The curriculum includes 30 semester credit hours of general education courses, 24 semester credit hours of lower-division required courses, 15 semester credit hours of interdisciplinary studies, and 52 semester credit hours of upper-division required courses.

Mode of Instruction

The Bachelor of Science degree in Strength and Human Performance program offers quality classroom, laboratory, and online instruction designed to prepare students to become specialized in assessment, treatment, strength and conditioning, and rehabilitation in physically active people.

Degree Requirements

The Bachelor of Science with a Major in Strength and Human Performance requires a minimum of 120 semester credit hours of coursework which are as follows:

- 31 Credit hours in General Education courses
- 25 Credit hours in Lower Division required courses
- 12 Credit hours in Interdisciplinary Studies courses
- 52 Credit hours in Upper Division required courses

Curriculum

BACHELOR OF SCIENCE STRENGTH AND HUMAN PERFORMANCE		
GENERAL EDUCATION CORE COURSES		31 Semester Credit Hours
LOWER DIVISION REQUIRED COURSES		25 Semester Credit Hours
INTERDISCIPLINARY STUDIES		12 Semester Credit Hours
UPPER DIVISION REQUIRED COURSES		52 Semester Credit Hours
TOTAL		120 Semester Credit Hours
Course ID	Cr.	Course name
GENERAL EDUCATION CORE COURSES (31 SCH)		
COMMUNICATION		Complete (9) Semester Credit Hours
ENGL 1301	3	Composition I
ENGL 1302	3	Composition II
SPCH 1311	3	Introduction to Speech Communication
Communication*	9	*Or other equivalent courses in Communications
MATHEMATICS		Complete (6) Semester Credit Hours
MATH 1314	3	College Algebra

MATH 1342	3	Statistical Methods I
Mathematics*	6	*Or other equivalent courses in Mathematics
HUMANITIES		Complete (3) Semester Credit Hours
ENGL 2326	3	American Literature
MUSI 1306	3	Music Appreciation
Humanities*	3	*Or choose other equivalent courses in Humanities
SOCIAL & BEHAVIORAL SCIENCES		Complete (6) Semester Credit Hours
GOVT 2305	3	Federal Government
PSYC 2301	3	General Psychology
Social & Behavioral Sciences*	6	*Or choose other equivalent courses in Social & Behavioral Sciences
NATURAL SCIENCES		Complete (4) Semester Credit Hours
BIOL 1406	4	Biology (Lecture + Lab)
Natural Sciences*	4	*Or choose other equivalent courses in Natural Sciences
COMPUTER LITERACY		Complete (3) Semester Credit Hours
COSC 1301	3	Introduction to Computing
BCIS 1301	3	Fundamentals of Computer Information Systems Information Systems
Computer Literacy*	3	*Or choose other equivalent course in Computers
LOWER DIVISION REQUIRED COURSES (25 SCH)		
CHEM1411	4	General Chemistry I (lecture + lab)
KINE2305	3	Community Health
HPER1311	3	Introduction to Health Promotion and Wellness
RSMT2301	3	Introduction to Ethics
BIOL 2401	4	Anatomy & Physiology I (lecture + lab)
BIOL 2402	4	Anatomy & Physiology II (lecture + lab)
PHYS 2425	4	Physics 1 (lecture + lab)
INTERDISCIPLINARY STUDIES/ELECTIVES (12 SCH)		
HPER2304	3	Epidemiology
NUTR2301	3	Introduction to Nutrition
HPER2302	3	Health Behavior Theories and Planning Models
HPER2311	3	Entrepreneurial Skills for Small Business
UPPER DIVISION REQUIRED COURSES (52 SCH)		
KINE2364	3	Introduction to Physical Fitness and Wellness
HPER3313	3	Motor Learning and Skill Development
HPER3323	3	Business of Sport Management
NUTR3323	3	Nutrition for Exercise Performance
HPER3403	4	Exercise Physiology (Lecture + lab)
HPER3304	3	Therapeutic Modalities
HPER3333	3	Rehabilitation of Athletic Injuries
HPER4303	3	Strength and Conditioning Training
HPER4403	4	Exercise Prescription and Application (Lecture + lab)
HPER4301	3	General Medicine in Sports
HPER4313	3	Cardiorespiratory Disorders and Fitness
HPER4323	3	Kinesiology
NUTR4301	3	Advanced Nutrition and Metabolism
PSYC4302	3	Sport Psychology
HPER4413	4	Biomechanics (Lecture + lab)

Course Descriptions

Human Performance

HPER1311 Introduction to Health Promotion and Wellness – 3 Credit Hours

This course emphasizes a holistic approach to health. It covers topics such as nutrition, physical activity, stress, and the influence of socio-economic and environmental factors on all aspects of health and well-being.

