



LIONEL
UNIVERSITY

Formerly ISSA College of Exercise Science

2022-2023 COURSE CATALOG

The information in this catalog is intended for informational purposes only and does not constitute a legal contract between Lionel University and any person or entity.

The current catalog can be found online: <https://lionel.edu/course-catalog>

Lionel University reserves the right to change any of the regulations, subjects or curricula, or portions thereof, contained in this catalog without prior notice.

The catalog is updated on an annual basis. Revisions may be made on a quarterly basis.
[lionel-catalog_22-0701] Effective July 1, 2022 through June 30, 2023 unless superseded by a revision.

Archived catalogs can be obtained by contacting registrar@lionel.edu.



2022-2023 IMPORTANT DATES AND FEES*

Course Start Dates			Last Day to Drop without "W" Refund available			Final Withdrawal Last day for a partial refund and "W"		
Quarter	Date	Applicable Courses	Quarter	Date	Applicable Courses	Quarter	Date	Applicable Courses
Summer 2022	Jul 5	Quarter-long Courses, Short Session A	Summer 2022	Jul 24	Quarter-long Courses, Short Session A	Summer 2022	Jul 24	Short Session A
	Aug 8	Short Session B		Aug 14	Short Session B		Aug 14	Quarter-long Courses
							Aug 28	Short Session B
Fall 2022	Oct 3	Quarter-long Courses, Short Session A	Fall 2022	Oct 9	Quarter-long Courses, Short Session A	Fall 2022	Oct 23	Short Session A
	Nov 7	Short Session B		Nov 13	Short Session B		Nov 13	Quarter-long Courses
							Nov 27	Short Session B
Winter 2023	Jan 2	Quarter-long Courses, Short Session A	Winter 2023	Jan 8	Quarter-long Courses, Short Session A	Winter 2023	Jan 22	Short Session A
	Feb 6	Short Session B		Feb 12	Short Session B		Feb 12	Quarter-long Courses
							Feb 26	Short Session B
Spring 2023	Apr 4	Quarter-long Courses, Short Session A	Spring 2023	Apr 9	Quarter-long Courses, Short Session A	Spring 2023	Apr 23	Short Session A
	May 9	Short Session B		May 14	Short Session B		May 14	Quarter-long Courses
							May 28	Short Session B

*Dates and fees subject to change. Be sure you have the most current course catalog and confirm important dates with your Success Coach before registering.

In the event that circumstances beyond the institution's control impact a published start date (e.g. natural disaster), the institution will establish a new start date within 72 hours of resuming operation and notify impacted parties. Prorated refunds will be calculated from the adjusted start date. (reg-KS).

Tuition and Fees

Tuition

Undergraduate: \$333 per credit (US citizens and residents), \$440 per credit (international)

Includes: course content, instruction, and online learning system access

Graduate: \$440 per credit

Includes: course content, instruction, and online learning system access

Online Proctoring: \$22.50

Online proctoring for the final examination can be arranged through Proctor U for \$22.50. Students can also arrange for an onsite proctor at their own expense.

Technology Fee: \$25.00 (Quarterly)

Quarterly fee used to support technological upgrades and support.

Certification Fee (PTR courses only): \$199.00

Fee assessed to students enrolled in PTR courses.

Refunds

If cancellation occurs at any time within 7 calendar days after the institution accepts enrollment, the student may request a refund of all money paid to the institution.

Refund Calculation

1. The course start date is considered the first class.
2. Cancellation up through 60% of the duration of the term will result in a prorated refund. Rate is computed by dividing the number of term days through the date of cancellation by the total days in the term.
3. Cancellation after 60% of the duration of the term will result in no refund for the term.

**Note: If third-party payment is used for tuition (e.g., TA, Ch33 GI Bill, etc.), this amount will be charged directly to the student upon cancellation.

Please see Lionel University Refund Policy section for more information.

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About

Lionel University is the world leader in fitness education and delivers comprehensive, cognitive and practical distance education for fitness professionals, grounded in industry research, using both traditional and innovative modalities. Founded in 1988 by Dr. Sal Arria and Dr. Frederick Hatfield, the institution offers 12 certificate programs, an associate of science degree program, bachelor's of science degree program and master's of science degree program. Lionel University has produced over 3200 graduates in its certificate and degree programs.

Institutional Profile

Mission

Lionel University believes that the health and fitness of our society can be significantly improved by our students' success as health, sports and fitness professionals. Our efforts to stem the tide of poor health and physical decline are multiplied exponentially as our graduates and members disseminate the institution's principles and methods to their clients, peers and associates. Our mission is to inspire each and every student to positively impact the quality of life of each individual with whom they come in contact.

As a distance education institution and industry leader, Lionel University is unconditionally committed to providing the highest quality distance education programs available, advancing our industry as a whole, and developing greater access to career opportunities for those who share our vision of Creating a Stronger, Healthier World™.

Core Values

- Human Potential
- Commitment To Product Quality And Educational Integrity
- Transformation Into Our Best Selves
- Commitment To Quality Work
- Equity And Inclusion
- Impact Through Teamwork
- Stewardship Of Resources
- Courageous Attitudes

Institutional Goals

- To serve fitness professionals by developing programs that are beneficial and of interest to the fitness industry
- To enhance professional development of fitness professionals by facilitating opportunities for learning and individual growth
- To establish standards and guidelines for the delivery of quality and professional fitness services and business practices, as well as the development of ethics standards for fitness professionals
- To collaborate with public and private industries on the development of programs and services to increase the awareness of fitness education and its benefits to individuals and communities
- To network with other industry organizations to advance fitness education, careers and professional practices by initiating and disseminating research



findings.

Institutional Objectives

- To graduate students who are prepared for the fitness industry
- To enroll a wide range of qualified students from across the globe interested in personal growth, job acquisition, career advancement or higher education goals in the health and fitness industry.
- To recruit and retain effective and qualified staff and faculty committed to distance education.
- To provide students skills, support systems and information they need to succeed in the fitness industry and higher education aspirations.
- To tie student assessments to our strategic planning
- To provide relevant and up to date curriculum deliverable through online means.
- To investigate, research and implement relevant technology as beneficial to the delivery of online education.

Institutional Outcomes

To turn our vision into a reality and to accomplish our mission, the institution strives for the following outcomes

Trainer/Client

- To administer policies and programs with the priority being the best interests of public health and well being.

Students

- To produce students that are inspirational leaders, academically sound, and professional in their fitness and health related profession.
- To nurture students' abilities to be lifelong learners
- To promote the use of professional behaviors in the work environment
- To enable the skills necessary to exercise autonomous judgment in professional endeavors as employees or business owners.
- Learning and Teaching
- To support faculty scholarship, teaching excellence, and service to Lionel University, community and professional activities
- To support faculty leadership in the development of contemporary curricula
- To promote student learning by utilizing best instructional practices

Culture

- To focus on helping one student at a time.
- To focus on student success in daily studies, preparation and testing (competence)
- To promote an organizational culture that respects open communication, job ownership, and teamwork between all divisions; Public, Education and Professional.
- To encourage sharing the impact that a healthy active and productive lifestyle creates on all people and society at large.
- To expect ethical behavior and integrity in all staff actions.
- To support professional advocacy in working with external constituencies



Quality

- To focus on regular quality improvements to enhance institutional effectiveness

Growth and Innovation

- To search out and embrace change and innovation in processes that enhances educational outcomes
- To responsibly grow Lionel University based on society's need for our programs and the availability of resources and personnel to support the improved health and well being of our society as a whole.
- To provide visionary educational models that address student learning needs

Stewardship

- To manage all school operations ethically, economically, safely and efficiently

Program Philosophy

Fundamental to the program is the belief that online course delivery is a highly effective methodology for undergraduate and graduate coursework. Most of the tasks completed involve working with knowledge, information, and digital systems, all of which can be comprehended as a result of properly designed online courses.

Also central to the program is a keen awareness of student need. Because many students face demanding personal schedules, they need to be able to access all course content “on-demand.” Consequently, the program strives to provide the flexibility and primary benefits of asynchronous education.

Further principles upon which the program is founded are as follows:

- Course content should be available on-demand and allow students to repeat and review content to reinforce comprehension.
- Technology should maximize the interconnectivity between the digital learning material and the human learner.
- Course content should involve a synergistic approach, incorporating textual, auditory, and visual content to address different learning styles.
- Courses should facilitate community learning as research shows a strong correlation between group participation and course completion.
- Students should be encouraged to engage in thoughtful dialogue with other students. Knowledge which is passed along is often retained longer than knowledge which is simply absorbed.
- The courses should allow students to take advantage of the “courage” which relative anonymity provides in an educational context. Educational research has found that this feature is one of the greatest advantages of distance education. Students are much more willing to make a forum post than they would be to vocalize in a physical classroom.
- Students should be in control of their participation. With the ability to thoroughly consider all forum communications before sending, students maximize their ability to participate in group discussions confidently.
- Courses should allow anonymity, when desired. With direct email access to instructional support, privacy can be maximized.
- Course content should be structured to provide direct focus on key job tasks. Information is so readily available that education has become more of a matter of focus and direction than of providing information.



- Course content should be highly practical, as the target student market is specifically focused on acquiring valuable skills.
- Finally, because distance education is a changing field, the uses of technology in online education should continue to develop.

Accreditation and Approval

Lionel University is accredited by the Distance Education Accrediting Commission (DEAC).

Distance Education Accrediting Commission
1101 17th Street, N.W., Suite 808
Washington, D.C. 20036
(202) 234-5100
www.deac.org

Lionel University has had continuous accreditation by the DEAC since 2009.

A student or any member of the public may file a complaint about this institution with the DEAC by calling (202) 234-5100 or mailing to Distance Education Accrediting Commission 1101 17th Street, N.W., Suite 808, Washington, D.C. 20036.

Lionel University is a private institution that is approved to operate by the California Bureau for Private Postsecondary Education (BPPE). Approval to operate means the institution is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833 or P.O. Box 980818, West Sacramento, CA 95798-0818, www.bppe.ca.gov, toll-free number (888) 370-7589 or by fax (916) 263-1897.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the BPPE by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet website www.bppe.ca.gov.

Distance students residing outside of California may file a formal complaint with their home state authorizing agency, ideally after exhausting internal avenues, by using the links found on the Consumer Information Disclosure page on our institution's website: <https://www.lionel.edu/consumer-information-disclosure#complaintResolution>

Arkansas Higher Education Coordinating Board certification does not constitute an endorsement of any institution, course or degree program. Such certification merely indicates that certain minimum standards have been met under the rules and regulations of institutional certification as defined in Arkansas Code §6-61-301.

The institution is authorized by Georgia Nonpublic Postsecondary Education Commission (GNPEC). Georgia residents may appeal the institution's final decision on complaints to GNPEC at 2082 East Exchange Place, Suite 220, Tucker, Georgia 30084-5305, (770) 414-3300

<https://gnpec.georgia.gov/student-complaints>



The institution is authorized by:
The Indiana Board for Proprietary Education
101. W. Ohio St., Suite 670
Indianapolis, IN 46204-1984

The institution is registered as a Private Institution with the Kansas Board of Regents. In addition to contacting DEAC and BPPE, Kansas residents may also contact the Kansas Board of Regents to assist with any complaints at: Kansas Board of Regents, 1000 SW Jackson St., Suite 520, Topeka, KS 66612, (785) 430-4240

http://www.kansasregents.org/academic_affairs/private_out_of_state/complaint_process

This institution is registered with:
The Maryland Higher Education Commission
6 N. Liberty Street, 10th floor Baltimore, MD 21201

The institution is registered with the Minnesota Office of Higher Education pursuant to sections 136A.61 to 136A.71. Registration is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

Minnesota Office of Higher Education
1450 Energy Park Dr., Suite 350
St. Paul, MN 55108
www.ohe.state.mn.us – 651-642-0533

Please visit

<https://www.lionel.edu/consumer-information-disclosure#stateAuthorization> for a comprehensive list of states in which the institution has obtained authorization, a formal exemption and or are not required under various state jurisdictions.

Grievance Procedure

Students with unresolved grievances may file an appeal with the Chief Academic Officer via email at studentaffairs@lionel.edu. Include description of concern, attempts to resolve, and desired outcome. Please submit grievances within thirty (30) days of incident. The Chief Academic Officer will issue the institution's final decision. Students may appeal the final institutional decision with DEAC or the student's state authorizing agency. DEAC contact information and state agencies that require catalog posting are listed in the Accreditation and Approval Section of the catalog. A comprehensive list of state authorizing agencies, including those listed in the catalog, can be found on the Complaint Resolution page of our institution's website:

<https://www.lionel.edu/consumer-information-disclosure#complaintResolution>

Bankruptcy Notice

This institution does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, or has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

Student Information Disclosure

Prospective and current students can locate important information about Lionel University on the Consumer Information Disclosure page on our institution's website at

<https://www.lionel.edu/consumer-information-disclosure>

This page includes links to helpful information/disclosures, and is designed to



provide open, pertinent information for both prospective and current students. The presentation of this information complies with the Higher Education Opportunity Act of 2008 that reauthorized the Higher Education Act of 1965, as amended (HEA), which requires colleges and universities to publicly disclose various aspects of their policies and procedures. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. School Performance Fact Sheets can be found for each program on our institution's website at <https://www.lionel.edu/school-performance-fact-sheet>

Governance

Legal Control: Lionel University, LLC

Board: Chief Executive Officer - Sal A. Arria, Chief Academic Officer - Alex Hoffmann,
Board member - Paul Arria

Vice President of Student Experience: Cody Nelson

Registrar: Jenette Buffum

Advisory Board

Tedd Keating, Advisory Council Member

Michol Dalcourt, Advisory Council Member

JoAnn Bauer, Advisory Council Member

James Gu, Advisory Council Member

Josh Bryant, Advisory Council Member

Angie Miller, Advisory Council Member

Megan Meisner, Advisory Council Member

Erik Wilkins, Advisory Council Member

Paul Juris, Advisory Council Member

Michael Spiegel, Advisory Council Member

Angela Santoni, Advisory Council Member

Hours of Operation

9:00 am to 4:00 pm Pacific Time

Monday through Friday

CONTACT INFORMATION

Lionel University
1015 Mark Avenue, Suite 1013
Carpinteria, CA 93013

1-800-650-4772
admissions@lionel.edu
lionel.edu



Admissions

Application and Enrollment

The institution's admissions policy is oriented to adult learners, including military members, who typically have previously completed high school or undergraduate-level courses, military training, or earned credit by examination. To be admitted into an undergraduate degree program, students submit evidence of a high school diploma, GED certificate, or an international equivalent, and a government-issued photo ID. To be admitted into a graduate degree program, students submit official transcripts verifying a completed bachelor's degree and a government-issued photo ID. This institution does not accept ability-to-benefit students.

Lionel University does not discriminate against and provides equal opportunity to all qualified persons without regard to race, color, national origin, religion, sexual orientation, gender, gender identity, age, disability, veteran status or any other category protected by local, state or federal laws.

U.S. Residents

Step 1: Apply Online

Prospective undergraduate students complete an online undergraduate program application that can be accessed from the website, lionel.edu. Applicants indicate whether they will pursue a certificate, an associate degree, a bachelor's degree, a master's degree or are enrolling for personal enrichment. Prospective graduate students complete an online graduate program application that can be accessed from the website, lionel.edu.

Step 2: Admissions Process

Lionel University Admissions Team reviews an applicant's expressed goals and assists the applicant with submission of any required documentation, including official transcripts. Undergraduate applications are processed within three weeks. Graduate applications are processed within six weeks. Once a prospective student is admitted into a program, he/she will be notified of acceptance via email.

Step 3: Transfer Credit Evaluation

Transfer credit is welcome and encouraged. Students who have completed past coursework or served in the military are invited to have official college and military transcripts sent to the Office of the Registrar for evaluation.

Step 4: Getting Started

Once program confirmation is complete and all required documents are submitted, the student is scheduled to be registered for their first course by the Office of the Registrar. Upon registration, the student is prompted to review and sign their enrollment agreement for the term.



International Students

Students who are not citizens or permanent residents of the United States are considered for admission to Lionel University on the basis of academic preparation and personal qualifications.

Step 1: Apply online

Prospective undergraduate students complete an online undergraduate program application that can be accessed from the website, lionel.edu. Applicants indicate whether they will pursue a certificate, an associate degree, a bachelor's degree, or are enrolling for personal enrichment. Prospective graduate students complete an online graduate program application that can be accessed from the website, lionel.edu.

Step 2: Submit academic documentation

Prospective students send official copies of transcripts from secondary schools and colleges and universities to Lionel University. Transcripts in languages other than English must be accompanied by a certified translation.

Foreign Transcript Evaluation:

Transcripts for comparable undergraduate courses completed in a country other than the United States must be evaluated by an outside credential evaluation company before they are submitted to Lionel University. The National Association of Credential Evaluation Services (www.naces.org) members are acceptable sources for foreign credential evaluation and translation services.

Step 3: Submit TOEFL/IELTS scores*

All instruction is in English. Lionel University does not provide English language services. International applicants whose native language is not English must submit evidence of English proficiency through one of the following exams:

- Test of English as a Foreign Language (TOEFL) with a minimum score of 57 on the TOEFL PBT (Paper Based Test) or
- A minimum score of 61 on the TOEFL iBT (Internet Based Test)
- International English Language Testing System (IELTS) academic exam is also acceptable with a minimum score of 6.0
- Duolingo English Test will be accepted with a minimum score of 95
- 44 on the Pearson Test of English Academic Score Report
- 53 on the 4-skill Michigan English Test (MET), or 650/LP on the Michigan Examination for the Certificate of Competency in English (ECCE), or 650/LP on the Michigan Examination for the Certificate of Proficiency in English (ECPE)

* Please Note: Lionel University's school code for the TOEFL examination is: 9518. For IELTS simply search for Lionel University.

International students who have completed their undergraduate degrees at a nationally or regionally accredited U.S. college including Lionel University do not need to submit TOEFL or IELTS scores.

Lionel University programs are 100% distance education with no residency requirements. No visa services are offered and Lionel University cannot verify student residency status.

Non-Degree Seeking Students

Lionel University welcomes individuals who are not seeking a degree but wish to continue their education for college credit. Non-degree seeking students are individuals who may be taking coursework for personal enrichment, job enhancement, or certification.



Non-degree seeking students may either enroll in individual courses or enroll into a certificate program.

Non-degree seeking students must formally apply in order to register for undergraduate coursework.

Certificate Programs

Lionel University offers twelve certificate programs.

Master Trainer™

Elite Trainer™

Bodybuilding Specialist

Certified Fitness Trainer

Corrective Exercise Specialist

Specialist in Fitness Nutrition

Specialist in Group Fitness

Specialist in Exercise Therapy

Specialist in Senior Fitness

Specialist in Strength and Conditioning

Transformation Specialist**

Youth Fitness Trainer

Programs are detailed within the catalog. Please note that programs and courses are subject to change at the discretion of the institution.

** Kansas students cannot enroll in the Transformation Specialist certificate program.

Degree Programs

Undergraduate

Associate of Science in Exercise Science with an Emphasis in Personal Training

Bachelor of Science in Exercise Science

Graduate

Master of Science in Exercise Science

Programs are detailed within the catalog. Please note that programs and courses are subject to change at the discretion of the institution.

Enrollment Calendar

There are 8 start dates during the year beginning on Monday of each 5-week session. Each course is offered within a 10-week or 5-week timeframe, depending on the nature of the course. Each course has a designated start and end date. Lionel University follows a quarter-based system.

Holidays

The institution is closed on the holidays listed below. Students have access to their online courses seven days a week including holidays.

New Year's Day

Martin Luther King Jr. Day

Presidents Day

Caesar Chavez Day

Memorial Day

Juneteenth

Independence Day

Labor Day

Indigenous Peoples Day

Veterans Day

Thanksgiving Day

Christmas Day



Academic Information

The Academic Affairs department primarily serves as the institutional voice for curriculum research and selection, instructional design, course development, faculty selection, articulation, student retention, outcomes assessment, and accreditation oversight for Lionel University.

Instructional Model

The goal of Lionel University is to provide a high-quality educational experience to both students and faculty through online learning using innovative technologies and teaching techniques. The instructional model for undergraduate and graduate classes is a modified open-enrollment study track conforming to the following:

- A cohort consists of one student.
- Enrollment is offered 8 times per year, beginning Monday of each session.
- Each enrollment has a fixed start date and end date.
- Students are required to submit assignments, discussions, and quizzes at the end of each week. Each course concludes with a final, proctored exam.
- Instructors finalize course grades within seven (7) calendar days of course end date and grades become official within fourteen (14) calendar days of course end date.

Academic Term

The academic term is defined as a 10-week quarter. There are two 5-week sessions within each quarter to accommodate short-term courses. Courses are offered within a 10-week, 5-week, or 4-week timeframe, depending on the nature of the course.

Assignments must be turned in according to the established course schedule. The start of an academic term begins on the published start date of the academic quarter. A student's enrollment status is determined by the number of units held in one 10-week quarter.

Distance Education Disclosure

Course Format and Access

Lionel University courses and programs are 100% distance education with no residency requirement. Dormitory facilities, housing availability, and institutional assistance with housing is not offered and does not apply. Undergraduate and Graduate coursework is delivered through our online Learning Management System (LMS), accessible via secured username and password through lionel.edu. This course delivery platform is designed with an easy-to-use student interface. The LMS is used by students and faculty members for course syllabus, course work, and grading. Supported by the course instructor and the accompanying digital textbook, the LMS is the students' online classroom.

Students may begin classroom orientation shortly after registration. It is recommended that students complete classroom orientation prior to starting their first course. The purpose of classroom orientation is to help the student navigate the LMS, understand the process for successfully completing a course, and utilize all helpful student resources.



Faculty and Instruction

Interaction with the course instructor is the front-line of academic support. The main academic goals include mastery of the course learning objectives and completion of all work within the course timeframe. The instructor's main responsibility is to work closely with the student to ensure the student's learning success. Faculty are responsible for communicating with students through the News Forum and email; providing the opportunity for office hours via the online tutor/chat room; monitoring student interaction throughout the course via assignment submission and discussion; and providing student-centered assignment feedback.

Continuous improvement and institutional effectiveness are essential to student satisfaction and academic progress. Students have the opportunity to evaluate the course and the instructor anonymously at the conclusion of each course.