HPER2302 Health Behavior Theories and Planning Models – 3 Credit Hours

This course introduces students to concepts fundamental to the understanding of human health behavior. Students will learn the different theories of health promotion, implementation, and evaluation. There will be an emphasis on the determinants of health behavior and techniques used by health professionals to promote health.

HPER2304 Epidemiology – 3 Credit Hours

This course will provide a basic introduction to the principles and methods of epidemiology. This course includes the biological, behavioral, sociocultural, and environmental factors associated with the etiology and distribution of health and disease.

HPER2311 Entrepreneurial Skills for Small Business – 3 Credit Hours

This course aims to provide training in entrepreneurial skills and small business management as it relates to the health and fitness industry. Students will identify opportunities, and have the knowledge, attitudes, and skills to develop innovative business ideas to manage small businesses successfully.

HPER3304 Therapeutic Modalities – 3 Credit Hours

Introduces physiological principles, concepts, and operational procedures of contemporary therapeutic modalities as they relate to the care and treatment of athletic injuries.

HPER3313 Motor Learning and Skill Development – 3 Credit Hours

This course investigates the principles of human performance and actions. Students will learn the principles underlying the acquisition of motor skills and how control of skilled movements is gained, maintained, and adapted. Students will understand the various ways that people learn to move, acquire skilled actions, and how the principles of motor performance and learning can be useful in teaching, coaching, and rehabilitation.

HPER3323 Business of Sport Management – 3 Credit Hours

This course emphasizes basic management principles as they relate to the sports industry. A variety of marketing techniques and approaches are analyzed to provide students with the skills to develop effective and comprehensive sports marketing plans.

HPER3333 Rehabilitation of Athletic Injuries – 3 Credit Hours

This course aims to introduce the concepts and principles of a rehabilitation program. Students will learn how to determine therapeutic goals and objectives, selection of therapeutic exercises, and the methods of evaluating and recording rehabilitation progress.

HPER3403 Exercise Physiology (Lecture and Lab) – 4 Credit Hours

The purpose of this course is to increase the student's knowledge and understanding of human physiology and the adaptations that occur during exercise. Emphasis is on bioenergetics as well as circulatory, respiratory, and neuromuscular responses to the physical stress of exercise.

The lab component will include neural control during physical activity, skeletal muscle contraction, pulmonary and circulatory physiology, gas exchange and transport, aerobic and anaerobic energy sources for muscular activity, and temperature regulation during exercise.

Pre-requisite: Anatomy and Physiology

HPER4301 General Medicine in Sports – 3 Credit Hours

This course focuses on the evaluation and management of injuries and disorders. Students will learn to assess critical injuries and illnesses, including acute care, rehabilitation, and prevention, and to implement guidelines that affect decisions for allowing athletes to continue with physical activity.

HPER4303 Strength and Conditioning Training – 3 Credit Hours

The course will focus on the assessment and implementation of strength and conditioning concepts and the analyses of various sports movements as they apply to strength and power exercises for sports training.

HPER4313 Cardiorespiratory Disorders and Fitness – 3 Credit Hours

This course prepares students to design, implement, and administer exercise programs for developing physical fitness for special populations with cardiovascular and respiratory conditions.

HPER4323 Kinesiology – 3 Credit Hours

This course introduces students to the study of anatomical and biomechanical principles of human performance and movement science.

HPER4403 Exercise Prescription and Application (Lecture and Lab) – 4 Credit Hours

This course provides theoretical knowledge and practical skills to design personalized exercise programs that produce specific physiologic responses and adaptations. Emphasis is placed on prescribing safe and effective cardiorespiratory, musculoskeletal, and weight management programs for individuals with or without a controlled disease.

The lab provides students the opportunity to acquire the necessary skills to perform a fitness assessment and exercise testing for cardio-respiratory fitness, body composition, muscle flexibility, strength, and endurance, and to demonstrate various exercises prescribed.

Pre-requisites: Exercise Physiology + Lab and Biomechanics + Lab

HPER4413 Biomechanics (Lecture + Lab) – 3 Credit Hours

The course provides an overview of the mechanical and anatomical analysis of movement related to human performance. Students will acquire knowledge to structurally, functionally, and mechanically analyze the performer and performance of physical activities.

The lab component: This course focuses on the development of techniques of human movement analysis from structural and functional points of view and incorporates principles of mechanics as they apply to the study of human motion.

Pre-requisite: Exercise Physiology

HPER4499 Capstone Course – 3 Credit Hours

This course requires the student to produce an original research design suitable for submission to a Human Subjects Review Board (IRB) that demonstrates mastery of a specified subject/field they wish to pursue professionally.