Instructors

Melinda Bilecki, MA English
MA English, Baylor University; BA English, Rice University

Tamara Bohnett, MS Biology
MS Health Sciences, San Francisco State University; BS Dental Hygiene, Carroll College

Kristin Chamberlain, Ph.D., Sociology
Ph.D. Counselor of Education and Supervision, Ohio University, MS Counseling, University of Dayton, BS Behavioral Sciences, University of Rio Grande, BSN Nursing, Michigan State University

Mark Chua, BA, Elite Trainer Personal Training
BA Psychology, California Lutheran University; Elite Trainer, Lionel University

Meredith Dombach, EdD Curriculum & Teaching, EdD Curriculum & Teaching, North-central University; MA Curriculum & Instruction, Nova Southeastern University; MS Sports Medicine & Sports Fitness, United States Sports Academy; BS Health & Physical Education, East Stroudsburg University

Scott Dyck, BA Personal Training BA English, Tabor College; Certified Fitness Trainer, International Sports Sciences Association

Sara Fleming, MS Personal Training
MS Biochemistry and Molecular Biology, Georgetown University; BA Biological Sciences, St. Mary's College of Maryland; CFT, Lionel University

Heidi Girolamo, MA Personal Training
MA Sport and Performance Psychology, Minnesota State University, Mankato; BA Psychology, California State University, San Marcos

Dominique Groom, BS Personal Training
BS Exercise and Sports Science, Concordia University - Irvine; AS Math and Science, Palomar Community College

Alex Hoffmann, EdD Personal Training
EdD Sports Management, United States Sports Academy; MS Kinesiology, California State University, Fullerton; BA Exercise Science, Central College, Pella, IA

Belal Kaifi, POSTDOC, EdD, MBA Business, Professional Development
POSTDOC Business Administration, University of Florida; EdD Organization and Leadership, University of San Francisco; MBA, University of Phoenix; MPA, California State University, East Bay; BS Business Administration, San Jose State University



Melinda Kasal-Canty, MS Personal Training
MS Project Management, Strayer University; BS Management, Park University; Master Trainer, Lionel University

Mariela Marin, MA, LMFT Psychology, Interpersonal Relations
MA Clinical Psychology, Antioch University; BA Psychology, University of Notre Dame; BA Spanish, University of Notre Dame

Chinwe Okeke
MD, American University of Antigua College of Medicine
MS, Healthcare Administration, Walden University, BS. Biology, Alabama Agricultural and Mechanical University

Lacey Ranson-Hudson, MA, History
MA History, Grand Canyon University, BS Healthcare Management, Bellevue University, AS Healthcare Management, College of the Air Force

Bobby Rollins, MBA, Master Trainer Personal Training
MBA Project Management, Grantham University; BS Business Administration, Grantham University; AS Exercise Science, emphasis in Personal Training, Lionel University

Cory Schierberl, EdD Personal Training
EdD Sports Management, United States Sports Academy; MS Coaching Education; BS Nutrition and Community Health Promotion

Jason Williams, EdD Personal Training
EdD Sports Management, United States Sports Academy; MBA Business Administration and Sports Administration, University of Central Florida; BS Marketing, University of Idaho

Weicheng Xuan, MA, MS Math
MA Mathematics, Arizona State University; MS Applied Mathematics, Su Yat-Sen University; BS Mathematics, Guangzhou University

Participation

Participation is identified through completion of course activities and assignment submission. Assignments include written assignments, discussion posts, quizzes and exams. To be successful, each student must submit all assignments and contribute to the classroom discussions. Assignments must be submitted by the posted deadline. When assignments are not submitted by the deadline, Success Coaches and instructors may contact students to check on their status and offer assistance if needed. Instructors assess the quality of the students' contributions during the course by evaluating each assignment. Failure to complete assignments and maintain a passing course grade of C or higher may contribute to unsatisfactory academic progress.

Student's work should:

- Reflect understanding of the course objectives
- Reflect original thought and reflection on the course topics
- Reflect ideas offered in the assigned course readings and feedback from the instructor
- Show evidence of thorough reading and analysis of the material being studied and discussed
- Show evidence that the student distinguishes among different kinds of data (e.g., facts, opinions, assumptions, inferences, and evaluations)



- Show a willingness to test new ideas
- Reflect a willingness to interact with faculty by asking questions and challenging ideas and conclusions.
- Avoid commentary that does not demonstrate comprehension. Passive comments such as “That’s right” or “I disagree” need to be supported by new evidence.
- Be substantiated and persuasively presented

Non-participation is characterized by lack of assignment submission and inadequate contribution in threaded discussions. Non-participation will be monitored by both Success Coaches and the instructor.

During the first two modules of a session, participation will be closely monitored. Students who have not participated will be contacted by their Success Coaches. If students are experiencing extraordinary circumstances that prevented assignment submission, students should contact their instructors or Success Coaches and they will provide assistance as needed.

Success Coaches and instructors will send warning emails to students who fail to submit assignments or participate. The warning email will indicate that the students’ assignment grades and final course grade may fail to meet the minimum academic standard.

Student Identity Verification

Federal standards require that institutions verify the identity of students receiving academic credit. Applicants are required to submit a copy of a government-issued photo ID in order to be admitted to Lionel University. Applicant records are confidential and protected by FERPA.

Acceptable forms of identification:

- Driver’s License
- State-issued Identification Card
- Passport

All students are designated a specific username and password upon enrollment. The student’s email acts as their username and must match the email submitted and verified in their student record. The student is then given a generic password, which is sent to the student email. The student must click on a provided link in order to verify their email address and select a personal password.

Proctored Examinations

All undergraduate and graduate classes end with a timed, one-hour, proctored examination. It is the student’s responsibility to make arrangements 5 weeks prior to the exam. Proctoring fees are determined by the proctor and are not included in institutional tuition or institutional fees.

Option 1: Online Webcam Proctoring *recommended*

To learn more about online proctoring, visit www.proctoru.com

1. Visit www.proctoru.com/testitout to make sure your computer and Internet connection can support online proctoring.
2. Schedule an exam at www.proctoru.com
 - Click the “Login” button to create an account (new users) or login (returning users)
 - Select “Schedule New Exam”



- Select “Current Term”
 - Find the name of this course in “Name of Exam”
 - Choose a date and time
 - Pay the reservation fee
3. At the time of your exam, return to www.proctoru.com, login, and select your exam.
 4. If you need to change your reservation, reschedule directly in your ProctorU account or call ProctorU at 855-772-8678. To avoid a late rescheduling fee, be sure to reschedule 72 hours (3 days) in advance.

Technical Specifications:

(Visit www.proctoru.com/testitout to test your computer, webcam, and Internet connection)

- PC: A well-working computer running Windows XP or higher with 500 MB of RAM or higher
- Mac: A well working computer running Mac OS10 or higher
- A webcam with 640x480 video pixel resolution
- Headphones or working speakers connected to the computer
- A microphone connected to the computer (we recommend having a webcam that has a built in microphone)
- A reliable high-speed internet connection (minimum 768 Kbps/128 Kbps)
- A web browser with Adobe Flash Player installed. (Flash Player 10 recommended)
- Authority to allow remote access to your computer and screen by ProctorU

Option 2: Live Third-Party Proctoring

If you do not have the necessary technical specifications to utilize ProctorU, then you must make arrangements for a live proctor.

1. Obtain a proctor. The proctor must be a disinterested third party authorized by Lionel University.
 - Member of the clergy or religious leader
 - Librarian
 - High-school teacher
 - Community college proctor
 - Other official proctor
2. Sample proctors that are not authorized:
 - Anyone related by blood or by law
 - Girlfriend / boyfriend / fiancé(e) / partner / spouse
 - Former or current Lionel University student
 - Friend
 - Roommate / housemate
 - *NOTE* This is not a complete list. Find someone that showcases your integrity and commitment to academic honesty. If you do not, you could face a failing grade or dismissal from the program.



3. Schedule an exam time with your proctor. The exam time must be during the final week of the course. Your proctor will need to be with you for the duration of your exam.
4. Obtain a Third-party Proctor Form. Take this form with you to your scheduled exam.
5. Have your proctor contact Lionel University from 9:00am to 4:00pm, Pacific; M-F for a course-specific passcode. The proctor can do this at any time before your scheduled exam.
6. 1.800.650.4772 | proctor@lionel.edu
7. At the time of the exam, the proctor shall confirm your identity through photo identification and complete the proctor form.
8. You will log in to your course and click on your final exam.
9. Your proctor will manually input the secure passcode provided by the institution to unlock your exam.
10. You will have one hour to complete the final in a closed-book, closed-note, proctored setting.
11. Your proctor must monitor you for the duration of the exam and note the time you finish on the proctor form.
12. You will need to fax or email the form to your Success Coach before you receive your grade. (The form contains these instructions.)

Title IX Office

The U.S. Department of Education's Office for Civil Rights (OCR) enforces, among other statutes, Title IX of the Education Amendments of 1972, Title IX protects people from discrimination based on sex in education programs or activities that receive Federal financial assistance. Lionel University is committed to providing a work and school environment free of unlawful harassment or discrimination.

Title IX Coordinator:

Janea Johnson
1015 Mark Ave, Ste 1013
Carpinteria CA 93013
800-650-4772 Ext. 510
jjohnson@lionel.edu

Lionel University ensures that its employee(s) designated to serve as Title IX Coordinator(s) have adequate training on what constitutes sexual harassment, including sexual violence, and that they understand how the institution's grievance procedures operate. Because complaints can also be filed with an employee's supervisor or Human Resources, These employees also receive training on the institution's grievance procedures and any other procedures used for investigating reports of sexual harassment.

Title IX Policy

Lionel University is committed to providing a work and school environment free of unlawful harassment or discrimination. In accordance with Title IX of the Education Amendments of 1972, Lionel University prohibits discrimination based on sex, which includes sexual harassment and sexual violence, and Lionel University has jurisdiction over Title IX complaints which should be directed to the Title IX Coordinator. Employees of Lionel University are required to take our mandatory Sexual Harassment and Prevention Training upon hire and every two years thereafter. Lionel University policy prohibits harassment or discrimination based on race, religion, creed, color, national origin, ancestry, sex (including pregnancy, childbirth or related medical con-



ditions), military or veteran status, physical or mental disability, medical condition, marital status, age, sexual orientation, gender, gender identity or expression, genetic information or any other basis protected by the federal, state or local law.

Lionel University Title IX and anti-harassment policy applies to all persons involved in the operation of the institution, and prohibits unlawful harassment by any employee of the institution, as well as students, customers, vendors or anyone who does business with the institution. It further extends to prohibit unlawful harassment by or against students. Any employee, student or contract worker who violates this policy will be subject to disciplinary action. To the extent a customer, vendor or other person with whom the institution does business engages in unlawful harassment or discrimination, the institution will take appropriate corrective action.

As part of the institution's commitment to providing a harassment-free working and learning environment, this policy shall be disseminated to the institution's community through publications, the school website, new employee orientations, student orientations, and other appropriate channels of communication. Lionel University provides training to key staff members to enable the institution to handle any allegations of sexual harassment or sexual violence promptly and effectively. Lionel University will respond quickly to all reports, and will take appropriate action to prevent, to correct, and if necessary, to discipline behavior that violates this policy.

Title IX Definitions

Sexual Harassment

Is defined as unwelcome is defined as unwelcome advances, requests for sexual favors, other verbal or physical sexual conduct, or any other offensive unequal treatment of an employee, student, or group of employees or students that would not occur except for their sex when:

1. The advances, requests or conduct have the effect of interfering with performance of duties or studies or creating an intimidating, hostile, or otherwise offensive work or academic environment.
2. Submission to such advances, requests or conduct is explicitly or implicitly a term or condition of an individual's employment or academic achievement or advancement.
3. Submission to or rejection of such advances, requests or conduct is used as a basis for employment or academic decisions.

Sexual Harassment is a violation of Section 703 of Title VII of the Civil Rights Act of 1964 as amended in 1972, (42 U.S.C. S2000e, et. seq.), and Title IX of the Education Amendments of 1972 (20 U.S.C. 1691, et. seq.), including the Clery Act and the Violence Against Women Act (VAWA) and is punishable under both federal and state laws. Forms of sexual harassment include, but are not limited to, sexist remarks or behavior, constant offensive joking, sexual looks or advances, repeated requests for dates, unwelcome touching, promise of reward for sexual favors. Students, faculty or staff who experience sexual harassment are encouraged to make it clear to the alleged offender that such behavior is offensive. However, failure to comply with this provision does not defeat the investigation. Includes quid pro quo harassment perpetrated by an educational institution's employee; and all other forms of sexual harassment, where the conduct is "so severe, pervasive, and objectively offensive" that it denies the victim equal access to education, as set forth by the Supreme Court in *Davis v. Monroe County Board of Education*.



Sexual Violence

Means physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent. A number of acts fall into the category, including sexual assault or harassment based on sexual orientation, domestic violence, dating violence, and stalking. Alleged sexual violence against another may also constitute a crime resulting in an additional, independent law enforcement investigation falling outside of this Grievance Policy. These acts will not be tolerated at Lionel University as such acts are inappropriate and create an environment contrary to the goals and mission of Lionel University. Any such acts will be thoroughly investigated and will subject an individual to appropriate disciplinary sanctions and/or possible action by appropriate law enforcement agencies.

Sexual Assault

Includes rape, acquaintance rape, fondling, incest, and statutory rape, as well as other forms of nonconsensual sexual activity.

Domestic Violence

Means a felony or misdemeanor crime of violence committed by a current or former spouse or intimate partner of the victim, a person with whom the victim shares a child in common, a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner, a person similarly situated to a spouse of the victim under domestic or family violence laws of the jurisdiction in which the crime of violence occurred, or any other person against an adult or youth victim who is protected from that person's act under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred.

Dating Violence

Means a violence act committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim and where the existence of such a relationship shall be determined based on the reporting party's statement and with consideration of the following factors: the length of the relationship, the type of relationship, and the frequency of interaction between the persons involved in the relationship. Dating violence includes, but is not limited to, sexual or physical abuse or threat of such abuse and dating violence does not include acts covered under the definition of domestic violence.

Stalking

Means "engaging in a course of conduct (two or more acts including but not limited to acts in which the stalker directly, indirectly, or through third parties, or by any action, method, device or means, follows, monitors observes, surveils, threatens or communicates to or about a person or interferes with his or her property that is directed at a specific person and would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress. "Reasonable persons" means a reasonable person under similar circumstances and with similar identities to the victim. "Substantial emotional distress" means significant mental suffering or anguish that may, but does not necessarily, require medical or other professional treatment or counseling. "Course of conduct" is two or more acts, including, but not limited to, acts in which the stalker directly, indirectly, or through third parties, by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about a person, or interferes with a person's property.



Consent

Means voluntary agreement to engage in sexual activity by verbal agreement or active and willing participation in sexual activity. Someone who is incapacitated or under the age of consent under state law cannot consent. Past consent does not imply future consent. Silence or an absence of resistance does not imply consent. Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another. Consent may be withdrawn at any time. Coercion, force, or threat of either invalidates consent.

Clery Act

Lionel University is a distance education only institution, as such students are never present for enrollment, student services, study, work, or internships etc. therefore, according to HEA Handbook for Campus Safety, the institution is exempt from reporting or compliance with the Clery Act as there are no student statistics to report on.

Prohibited Conduct under Title IX

This policy strictly prohibits sexual or other unlawful harassment or discrimination as well as sexual violence, as defined above. Sexual or other unlawful harassment or discrimination includes any verbal, physical or visual conduct based on sex, race, age, national origin, disability or any other legally protected basis if:

- i. submission to such conduct is made either explicitly or implicitly a term or condition of an individual's education or employment;
- ii. submission to or rejection of such conduct by an individual is used as a basis for decisions concerning that individual's education or employment; or
- iii. it creates a hostile or offensive work environment, which means the alleged conduct is sufficiently serious to limit or deny a student's or employee's ability to participate or benefit from the education program.

Unlawful harassment or discrimination may include racial epithets, slurs and derogatory remarks, stereotypes, jokes, posters or cartoons based on race, national origin, age, disability, marital status or other legally protected categories. Sexual harassment is conduct based on sex, whether directed towards a person of the opposite or same sex, and may include explicit sexual propositions, sexual innuendo, suggestive comments, sexually oriented "kidding" or "teasing", practical jokes, jokes about or displays of obscene printed or visual material, questions about sexual fantasies, preferences or history, and physical contact such as patting, pinching, or intentionally brushing against another person's body. Gender-based harassment, including acts of verbal, nonverbal or physical aggression, intimidation, or hostility based on sex or sex-stereotyping are strictly prohibited, even if those acts do not involve conduct of a sexual nature.

Title IX Grievance Procedure

Notice

If you believe that you have experienced or witnessed harassment or sexual violence, notify your instructor, supervisor, or the Title IX Coordinator as soon as possible.



sible after the incident. Do not allow an inappropriate situation to continue by not reporting it, regardless of who is creating the situation. No employee, contract worker, student, vendor or other person who does business with the institution is exempt from the prohibitions in this policy. Supervisors are required to refer all student harassment complaints to the Title IX Coordinator. In order to facilitate the investigation, your complaint should include details of the incident or incidents, names of the individuals involved and names of any witnesses. Actual Notice has occurred once the Title IX Coordinator has knowledge, or any other official who has the authority to institute corrective measures on behalf of the institution has notice.

Title IX Formal or Informal Process

In some cases, if the situation warrants the institution may offer an informal process only after a formal complaint has been filed. All parties to the complaint must give voluntary, informed, written consent to proceed to an informal process. All parties will be given written notice disclosing the allegation, the requirements of the informal resolution process including any consequences of participating in the informal process which may include the forfeiture of any formal process rights. Additionally any party may withdrawal from the informal process to resume the formal grievance process at any time with written notice to the Title IX Coordinator. Informal process will not be offered in the case of a formal complaint involving allegations that an employee sexually harassed a student.

Title IX Supportive Measures

Supportive measures may include:

Referral to counseling, medical, and/or other health services

Offering adjustments to academic deadlines, course schedules, etc.

Academic Support

Financial Aid Counseling

Modifying class or work schedules;

Placing mutual restrictions on contact between the parties;

Changing work or housing locations; and/or

Providing leaves of absence

Implementing contact limitations (no contact orders) between the parties

Personnel

Title IX Coordinator

Investigator(s)

Decision Maker (Adjudicator)

Facilitator

Advisor to the parties

Title IX Grievance Procedures



All parties will be treated equitably. The goal of remedies are to provide, preserve or restore equal access to education and activities.

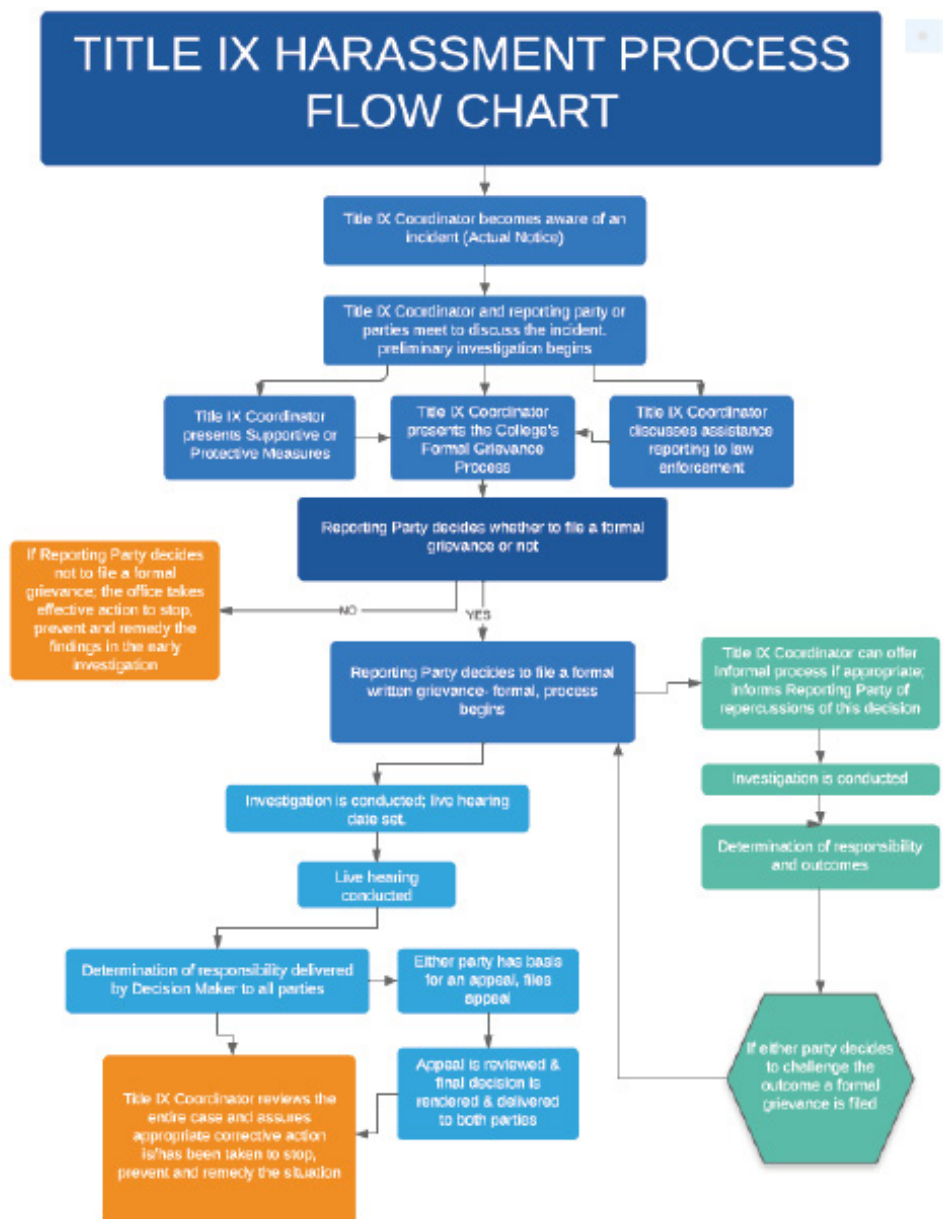
Objective evaluation of evidence. The grievance process will ensure objective evaluation of all relevant evidence. Credibility will not be determined based on status as a complainant, respondent, or witness.

All personnel are trained using approved materials. The training materials are available in the Title IX hearing personnel training.

Title IX Hearing Personnel Training

All personnel involved in the live hearing process will attend training in order to effectively perform their duties. Training Lionel University offers can be found in the Title IX Office section of the institution's website.

Harassment Process Flowchart



Presumption of Innocence

A Respondent is presumed not responsible, any finding of responsibility will come at the conclusion of the grievance process

Title IX Harassment Time Frame of Process

1. Notification happens
2. Investigation conducted within 5 days and
3. Written results of investigation will be given to all parties to the complaint within 30 days of Notification
4. Hearing will be set within 5 days of results of investigation and be completed not more than 25 days
5. Results from hearing will be delivered in writing to all parties by the Title IX Coordinator within 10 days of conclusion of live hearing.
6. The entire process will generally take no more than sixty (60) days.
7. From time to time delays or extensions of our time frames may be necessary. Delays or extensions of the institution's will be "temporary," "limited," and "for good cause," and we will notify all parties of the reason for any such short-term delay or extension.

Range of Outcomes

Warning or censure

Disciplinary probation

Loss of privileges or exclusion from services or organizations

Restrictions

Suspension

Dismissal or expulsion – For students this may include removal from or expulsion from school including any school resources, all rights and privileges the institution provides, and any other services the institution provides present or future.

Holds on enrollment or registration, degree's, transcripts, financial aid.

In the case of any employee or faculty up to and including termination. Repeated behavior will be subject to any and all of the above as appropriate.

Title IX Standard of Evidence

Lionel University has adopted a Preponderance of Evidence standard for determining responsibility for all formal sexual harassment proceedings. This standard of evidence will be used in all formal proceedings whether the respondent is a student, employee, or faculty member.

Title IX Right to Appeal

Every Party has the right to appeal the result of a grievance decision. The party must file an appeal, in writing, with the Title IX Coordinator within 15 days of the decision. The Title IX Coordinator shall issue a written decision in response to the appeal no later than 30 days after its filing.

Title IX Investigation of Complaints



All notifications of Harassment are investigated by trained team-members of the institution in order to determine if immediate supportive measures need to be taken, or to stop, prevent and remedy the situation. Investigation does not necessarily lead to formal grievance complaint, the complainant has a choice to in many circumstances decide to pursue formal, informal, or no further investigation depending on the severity of the issue the Title IX Coordinator may need to escalate but will do everything in their power to keep the investigation private. Investigators are either the Title IX coordinator, or picked from a number of trained team members. Conflict of interest as well as expertise in certain areas are considered in the assignment of an investigator. See Anti-Harrasment and Discrimination Policy, Time Frame of Process, Harrasment process flowchart, or Title IX Training Documents for more information.

Title IX Retaliation Prohibited

Lionel University will not retaliate against you for filing a complaint, and will not tolerate retaliation by students or employees. If you believe you have been retaliated against, you should promptly notify your supervisor and Human Resources or the Title IX Coordinator.

Title IX Reporting Requirements

Victims of sexual misconduct should be aware that the institution's administrators must issue timely warnings for incidents reported to them that pose a substantial threat of bodily harm or danger to other members of the campus community. Lionel University will make every effort to ensure that a victim's name and other identifying information is not disclosed, while still providing enough information for community members to make safety decisions in light of the danger. Lionel University reserves the right to notify parents/guardians of dependent students regarding any health or safety risk, or a change in student status.

Title IX Additional Information

Employees should contact Human Resources for more information or any questions related to this policy. Students may contact the Title IX Coordinator with any questions related to this policy. In addition, the U.S. Department of Education Office for Civil Rights ("OCR") investigates complaints of unlawful harassment of students in educational programs or activities. This agency may serve as a neutral fact finder and will attempt to facilitate the voluntary resolution of disputes with the parties. For more information, visit the OCR website at: <http://www.hhs.gov/ocr/>.

Section 504/American with Disabilities (ADA) Policy

Lionel University does not discriminate in admission or access to our program on the basis of age, race, color, sex, disability, religion, sexual orientation, national origin or any other category protected by local, state or federal laws. Applicants who are persons with disabilities, as defined in paragraph 104.3(j) of the regulation under Section 504 of the Rehabilitation Act of 1973, may apply for admittance into the program. Lionel University will work with the applicant or student to determine whether reasonable accommodations can be effective and/or are available.

Lionel University ADA Compliance Coordinator — Janea Johnson, jjohnson@lionel.edu, 1-800-650-4772 — is responsible for coordinating compliance with Section 504 of the Rehabilitation Act of 1973 and Title III of the Americans with Disabilities Act of 1990.

Requests for Accommodation:

If you would like to request academic adjustment or auxiliary aids, please contact your Success Coach. You may request academic adjustments or auxiliary aids at any time.



Any qualified individual with a disability requesting an accommodation or auxiliary aid or service should follow this procedure:

1. Notify your Success Coach in writing of the type of accommodation needed, date needed, documentation of the nature and extent of the disability, and of the need for the accommodation or auxiliary aid. The request should be made at least four weeks in advance of the date needed. Email: studentsupport@lionel.edu
2. Your Success Coach will respond within two weeks of receiving the request.
3. If you would like to request reconsideration of the decision regarding your request, please contact your Success Coach within one week of the date of the response. Please provide a statement of why and how you think the response should be modified.

Section 504 Internal Grievance Procedure

It is the institution's policy not to discriminate on the basis of disability. Lionel University has adopted an internal grievance procedure providing for prompt and equitable resolution of complaints alleging any action prohibited by Section 504 of the Rehabilitation Act of 1973 (29 U.S.C. 794).

Section 504 prohibits discrimination on the basis of disability in any program or activity receiving Federal financial assistance. The Law and Regulations may be examined in the office of Janea Johnson, who has been designated to coordinate the efforts of Lionel University to comply with Section 504. The Compliance Coordinator can be contacted by phone at 1-800-650-4772 or by email at jjohnson@lionel.edu.

Any person who believes she/he has been subjected to discrimination on the basis of disability may file a grievance pursuant to the procedure outlined below. Lionel University will not retaliate against anyone who files a grievance in good faith or cooperates in the investigation of a grievance.

Procedure:

Grievances must be submitted to the Section 504 Grievance Compliance Coordinator, within thirty (30) days of the date, the person filing the grievance becomes aware of the alleged discriminatory action.

A complaint must be in writing, containing the name and address of the person filing it. The complaint must state the problem or action alleged to be discriminatory and the remedy or relief sought.

The Section 504 Grievance Compliance Coordinator (or designee) shall investigate the complaint (i.e., identify and obtain relevant evidence, identify and obtain statements from relevant witnesses) and afford all interested persons an opportunity to submit relevant evidence. The Complainant may also present witnesses relative to the complaint. The Section 504 Grievance Compliance Coordinator will maintain the files and records relating to such grievances. The Section 504 Grievance Compliance Coordinator will issue a written decision on the grievance no later than 30 days after its filing.

The person filing the grievance may appeal the decision of the Section 504 Grievance Compliance Coordinator by writing to Lionel University Executive Director, Dr. Salvatore A. Arria (1015 Mark Avenue, Suite 1013, Carpinteria, CA 93013, 800-650-4772, sarria@lionel.edu) within 15 days of receiving the Section 504 Grievance Coordinator's decision. The Executive Director shall issue a written decision in response to the appeal no later than 30 days after its filing.



The availability and use of this grievance procedure do not prevent a person from filing a complaint of discrimination on the basis of disability with the U. S. Department of Education, Office for Civil Rights. A student or any member of the public may also file a complaint about this institution with the BPPE at any time by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet website www.bppe.ca.gov.

Lionel University will take all steps to prevent recurrence of any harassment or other discrimination and to correct discriminatory effects where appropriate. Lionel University will make appropriate arrangements to ensure that disabled persons are provided other accommodations, if needed, to participate in this grievance process. The Section 504 Compliance Coordinator will be responsible for such arrangements.

Anti-Harassment and Discrimination Policy (for Students and Employees)

Lionel University is committed to providing a work and school environment free of unlawful harassment or discrimination. All employees are required to take our mandatory Sexual Harassment and Prevention Training every two years. Lionel University policy prohibits harassment or discrimination based on race, religion, creed, color, national origin, ancestry, sex (including pregnancy, childbirth or related medical conditions), military or veteran status, physical or mental disability, medical condition, marital status, age, sexual orientation, gender, gender identity or expression, genetic information or any other basis protected by the federal, state or local law. Additionally, in accordance with Title IX of the Education Amendments of 1972, Lionel University prohibits discrimination based on sex, which includes sexual harassment and sexual violence, and Lionel University has jurisdiction over Title IX complaints.

Lionel University anti-harassment policy applies to all persons involved in the operation of the institution, and prohibits unlawful harassment by any employee of the institution, as well as students, customers, vendors or anyone who does business with the institution. It further extends to prohibit unlawful harassment by or against students. Any employee, student or contract worker who violates this policy will be subject to disciplinary action. To the extent a customer, vendor or other person with whom the institution does business engages in unlawful harassment or discrimination, the institution will take appropriate corrective action.

As part of the institution's commitment to providing a harassment-free working and learning environment, this policy shall be disseminated to the institution's community through publications, the school website, new employee orientations, student orientations, and other appropriate channels of communication. Lionel University provides training to key staff members to enable the institution to handle any allegations of sexual harassment or sexual violence promptly and effectively. Lionel University will respond quickly to all reports, and will take appropriate action to prevent, to correct, and if necessary, to discipline behavior that violates this policy.

Definitions

Sexual Harassment is defined as unwelcome is defined as unwelcome advances, requests for sexual favors, other verbal or physical sexual conduct, or any other offensive unequal treatment of an employee, student, or group of employees or students that would not occur except for their sex when:

1. The advances, requests or conduct have the effect of interfering with performance of duties or studies or creating an intimidating, hostile, or otherwise offensive work or academic environment.



2. Submission to such advances, requests or conduct is explicitly or implicitly a term or condition of an individual's employment or academic achievement or advancement.
3. Submission to or rejection of such advances, requests or conduct is used as a basis for employment or academic decisions.

Sexual Harassment is a violation of Section 703 of Title VII of the Civil Rights Act of 1964 as amended in 1972, (42 U.S.C. S2000e, et. seq.), and Title IX of the Education Amendments of 1972 (20 U.S.C. 1691, et. seq.) and is punishable under both federal and state laws. Forms of sexual harassment include, but are not limited to, sexist remarks or behavior, constant offensive joking, sexual looks or advances, repeated requests for dates, unwelcome touching, promise of reward for sexual favors. Students, faculty or staff who experience sexual harassment should be encouraged to make it clear to the alleged offender that such behavior is offensive. However, failure to comply with this provision does not defeat the investigation.

Sexual Violence means physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent. A number of acts fall into the category, including sexual assault or harassment based on sexual orientation, domestic violence, dating violence, and stalking. Alleged sexual violence against another may also constitute a crime resulting in an additional, independent law enforcement investigation falling outside of this Grievance Policy. These acts will not be tolerated at Lionel University as such acts are inappropriate and create an environment contrary to the goals and mission of Lionel University. Any such acts will be thoroughly investigated and will subject an individual to appropriate disciplinary sanctions and/or possible action by appropriate law enforcement agencies.

Sexual Assault includes rape, acquaintance rape, fondling, incest, and statutory rape, as well as other forms of nonconsensual sexual activity.

Domestic Violence means a felony or misdemeanor crime of violence committed by a current or former spouse or intimate partner of the victim, a person with whom the victim shares a child in common, a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner, a person similarly situated to a spouse of the victim under domestic or family violence laws of the jurisdiction in which the crime of violence occurred, or any other person against an adult or youth victim who is protected from that person's act under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred.

Dating Violence means a violence act committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim and where the existence of such a relationship shall be determined based on the reporting party's statement and with consideration of the following factors: the length of the relationship, the type of relationship, and the frequency of interaction between the persons involved in the relationship. Dating violence includes, but is not limited to, sexual or physical abuse or threat of such abuse and dating violence does not include acts covered under the definition of domestic violence.

Stalking means "engaging in a course of conduct (two or more acts including but not limited to acts in which the stalker directly, indirectly, or through third parties, or by any action, method, device or means, follows, monitors observes, surveils, threatens or communicates to or about a person or interferes with his or her property that is directed at a specific person and would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress. Reasonable persons means a reasonable person under similar circumstances and with similar identities to the victim. Substantial emotional distress means significant



mental suffering or anguish that may, but does not necessarily, require medical or other professional treatment or counseling.

Consent means voluntary agreement to engage in sexual activity by verbal agreement or active and willing participation in sexual activity. Someone who is incapacitated or under the age of consent under state law cannot consent. Past consent does not imply future consent. Silence or an absence of resistance does not imply consent. Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another. Consent may be withdrawn at any time. Coercion, force, or threat of either invalidates consent.

Prohibited Conduct

This policy strictly prohibits sexual or other unlawful harassment or discrimination as well as sexual violence, as defined above. Sexual or other unlawful harassment or discrimination includes any verbal, physical or visual conduct based on sex, race, age, national origin, disability or any other legally protected basis if:

- i. submission to such conduct is made either explicitly or implicitly a term or condition of an individual's education or employment;
- ii. submission to or rejection of such conduct by an individual is used as a basis for decisions concerning that individual's education or employment; or
- iii. it creates a hostile or offensive work environment, which means the alleged conduct is sufficiently serious to limit or deny a student's or employee's ability to participate or benefit from the education program.

Unlawful harassment or discrimination may include racial epithets, slurs and derogatory remarks, stereotypes, jokes, posters or cartoons based on race, national origin, age, disability, marital status or other legally protected categories.

Sexual harassment is conduct based on sex, whether directed towards a person of the opposite or same sex, and may include explicit sexual propositions, sexual innuendo, suggestive comments, sexually oriented "kidding" or "teasing", practical jokes, jokes about or displays of obscene printed or visual material, questions about sexual fantasies, preferences or history, and physical contact such as patting, pinching, or intentionally brushing against another person's body. Gender-based harassment, including acts of verbal, nonverbal or physical aggression, intimidation, or hostility based on sex or sex-stereotyping are strictly prohibited, even if those acts do not involve conduct of a sexual nature.

Investigation of Complaints

In response to all complaints, the institution promises prompt and equitable resolution through a reliable and impartial investigation of complaints, including the opportunity for both parties to present witnesses or other evidence. The time necessary to conduct an investigation will vary based on complexity but will generally be completed within sixty (60) days of receipt of the complaint. Lionel University shall maintain confidentiality for all parties to the extent possible, but absolute confidentiality cannot be guaranteed. In cases where a student does not give consent for an investigation, Lionel University will weigh the student's request for confidentiality against the impact on school safety to determine whether an investigation must proceed. Complainants should be aware that in a formal investigation due process



generally requires that the identity of the charging party and the substance of the complaint be revealed to the person charged with the alleged harassment.

The preponderance of the evidence standard will apply to investigations, meaning Lionel University will evaluate whether it is more likely than not that the alleged conduct occurred. Both parties will receive written notice of the outcome of the complaint.

During the investigation, Lionel University will provide interim measures, as necessary, to protect the safety and wellbeing of students and/or employees involved.

If Lionel University determines that unlawful harassment or sexual violence has occurred, immediate appropriate corrective action will be taken in accordance with the circumstances involved, and Lionel University will take steps to prevent the recurrence of any harassment or discrimination. Any employee determined by Lionel University to be responsible for unlawful harassment or discrimination will be subject to appropriate disciplinary action, up to and including termination. Remedies for student-related claims may include, but are not limited to, an order to stay away, suspension or expulsion.

To initiate a criminal investigation, reports of sexual violence should be made to “911” or local law enforcement. The criminal process is separate from the institution’s disciplinary process. To the extent that an employee or contract worker is not satisfied with the institution’s handling of a harassment or discrimination complaint, he or she may also contact the appropriate state or federal enforcement agency for legal relief. In California, employees may notify the Department of Fair Employment and Housing by consulting the government agency listings in the telephone book or on-line at www.dfeh.ca.gov. The Department of Fair Employment and Housing will, in appropriate cases, prepare and investigate complaints of harassment or discrimination; after a hearing, the Fair Employment and Housing Commission may award damages to individuals actually injured as a result of such conduct, as well as other remedies.]

Retaliation Prohibited

Lionel University will not retaliate against you for filing a complaint, and will not tolerate retaliation by students or employees. If you believe you have been retaliated against, you should promptly notify your supervisor, Human Resources or the Title IX Coordinator.

Reporting Requirements

Victims of sexual misconduct should be aware that the institution’s administrators must issue timely warnings for incidents reported to them that pose a substantial threat of bodily harm or danger to other members of the campus community. Lionel University will make every effort to ensure that a victim’s name and other identifying information is not disclosed, while still providing enough information for community



members to make safety decisions in light of the danger. Lionel University reserves the right to notify parents/guardians of dependent students regarding any health or safety risk, or a change in student status.

Additional Information

Employees should contact Human Resources for more information or any questions related to this policy. Students may contact the Title IX Coordinator with any questions related to this policy. In addition, the U.S. Department of Education Office for Civil Rights (“OCR”) investigates complaints of unlawful harassment of students in educational programs or activities. This agency may serve as a neutral fact finder and will attempt to facilitate the voluntary resolution of disputes with the parties. For more information, visit the OCR website at: <http://www.hhs.gov/ocr/>.

Student Classifications

- Full-time Student: student who is registered for a minimum of 12 credits per quarter
- Three-quarter-time Student: student who is registered for 9 to 11 credits per quarter
- Half-time Student: student who is registered for 6 to 8 credits per quarter
- Less-than-half-time Student: student who is registered 4 to 5 credits per quarter
- Quarter-time Student: student who is registered 1 to 3 credits per quarter
- Active Student: student who is registered for a minimum of 1 credit that contributes to degree requirements during the year
- Inactive Student: student who has not been registered for at least 1 credit that contributes to degree requirements within a year
- Personal Enrichment: student who is not admitted into an academic program but is enrolled in classes
- Admitted Student: student who has completed the admissions process for a degree program
- Withdrawn: students who have requested withdrawal from the program, or students who have been administratively withdrawn by the institution
- Dismissed: student who has been dismissed from an academic program for failure to meet satisfactory academic progress or other conduct
- Nonstart: student who fails the initial quarter and does not continue or who does not pay tuition in the initial quarter and does not continue. Nonstarts are not included in outcomes measures.

Policies

Grading Policy

Students are expected to maintain at least minimum grade point averages (GPA). To remain in Good Academic Standing each quarter and to earn a degree, a student must earn an institutional GPA of 2.0 or better for Associate’s and Bachelor’s degrees and 3.0 or better for Master’s degree.

Faculty members are responsible for grading all students assigned to them. Facul-



ty members will be able to view all of their currently enrolled students' grade reports through the LMS. Response/evaluation/grading of student lessons and projects: Faculty will submit assignment grades within seven days of assignment due date and a final grade within seven days of the course completion date. Student can monitor their grades in the LMS on a continual basis. Late assignments, if accepted by the instructor, will be graded within seven days of the course completion date. Assignments for incomplete courses will be graded within seven days of the date of expiration of the incomplete.

Official grades may be held until all financial obligations are met.

GPA Type Definitions

Course GPA. GPA calculated from one course.

Term GPA. GPA calculated from on all completed courses associated with one term.

Institutional GPA. GPA calculated from on all completed courses through the institution.

Grading Scale and Equivalents

Lionel University has established the following grading scale. All faculty members are required to comply with this scale and its equivalents. Plus or minus grades indicate a high or low end grade that has been assigned. These grades may be assigned on individual assignments within a course or as the final course grade.

Grading Criteria

A = Excellent

The student has demonstrated a thorough understanding of the content and skills presented in the course and consistently initiates thoughtful questions and can see many sides of an issue. The student writes logically and clearly. He or she also integrates ideas throughout the course and, as appropriate, from previously completed courses in a program.

B = Good to very good

The B student is an excellent writer and maintains consistent performance and understanding of course content that goes beyond the minimum requirements.

C = Satisfactory

The C student demonstrates a minimal comprehension of the skills and subject matter included in the course and accomplishes only the minimum requirements, while displaying little or no initiative.

D = Below average

Grade	Equivalent	Points	Scale
A+		4.00	97-100
A	Excellent	4.00	94-96
A-		3.67	90-93
B+		3.33	87-89
B	Good	3.00	84-86
B-		2.67	80-83
C+		2.33	77-79
C	Satisfactory	2.00	74-76
C-		1.67	70-73
D+		1.33	67-69
D	Poor	1.00	64-66
D-		0.67	60-63
F	Failure	0.00	Below 60
I	Incomplete	0.00	
W	Withdrawal		
AC	Administrative Cancellation		
AW	Administrative Withdrawal		
IP	In Progress		



The student's performance is barely acceptable. Assignments are late or missing and there is not even a minimal understanding or mastery of course content skills.

F = Failing

Quality and quantity of work is unacceptable.

Course grades of "C-" or lower fall below the level for satisfactory academic progress.

I = Incomplete

Coursework will have a designed Incomplete status when the course has ended, but a final grade has not been assigned.

W = Withdrawal

Students who officially withdraw before the final withdrawal deadline will receive a "W." A "W" is not calculated into the GPA. If the student does not withdraw prior to the final withdrawal deadline, his/her grade will be calculated as points earned divided by total course points and the grade is calculated into the GPA.

AC = Administrative Cancellation

Administrative cancellation refers to a student course cancellation that is initiated by the institution. Administrative Cancellations commonly apply to coursework that has not begun. Lionel University may cancel students from courses for reasons which include but are not limited to:

- Not satisfying a course prerequisite
- Outstanding tuition
- Plagiarism
- Computer tampering

Students who are administratively cancelled from the identified course(s) will receive the grade of AC on their academic record. The AC grade has no effect on the student's academic GPA. The student will be notified of the Administrative Cancellation to their primary email from the Office of the Registrar.

AW = Administrative Withdrawal

Administrative withdrawal refers to a student course withdrawal that is initiated by the institution. Administrative Withdrawals commonly apply to coursework that has already begun. Lionel University may withdraw students from courses for reasons which include but are not limited to:

- Failing to participate in classes
- Not satisfying a course prerequisite
- "Dropping out" in the middle of a term
- Plagiarism
- Computer tampering

Students who are administratively withdrawn from the identified course(s) will receive the grade of AW on their academic record. The AW grade has no effect on the student's academic GPA. The student will be notified of the Administrative Withdrawal to their primary email from the Office of the Registrar.



IP = In Progress

Coursework will have a designed In Progress status while the course is in progress (during the course start and end dates). No quality points are assigned to In Progress coursework and there is no associated GPA.

Grade Challenges

Lionel University faculty members are experts within their fields of study and have the final authority for assigning grades with the exception to grades that are found to be a result of arbitrary or capricious grading.

If a student believes and is able to support with clear and credible evidence that capricious or unprofessional grading has taken place, a grade challenge may be made on a final course grade basis. Individual course assessment grades are to be handled between student and faculty while a course is in session. The grade challenge policy governs course final grades.

The following policies and procedures apply to all grade challenges:

1. If a student believes he or she received a final course grade based on capricious or unprofessional grading, the student must discuss the dispute with the faculty member who issued the grade within 7 days of the final grade being posted. The correspondence must be tracked through email.
2. If a satisfactory solution cannot be found, the student may submit a written Grade Challenge to studentaffairs@lionel.edu. The challenge must include: reason for request, description of circumstances, and documentation of the attempt to resolve the dispute with the course instructor.
3. Grade Challenges must be initiated within 21 days of the final grade posting date.

It is the student's responsibility to provide the necessary information to support the challenge.

The burden rests with the student to provide any additional supporting documentation. Examples of necessary information include: Medical verification if exception is due to illness, copies of any documentation to substantiate the request, etc. If any type of documentation is missing, the challenge will be rejected.

A member or members of the Student Standards Committee will review the challenge to determine if further action is warranted. The Committee member's determination will be final.

Attendance Policy

All students are expected to participate in class regularly and complete their courses within the published timeframe.

Participation is identified by assignment submission, completion of a quiz or exam, viewing a lecture, or posting in a classroom forum. All required course activities should be submitted through the LMS by the published deadline.

Overall class participation is evaluated no later than 30 days following the conclusion of the course. Students who ceased participation may be considered an unofficial withdrawal. Any received tuition benefits will be adjusted according to governing regulation.

Students who fail to access any course by the end of the first week of class will be



dropped from that course due to non-attendance. Drops for non-attendance cannot be reversed.

Extensions/Incompletes

If circumstances prevent students from completing a course within the prescribed timeframe, an extension time period can be requested.

A student must submit a Request for Incomplete via the online classroom within 3 days of the close of class. Factors such as reason for an extension, academic progress within the course, and prior communication with the instructor regarding circumstances will be evaluated to determine approval of an extension. The instructor will notify the student of the status of his or her request. If the request is approved, the student must complete the remaining coursework by the date indicated by the instructor. If no date is provided by the instructor, the student must complete the remaining coursework no later than the close of the subsequent quarter. If the request is denied, the student may write a letter and contact studentaffairs@lionel.edu and request further review and status determination.

During the time of extension, the course will be marked as “Incomplete” and the grade on record will be an “I.” Students are required to inform their instructors of submitted work. If they do not, their work will not be evaluated.

A student’s course load includes incomplete courses. Students with a course load that exceeds 15 credits will be required to reduce the number of active classes until incomplete courses are removed.

The removal of an incomplete should be the student’s first priority. Extensions beyond the specified deadline are rarely approved; however, under extenuating circumstances, a student may request an additional extension within the last week of the first extension and prior to the last day. Documentation may be required. All work must be complete by the close of the subsequent quarter. Registration for future quarters may be prohibited until the incomplete is removed.