Pre-requisites: completion of all core courses. This course must be completed in the final term of enrollment

HPER5301 Exercise and Health – 3 Credit Hours

This course explores the fundamental role of exercise and fitness in health. Students will examine the principles of exercise and various components of fitness and wellness.

HPER5304 Research Methods – 3 Credit Hours

This course emphasizes gaining the skills required to plan and execute research studies in sport sciences. Topics include scientific writing, literature review skills, developing hypotheses, human ethics in research, and scientific presentation skills.

HPER6306 Advanced Methods of Strength and Conditioning – 3 Credit Hours

This course explores the scientific literature of sports-related fitness for competitive and professional athletes. Muscle strength, endurance, agility, speed, and flexibility in athletes are discussed. Current research and development in exercise physiology and human kinetics will be explored.

HPE6313 Endocrinology in Health and Exercise – 3 Credit Hours

This course examines the physiological principles and mechanisms of endocrinology as it relates to health and exercise. There is an emphasis on the endocrine organs, hormone classifications, detailed mechanisms of action of hormones, and the role of nutrition.

HPER6323 Cardiovascular Health and Exercise – 3 Credit Hours

This course focuses on the acute and chronic effects of aerobic and resistance exercise on the cardiovascular system. Structural and functional operation and regulation of the cardiovascular system, physiological changes, and a comprehensive understanding of the regulatory mechanisms controlling cardiovascular function at rest and in response to exercise will be explored.

HPER6333 Exercise Prescription for Special Populations – 3 Credit Hours

This course emphasizes the evaluation of physical fitness in special populations and to design, implement, and administer programs for developing physical fitness and changing lifestyle behaviors.

HPER6399 Strength and Human Performance Capstone – 3 Credit Hours

This course requires the student to produce an original research design suitable for submission to a Human Subjects Review Board (IRB) that demonstrates mastery of a specified subject/field they wish to pursue professionally. The primary focus of the course is the analysis of scientific literature to formulate a research proposal, including a thorough review of literature, hypothesis, and methodology. The research proposal will describe contributions to the field of exercise and sport science.

Pre-requisites: completion of all core courses. This course must be completed in the final term of enrollment.

Kinesiology

KIN2305 Community Health – 3 Credit Hours

This course introduces the major areas of public health, epidemiology, health care management, environmental health, social-behavioral health, and health informatics. Students will interpret and analyze a variety of demographic and epidemiological information as they impact a given community.

KINE2364 Introduction to Physical Fitness and Wellness – 3 Credit Hours

Students will learn comprehensive approaches in applying functional physical activity to daily life and in making superior wellness choices. Students will grasp how to educate and empower individuals towards making positive steps in developing a lifelong commitment to fitness and wellness.

Nutrition

NUTR2301 Introduction to Nutrition – 3 Credit Hours

This course introduces the basic concepts of nutrition. The content includes the functions of the macronutrients and micronutrients, as well as the principles of diet evaluation, nutritional assessment, energy balance, weight management, nutrition, and fitness.

NUTR3323 Nutrition for Exercise Performance – 3 Credit Hours

This course presents sport nutrition guidelines to enhance athletic performance. The course content includes energy expenditure during exercise, the use of supplements, and dietary recommendations for athletic training. Students will gain an understanding of exercise physiology and learn how to create a nutrition plan for each sport. (Pre-requisite: Introduction to Nutrition)

NUTR4301 Advanced Nutrition and Metabolism – 3 Credit Hours

This course focuses on the metabolism of carbohydrates, protein, and lipids and the role in human and physical performance.

Pre-requisites Introduction to Nutrition

NUTR5311 Dietary and Nutritional Supplementation for Athletic Performance – 3 Credit Hours

This course provides an overview of the role of nutrient selection in supporting and improving strength and physical performance. There is an emphasis on applying evidence-based strategies and recommendations.

NUTR6316 Advanced Nutrition and Metabolism – 3 Credit Hours

This course focuses on the functions, requirements, and metabolism of carbohydrates, protein, and lipids and the role in human and physical performance.

Psychology

PSYC4302 Sport Psychology – 3 Credit Hours

An analysis of the social and psychological dimensions of sport. Emphasis is placed on social and psychological theories and research related to physical activity, physical education, corporate fitness, and athletic programs.

PSYC5302 Applied Sport Psychology – 3 Credit Hours

This course covers the psychological and social-psychological consequences of exercise and competitive sport. Students will analyze and apply evidence-based practices in sport psychology to enhance performance, health, and self-efficacy.

Research Methods

RSMT2301 Introduction to Ethics – 3 Credit Hours

The course will examine the principles of ethics as it applies to ethical decision-making by leaders in healthcare administration. Students will learn to draw on ethical principles and virtues, promote moral reflection in the context of contemporary health-care challenges, and utilize caring and empathy to make complex ethical decisions.