A maximum of 4 incompletes are allowed within a 12-month period. If the student reaches the maximum allowed incompletes or if the student acquires incompletes in two consecutive terms, registration for future quarters may be prohibited until the incompletes are removed.

Grade changes for Incomplete courses are automatically replaced 14 days following the conclusion of the subsequent quarter, and are calculated according to the points complete out of total points. The institution will not report replaced grades before this time. The institution is not responsible if this amount of time exceeds the allowable time to replace an Incomplete grade for students using outside assistance. Students must consider these consequences for themselves when evaluating the benefits of taking an Incomplete. An administrative fee of \$99 will apply to any accommodations made regarding this policy.

Leave of Absence

A leave of absence (LOA) is a temporary interruption in a student’s program of study and should only be requested in emergencies and extenuating circumstances—including but not limited to medical reasons or military service. All requests for LOA must be submitted in writing via online form. Requests shall include the reason for the request and the amount of time needed. LOA cannot exceed 180 days in any 12-month period. Contact registrar@lionel.edu to request the form.



Lionel University does not assess any additional institutional charges, the student's need will not increase, and the student is not eligible for any additional federal student aid.

LOA may have a serious impact on financial aid. Any student considering LOA should consult with the Financial Aid Office to determine how their financial aid will be affected.

Note: Student borrowers are given a six-month grace period on most types of federal loans starting at the date that enrollment ceases. During this time, lenders will treat the borrower's loans as if the borrower were still enrolled in school full-time. Once a grace period is used on a specific loan, it will not be given again. At the end of the grace period, the student will be required to enter repayment on their federal educational loans until they return to school; however, deferment or forbearance options are available if the student makes a request to their lender.

Repeated Courses

Undergraduate courses may be repeated. The lower grade remains on record with a notation that the course has been repeated. Credit is awarded as earned. Only the highest grade is calculated into grade point average.

Grades earned at Lionel University remain in the student's grade point average if the coursework is repeated at another institution.

Academic Honesty

Violation of academic honesty includes any act that gives an unfair academic advantage to a student. This includes but is not limited to cheating on assignments and quizzes, plagiarizing, or using an unauthorized proctor during proctored exams.

Examples of Academic Honesty Violations:

- Using words or ideas that do not represent the student's original work
- Failing to cite all relevant sources used as reference material
- Submitting another person's work or work that was produced through collaboration with another student as one's own
- Unauthorized collaboration with another student or other third party on an assignment, quiz, or exam
- Soliciting another person to take an exam or write a paper for one's own class
- Submitting work done in one course to satisfy the requirements of another unless both instructors agree beforehand to accept such work
- Falsifying, forging, or altering documents such transcripts and academic forms—including proctor and extension forms

Students must always submit work in their own words. When a student uses outside sources, s/he must make clear the extent to which such sources were used. Any words or ideas that are not the student's own require citation.

Plagiarism is presenting someone else's work as your own. If you use a whole document, a paragraph, a single sentence, a graphic element—even an idea developed by another—and you don't acknowledge the creator, you are committing plagiarism.



When instances of academic dishonesty have been detected, faculty members will have a number of options for addressing the incident with the student:

- Resubmission of the assignment (possibly for fewer points)
- Failure on the assignment
- Additional assignment(s)
- Reduction of the final course grade
- Failing grade in the course

When the faculty member has determined that academic dishonesty has occurred and that a disciplinary action is necessary, he or she will initiate the following:

- First, work with the student to determine the circumstances
- If the instructor and student cannot resolve the situation satisfactorily, the instructor submits an academic dishonesty complaint to the Academic Dean.*
- The student will receive a letter that officially notifies him or her of the charge of academic dishonesty
- The student may appeal the allegation by providing a written statement to studentaffairs@lionel.edu. The appeal must be submitted within seven days of the charge of academic dishonesty.

In the case of an appeal, the Academic Dean will submit the allegation to an ethics committee that will consist of selected faculty and the Academic Dean. The ethics committee will determine the appropriate action for the student's violation of the academic honesty policy.

Cases submitted to the Academic Dean will result in the initiation of a formal administrative investigation and review by an ethics committee. The result of that investigation may lead to one of the following actions:

- Removal from class
- Disciplinary action which might include, but is not be limited to, documented counseling by a Lionel University staff member, loss of quarter credit, or suspension
- Expulsion from Lionel University

All actions will be based on the severity of the offense.

* In cases where there may exist a conflict of interest, the VPAA will substitute for the Academic Dean.

Preventing Plagiarism

Lionel University faculty members take these steps to prevent instances of plagiarism:

- Set clear expectations for assignments, including format and citation requirements



- Design assignments to fulfill specific objectives which might include personal applications, work experiences, or specialized knowledge that only the student might possess
- Use a plagiarism checker
- Take immediate action when plagiarism is suspected
- Use clear language in the course syllabus that might communicate the definition and consequences of plagiarism and the importance of academic honesty

Remember: Students must always submit work in their own words. When a student uses outside sources, s/he must make clear the extent to which such sources were used. Any words or ideas that are not the student's own require citation.

Conduct Policy

Lionel University's programs are designed to prepare graduates to succeed in a professional setting. As part of that development, students are required to conduct themselves in an orderly, considerate, respectful, and professional manner at all times. Displayed conduct includes, but is not limited to, the content of an online profile, participation in the online classroom, and interaction with Lionel University faculty and staff via email or phone. Acceptable student conduct also includes adherence to the policies described in this catalog, including but not limited to, attendance requirements and academic honesty. Violation of these conditions during the application process or while in a program is grounds for dismissal and may prevent acceptance into future programs. Conditions for re-entry are defined on an individual basis by the Student Standards committee upon dismissal or rejection.

Lionel University has been in the fitness industry from the very beginning. We know the professional characteristics that are necessary for industry success. We hold you to these same high standards as students because we believe you can develop the required characteristics of successful trainers. We're here to bring out your professional best.

Satisfactory Academic Progress

Minimum Standards

For undergraduate programs, all students must maintain at least a 2.0 institutional grade point average (GPA) and earn two-thirds of the credits they attempt. For graduate programs, all students must maintain at least a 3.0 institutional grade point average (GPA) and earn two-thirds of the credits they attempt.

Maximum Time Frame

Students must meet the program requirements within 150% of the published length of the program. For example, a student can attempt a maximum of 135 credits in order to complete the required 90.

The following can have a negative impact on satisfactory academic progress:



- Course grade below C: Course grades below C count as credits attempted and complete, but negatively impact GPA. This impacts minimum standards.
- Failed course: A failed course counts as credits attempted but not complete, and has a negative impact on GPA. This impacts minimum standards and maximum time frame.
- Incomplete: Incompletes count as credits attempted but not complete. This impacts minimum standards and maximum time frame. Incomplete grades are automatically replaced with the final course grade at the conclusion of the subsequent quarter. The course grade is calculated as points earned divided by total course points. The resulting letter grade will impact credits earned and GPA accordingly.
- Withdrawal: Withdrawals count as credits attempted but not complete. This impacts minimum standards and maximum time frame.
- Repeated Course: Credits from both course attempts are counted as credits attempted. Completed credits will count toward credits complete. Only the highest grade received will be included in GPA.
- Transfer Credit: Accepted transfer credits count as attempted and complete credits. This impacts maximum time frame.

Evaluation Point

Academic progress is evaluated at the end of each 10-week quarter, after grades are official.

Warning, Ineligible, Probation, Disqualified, Appeal

Warning: Students who do not meet minimum standards will be placed on Warning until the next evaluation point. Students are notified in writing via email.

Students on Warning must complete an Academic Meeting with a Success Coach. Requesting and scheduling an Academic Meeting is the student's responsibility. Failure to complete an Academic Meeting may result in a hold on future registration.

Students on Warning may remain eligible for federal, state, and institutional financial assistance programs as long as they are demonstrating positive academic progress.

Students are eligible to be removed from Academic Warning if they are able to meet the minimum GPA and earn the required credits by the end of the Warning period.

Ineligible: Students who demonstrate negative academic progress by the end of the warning period (next evaluation point) become ineligible for all federal, state, and institutional financial assistance programs, pending successful appeal. Any received tuition benefits will be adjusted according to governing regulation.

Appeal: On occasion, serious circumstances such as injury, illness, or death of a relative can cause a major disruption in a student's ability to successfully complete coursework. If students believe that they can present mitigating circumstances for failing to meet minimum standards, they must make an appeal in writing. To appeal, students must complete an Appeal to Continue Study questionnaire and submit the questionnaire to studentaffairs@lionel.edu. The Appeals Committee will review the appeal, make a decision, and send a written response to the student via email. Students who are reinstated through the appeal process will be reinstated on Probation.

Probation: Students who successfully appeal ineligibility will be permitted to take courses on Probation. Students on Probation must complete an Academic Meeting with a Success Coach and follow an Academic Recovery Plan, which may require the student to fulfill



specific terms and conditions such as taking a reduced course load or enrolling in specific courses. Requesting and scheduling an Academic Meeting is the student's responsibility. Failure to complete an Academic Meeting and Academic Recovery Plan may result in a hold on future registration.

Students on Probation may remain eligible for federal, state, and institutional financial assistance programs for one payment period (until the next evaluation point). To qualify for further Financial Aid and/or outside financial assistance, the student must meet minimum standards or be making progress on an Academic Recovery Plan.

Students are eligible to be removed from Probation if they are able to meet the minimum GPA and earn the required credits by the end of the Probation period.

Disqualified: Students who do not meet minimum standards by the end of the Probation period (third evaluation point) and are not making progress on an Academic Recovery Plan are subject to disqualification and the student's eligibility for federal, state, and institutional financial assistance programs is terminated. Disqualified students may be prohibited from enrolling in classes for one term.

Disqualified and ineligible students who choose not to appeal or who fail an appeal are permitted to take courses at their own expense until they are able to meet minimum standards. Admission as a regular student is subject to availability at the time of academic recovery.

Ineligible to Continue: Students who complete the associate's degree program below the minimum standards (GPA below 2.0 or attempt more than 135 credits to complete the program) are disqualified from being accepted into Lionel University bachelor's degree program.

Term Credit Limit

Students are not allowed to enroll in more than 18 credits in a quarter. Students should expect to devote 30 hours per quarter of studying for every one quarter credit that they are enrolled in. Students enrolled in the maximum allowed credit amount of 18 credits in a quarter should expect to devote 540 hours to their coursework over the course of the quarter. Over a 10 week quarter, this equates to 54 hours of studying per week (30 hours * 18 credits / 10 weeks = 54 hours).

Students with a GPA of 3.0 or higher, who have been enrolled in their program for more than four quarters, and who have not had any violations of the school's Academic Honesty policy or Code of Conduct policy can request to enroll in more credits than the 18 credit per term limit. This request should be sent to studentaffairs@lionel.edu and should include:

- The reason why the student would like to enroll in more than 18 credits in the upcoming quarter
- The total number of hours that the student is able to devote to their coursework each week
- The student's planned study schedule

Students will be notified of the results of their request by email within seven days.

Policy Changes

Lionel University reserves the right to change its rules, policies and procedures. Current policies are posted in the catalog and available online at lionel.edu.

VA Notification

The institution will notify the VA Office of the following changes in student status.



Students using veteran benefits to assist with tuition are advised to contact their VA Office to determine if changes in student status will affect their benefits.

- Enrollment Leave of absence
- Drop/Add Probation
- Withdrawal Dismissal
- Extension

Third-Party Grade Reporting

The institution will report grades as required by third-parties that award tuition assistance, as directed by the terms of the award. Examples include but are not limited to Military Tuition Assistance, Military Spouse Financial Assistance, and Employer Sponsored Tuition Assistance. Students are responsible for understanding the grading standards required to maintain assistance. Standards may include maintaining a specified GPA, receiving a grade within a specified time period following the end of the course, removing incomplete grades within a specified time, or limits on allowed incompletes.

Students must be aware that Incomplete grades are automatically replaced and reportable no sooner than 14 days after the conclusion of the subsequent quarter. The institution is not responsible if this amount of time exceeds allowable time to replace an Incomplete grade. Students must consider these consequences when evaluating the benefits of an Incomplete.

Graduation

To receive a degree, a student must satisfy requirements related to quarter credits, grade point average, program of study and courses. It is the student's responsibility to ensure that all requirements for graduation have been met and are completed in a timely manner. To assist students in this process, Lionel University provides support through Success Coaches.

Once a student has determined that all requirements have been met, the student submits a graduation application to the Office of the Registrar.

Requirements:

- Maintain an overall institutional GPA of 2.0 for Associate's and Bachelor's degree programs and 3.0 for Master's degree programs
- Maintain a 2.0 GPA specifically in core coursework for Associate's and Bachelor's degree programs and 3.0 for Master's degree programs
- Fulfill the academic requirements as directed by the degree program.
- Associate degree: Earn a minimum of 90 quarter credits of which 30 credits are general education, 30 credits are core courses, and 30 credits are electives. At least 30 credits must be earned as structured undergraduate Lionel University courses.
- Bachelor's degree: Earn a minimum of 180 quarter credits of which 45 credits are general education, 75 credits are core courses, and 60 credits are electives. At least 60 credits must be earned as structured undergraduate Lionel University courses.
- Master's degree: Earn a minimum of 45 quarter credits of which 20 credits are core, 20 credits are concentration electives, and 5 credits are capstone. At least 23



graduate credits must be earned through Lionel University.

Degrees with Lionel University are conferred on a quarterly basis. The conferral date is defined as the date on which a student's degree is officially awarded. After completing all courses and submitting a completed graduation application, graduating students must resolve any outstanding financial obligations. After all academic and administrative requirements have been met, students will receive their diploma.

Names of graduates are read in a recorded virtual graduation ceremony on a date identified and communicated each year. If you do not wish for your name to be included, please notify the Registrar at registrar@lionel.edu.

Delta Epsilon Tau Honors Society

Lionel University recognizes the academic achievements of students with the establishment of Lionel University Omega of California Chapter of the Delta Epsilon Tau (DET) International Honor Society.

Students who have earned a degree with an institutional GPA of 3.75 or higher at Lionel University are eligible for recognition. A committee comprised of Lionel University faculty and administration review eligible candidates.

Delta Epsilon Tau Honors Society is chartered and accredited by the Accrediting Commission of the Distance Education Accrediting Commission (DEAC).

Student Affairs

The Student Affairs department is responsible for providing personalized, proactive, responsive service to enhance student engagement within Lionel University distance learning environment. The various sections of the department, including the registrar, transfer credit evaluation, success coaches, and student service representatives form the nucleus of the student support teams.

The institution does not provide placement services.

Registrar

The Office of the Registrar serves as the institutional administrator for academic information and records that support faculty, staff, and students. Services provided by the Registrar include:

- Management of student academic records
- Determination of transferability of courses
- Degree plan services
- Course registration and enrollment verification
- Providing official and unofficial transcripts
- Assessment and conferral of degrees
- Consulting on academic policies and procedures
- Informing students, faculty members, and staff of their rights and responsibilities for their educational records, access, and privacy

Student Records

The following describes the retention and maintenance of student records.

- Admissions documents for applicants who do not enter (whether accepted or rejected): 1 year after application
- Admissions documents for applicants who enroll: 5 years after graduation or



date of last attendance

- Academic records: permanent

Transcripts

Transcripts can be ordered online via Parchment at <http://www.parchment.com/u/registration/3537869>

- Create a Parchment account
- Request transcript
- Official Transcript Fee: \$12.50 per transcript copy
- Official transcripts will be sent through Electronic Delivery, paper transcripts are available upon request.

Students create an account with Parchment (third-party transcript vendor) to obtain an official transcript. Once the student account is created, students will be able to request transcripts online and track the status of orders. Transcript requests are typically processed within one business day of the completed order. Official transcript fee: \$12:50 per official transcript.

Questions with your Parchment Order? | Call: (888) 289-7107

Transfer and Award of Academic Credit

College transfer credits are determined by the receiving institution. Each institution is responsible for determining its own policies and practices with regard to the transfer and award of credit. It is the receiving institution's responsibility to provide reasonable and definitive policies and procedures for determining a student's knowledge in required subject areas. Lionel University will furnish transcripts and other documents necessary for a receiving institution to judge the quality and quantity of the work completed by its students. Be advised that the work reflected on the transcript may or may not be accepted by a receiving institution.

Transfer Credit

Credit transfer depends on:

1. The educational quality of the institution from which the student transfers.
2. The comparability of the nature, content, and level of credit earned.
3. The appropriateness and applicability of the credit earned to the programs offered by the receiving institution, in light of the student's educational goals.

Accreditation: Accreditation speaks primarily to the first of these considerations, serving as the basic indicator that an institution meets certain minimum standards. Lionel University gives careful attention to the accreditation conferred by accrediting bodies recognized by the Council for Higher Education Accreditation (CHEA and/or the U.S. Department of Education (USDE)). CHEA is a non-profit organization of colleges and universities that has a formal process of recognition that requires recognized accrediting bodies to meet the same, generally accepted minimum standards for accreditation. USDE has a governmental process of recognition that requires recognized accrediting bodies to meet federal standards ensuring that education provided by accredited institutions of higher education meets acceptable levels of quality.

Comparability and Applicability: Comparability of the nature, content, and level of trans-



fer credit and the appropriateness and applicability of the credit earned in programs offered by the receiving institution are important in the evaluation process. This information is obtained from catalogs and other materials and from direct contact between staff at both the receiving and sending institutions.

Admissions and Degree Purposes: There may be differences between the acceptance of credit for admission purposes and the applicability of credit for degree purposes. A receiving institution may accept previous work, place a credit value on it, and enter it on the transcript. However, that previous work, because of its nature and not its inherent quality, may be determined to have no applicability to a specific degree to be pursued by the student.

Unaccredited Institutions: Institutions of postsecondary education that are not accredited by CHEA-recognized accrediting bodies may lack that status for reasons unrelated to questions of quality. Such institutions, however, cannot provide a reliable, third-party assurance that they meet or exceed minimum standards. That being the case, students transferring from such institutions may encounter special problems in gaining admission and in transferring credits to accredited institutions.

Foreign Institutions: In most cases, foreign institutions are chartered and authorized by their national governments, usually through a ministry of education. Although this provides for standardization within a country, it does not produce useful information about comparability from one country to another. The Council on International Education Exchange, Council on Evaluation of Foreign Credentials, National Liaison Committee on Foreign Student Admissions, and National Association of Foreign Student Affairs can assist with information or guidelines on admission and course placement of foreign students. Equivalency or placement recommendations are evaluated in terms of programs and policies of the individual receiving institution.

Validation of Extra-Institutional and Experiential Learning for Transfer Purposes: Transfer-of-credit policies encompass educational accomplishment attained in extra-institutional settings as well as at accredited postsecondary institutions. Recommendations provided by the American Council on Education's Office, credit-by-examination programs, and the Council for Adult and Experiential Learning help to determine credit equivalencies for various modes of extra-institutional learning. Credit awarded for experiential or equivalent learning, including credit-by-examination, cannot exceed 25 percent of the credits required for the degree.

What this means to you

Lionel University accepts previous general education and elective coursework from an institution that is (or was at the time the course was completed) accredited by an organization recognized by either the U.S. Department of Education or CHEA.

Transferable coursework from outside institutions must be:

- Relevant (a logical addition to your course of study)
- Reliable (accredited institution, military education, CLEP, AP, etc.)
- Verifiable (via official transcripts)
- Completed with a grade of C or higher

Here are the types of credit accepted:

- Relevant coursework completed with a grade of C or higher through an institution accredited by an organization recognized by either the U.S. Department of



Education or CHEA

- Credit by Examination including:
 - Chauncey Group International - DSST Program (formerly DANTEs Subject Standardized Tests)
 - College-Level Examination Program (CLEP)*
 - Excelsior College Exams (formerly ACT-PEP, formerly Regents College Exams)
 - College Board Advanced Placement (AP) Program
 - NCCA-accredited or ISSA certifications, upon passing a proctored competency exam with a 75% or higher (must correlate to Lionel University curriculum; BS degree: max of 4, AS degree: max of 2; Master Trainer certificate: max of 1)
- Professional Military Education (non-academic experience and training) evaluated by the American Council on Education (ACE) as academic credit.

* Please Note: Lionel University's school code for the CLEP examination is: 4898.

Credit earned in repeatable required courses may be applied only once to the degree requirements.

Some study abroad programs, upon approval, may satisfy some general education and/or elective requirements.

Relevant experiential learning as gained through the military and evaluated by the American Council on Education (ACE) for undergraduate credit can satisfy some general education or elective requirements. Official military transcripts are required. This institution does not award credit for any other prior experiential learning.

Credit awarded for experiential or equivalent learning, including credit-by-examination, cannot exceed 25 percent of the credits required for the program.

Articulation Agreements

The institution holds articulation agreements with:

- California University of Pennsylvania (CAL U)
- Huntington University of Health Sciences
- American College of Healthcare Sciences USA (ACHS), Portland, OR
- Waldorf College, Forest City, IA
- United States Sports Academy (USSA)

California University of Pennsylvania (CAL U)

Lionel University and CAL U acknowledge their shared mission to provide quality higher education programs, which meet the needs of the region and provide a workforce of highly trained residents. Graduates of the associate degree program will qualify for junior standing upon admission to CAL U's BS in Sport Management with a concentration in Wellness & Fitness program, provided students earn a grade of C or higher in transferable classes.

Huntington University of Health Sciences

Lionel University students who transfer to Huntington University of Health Sciences have



their coursework evaluated on a course-by-course basis to determine which of the Huntington University of Health Sciences general education requirements and discipline requirements have been met. Graduates of Lionel University's AS in Exercise Science program will qualify for junior year standing upon admission to the Huntington University of Health Sciences BS in Nutrition program.

American College of Healthcare Sciences USA (ACHS)

ACHS accepts Lionel University certificate courses (PTR) with a grade of B or higher for transfer credit. The student must successfully complete all admission requirements and enroll as a new student at ACHS within five years following completion at Lionel University to receive transfer credit under this agreement. Upon enrolling at ACHS and submitting official Lionel University transcripts, the ACHS Registrar will note the appropriate award of credit to the student's transcript without additional charge. This credit will be recorded as "Transfer Credit" on the academic transcript and will be excluded when calculating the student's grade point average. There will be no cost to the student for Transfer Credit obtained in this manner. Please be aware that the administrative fee structure at ACHS is subject to change.

Waldorf College

Waldorf will evaluate Lionel University's courses submitted by applicants for credit transfer consideration. A maximum of 32 semester hours in the Associate's Degree program, or 84 semester hours in the Bachelor's Degree programs may be transferred into Waldorf, providing they are relevant and in alignment with the applicable degree program. Acceptance of courses and credits from Lionel University and other accredited institutions are evaluated by the Registrar according to the nature and quality of the coursework. A minimum GPA of 2.0 from the transferring institution is required for admission into Waldorf.

Under this agreement, students of Lionel University entering Waldorf's On Campus programs will have the standard application fee waived and receive a \$500 scholarship toward the first year's tuition.

Students entering Waldorf's On Campus Programs with less than 50 semester hours of credit transfer will be required to reside on campus.

United States Sports Academy (USSA)

USSA will admit qualified students from Lionel University associate's degree program into its Bachelor of Sports Science Degree Program. The degree program offers majors in Sports Coaching, Sports Management, Sports Strength and Conditioning, and Sports Studies. Admission fee will be waived for any student graduating with an AS degree from Lionel University.

Articulation agreements are subject to change. Confirm the terms of these agreements with the articulating institution before you enroll.

Transfer Credit Evaluation

A completed program application and official transcripts from the conferring institution are required to facilitate credit evaluation. Transcripts for comparable Lionel University courses completed in a country other than the United States must be evaluated by an outside credential evaluation company before they are submitted to Lionel University. The National Association of Credential Evaluation Services (www.naces.org) members are acceptable sources for foreign credential evaluation and translation services. Transcripts in languages other than English must be accompanied by a certified translation.



Credit for experiential learning from NCCA-accredited personal training courses or ISSA courses is awarded upon successful passing of corresponding competency exams with a score of 75% or higher (BS program: maximum of 4, AS program: maximum of 2; Master Trainer certificate: maximum of 1). Competency exams must be completed within the students first term in Lionel University. Applicants must submit proof of certification to registrar@lionel.edu. (Note: Transferred certification courses do not result in an ISSA certification.)

Lionel University operates on a quarter system and courses are awarded quarter credit. If a student transfers over credit taken at a semester based institution, the credit is converted to the quarter equivalent. One quarter credit is equivalent to two-thirds of a semester credit.

Any course or credit recommendation (institutional or non-institutional) approved to transfer to Lionel University program requirements is evaluated on the quarter credit worth in addition to standards of educational quality to determine the applicability to Lionel University degree requirements.

Credits applied towards program requirements are recognized only for the quarter credit required for that specific degree requirement. No additional credit will be awarded beyond the quarter credits required.

The prospective student must provide the following documentation:

- Official college/university transcripts (must come from conferring institution)
- Proof of certification (if submitting NCCA-accredited / ISSA certification courses for consideration)
- Course outlines and/or catalog from awarding institution
- Military-earned credit:
 - Joint Services Transcript (JST)
 - Community College of the Air Force (CCAF) transcript
- Official standardized examination results:
 - Award of academic credit toward the degree program of enrollment is assessed on the basis of test scores and the appropriate subject area
 - Lionel University will award transfer credits for exams that are associated with the current Lionel University curriculum

Once the Transfer Credit Evaluation is complete, accepted transfer credit is applied to the degree plan and supplied to the applicant. The institution will maintain a written record of an applicant's previous education and training, the record will clearly indicate that credit has been granted if appropriate, and the program requirements will be shortened accordingly. To appeal the results of a transfer credit evaluation, contact the Office of the Registrar.

Competency Exam Policy

Relevant experiential learning from NCCA-accredited personal training courses or relevant ISSA personal training courses may be transferred in to satisfy core or elective credit in Lionel University degree programs or Master Trainer certificate program. Credit will be awarded upon successful passing of a competency exam with a 75%. All competency exams must be completed within the students first term at Lionel University. If an exam is not completed in the first term, a \$15 fee will be charged to the student in order to take the exam. Students are allowed two attempts to pass the exam. After two unsuccessful attempts, transfer credit will not be awarded.



NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Lionel University is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the (degree, diploma, or certificate) you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the (credits or degree, diploma, or certificate) that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Lionel University to determine if your (credits or degree, diploma, or certificate) will transfer.

Academic Support

Each student is assigned to one Success Coach (SC) who is the personal point of contact for program orientation, support, and service issues. The SC stays in touch with the student from the date of enrollment through graduation. The importance of the SC's efforts toward student retention is second only to the influence of the course instructor and the quality of the course materials.

Through email and phone calls, the Success Coach provides support by:

- Orienting new students to the program
- Monitoring participation and motivating the student to stay on track to complete on time
- Answering procedural questions
- Assisting students with proctoring decisions
- Submitting adds, drops, and withdrawals
- Assisting students in course selection
- Answering questions regarding graduation requirements

A student's Success Coach is the key point of contact during a student's entire degree program. Academic Success Coaches are required to respond to all student inquiries within 48 hours, the equivalent of two business days. The support relationship can include phone calls and emails.

Students who encounter technical issues within the LMS can contact LMS technical support staff. All requests for technical support are responded to within one business day.

Student Information System (SIS)

The student information system (SIS) provides students access to their records. Students utilize the SIS to register for courses; view academic progress, grades, degree audits, and transfer credit evaluations; pay tuition; and update their contact information. Students receive access to the SIS upon acceptance into an academic program.

Library Resources

The Library and Information Resources Network, Inc., a 501(c)(3) nonprofit corporation founded in 1996, is a consortium of educational institutions which have joined to share access to information resources. LIRN grew out of a project of the Advisory Council of the (Florida) State Board of Independent Colleges and Universities and is now an indepen-



dent organization. LIRN provides group purchasing and centralized management of electronic information resources for its members, and operates a validation server which is a single login gateway to vendor services.

LIRN is a multi-location, virtual organization, with business offices in Largo, Florida, and officers, trustees, and technical staff at various locations around the U.S. Phone numbers and addresses are available on the Board and Officers page of our website. The LIRN gateway server is housed in the state of the art commercial data center of Peak 10 Data Center Solutions in Tampa, Florida. It features complete articles full text articles, books and photographs. Since these programs will be taught online, students will be given an account with LIRN and will have unlimited access to the system.

Student Right to Privacy

The Family Educational Rights and Privacy Act of 1974 (FERPA) is a U.S. federal law that gives students access to their records and protects the privacy of their education records. Lionel University may not disclose personally identifiable information about students or allow inspection of their education records without written permission unless such action is covered by certain exceptions permitted by the act.

Once a student has registered for courses at Lionel University, all rights provided by FERPA rest with the student even if the student is younger than 18 years old. This applies regardless of country of residence or citizenship.

FERPA grants five basic rights to you as a student:

- To inspect and review the information maintained in your student record.
- To seek amendment to your records and in certain cases add a statement to the record.
- To consent to disclosure of his/her records (with exceptions).
- To obtain a copy of the institution's policy.
- To file a complaint with the Department of Education if Lionel University fails to comply with FERPA Policies.

Family Policy Compliance Office

U.S. Department of Education

400 Maryland Avenue, SW.

Washington, DC 20202-4605

Directory Information

Directory Information may be released without written authorization. FERPA defines Directory Information as being information not generally considered harmful such as name, address, enrollment status, telephone, e-mail, place of birth, degree, and awards, etc.

Lionel University considers the following to be directory information:

- Student's name
- Address
- Telephone number
- E-mail address
- Date and place of birth
- Major field of study
- Dates of attendance and graduation
- Degrees, honors, and awards received

If you decide to request that your directory information not be disclosed, please send a request



for a Directory Information Block via email to your Success Coach. The request must come from the email address specified in your student record and must include your student ID for us to process it.

Non-Directory Information

Non-Directory Information may only be released to third parties (including parents, spouses, and siblings) with written authorization. If a third-party tuition assistance agreement requires Lionel University to report grades or academic status, only the information required by the agreement will be reported (e.g., Military Tuition Assistance, VA benefits).

Some examples of non-directory information are:

- Race, ethnicity, and citizenship
- Grades, GPA, course schedule
- Documents required for admission
- Billing or Financial Aid Information

Giving Access to a Third-Party

You may sign a FERPA Release Student Authorization Form to allow information to be released to a third party. To request the form, email your Success Coach. The request must come from the email address in your student record and must include your student ID for us to process it. Forms will need to be updated annually to be valid.

Technology Requirements

Students are expected to have access to the technology requirements as Lionel University is not obligated to supply the needed technologies including software and hardware. If a student does not have word processing software, www.OpenOffice.org offers free, fully functional software for download. The following chart lists the minimum and recommended hardware and software requirements a student will need to successfully access Lionel University's online courses.



PC	Minimum	Recommended
System	Microsoft Windows Vista	Microsoft Windows 7 or higher
Processor	1 GHz	Intel/Pentium/Celeron family AMD K6/Athlon/Duron family
Memory	512 MB	1024 MB or greater
Display	Super VGA (1024 × 768) resolution video adapter and monitor	SVGA Monitor True color (32 bit) 1280 x 1024 Resolution or higher
Connection	Broadband (Cable / DSL / T1)	Broadband (Cable / DSL / T1)
Browsers	Internet Explorer 9 or Higher or Firefox 18 or higher	Internet Explorer 9 or Higher or Firefox 18 or higher
Software	Windows Media Player 9.0 Adobe Flash Player 9.x OpenOffice (free at openoffice.org) -or-Microsoft Office XP	Windows Media Player 11.0 Adobe Flash Player 10.x OpenOffice (free at openoffice.org) -or-Microsoft Office Suite
Hardware	20 GB Hard Drive CD-ROM Speakers Black & White Printer	40 GB Hard Drive or better CD-ROM Stereo Speakers Color Jet Printer
Macintosh	Minimum	Recommended
System	OSX 10.6	OSX 10.7 or higher
Processor	1 GHz	Core 2 Duo, Core i3, Core i5, Core i7, or Xeon processor
Memory	1 GB	2GB or higher
Display	Super VGA (1024 × 768) resolution video adapter and monitor	SVGA Monitor True color (32 bit) 1280 x 1024 Resolution or higher
Connection	Broadband (Cable / DSL / T1)	Broadband (Cable / DSL / T1)
Browser	Firefox 3.0 or Safari	Firefox 3.5 or Safari 5
Software	Quicktime Adobe Flash Player 9.x OpenOffice (free at openoffice.org) -or-Office version X	Quicktime Adobe Flash Player 10.x OpenOffice (free at openoffice.org) -or-Microsoft Office Student & Teacher
Hardware	20 GB Hard Drive CD-ROM Speakers Black & White Printer	40 GB Hard Drive or better CD-ROM Stereo Speakers Color Jet Printer
Proctoring	Minimum	Recommended
All students	Lionel University approved third-party proctor	Webcam (640x480 resolution) Headphones or speakers Microphone Web browser with Adobe Flash 10 High-speed internet Ability to allow VNC connections

Tuition and Fees

Tuition is set by the Office of the President of Lionel University. Lionel University reserves the right to change its tuition and fees policies at any time. Certificates and diplomas will not be issued until tuition and fees are paid in full.

Lionel University courses are designed to provide excellence in education and student services. We believe that quality education is an investment in your future and all of our services are designed to support the student throughout the educational process.



Undergraduate

\$333 per credit (US citizens and residents) / \$440 per credit (international)

Graduate

\$440 per credit

Fees

Certification fee (PTR certification courses only)	\$199
Technology (due quarterly)	\$25
Proctor (paid directly to proctor-U, if used for testing)	\$22.50

Tuition includes:

- All instruction and evaluation
- Full student services and support during your program, including unlimited online classroom access, email and telephone support
- Online interaction and support
- Course exams (proctoring not included)

Your tuition includes a wide range of student services including but not limited to:

- Online virtual classrooms offering a rich interactive learning environment with fellow students and faculty
- A virtual library to assist you with research including access to two research database libraries

Estimated Total Annual Expense - US Citizens and Residents

Tuition is due on a quarterly basis. Based on the tuition rate of \$333 per credit, quarterly tuition for a full-time undergraduate student enrolled in 12 credits is \$3,996 plus fees. Based on the tuition rate of \$440 per credit, quarterly tuition for a full-time graduate student enrolled in 12 credits is \$5,280 plus fees. Estimated total tuition expense for the Master Trainer Certificate Program is \$9,990 plus fees. Estimated annual expense for undergraduate degree programs is \$14,985 plus fees (45 quarter credits completed per year). Estimated annual expense for graduate degree programs is \$19,800 plus fees (45 quarter credits completed per year). Estimated total tuition expense for the associate degree is \$31,314. Estimated total tuition expense for the bachelor's degree is \$61,434. Estimated maximum total tuition expense for the master's degree is \$19,875. Fees listed above do not include proctoring fees which are paid directly to ProctorU at a rate of \$22.50 per exam if students choose to use that service.

Course content is evaluated on an ongoing basis, and improved according to student feedback and outcomes analysis. If course improvements result in a change in earned credit, course charges will be adjusted according to credit value. (reg-KS)

Remember, Lionel University accepts up to 2/3 of its undergraduate degree program requirements as transfer credit and up to 1/2 of its graduate degree program requirements as transfer credit. Qualified transfer credit will reduce your total tuition expenditure and is highly recommended. See "Transfer and Award of Academic Credit" in the Student Affairs section or contact the Registrar for information. 1.800.650.4772 (toll-free), 1.805.745.8111 (international), registrar@lionel.edu



Estimated Total Annual Expense - International

Tuition is due on a quarterly basis. Based on the tuition rate of \$440 per credit, quarterly tuition for a full-time student enrolled in 12 credits is \$5,280 plus fees. Estimated maximum total tuition expense for the Master Trainer Certificate Program is \$13,200 plus fees. Estimated total annual expense for undergraduate degree programs is \$19,800 plus fees (45 quarter credits completed per year). Estimated maximum total tuition expense for the associate degree is \$39,600 plus fees. Estimated maximum total tuition expense for the bachelor's degree is \$79,200 plus fees. Estimated maximum total tuition expense for the master's degree is \$19,800 plus fees.

Remember, Lionel University accepts up to 2/3 of its undergraduate degree program requirements as transfer credit and up to 1/2 of its graduate degree program requirements as transfer credit. Qualified transfer credit will reduce your total tuition expenditure and is highly recommended. See "Transfer and Award of Academic Credit" in the Student Affairs section or contact the Registrar for information. 1.800.650.4772 (toll-free), 1.805.745.8111 (international), registrar@lionel.edu

Course Materials and Textbooks

Digital textbooks for all courses are embedded in the online classroom at no charge. Unlimited access is available one week prior to the course start and throughout the duration of the class. Students who wish to purchase hardcopy textbooks can purchase books from a vendor of their choosing. Textbooks are listed in the course syllabus, which is made available to students seven days prior to the start of class.

Proctored Examinations

Each course culminates with a proctored exam. Students may utilize online proctoring for \$22.50 or obtain another approved third-party proctor at their own expense. Proctoring costs are not included with tuition.

Tuition Payment Options

We accept payments by:

- Check, cash, money order, credit/debit card (Visa, MasterCard, American Express, Discover).
- Tuition Assistance (military, VA and employer).
- Financial Aid disbursement for those who qualify.

Information for students Using Vocational Rehabilitation and Employment benefits (CH31) or Post-9/11 G.I. Bill® (CH33)

A student using Vocational Rehabilitation and Employment benefits (CH31) or Post-9/11 G.I. Bill® (CH33) will be allowed to enroll in and attend courses and access campus facilities while the campus awaits payment for tuition and fees from the VA. While awaiting receipt of funds from the VA, Lionel University will not impose any penalty, charge late fees or require an eligible student to borrow additional funds to cover tuition or fees. This waiting period begins the date the student provides appropriate documentation and continues either until funds are received



from the VA or until 90 days after the School Certifying Official has certified the student's enrollment for tuition and fees.

To demonstrate current eligibility and intent to use Chapter 31 or 33 benefits, a student must provide the following documents:

Ch 31

- VA Form 28-1905 - authorization from your Vocational Rehabilitation counselor
- VA Form 22-1995 - Request for Change of Program or Place of Training (if applicable)
- All official military and/or college transcripts
- Signed Student Bill of Rights

Ch 33

- Certificate of Eligibility (COE)
- VA Form 22-1995 - Request for Change of Program or Place of Training (if applicable)
- All official military and/or college transcripts
- Signed Student Bill of Rights

For more information regarding this policy, contact Lionel University VA Team at military@lionel.edu or 1.800.650.4772 ext 4.

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government Web site at <https://www.benefits.va.gov/gibill>.

Third Party Billing Agreements

Lionel University will bill employers who pay tuition for their employees.

Students who have a third-party billing agreement and scheduled aid but who show an outstanding balance due may have a financial lock placed on their account until the outstanding balance has been resolved.

Financial Hardship

If you anticipate being late with a payment, please contact us to arrange for an extension. Continued failure to meet your financial obligations may result in suspension of your student status.

Late Payments and Returned Checks

Returned-check fee is \$25.

Failure to meet your financial obligations may result in suspension of your student status and/or transfer of your account to collections. An outstanding balance on account will prevent you from registering for future courses, accessing certain systems requiring good standing, and receiving your certificate/degree.

Active Duty Military Scholarship

The Active-Duty Military Scholarship is available for U.S. active-duty service mem-



bers, National Guard, and Reserves using the Tuition Assistance benefit. To qualify for this scholarship, the student must submit a FAFSA for the current aid year. The scholarship will cover any remaining quarterly balance after the Pell grant is applied. Other restrictions may apply.

Financial Aid

Lionel University is approved for students to receive funding from:

- Federal Student Aid (for qualifying students enrolled in the institution's eligible Title-IV programs)
- Tuition Assistance (military and employer; for qualifying students enrolled in an eligible program)
- VA (for qualifying students enrolled in a Lionel University degree program)
- Workforce Investment Act (WIA) funds (Lionel University is on the Eligible Training Provider List (ETPL) for California)

In addition, corporations and private organizations offer scholarships and funding for education at an accredited college.

Reporting of grades or student status may be required by third-party tuition assistance agreements (e.g., Military Tuition Assistance, VA benefits).

Comprehensive Consumer Information for federal student aid programs is available online at <https://lionel.edu/federal-aid-programs/> Students enrolled in eligible federal student aid programs receive annual notification of Consumer Information.

Students who qualify for federal student aid may be restricted from registering for correspondence courses while receiving federal student aid.

A student who obtains a loan to pay for an educational program must repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds. If a student defaults on a loan: (1) the federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan; and (2) the student may not be eligible for any other federal student financial aid at another institution or other government financial assistance until the loan is repaid.



Refund Policy

Student's Right to Cancel

Refunds, if applicable and requested, will be made within 30 days of request via the original payment method.

Department of Defense (DoD) Tuition Assistance Refund Policy

If a service member receiving military tuition assistance (TA) drops a class or withdraws prior to the class start date, all TA funds will be returned to payee. If a student drops or withdraws from a course after the add/drop period, the institution will follow the refund schedule.

Refund Calculation

Undergraduate and graduate courses:

1. The course start date is considered the first class.
2. Cancellation up through 60% of the duration of the term will result in a prorated refund. Rate is computed by dividing the number of term days through the date of cancellation by the total days in the term.
3. Cancellation after 60% of the duration of the term will result in no refund for the term.
4. Students who withdraw as a result of physical incapacity are entitled to a prorated refund through the end of the term. Medical documentation required.

Self-paced certificate courses:

1. The first completed assignment is considered the first class.
2. Cancellation before 60% completion of course assignments will result in a prorated refund computed on the number of assignments completed to the total assignments in the course.
3. Cancellation after completing 60% of the course assignments will result in no refund.
4. Students who withdraw as a result of physical incapacity are entitled to a prorated refund through the end of the enrollment period. Medical documentation required.
5. Beyond the conclusion of the original 6-month enrollment period, students enrolled in self-paced certificate courses are no longer eligible for refunds in any amount.

Students who have received federal student aid funds and cancel up through the



60% point are entitled to a refund of moneys not paid from federal student aid program funds, if applicable.

Iowa students are entitled to a 100% refund of tuition through the first day of class.

Iowa students who withdraw before the final day of class will receive a prorated refund, calculated by multiplying the amount of tuition the student was charged by a ratio of the number of calendar days remaining/incomplete in the term as of the withdrawal date, as compared to the total calendar days in the term.

Lionel University accepts cancellation in any manner. However, California state statutes require that students verify cancellation in writing. Therefore, please supplement any verbal requests with written notice within 30 days. Written notice can be in any form including email (registrar@lionel.edu) or mail (1015 Mark Ave, Ste 1013, Carpinteria, CA 93013).

The institution reserves the right to cancel a student's enrollment for violations of student conduct, including, but not limited to, a student's lack of attendance.

Refund Policy Examples

Undergraduate courses:

$$\text{Total tuition} \div \frac{\text{Total course length in days}}{\text{Number of days completed in the course}} = \text{Refund amount}$$

Refund Policy Example – Student Paid

\$3,996 total tuition

Days 31 / 70 = 44%

$\$3,996 * (1 - 0.44) = \$2,237.76$ net refundable tuition

Refund Policy Example – Student Responsibility

\$3,996 total tuition

Days 31 / 70 = 44%

$\$3,996 * 0.44 = \$1,758.24$ net student responsibility

This is an example only. Student finances are individualized and vary from student to student.

Graduate courses:

$$\text{Total tuition} \div \frac{\text{Total course length in days}}{\text{Number of days completed in the course}} = \text{Refund amount}$$

Refund Policy Example – Student Paid

\$2200 total tuition

Days 31 / 70 = 44%

$\$2200 * (1 - 0.44) = \1232 net refundable tuition



Refund Policy Example – Student Responsibility

\$2200 total tuition

Days 31 / 70 = 44%

$\$2200 * 0.44 = \968 net student responsibility

This is an example only. Student finances are individualized and vary from student to student.

Self-paced certificate courses:

Course cost ÷	$\frac{\text{Total number of course assignments}}{\text{Number of course assignments completed}}$	= Refundable tuition
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Course cost
- Refund amount
+ \$25 (S&H)

Total amount student is responsible for paying

Refund Policy Example – Student Paid

\$675 total tuition

Assignments 4 / 10 = 40%

$\$675 * (1 - 0.40) = \405 net refundable tuition

Refund Policy Example – Student Responsibility

\$675 total tuition

Assignments 4 / 10 = 40%

$\$675 * 0.40 = \270 net student responsibility

This is an example only. Student finances are individualized and vary from student to student.

Dropping or Withdrawing from a Course

Students are asked to discuss dropping a course with their Success Coach. A student may drop a course without receiving a “W” if they drop by the last day of the first week of class. The final withdrawal deadline is the end of the 3rd week in a 5-week course and the end of the 6th week in a 10-week course. Students who officially withdraw from a course before the final withdrawal deadline will receive a “W.” Beyond the final withdrawal deadline, grades will be calculated as points earned, divided by the total course points. All deadlines are in the institution’s time zone.

The refund procedure and schedule described above shall apply to all drops and withdrawals. For veteran students, the VA Office will be notified of all dropped courses or withdrawals.

Withdrawing from the School



Official Withdrawal: Students can request withdrawal from the school in any manner. California state statutes require that students verify cancellation in writing. Therefore, please supplement any verbal requests with written notice within 30 days. Written notice can be in any form including email (registrar@lionel.edu) or mail (1015 Mark Ave, Ste 1013, Carpinteria, CA 93013).

Unofficial Withdrawal: Students who cease attendance and do not provide official notification of their intent to continue in their classes may be considered for administrative withdrawal.

Leave of Absence (LOA)

A student who finds it necessary to leave the institution and who plans to return may submit a written request for a leave of absence (LOA). Students on an approved LOA are not considered withdrawn; however, failure to return from an approved leave of absence may have a serious impact on a student's financial aid. Please review the full Leave of Absence policy in the Policies section of this catalog.

Withdrawal Date and Last Date of Attendance (LDA)

A student may withdraw for any reason and is responsible for completing formal withdrawal procedures as outlined in the Withdrawal Policy. In addition, if a student registered via an online military portal, it is the student's responsibility to withdraw via that same online military portal. A withdrawal is considered to have occurred on the date the student officially submits the withdrawal form or on the date the institution determines the student ceases attendance or failed to meet published academic policies and is administratively withdrawn, whichever comes first. This is the date of determination used to compute a refund according to institutional policy.

Official Withdrawal: The withdrawal date and last date of attendance (LDA) for students who officially withdraw will be the date of withdrawal request.

Unofficial Withdrawal: The withdrawal date and LDA for students who cease attendance or are dismissed will be the last date of digitally recorded course activity within the LMS.

Failure to Return from a Leave of Absence (LOA): The withdrawal date and LDA for students who fail to return from a leave of absence will be the date of LOA request.

Please refer to the academic calendar for withdrawal dates for specific sessions. All refunds for federal and state financial aid programs or to the student (if applicable), will be made within 30 days of the date of institutional determination that the student has officially withdrawn or is administratively withdrawn.

Withdrawals Due to Military Service/Notification of Military Service

The student must give written notice to the University as timely as possible of the



United States military activation (either federal orders to active duty or state orders to activate National Guard Troops), a permanent change of station (PCS), deployment orders, training orders, or any other military orders that will interfere with the student's ability to complete their course(s). (Timeliness will be determined by the facts in each case.) Alternatively, at the time of re-admission, the student may submit an attestation of military service that necessitated the student's absence from the school.

Withdrawal Due to Military Service

Students ordered to military service are permitted the option of either completing their course(s) at a later date without penalty or withdrawing from the course(s) with a full refund of fees paid. If a student chooses to withdraw, the student's record shall reflect that the withdrawal is due to active military service.

In certain circumstances, a student may request an extension and if approved, the student will have an additional thirty (30) days to complete all coursework. Extension requests will be evaluated on a case-by-case basis and are approved in instances where doing so supports the academic success of the student.

If the student decides to withdraw from the class, a grade of "I" will be earned and the class must be retaken upon return to the University. The "I" grade will not affect the student's satisfactory academic progress.

Tuition Refund and Return of Financial Aid

Tuition assistance refunds of 100% are granted to students who withdraw due to military service, provided they do not receive credit for the course. If the student received federal financial aid (Title IV Funds) and withdraws before they complete 60% of the session, a pro rata calculation will determine the amount of financial aid they have earned. It is based on the amount of time from enrollment and the date of notification. This calculation is independent of any charges incurred at the institution.

Census Date

Lionel University Financial Aid Office has established the first Sunday of each quarter as the census date for Pell Grant recalculation.

After the passage of the census date, students will have their Pell Grant Award recalculated to reflect their actual credit load as of 11:59 PM Pacific Time on that date. Pell Grant Awards will not be further recalculated later in the quarter due to enrollment status changes (either increases or decreases) unless otherwise required by federal regulations.

Adding courses in Session B after the census date will not increase the amount of Pell Grant awarded for the quarter unless the student's Pell Grant Award for the quarter was not calculated prior to the census date. Students in this exception situ-



ation are highly encouraged to consult with a Financial Aid Advisor to determine how to receive a Pell Grant for their full enrollment status.

Students who wish to be awarded a Pell Grant based Session B enrollments must have their schedule finalized and be registered in their Session B courses by the close of the Session A add/drop period.

Students who cease attendance in all courses prior to the census date will be subject to the Return to Title IV Funds (R2T4) policy. The student may be required to return funds to Federal Student Aid programs or pay Lionel University for funds returned on their behalf.

Return of Title IV (R2T4)

Title IV funds are awarded to an Lionel University student under the assumption that the student will attend school for the entire period for which the assistance is awarded. When a student withdraws, ceases to attend, is dismissed, or fails to return from an approved leave of absence, the institution will determine the amount of aid the student earned. This will determine any Title IV aid that must be returned to the US Department of Education or disbursed to the student as a post-withdrawal disbursement.

The calculation is based on the number of days completed by the Last Date of Attendance (LDA) or official withdrawal notice, divided by the total days the student was scheduled to attend during the quarter at the time the student ceased attendance in all courses.

Up through the 60% point in the student's scheduled enrollment, the earned amount of Title IV funds is prorated through the withdrawal date or LDA. After the 60% point, the student will earn 100% of the Title IV funds disbursed for their scheduled enrollment. Any unearned portion of FSA funds that were disbursed must be returned to their respective programs. Lionel University will return any FSA funds used to pay institutional charges as determined by the R2T4 calculation. The student may be required to return unearned grant funds to the Department of Education via direct payments, or Direct Loan funds via the terms of the Master Promissory Note. A student may receive a post-withdrawal disbursement if the student earned more federal financial aid than was disbursed. The institution will return funds or offer to issue post-withdrawal disbursements of Direct Loan funds within 45 days of the date it determined the student withdrew.

The student is responsible for repaying the institution for any balance on their account resulting from the institution returning FSA funds originally used to cover tuition and fees on the student's behalf. After any FSA funds have been returned, the student's balance will be displayed under the Financial tab of the student portal. Failure to pay the balance in full will result in a financial hold being placed on the



student's account. Students on financial hold are not permitted to register for classes (or, in some cases, remain registered in class).

If the student does not repay grant funds that are owed to the US Department of Education within 45 days of being notified, the account will be turned over to the Department as an overpayment. Students who owe an overpayment of Title IV funds are ineligible for further disbursements of FSA funds at any institution until the overpayment is paid in full or satisfactory payment arrangements have been made with the Department.

Order of Refund

Refunds are allocated in the following order:

- Unsubsidized Direct Loans
- Subsidized Direct Loans
- Federal Parent (PLUS) Loan
- Federal Pell Grant
- Other federal, state, private, or institutional aid for which a return of funds is required

State of California Student Tuition Recovery Fund

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:



1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

Claims require a social security number or a taxpayer identification number.

Programs

Master of Science in Exercise Science

45 quarter credits

Program Description

The Master of Science in Exercise Science program is designed to advance the skills and knowledge of current and future exercise science professionals. As a student, you'll take a scientific core of courses that provide a complete understanding of how exercise impacts human physiology. After completing the core, you can choose one of three concentrations to develop practical knowledge:

- **Strength and Conditioning:** This concentration prepares students for careers focused on strength and conditioning, personal training, or sports performance. Students gain the knowledge and skills to apply advanced exercise assessment and prescription, coaching methodologies, and dietary analysis.
- **Fitness Leadership:** This concentration prepares students for management and leadership careers in the health, wellness, and fitness industries. Students develop knowledge and skills to apply best business practices and foster leadership development.
- **Clinical, Corporate, and Community Wellness:** This concentration prepares students for careers in a variety of clinical, corporate, and community wellness sectors. Students develop knowledge and skills to effectively examine the relationship between individual and community behaviors and overall health so that they then have the ability to develop programs to improve community wellness.

Program Outcomes

Graduates of this program will be able to:

- Demonstrate mastery of the knowledge and skills to enhance a current career or advance in the field of exercise science in public, private, and corporate settings.



- Evaluate and apply research principles and methods in the area of exercise science.
- Synthesize and evaluate theoretical information pertaining to exercise science and integrate it into practice.
- Select one core concentration (Strength and Conditioning; Fitness Leadership; Clinical, Corporate and Community Wellness) and these focused concepts to real world situations.

Completion

To earn a master's degree, a student must complete the following:

- Earn a minimum of 45 quarter credits consisting of 20 core credits, 20 elective credits (from a chosen concentration), and 5 capstone credits
- A minimum of 23 credits must be earned through Lionel University
- Capstone credits (EXSC599 Research Project) must be completed through Lionel University
- Maintain an overall institutional GPA of 2.0 for Associate's and Bachelor's degree programs and 3.0 for Master's degree programs
- Maintain a 2.0 GPA specifically in core coursework for Associate's and Bachelor's degree programs and 3.0 for Master's degree programs
- Fulfill the academic requirements as directed by the degree program.

Candidate qualifications

- Bachelor's degree in any discipline
- Coursework requisites:
 - BIO105: Anatomy and Physiology*
 - PTR482: Exercise Physiology*
 - For those pursuing the Strength and Conditioning concentration:
 - PTR251: Certified Fitness Trainer*
 - PTR259: Specialist in Fitness Nutrition*
 - For those pursuing the Fitness Leadership concentration:
 - PTR375: Business Aspects of Fitness*

*or similar coursework as approved by the Registrar. The Registrar's decisions are final.

If coursework requisites have not been fulfilled prior to beginning the program, matriculated candidates will take requisite courses at the beginning of their studies. Requisite credits are in addition to the 45 credits required for master's degree completion.



Bachelor's Degree Courses

Required Courses: 95 credits

	Course	Course #	Credit Value	
General Education: 45 credits	Anatomy and Physiology	BIO105	5	Can transfer in, subject to Registrar approval
	Introduction to Chemistry	CHEM305	5	
	English Composition	ENG110	5	
	US History	HIST102	5	
	History of Sport	HIST303	5	
	College Math	MATH102	5	
	Statistics	MATH303	5	
	General Psychology	PSY102	5	
	Introduction to Sociology	SOC101	5	
Core: 75 credits	Certified Fitness Trainer	PTR251	5	Required Can transfer in, subject to Registrar approval.
	Principles of Kinesiology	PTR371	5	
	Contemporary Issues in Fitness	PTR372	5	
	Psychology of Exercise	PTR374	5	
	Business Aspects of Fitness	PTR375	5	
	Research Methods in Kinesiology	PTR376	5	
	Principles of Biomechanics	PTR481	5	
	Physiology of Exercise	PTR482	5	
	Ethics and Management in Fitness Management	PTR483	5	
	Externship	PTR499A	1	
	Externship	PTR499B	1	
	Externship	PTR499C	1	
	Externship	PTR499D	2	
	Specialist in Fitness Nutrition	PTR259	5	Choose 5. Others count as electives. Up to 4 can transfer in with competency exam; Registrar approval required
	Youth Fitness Trainer	PTR254	5	
	Specialist in Strength and Conditioning	PTR255	5	
Specialist in Group Fitness	PTR257	5		
Corrective Exercise Specialist	PTR258	5		
Bodybuilding Specialist	PTR260	5		
Transformation Specialist	PTR261	5		
Elective	Specialist in Senior Fitness	PTR256	5	Choose 85 credits
	Specialist in Exercise Therapy	PTR253	5	

95 credits

Choose 85 credits



Bachelor's Degree Courses

	Course	Course #	Credit Value		
Electives continued	Business, Communications, and Career Electives	Introduction to Marketing	BUS115	4	Can transfer in, subject to Registrar approval
		Motivating for Performance	BUS117	5	
		Business and Management Principles	BUS204	4	
		Entrepreneurship	BUS207	4	
		Business Ethics and Law	BUS210	4	
		Effective Communication	COMM102	5	
		Interpersonal Relations	COMM121	3	
		Business Communications	COMM161	2	
		Customer Service Principles	COMM203	3	
		Medical Terminology	HIT135	3	
		Personal Development	PD102	2	
		Professional and Career Development	PD103	2	
		Professional Leadership Techniques and Methods	PD304	4	

Choose 85 credits



SAMPLE DEGREE PLAN



Full-time status is determined by the number of units held in the entire 10-week quarter.

SAMPLE DEGREE PLAN



Full-time status is determined by the number of units held in the entire 10-week quarter.

SAMPLE DEGREE PLAN

QTR 1

EXSC501
Contemporary Issues in Exercise Science (5 credits)

EXSC502
Data Analysis in Exercise Science (5 credits)

EXSC503
Advanced Exercise Physiology (5 credits)

Form Research Project Committee

QTR 2

EXSC504
Motor Learning (5 credits)

Concentration course 1 (5 credits)

Concentration course 2 (5 credits)

Propose Research Project

QTR 3

Concentration course 3 (5 credits)

Concentration course 4 (5 credits)

EXSC503
Research Project (5 credits)

Plan of Study

Master's Degree Courses				
	Course	Course #	Credit Value	
Core: 20 credits	Contemporary Issues in Exercise Science	EXSC501	5	Required
	Data Analysis in Exercise Science	EXSC502	5	
	Advanced Exercise Physiology	EXSC503	5	
	Motor Learning	EXSC504	5	
Concentration: 20 credits all 20 credits come from your one chosen concentration	Exercise Assessment and Prescription	SC501	5	Strength and Conditioning
	Advanced Strength and Conditioning	SC502	5	
	Advanced Topics in Fitness Nutrition	SC503	5	
	Contemporary Coaching Methods	SC504	5	
	Leadership and Professional Development	FL501	5	Fitness Leadership
	Advanced Business Aspects of Fitness	FL502	5	
	Professional Communication	FL503	5	
	Ecommerce and Internet Presence	FL504	5	
	Industrial, Clinical, and Corporate Wellness	CCCW501	5	Clinical, Corporate, Community
	Physical Fitness and Epidemiology	CCCW502	5	
	Organization and Development of School and Community Physical Activity Programs	CCCW503	5	
	Obesity Prevention and Management	CCCW504	5	
Capstone: 5 credits	Research Project	EXSC599	5	Required

Bachelor of Science in Exercise Science

180 quarter credits

Program Description

The Bachelor's in Exercise Science program focuses on concepts in kinesiology, physiology, biomechanics, nutrition, exercise programming, and management. The program prepares students for entry- to mid-level jobs in the fitness industry in positions such as training, strength coaching, managerial, directorial and corporate wellness roles; and in the health-care industry in positions such as exercise physiologists and clinical exercise specialists. Furthermore, graduates of the Bachelor of Science in Exercise Science program are prepared for post-baccalaureate study in areas such as athletic training, biomechanics, chiropractics, exercise physiology, kinesiology, nutrition, sports management, sport psychology and more. In addition to earning a degree, graduates of the bachelor's degree program will also earn a minimum of six fitness certifications and two advanced certifications.

Program Outcomes

Graduates of this program will be able to:

- Develop safe and effective exercise programming which address all health-fitness related variables
- Demonstrate effective management of fiscal, physical, and human resources for health and fitness facilities
- Demonstrate an understanding of scientific and theoretical foundations for the delivery of an effective health and wellness program.
- Demonstrate an understanding of current ethical concerns in the profession leading to successful employment or further schooling
- Synthesize, analyze, and interpret information for critical problem solving in human performance-based contexts

Completion

To earn a bachelor's degree, a student must complete the following:

- Earn a minimum of 180 quarter credits of which 45 credits are general education, 75 credits are core courses, and 60 credits are electives.
- A minimum of 60 credits must be earned through Lionel University structured undergraduate courses. Self-paced courses may meet core requirements, but they cannot be counted toward the undergraduate minimum.
- Maintain an overall institutional GPA of 2.0
- Maintain a 2.0 GPA specifically in core coursework
- Fulfill the academic requirements as directed by the degree program.

Plan of Study

The course table lists all degree courses offered. It is recommended, but not required, that new students take one course at-a-time in their first term. Focusing on one course enables new students to gauge the pace and expectations of the program as they balance other responsibilities.

Students are advised to select their quarterly schedule based on the number of hours per week they can devote to their studies during each upcoming term. It is optimal to be able to devote at least 15 hours of study time per week for each course being taken.



Associate Degree Courses

		Course	Course #	Credit Value		
Required Courses: 60 credits	General Education: 30 credits	Anatomy and Physiology	BIO105	5	Can transfer in, subject to Registrar approval	
		English Composition	ENG110	5		
		US History	HIST102	5		
		College Math	MATH102	5		
		General Psychology	PSY102	5		
		Introduction to Sociology	SOC101	5		
Electives: Choose 30 credits	Core: 30 credits	Certified Fitness Trainer (Required)	PTR251	5	Up to 2 can transfer in with competency exam. Registrar approval required. Choose 5. Others count as electives.	
		Specialist in Fitness Nutrition	PTR259	5		
		Transformation Specialist	PTR261	5		
		Bodybuilding Specialist	PTR260	5		
		Corrective Exercise Specialist	PTR258	5		
		Specialist in Exercise Therapy	PTR253	5		
		Specialist in Group Fitness	PTR257	5		
		Specialist in Strength and Conditioning	PTR255	5		
		Specialist in Senior Fitness	PTR256	5		
		Youth Fitness Trainer	PTR254	5		
Electives: Choose 30 credits	Business, Communications, and Career Electives	Introduction to Marketing	BUS115	4	Can transfer in, subject to Registrar approval	
		Motivating for Performance	BUS117	5		
		Business and Management Principles	BUS204	4		
		Entrepreneurship	BUS207	4		
		Business Ethics and Law	BUS210	4		
		Effective Communication	COMM102	5		
		Interpersonal Relations	COMM121	3		
		Business Communications	COMM161	2		
		Customer Service Principles	COMM203	3		
		Medical Terminology	HIT135	3		
		Personal Development	PD102	2		
		Professional and Career Development	PD103	2		



SAMPLE DEGREE PLAN

QTR 1	PTR251 Certified Fitness Trainer (5 credits)									
	HIT135 Medical Terminology (3 credits)									
QTR 2	PTR259 Specialist in Fitness Nutrition (5 credits)									
	BIO105 Anatomy and Physiology (5 credits)									
QTR 3	PTR255 Specialist in Strength and Conditioning (5 credits)									
	ENG110 English Composition (5 credits)									
QTR 4	PTR257 Specialist in Group Fitness (5 credits)									
	MATH102 College Math (5 credits)									
QTR 5	PTR258 Corrective Exercise Specialist (5 credits)									
	PSY102 General Psychology (5 credits)									
QTR 6	PTR254 Youth Fitness Trainer (5 credits)									
	SOC101 Intro to Sociology (5 credits)									
QTR 7	PTR253: Specialist in Exercise Therapy (5 credits) PTR256: Specialist in Senior Fitness (5 credits)									
QTR 8										
	COMM102 Effective Communication (5 credits)					HIST102 US History (5 credits)				
QTR 9	PTR260 Bodybuilding Specialist (5 credits)									
	BUS207 Entrepreneurship (4 credits)					COMM121 Interpersonal Relations (3 credits)				

Full-time status is determined by the number of units held in the entire 10-week quarter.

Associate of Science in Exercise Science with an Emphasis In Personal Training

90 quarter credits

Program Description

The purpose of an Associate Degree in Exercise Science with an Emphasis in Personal Training is to prepare students for entry-level positions as personal trainers with the ability to pursue a Bachelor's or Advanced Degree in Exercise Science, Medical Exercise, Sports Medicine, Kinesiology, Physical Education, Athletic Training, Physical Therapy, or Chiropractic.

Our program is designed specifically for students who seek to acquire a comprehensive framework in personal training concepts and skills in order to contribute and create solutions for the widest variety of clients. Many students also find these skills essential to improving their own health.

Upon successful completion of the program requirements, students will acquire the knowledge and skills to apply exercise science, business, management, communication, and psychology to meet the needs of their clients as well as support their own professional and entrepreneurial efforts.

Skills and Knowledge You'll Acquire

- Demonstrate analytical, critical thinking and interpersonal skills applicable to real-world situations.
- Develop the foundation of exercise science knowledge and technical skills to support and facilitate lifelong professional development.
- Demonstrate the competence to implement and apply current exercise and nutrition strategies to allow clients to effectively meet their goals.
- Demonstrate the aptitude to apply sound scientific and communication principles to the functions of assessment, program design, motivation, and coaching.
- Develop an academic foundation to go beyond an associate degree into higher education.

Program Objectives

Graduates of this program will be able to:

- Design and implement an exercise program for an individual's specific situations and goals (e.g., obesity, hypertension, muscle gain, sedentary, etc.), based on currently accepted protocols.
- Define and describe the fundamentals of injury prevention.
- Determine and deploy an appropriate response to emergency situations.
- Demonstrate ability to address/manage pre-existing conditions.
- Apply currently accepted industry standards for exercise safety.
- Describe primary functions of muscles and joints during specific exercises in order to create appropriate programming and instruct proper exercise application.
- Describe primary concepts of human physiology at rest and during exercise



(e.g., body systems, pathology, etc.).

- Describe basic principles of nutrition and how they relate to health and exercise programs.
- Determine and deploy the appropriate test and test protocol and interpret the results.
- Determine an individual's level of participation in an exercise program based on physician recommendation and/or the presence of risk factors (hypertension, high cholesterol, family history, etc.).
- Determine and establish appropriate health and fitness goals.
- Define and describe program modifications for special populations (e.g., older adults, hypertension, diabetes, asthma, obesity, basic orthopedics, youth, and pregnancy, etc.).
- Utilize appropriate communication skills to motivate and coach individuals in their exercise programs (verbal / non-verbal, open ended vs. close ended questioning, cueing, etc.).
- Differentiate actions within the Trainer Scope of Practice.
- Identify legal issues and their ramifications as they apply to the personal fitness training profession.
- Obtain a fitness-related position in the areas of athletics, academics, health-care, or with private organizations.
- Advance into more senior positions and assume management roles.
- Enter sales and marketing positions and use their training techniques to sell training sessions, supplements and or equipment.
- Interact effectively with other people in a professional and compassionate manner.
- Train people of all ages.
- Work for themselves or begin their own personal training business.

Completion

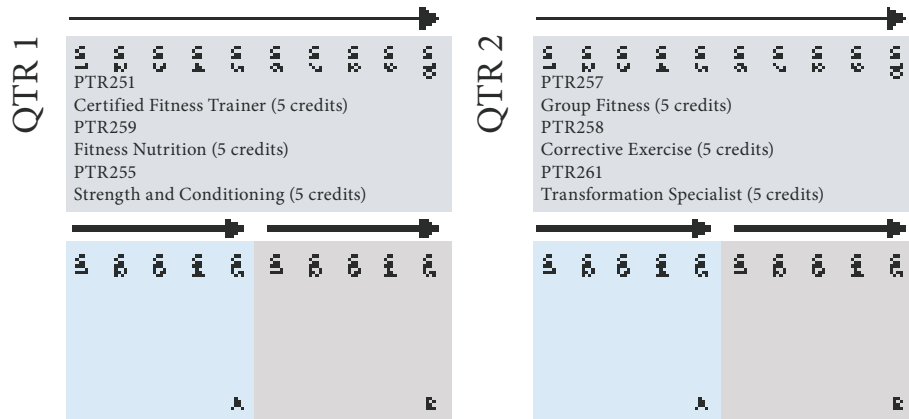
To earn an associate degree, a student must complete the following:

- Earn a minimum of 90 quarter credits of which 30 credits are general educa



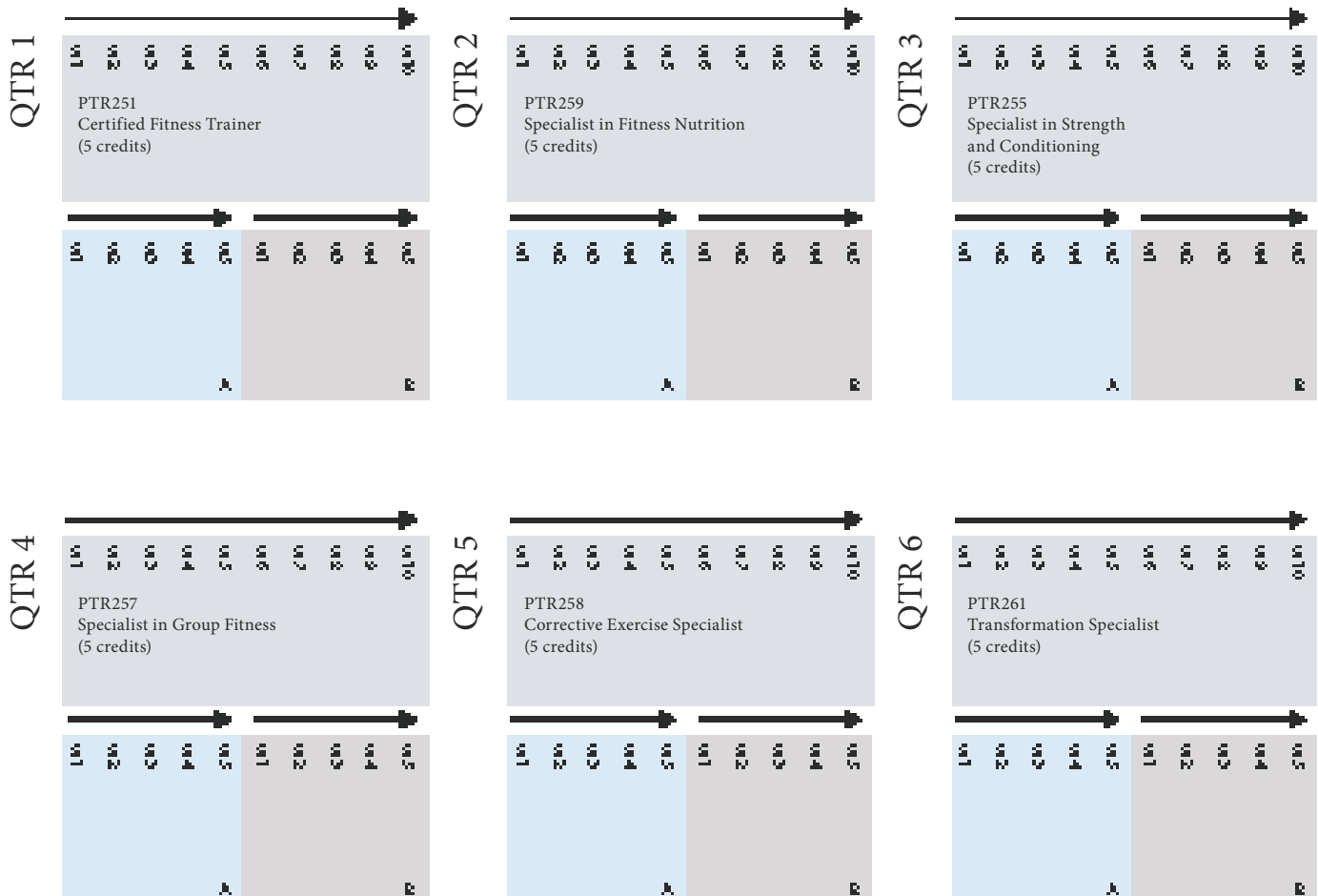
Master Trainer Certificate

SAMPLE ACCELERATED DEGREE PLAN



Master Trainer Certificate

SAMPLE EXTENDED DEGREE PLAN



Master Trainer Certificate	30 Quarter Credits Required
<p>Occupational Objective</p> <p>The Master Trainer program is designed to fully equip graduates with a comprehensive foundation of both the science and practice of personal training, fitness nutrition, and fitness programming for special populations. The curriculum prepares graduates to properly assess, train, and motivate the general population, clients needing fitness nutrition coaching, and special populations.</p>	
<p>Outline - Required</p> <p>General Personal Training: foundational exercise science, assessment, programming, nutrition, and sports medicine</p> <p>Outline - Choose Five</p> <p>Fitness Nutrition: scope of practice, foundational nutrition science; preparing for and evaluating clients that seek fitness nutrition counseling; generating fitness nutrition strategies; supplementation; monitoring nutritional progress; continuing nutrition education and support</p> <p>Bodybuilding: muscle anatomy, biomechanics, kinesiology, foundational exercises, aerobic and flexibility training, testing and evaluation, periodization strategies, advanced programming strategies, muscle shaping, nutrition and supplementation, recovery, injury prevention, psychology</p> <p>Corrective Exercise: movement and motor learning, understanding client motivation, corrective exercise programming fundamentals, single joint and multi-joint movement analysis, restoring structural alignment and stability, restore mobility, soft tissue assessments and correctives</p> <p>Exercise Therapy: therapeutic exercise, understanding the disabled, functional fitness, exercise therapy, biomechanics, contraindicated exercises, chronic conditions, and exercise programming</p> <p>Group Fitness: group-related strength, endurance, flexibility, body composition and nutrition; group programming and workout design; equipment and exercises; marketing and managing your business</p> <p>Strength and Conditioning: foundational exercise science for strength and conditioning, training and adaptation, endurance training, strength development, sport-specific training, athletic nutrition, sports psychology, sports injury</p> <p>Senior Fitness: biomarkers, physiology of aging, chronic conditions, sensory disorders, fitness programming for older adults, geriatric motivation and teaching strategies</p> <p>Transformation Specialist: stages of change, motivational interviewing, drawing-in process, positive psychology model and skills, commitment strategies, flow, experience sampling method</p> <p>Youth Fitness: exercise physiology for children and teens, pediatric and adolescent fitness program design, psychology for the young athlete, sports nutrition, children and athletic injury, assessment</p>	
<p>Methods of Study</p> <ul style="list-style-type: none"> • Degree Track: Requirements are completed as professor-led undergraduate distance education courses through Lionel University. Courses are structured for optimal transferability with set start and end dates, weekly assignments, instructor interaction, and online classroom discussion. Courses fulfill the core requirements of degree programs and also contribute to the undergraduate minimums* required for degree conferral. • Independent Study: Requirements are completed as guided correspondence courses. A maximum of two courses can be applied toward degree programs with competency exam. As correspondence courses, independent study courses do not contribute to the undergraduate minimums* required for degree conferral. 	
<p>Program Requirements (30)</p> <p>Required</p> <p>Certified Fitness Trainer (5): PTR251 or PTR231</p> <p>Choose Five</p> <p>Bodybuilding Specialist (5): PTR260 or PTR240</p> <p>Corrective Exercise Specialist (5): PTR258 or PTR238</p> <p>Group Fitness Trainer (5): PTR257 or PTR237</p> <p>Specialist in Exercise Therapy (5): PTR253 or PTR233</p> <p>Specialist in Fitness Nutrition (5): PTR259 or PTR239</p> <p>Specialist in Strength and Conditioning (5): PTR255 or PTR235</p> <p>Specialist in Senior Fitness (5): PTR256 or PTR236</p> <p>Transformation Specialist (5): PTR261 or PTR241</p> <p>Youth Fitness Trainer (5): PTR254 or PTR234</p>	<p>The estimated total cost of the program is \$9,990 plus fees</p>
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional Master Trainer certification from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title. [†]Minimum total course score of 75% required in each course to qualify.</p>	

Elite Trainer Certificate		15 Quarter Credits Required
<p>Occupational Objective</p> <p>The Elite Trainer program is designed to fully equip graduates with a comprehensive foundation of both the science and practice of personal training, fitness nutrition, and fitness programming for special populations. The curriculum prepares graduates to properly assess, train, and motivate the general population, clients needing fitness nutrition coaching, and special populations.</p>		
<p>Outline - Required</p> <p>General Personal Training: foundational exercise science, assessment, programming, nutrition, and sports medicine</p> <p>Outline - Choose Two</p> <p>Fitness Nutrition: scope of practice, foundational nutrition science; preparing for and evaluating clients that seek fitness nutrition counseling; generating fitness nutrition strategies; supplementation; monitoring nutritional progress; continuing nutrition education and support</p> <p>Bodybuilding: muscle anatomy, biomechanics, kinesiology, foundational exercises, aerobic and flexibility training, testing and evaluation, periodization strategies, advanced programming strategies, muscle shaping, nutrition and supplementation, recovery, injury prevention, psychology</p> <p>Corrective Exercise: movement and motor learning, understanding client motivation, corrective exercise programming fundamentals, single joint and multi-joint movement analysis, restoring structural alignment and stability, restore mobility, soft tissue assessments and correctives</p> <p>Exercise Therapy: therapeutic exercise, understanding the disabled, functional fitness, exercise therapy, biomechanics, contraindicated exercises, chronic conditions, and exercise programming</p> <p>Group Fitness: group-related strength, endurance, flexibility, body composition and nutrition; group programming and workout design; equipment and exercises; marketing and managing your business</p> <p>Strength and Conditioning: foundational exercise science for strength and conditioning, training and adaptation, endurance training, strength development, sport-specific training, athletic nutrition, sports psychology, sports injury</p> <p>Senior Fitness: biomarkers, physiology of aging, chronic conditions, sensory disorders, fitness programming for older adults, geriatric motivation and teaching strategies</p> <p>Transformation Specialist: stages of change, motivational interviewing, drawing-in process, positive psychology model and skills, commitment strategies, flow, experience sampling method</p> <p>Youth Fitness: exercise physiology for children and teens, pediatric and adolescent fitness program design, psychology for the young athlete, sports nutrition, children and athletic injury, assessment</p>		
<p>Methods of Study</p> <ul style="list-style-type: none"> Degree Track: Requirements are completed as professor-led undergraduate distance education courses through Lionel University. Courses are structured for optimal transferability with set start and end dates, weekly assignments, instructor interaction, and online classroom discussion. Courses fulfill the core requirements of degree programs and also contribute to the undergraduate minimums* required for degree conferral. Independent Study: Requirements are completed as guided correspondence. A maximum of two courses can be applied toward degree programs with competency exam. As correspondence courses, Independent Study courses do not contribute to the undergraduate minimums* required for degree conferral. 		
<p>Program Requirements (15)</p> <p>Required</p> <p>Certified Fitness Trainer (5): PTR251 or PTR231</p> <p>Choose Two</p> <p>Transformation Specialist (5): PTR261 or PTR241</p> <p>Bodybuilding Specialist (5): PTR260 or PTR240</p> <p>Corrective Exercise Specialist (5): PTR258 or PTR238</p> <p>Group Fitness Trainer (5): PTR257 or PTR237</p> <p>Specialist in Exercise Therapy (5): PTR253 or PTR233</p> <p>Specialist in Fitness Nutrition (5): PTR259 or PTR239</p> <p>Specialist in Strength and Conditioning (5): PTR255 or PTR235</p> <p>Specialist in Senior Fitness (5): PTR256 or PTR236</p> <p>Youth Fitness Trainer (5): PTR254 or PTR234</p>	<p>The estimated total cost of the program is \$4,995 plus fees</p>	
<p>.</p>		

Bodybuilding Specialist Certificate

Bodybuilding Specialist Certificate		5 Quarter Credits Required
<p>Occupational Objective</p> <p>The Bodybuilding Specialist program provides graduates with the knowledge necessary to work with bodybuilders, figure competitors, and other individuals looking to achieve maximal muscle hypertrophy while minimizing body fat. Graduates develop the skill set to implement training, recovery, motivational, and nutritional strategies to elicit maximal muscle growth and optimize physical appearance.</p>		
<p>Outline</p> <p>Muscle Anatomy, Biomechanics, Kinesiology Foundational Exercises Exercise Basics, Bands and Chains Aerobic Training, Flexibility Training Testing and Evaluation, Periodization Strategies Advanced Programming Strategies, Muscle Shaping Nutrition and Supplementation, Ergogenic Aids Recovery, Injury Prevention Bodybuilding Psychology</p>	<p>Estimated maximum total tuition expense for program: \$1665 plus fees</p>	
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.</p> <p>[†] Minimum total course score of 75% required.</p>		

Core Requirements: Bodybuilding Specialist course (5)	
<p>This course covers training, recovery, motivation, and nutritional strategies to prepare the personal trainer to work with bodybuilders. Choose ONE of the following methods of study:</p>	
Course #	Course Title
PTR260	Bodybuilding Specialist - Professor-led Undergraduate
<p>Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward undergraduate degree programs.</p>	
PTR240	Bodybuilding Specialist - Self-paced
<p>Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid.</p>	

* A maximum of 2 self-paced or guided study courses can be transferred into degree programs.

Certified Fitness Trainer Certificate

Certified Fitness Trainer Certificate		5 Quarter Credits Required
<p>Occupational Objective</p> <p>The Certified Fitness Trainer program is designed to equip graduates with the practical day-to-day skills necessary, as well as the theoretical knowledge needed to excel as a personal trainer serving the general public. Along with the necessary exercise science foundation, the program covers client assessment, program design, basic nutrition, and sports medicine along with business and marketing skills.</p>		
<p>Outline</p> <p>Anatomy and Physiology Kinesiology and Biomechanics Strength Training Cardiovascular Training Flexibility Body Composition Program Development Basic Nutrition Injury and Disease</p>		<p>Estimated maximum total tuition expense for program: \$1665 plus fees</p>
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.</p> <p>[†] Minimum total course score of 75% required.</p>		

Core Requirements: Certified Fitness Trainer course (5)	
<p>This course covers the principles of general personal training including anatomy, physiology, biomechanics, client assessment, exercise program design, general nutrition principles, motivation, special populations, and injury prevention.</p> <p>Choose ONE of the following methods of study:</p>	
Course #	Course Title
PTR251	Certified Fitness Trainer - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR231	Certified Fitness Trainer - Self-paced
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid.	

Corrective Exercise Specialist Certificate

Corrective Exercise Specialist Certificate		5 Quarter Credits Required
Occupational Objective This program provides graduates with the knowledge necessary to work with individuals who have acute and chronic movement dysfunctions. Graduates develop the skill set to identify the complex factors associated with poor movement patterns that to lead to injury and suboptimal human performance; and in turn correct them with the latest evidence based interventions to restore performance, improve performance, and reduce injury risk.		
Outline Nervous system Joint actions Movement and motor learning Preparing for your client Understanding client motivation Identifying performance goals Corrective exercise programming fundamentals Single joint and multi-joint movement analysis Restore structural alignment and stability Restore mobility Soft tissue assessments and correctives		Estimated maximum total tuition expense for program: \$1665 plus fees
ISSA Professional Certification Upon successful completion of the course [†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.		
[†] Minimum total course score of 75% required.		

Core Requirements: Corrective Exercise Specialist course (5)

This course covers the skills necessary to use evidence based corrective exercise interventions to restore physical performance, improve physical performance, and reduce injury risk for those with movement dysfunctions. Students learn to identify the complex factors associated with poor movement patterns and correct them with the simplest methods possible.
 Choose ONE of the following methods of study:

Course #	Course Title
PTR258	Corrective Exercise Specialist - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR238	Corrective Exercise Specialist - Self-paced
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid.	

Specialist in Exercise Therapy Certificate

Specialist in Exercise Therapy Certificate		5 Quarter Credits Required
Occupational Objective This program provides graduates with the knowledge necessary to work with clients that need supervised exercise therapy programs specifically designed around chronic conditions. Graduates develop skills necessary to design exercise programs for individuals suffering from arthritis, osteoporosis, stroke, cardiovascular conditions, orthopedic conditions, asthma, diabetes, cancer, and muscular dystrophy.		
Outline Therapeutic Exercise Understanding the Disabled Functional Fitness Exercise Therapy Muscles and Movement Contraindicated Exercises Chronic Conditions Programming for Ambulation, Aquatics, Balance, Perceptual Motor Skills, Cardiovascular Fitness, Flexibility, Range of Motion, Muscular Strength, Muscular Endurance, and Posture		Estimated maximum total tuition expense for program: \$1665 plus fees
ISSA Professional Certification Upon successful completion of the course [†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title. [†] Minimum total course score of 75% required.		

Core Requirements: Specialist in Exercise Therapy course (5)

This course covers the skills necessary to bridge the gap between medical rehabilitation and post rehabilitation for clients with chronic medical conditions. Students learn to work with and develop exercise programs for individuals suffering from arthritis, osteoporosis, stroke, cardiovascular conditions, orthopedic conditions, asthma, diabetes, cancer, and muscular dystrophy.

Choose ONE of the following methods of study:

Course #	Course Title
PTR253	Specialist in Exercise Therapy - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR233	Specialist in Exercise Therapy - Self-paced
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid.	

Specialist in Fitness Nutrition Certificate

Specialist in Fitness Nutrition Certificate		5 Quarter Credits Required
<p>Occupational Objective</p> <p>The Specialist in Fitness Nutrition program blends nutritional science and practice in order to allow program graduates to successfully guide clients toward a better body through proper nutrition. In addition to the fundamentals of nutritional science, the curriculum includes a comprehensive approach to establishing a nutritional practice that includes how to prepare, collect and evaluate preliminary information, offer nutrition and supplement suggestions, set goals, monitor outcomes, make adjustments, and provide continuing ongoing support, all within the professional's defined scope of practice.</p>		
<p>Outline</p> <p>Scope of Practice Good Nutrition Cell Structure and Function Digestion and Absorption Energy Transformation and Balance Aerobic and Anaerobic Metabolism Macronutrients and Micronutrients Water and Fluid Balance Special Populations Preparing for Your Client Collecting and Evaluating Client Information Nutrition Strategies Supplementation Outcome-Based Nutrition Coaching Providing Continuing Education and Support</p>		<p>Estimated maximum total tuition expense for program: \$1665 plus fees</p>
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.</p> <p>[†] Minimum total course score of 75% required.</p>		

Core Requirements: Specialist in Fitness Nutrition course (5)	
<p>Students learn the science behind proper nutrition and the art of applying the science as a nutrition coach. Topics include the anatomy and physiology of digestion, metabolism, energy transfer and balance, and the structure and function of macronutrients and micronutrients. Practical components include nutritional goal setting, collecting and analyzing client information, structuring an appropriate nutrition plan based on client level and goals, outcome-based nutrition coaching, and practical plans to help clients overcome common challenges.</p> <p>Choose ONE of the following methods of study:</p>	
Course #	Course Title
PTR259	Specialist in Fitness Nutrition - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR239	Specialist in Fitness Nutrition - Self-paced
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid.	

Specialist in Group Fitness Certificate

Specialist in Group Fitness Certificate		5 Quarter Credits Required
<p>Occupational Objective</p> <p>This program provides graduates with the knowledge necessary to design and implement strength training classes for groups. Graduates develop skills necessary to design strength training classes for multiple participants and acquire knowledge surrounding programming, assessment, safety, exercises and equipment, class formats, performance nutrition, and marketing for groups classes.</p>		
<p>Outline</p> <p>Musculo-Skeletal System Kinesiology and Biomechanics Physiology and the Training Effect Strength, Endurance, and Cardiovascular Fitness Flexibility Body Composition and Performance Nutrition for Groups Periodizing Your Planning Considerations in Program Design Designing Your Group Workouts Equipment and Exercises Workout Programming Marketing and Managing Your Business</p>		<p>Estimated maximum total tuition expense for program: \$1665 plus fees</p>
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.</p> <p>[†] Minimum total course score of 75% required.</p>		

Core Requirements: Specialist in Group Fitness course (5)

Specialist in Group Fitness shows you how to use your knowledge and experience as an ISSA certified fitness trainer to design and lead safe and effective group training sessions. The course begins with the scientific foundations for group training design, including training-essential anatomy, physiology, and biomechanics, as well as how training elicits various physical adaptations. Material then advances to the practical application of these concepts as they apply to group training program design and implementation. Advanced concepts include programming, assessment, safety, exercises and equipment, class formats, performance nutrition, and marketing your classes.

Choose ONE of the following methods of study:

Course #	Course Title
PTR257	Specialist in Group Fitness - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR237	Specialist in Group Fitness - Self-paced
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid.	

Specialist in Senior Fitness Certificate

Specialist in Senior Fitness Certificate		5 Quarter Credits Required
<p>Occupational Objective</p> <p>Graduates of the Specialist in Senior Fitness program gain the skills and knowledge necessary to plan and implement fitness programs for seniors. Graduates acquire knowledge surrounding aging and exercise, exercise programming for older adults, strength and flexibility, motivation, and exercise considerations for chronic conditions common to the geriatric population.</p>		
<p>Outline</p> <p>Biomarkers of Aging Physiology of Aging Chronic Conditions Sensory Disorders Program Design for Older Adults Motivating and Teaching</p>		<p>Estimated maximum total tuition expense for program: \$1665 plus fees</p>
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.</p> <p>[†] Minimum total course score of 75% required.</p>		

Core Requirements: Specialist in Senior Fitness course (5)

Examines exercise programming for senior clients including topics on aging and exercise, chronic conditions for older adults, proper assessment, strength, flexibility, contraindicated exercises, and motivation.

Choose ONE of the following methods of study:

Course #	Course Title
PTR256	Specialist in Senior Fitness - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR236	Specialist in Senior Fitness - Self-paced
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid.	

Specialist in Strength and Conditioning Certificate

Specialist in Strength and Conditioning Certificate		5 Quarter Credits Required
<p>Occupational Objective</p> <p>This program is designed to prepare graduates to develop training programs that allow athletes to expand the capacity of their bodies to perform the most difficult athletic feats while remaining strong and free from injury. Along with the scientific foundations of strength conditioning, graduates learn the principles of athletic assessment, programming for specific sports, seasonal periodization, athletic nutrition, and sports psychology.</p>		
<p>Outline</p> <p>Anatomy Physiology Assessment Principles of Training and Adaptation Endurance Training Strength Development Sport Specific Training Nutrition Psychology Injury</p>		<p>Estimated maximum total tuition expense for program: \$1665 plus fees</p>
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.</p> <p>[†] Minimum total course score of 75% required.</p>		

Core Requirements: Specialist in Strength and Conditioning course (5)	
<p>Covers all topics related to programming and motivation for athletes including anatomy, physiology, assessment, flexibility, strength, programming for specific sports, athletic nutrition, sports psychology, and injury.</p> <p>Choose ONE of the following methods of study:</p>	
Course #	Course Title
PTR255	Specialist in Strength and Conditioning - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR235	Specialist in Strength and Conditioning - Self-paced
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid.	

Transformation Specialist Certificate

Transformation Specialist Certificate ^{††}		5 Quarter Credits Required
Occupational Objective This program provides graduates with the knowledge necessary to help clients of all skill levels establish sustained positive health patterns. Graduates develop the skill set to implement motivational, commitment, and experience sampling strategies to influence behavioral patterns as they relate to physical, mental, and emotional well-being.		
Outline Introduction; Stages of Change Motivational Interviewing Lionel University Drawing-In Process The Positive Psychology Model Positive Psychology Skills for Personal Trainers Commitment Strategies Commitment Strategies (continued): To Win the Game, You Have to Know the Rules Flow and Why it Matters The Experience Sampling Method		Estimated maximum total tuition expense for program: \$1665 plus fees
ISSA Professional Certification Upon successful completion of the course [†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title. [†] Minimum total course score of 75% required.		

Core Requirements: Transformation Specialist course (5)	
This course integrates the theory of behavioral change with practical strategies for influencing behavioral patterns as they relate to physical, mental, and emotional well-being. Students learn the skills needed to effect a qualitative shift in client behavior. Topics covered include the stages of behavioral change, motivational interviewing, positive psychology, commitment strategies, flow, and the experience sampling method. Choose ONE of the following methods of study:	
Course #	Course Title
PTR261	Transformation Specialist - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR241	Transformation Specialist - Self-paced
Correspondence course with guided completion. Pre-requisite (grade of C or higher required): PTR251, PTR231, or PTR211. Co-requisite: Basic Adult CPR/AED/First Aid.	
^{††} Kansas students cannot enroll in the Transformation Specialist certificate program.	

Youth Fitness Trainer Certificate

Youth Fitness Trainer Certificate		5 Quarter Credits Required
<p>Occupational Objective</p> <p>This program provides graduates with the knowledge and skills needed to work with youth in a training capacity. Along with basic pediatric and adolescent exercise science, graduates learn the specific training principles and restrictions appropriate for kids and teens, as well as how to design safe and comprehensive fitness programs for young people.</p>		
<p>Outline</p> <p>Exercise Physiology for Children and Teens Designing Training Programs for Children The Psychology of the Young Athlete Sports Nutrition Children and Athletic Injuries Fitness Assessments</p>		<p>Estimated maximum total tuition expense for program: \$1665 plus fees</p>
<p>ISSA Professional Certification</p> <p>Upon successful completion of the course[†] and submission of Basic Adult CPR/AED/First Aid card, students will earn a professional certification in this subject area from ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ slightly from the academic program title.</p> <p>[†] Minimum total course score of 75% required.</p>		

Core Requirements: Youth Fitness Trainer course (5)	
<p>Discusses growth and development, metabolism, physiology, body composition, training, endurance, flexibility, strength, plyometrics, program structure, sports psychology, nutrition, and injury as each relates to children and teens.</p> <p>Choose ONE of the following methods of study:</p>	
Course #	Course Title
PTR254	Youth Fitness Trainer - Professor-led Undergraduate
Undergraduate distance education course structure with set start/end dates. Co-requisite: Basic Adult CPR/AED/First Aid. Satisfies 5 credits toward degree programs.	
PTR234	Youth Fitness Trainer - Self-paced
Correspondence course with guided completion. Co-requisite: Basic Adult CPR/AED/First Aid.	

To earn an associate degree, a student must complete the following:

- Earn a minimum of 90 quarter credits of which 30 credits are general education, 30 credits are core courses, and 30 credits are electives.
- A minimum of 30 credits must be earned through Lionel University structured undergraduate courses. Self-paced courses may meet core requirements, but they cannot be counted toward the undergraduate minimum.
- Maintain an overall institutional GPA of 2.0
- Maintain a 2.0 GPA specifically in core coursework
- Fulfill the academic requirements as directed by the degree program.

Master Trainer Certificate

30 quarter credits

Program Description

The purpose of the Master Trainer program is to help students develop a balanced knowledge of fitness and nutrition, and a depth of expertise across many areas of fitness. Completion of the program will prepare students for entry level personal training positions with the ability to pursue either an associate or bachelor's degree in Lionel University.

Skills and Knowledge You'll Acquire

- Implement current exercise and nutrition strategies to allow clients to effectively meet their goals.
- Acquire foundational exercise science knowledge from core personal training specialties to support and facilitate professional advancement.
- Apply technical exercise science skills from core personal

training specialties to enhance client satisfaction.

Program Objectives

Graduates of this program will be able to:

- Design and implement an exercise program for an individual's specific situations and goals (e.g., obesity, hypertension, muscle gain, sedentary, etc.), based on currently accepted protocols.
- Apply currently accepted industry standards for exercise safety.
- Describe primary functions of muscles and joints during specific exercises in order to create appropriate programming and instruct proper exercise application.
- Describe primary concepts of human physiology at rest and during exercise (e.g., body systems, pathology, etc.).
- Describe basic principles of nutrition and how they relate to health and exercise programs.
- Determine and deploy the appropriate test and test protocol and interpret the results.
- Determine an individual's level of participation in an exercise program based on physician recommendation and/or the presence of risk factors (hypertension, high cholesterol, family history, etc.).
- Determine and establish appropriate health and fitness goals.
- Define and describe program modifications for special populations (e.g., older adults, hypertension, diabetes,

asthma, obesity, basic orthopedics, youth, and pregnancy, etc.).

- Differentiate actions within the Trainer Scope of Practice.
- Identify legal issues and their ramifications as they apply to the personal fitness training profession.
- Obtain a fitness-related position in the areas of athletics, health-care, or with private organizations.

Plan of Study

The course table lists all certificate courses offered. It is recommended, but not required, that new students take one course at-a-time in their first term. Focusing on one course enables new students to gauge the pace and expectations of the program as they balance other responsibilities.

Students are advised to select their quarterly schedule based on the number of hours per week they can devote to their studies during each upcoming term. It is optimal to be able to devote at least 15 hours of study time per week for each course being taken.

Master Trainer Certificate				
	Course	Course #	Credit Value	
Core: 30 credits	Certified Fitness Trainer	PTR251	5	Required
	Specialist in Fitness Nutrition	PTR259	5	Choose 5 One can transfer in with competency exam; Registrar approval required
	Transformation Specialist	PTR261	5	
	Bodybuilding Specialist	PTR260	5	
	Corrective Exercise Specialist	PTR258	5	
	Specialist in Exercise Therapy	PTR253	5	
	Specialist in Group Fitness	PTR257	5	
	Specialist in Strength and Conditioning	PTR255	5	
	Specialist in Senior Fitness	PTR256	5	
	Youth Fitness Trainer	PTR254	5	

Undergraduate Course Listings (alpha-

betical by subject)

Biology

BIO105
Anatomy and Physiology
Requisites: none
5 credits
Sessions A and B
5 weeks

This course provides a basic understanding of the organization of the human body with emphasis on the clinical and pathological conditions of all body systems. Special emphasis will be placed on adding to the vocabulary of medical terminology and the dialogue with the doctor and other medical staff. This course will be organized systematically and approach the subject via organ systems.

Business

BUS115
Introduction to Marketing
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
Session A
5 weeks

This course introduces key concepts related to marketing functions, the management of these functions, and how each function affects other functions within the marketing domain. The major functions are marketing management, marketing research, product planning, distribution channels, and pricing and promotion. The course will provide an understanding of marketing from the perspective of the manufacturer, marketing company, and consumer.

BUS117
Motivating for Performance
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
Session B
5 weeks

This course introduces key concepts related to the kinds of behaviors managers need to motivate people to perform. It looks at the ways to set challenging, motivating goals, how to reward good performance and how to determine people's key beliefs and individual needs that affect their motivation. The course also shows managers how to assess people fairly so they stay motivated and the causes and consequences of developing a satisfied workforce.

BUS204
Business and Management Principles
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
Session B
5 weeks

This course introduces American business with an overview of various terms and concepts that provide a framework for understanding business. Topics include: business operational environments;

organizational structures; management roles and functions; and the complexities involved with managing marketing, operations, information technology, finance, and human resources.

BUS207
Entrepreneurship
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
Session A
5 weeks

This course introduces key principles involved in the planning and management of business enterprises, especially at the level of small businesses. Students will develop a business plan, and discover aspects of small business finance, sales and marketing, and infrastructure development. Students will collaborate in the analysis of business plans. Issues related to legalities, record keeping, and governmental assistance will be covered.

BUS210
Business Ethics and Law
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
Session B
5 weeks

This course provides a study of the American legal system with an emphasis on how business organizations operate within that system, as well as an overview of the ethical issues and considerations that businesses encounter. Students learn about business law and ethics, contracts and sales, consumer protection issues and laws, agency and employment issues and laws, computer privacy issues, real property issues, and other relevant topics.

Chemistry

CHEM305
Introduction to Chemistry
Prerequisite: BIO105 or equivalent (grade of C- or higher required)
5 credits
Begins in Session A
10 weeks

Students will become familiar with general, organic, and biological chemistry, including the body's pH balance and how the body makes nutrition from food stuff. Students will learn key math skills and core chemistry skills, and gain confidence in using chemistry vocabulary. At the end of this course, students will be able to articulate the chemical complexities of carbohydrates, proteins, and many of the other building blocks in biological chemistry.

Communications

COMM102
Effective Communication
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
Session A
5 weeks

Communication skills are developed through the use of effective listening, speaking, and writing skills. The student will develop the ability to speak clearly and effectively by learning to plan, compose

and deliver ideas. Emphasis is on the global, ethical, technological, and customer service aspects of communication.

COMM121
Interpersonal Relations
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
3 credits
Session B
5 weeks

In this course the student will gain the ability to work effectively through and with other people. The student will gain an understanding of how people work together in groups. Topics covered include: human relations skills; communication and miscommunication; groups; team building; transactional analysis; organizational change; creativity; stress; and managing diversity.

COMM161
Business Communications
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
2 credits
Session A
5 weeks

This course explores the principles and techniques of effective written business communication. Students will discuss, critique, and practice business writing strategies to produce good-news messages, bad-news messages, persuasive messages, reports, proposals and presentations, while developing critical thinking, researching and interviewing skills. Business communication in a global business environment is also emphasized.

COMM203
Customer Service Principles
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
3 credits
Session A
5 weeks

This course introduces and reinforces basic service principles and helps students develop professional customer handling, telephone, and communication skills. Students practice listening and questioning techniques, call control and empathy. Difficult situations are covered, with an emphasis on problem solving and assertive communication.

English

ENG110
English Composition
Requisites: none
5 credits
Sessions A and B
5 weeks

This course is an introduction to the writing process and to the major conventions of standard written English.

Exercise Science

PTR251
Certified Fitness Trainer
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

This course covers the principles of general person-

al training including anatomy, physiology, biomechanics, client assessment, exercise program design, general nutrition principles, motivation, special populations, and injury prevention. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR253
Specialist in Exercise Therapy
Prerequisite: PTR211, PTR231 or PTR251 (grade of C or higher required)
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

This course covers the skills necessary to bridge the gap between medical rehabilitation and post rehabilitation for clients with chronic medical conditions. Students learn to work with and develop exercise programs for individuals suffering from arthritis, osteoporosis, stroke, cardiovascular conditions, orthopedic conditions, asthma, diabetes, cancer, and muscular dystrophy. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR254
Youth Fitness Trainer
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

Discusses growth and development, metabolism, physiology, body composition, training, endurance, flexibility, strength, plyometrics, program structure, sports psychology, nutrition, and injury as each relates to children and teens. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR255
Specialist in Strength and Conditioning
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

Covers all topics related to programming and moti-

vation for athletes including anatomy, physiology, assessment, flexibility, strength, programming for specific sports, athletic nutrition, sports psychology, and injury. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR256
Specialist in Senior Fitness
Prerequisite: PTR211, PTR231 or PTR251 (grade of C or higher required)
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

Examines exercise programming for senior clients including topics on aging and exercise, chronic conditions for older adults, proper assessment, strength, flexibility, contraindicated exercises, and motivation. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR257
Specialist in Group Fitness
Prerequisite: PTR251, PTR231, or PTR211 (grade of C or higher required)
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

Specialist in Group Fitness shows you how to use your knowledge and experience as an ISSA certified fitness trainer to design and lead safe and effective group training sessions. The course begins with the scientific foundations for group training design, including training-essential anatomy, physiology, and biomechanics, as well as how training elicits various physical adaptations. Material then advances to the practical application of these concepts as they apply to group training program design and implementation. Advanced concepts include programming, assessment, safety, exercises and equipment, class formats, performance nutrition, and marketing your classes. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR258

Corrective Exercise Specialist
Prerequisite: PTR251, PTR231, or PTR211 (grade of C or higher required)
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

This course covers the skills necessary to use evidence based corrective exercise interventions to restore physical performance, improve physical performance, and reduce injury risk for those with movement dysfunctions. Students learn to identify the complex factors associated with poor movement patterns and correct them with the simplest methods possible.

Please note: The information provided in this course is for general educational purposes only. The material is not a substitute for consultation with a healthcare provider regarding particular medical conditions and needs. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR259
Specialist in Fitness Nutrition
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A
10 weeks

Students learn the science behind proper nutrition and the art of applying the science as a nutrition coach. Topics include the anatomy and physiology of digestion, metabolism, energy transfer and balance, and the structure and function of macronutrients and micronutrients. Practical components include nutritional goal setting, collecting and analyzing client information, structuring an appropriate nutrition plan based on client level and goals, outcome-based nutrition coaching, and practical plans to help clients overcome common challenges. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR260
Bodybuilding Specialist
Prerequisite: PTR211, PTR231 or PTR251 (grade of C or higher required)
Corequisite: Basic Adult CPR/AED/First Aid
5 credits
Begins in Session A

10 weeks

This course covers training, recovery, motivation, and nutritional strategies to prepare the personal trainer to work with bodybuilders. Upon successful completion of the certification examination. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR261

Transformation Specialist

Prerequisite: PTR211, PTR231 or PTR251 (grade of C or higher required)

Corequisite: Basic Adult CPR/AED/First Aid

5 credits

Begins in Session A

10 weeks

This course integrates the theory of behavioral change with practical strategies for influencing behavioral patterns as they relate to physical, mental, and emotional well-being. Students learn the skills needed to effect a qualitative shift in client behavior. Topics covered include the stages of behavioral change, motivational interviewing, positive psychology, commitment strategies, flow, and the experience sampling method. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR371

Principles of Kinesiology

Prerequisite: BIO105, PTR251 (grade of C- or higher required in all prerequisites)

5 credits

Begins in Session A

10 weeks

Students will become familiar with the vocabulary of human anatomy, describe the essentials of human anatomy for movement, and gain the knowledge needed to pursue healthy living. By the end of this course, students will have a firm concept of how the human body is constructed and how it moves. Students will understand how the nervous system, circulatory system, and pulmonary system provide elements essential for skeletal movement. Learners will be able to identify problems and correct them to enhance physical activity.

PTR372

Contemporary Issues in Fitness

Requisites: none

5 credits

Session A

5 weeks

This course covers current issues in modern sport.

Students learn the opportunities available in the sports management sector, develop management skills that can be applied across sports sectors, and gain an understanding of major challenges in various segments of the sports industry.

PTR374

Psychology of Exercise

Prerequisite: PSY102, PTR251 (grade of C- or higher required in all prerequisites)

5 credits

Session A

5 weeks

This course covers the application of psychology to the industry of personal fitness training and exercise. Students learn how to understand and modify exercise behavior, as well as the psychosocial influences and consequences of exercise. Topics covered include theories and models of exercise behavior, social influences on exercise, physical activity interventions, personality, self-perceptions, stress, anxiety, depression, emotional well-being, and cognitive functions related to exercise.

PTR375

Business Aspects of Fitness

Requisites: none

5 credits

Session B

5 weeks

This course covers the application of business techniques and principles to the industry of personal fitness training. Students learn to identify the various business roles and responsibilities of a fitness trainer, whether they choose to be a personal trainer in a fitness facility, a self-employed personal trainer, or a facility owner. Topics covered include creating a business plan, determining a business structure, screening and hiring staff, obtaining the right insurance, determining offerings and pricing, developing forms and contracts, becoming financially profitable and marketing fitness services.

PTR376

Research Methods in Kinesiology

Prerequisite: MATH303, PTR251 (grade of C- or higher required in all prerequisites)

5 credits

Session B

5 weeks

This course covers the application of evidence-based practice in exercise science. Students learn about the important characteristics of evidence-based practice, the origins of evidence-based practice, and the practical application of evidence-based practice in exercise science. Topics covered include sources of evidence, reading and interpreting research evidence, developing a question, searching for evidence, evaluating evidence, incorporating evidence into practice, confirming evidence in the individual, and reevaluating evidence.

PTR481

Principles of Biomechanics

Prerequisite: PTR251, PTR371 (grade of C- or higher required in all prerequisites)

5 credits

Begins in Session A

10 weeks

Students will learn the fundamental principles of biomechanics and how to apply the knowledge to improve sport performance. Topics include lin-

ear and kinetics and kinematics, natural forces, analyzing movement and addressing performance errors. Students will learn the mechanical concepts behind human body and the anatomical terms used to describe different views and body sections. The application of the knowledge is exemplified through movement of the athlete, of an implement, of an opposition and through fluid.

PTR482

Physiology of Exercise

Prerequisite: PTR251, PTR371 (grade of C- or higher required in all prerequisites)

5 credits

Begins in Session A

10 weeks

The Physiology of Exercise explores the body's systemic responses to daily physical activity and exercise. This course will teach basic functioning, including cellular communication and hormonal balance and how immune, nervous, and cardio-respiratory systems work together to maintain homeostasis. The importance of nutrition, body composition, lifestyle choices, and the environment are also considered during a thorough review of training performance. Special populations are also discussed, which will improve your exercise prescriptions for each client's unique strengths and abilities.

By increasing your understanding of physiological responses to exercise and how to measure progress toward fitness goals, you will have the tools needed to work efficiently with diverse clients. You will be able to deliver outstanding, reproducible services to individuals whose life quality will improve because of your professional recommendations and guidance.

PTR483

Ethics and Management in Fitness Management

Prerequisite: PTR375 (grade of C- or higher required in all prerequisites)

5 credits

Session B

5 weeks

This course introduces legal concepts and terms and examines them in the context of the field of health, fitness, and sports. It investigates specific strategies to help managers minimize or eliminate legal liability. The course looks at issues such as sexual harassment, safety in the workplace, and fairness in the hiring, promotion, and termination process. The course also examines ethics in the field of fitness, sexual harassment, and the importance of an ethical code of conduct.

PTR499a

Externship

Prerequisite: Student must be in final year of the program (45 credits or fewer remaining)

1 credit

Begins in Session A

10 weeks

This course provides the opportunity for students to work with and learn from an expert in the health and well industry. Students gain knowledge, advice, and skills to assist in career development.

PTR499b

Externship

Prerequisite: PTR499a

1 credit
Begins in Session A
10 weeks

This course provides the opportunity for students to work with and learn from an expert in the health and well industry. Students gain knowledge, advice, and skills to assist in career development.

PTR499c
Externship
Prerequisite: PTR499a, PTR499b
1 credit
Begins in Session A
10 weeks

This course provides the opportunity for students to work with and learn from an expert in the health and well industry. Students gain knowledge, advice, and skills to assist in career development.

PTR499d
Externship
Prerequisite: PTR499a, PTR499b, PTR499c
2 credits
Begins in Session A
10 weeks

This course provides the opportunity for students to work with and learn from an expert in the health and well industry. Students gain knowledge, advice, and skills to assist in career development.

History

HIST102
US History I (1607-1877)
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
Session B
5 weeks

This course surveys the social, political, cultural, and economic development of North America, the British Colonies, and the United States. The course provides a broad-base history of the United States from before the arrival of Europeans to 1877. Migration, colonial and revolutionary periods, the development of the Republic, and the Civil War are covered.

HIST303
History of Sport
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
Session B
5 weeks

This course examines the emergence of organized sports in America. The course covers how loosely structured colonial recreational activities evolved and became an integral part of college life and revenue, and grew into a dynamic, high stakes professional sports industry. The course covers the role that athletic clubs and leagues played in standardizing game and safety protocols, and maintaining control over player salaries and careers. Students will learn about societal restrictions which prohibited most women from participating in competitive athletics for nearly half of the twentieth century, and why predominantly black colleges continued to promote women's athletics during that time. Students will gain a better understanding of the discriminatory practices faced by African American athletes and athletes of other ethnic minorities,

and how the civil rights movement finally gained traction toward integrating organized sports in the 1950s through 1970s. The course celebrates stories of a few courageous athletic pioneers who persevered to break down societal barriers. It will also look at a few landmark Supreme Court rulings and their impact on the athletic world. Finally, the course will examine the segregation in sports, racial integration of major sports leagues, and the impact integration had on African American leagues and colleges.

Health Information Technology

HIT135
Medical Terminology
Requisites: none
3 credits
Sessions A and B
5 weeks

A working knowledge of medical terminology is desirable for anyone entering one of the health science fields. This course will provide students with the foundation they need to recognize and interpret medical terms using the four word-part approach (prefixes, word roots, suffixes, and combining vowels). Students will come away from the course with a better understanding and mastery of terminology related to the health care field. Emphasis will be placed on improving written and oral communication skills pertaining to medical terminology. Identification of medical terms by word part is stressed, as are memorization, pronunciation, practical usage, and spelling.

Mathematics

MATH102
College Math
Requisites: none
5 credits
Session A
5 weeks

This course is designed to develop mathematical and computational skills needed by college students and aids students in making the transition from computational to application mathematics. The student gains practice in mathematical calculations including percent, ratio, proportion, measurement, evaluation of numerical expressions and using charts, tables and graphs to solve problems. Emphasis is on solving for the unknown to help students become comfortable using variables to represent numbers.

MATH303
Statistics
Prerequisite: MATH102 or equivalent (grade of C- or higher required)
5 credits
Session A
5 weeks

This course includes data presentation and summarization, introduction to probability concepts and distributions, statistical inference, estimation, hypothesis testing, comparison of populations, correlation and regression.

Personal Development

PD102
Personal Development
Requisites: none

2 credits
Session A
5 weeks

This course takes the student through a personal inventory in order to establish educational and life goals. Students will learn how to battle fear of failure, utilize existing marketable strengths, build and maintain positive relationships, and promote self-confidence. An emphasis will be placed on learning to improve listening, reading, and study skills using approaches to time management and prioritization techniques.

PD103
Professional and Career Development
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
2 credits
Session B
5 weeks

The student will prepare a resume, a cover letter, and a thank-you letter. They will acquire skills necessary to properly prepare typical pre-employment forms. Interviewing techniques are taught and practiced. This class will help to optimize a student's potential for employment by developing skills in communication, business etiquette, problem solving, critical thinking, time management and interpersonal skills.

PD304
Leadership Principles
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
Session A
5 weeks

In this course, students will personalize the multi-dimensional study of leadership and identify their personal orientation and philosophy after exploring historical leaders, various leadership styles and philosophies, and our present leadership paradigm. This uncover/discover process will include conducting various self-evaluations related to traits, skills, values, personal characteristics, and motivated abilities. Students will examine the art and science of leadership in a critical fashion by exploring the contemporary issues of today's world along with the privileges and responsibilities assigned to today's leadership.

Psychology

PSY102
General Psychology
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
Sessions A and B
5 weeks

This course is an introduction to the field of psychology as the scientific study of the behavior of man. Through a blend of application and theory, students develop a basic understanding of psychological principles. These principles are then applied these principles in a variety of situations.

Sociology

SOC101
Introduction to Sociology

Prerequisite: ENG110 or equivalent (grade of C- or higher required)

5 credits

Session A

5 weeks

This course provides a broad overview of sociology and how it applies to everyday life. Major theoretical perspectives and concepts are presented, including sociological imagination, culture, inequality, and social change. Students also explore the influence of social class and the family as a social structure.

Accelerated Courses

PTR211

Certified Fitness Trainer - Accelerated

Corequisite: VIP45 SkillBridge placement; Basic Adult CPR/AED/First Aid

5 credits

4 weeks

This course covers the principles of general personal training including anatomy, physiology, biomechanics, client assessment, exercise program design, general nutrition principles, motivation, special populations, and injury prevention. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR217

Specialist in Group Fitness - Accelerated

Prerequisite: PTR251, PTR231, or PTR211 (grade of C or higher required)

Corequisite: VIP45 SkillBridge placement; Basic Adult CPR/AED/First Aid

5 credits

4 weeks

Specialist in Group Fitness shows you how to use your knowledge and experience as an ISSA certified fitness trainer to design and lead safe and effective group training sessions. The course begins with the scientific foundations for group training design, including training-essential anatomy, physiology, and biomechanics, as well as how training elicits various physical adaptations. Material then advances to the practical application of these concepts as they apply to group training program design and implementation. Advanced concepts include programming, assessment, safety, exercises and equipment, class formats, performance nutrition, and marketing your classes. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR221

Transformation Specialist - Accelerated

Prerequisite: PTR211, PTR231 or PTR251 (grade of C or higher required)

Corequisite: VIP45 SkillBridge placement; Basic Adult CPR/AED/First Aid

5 credits

4 weeks

This course integrates the theory of behavioral change with practical strategies for influencing behavioral patterns as they relate to physical, mental, and emotional well-being. Students learn the skills needed to effect a qualitative shift in client behavior. Topics covered include the stages of behavioral change, motivational interviewing, positive psychology, commitment strategies, flow, and the experience sampling method. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR219

Specialist in Fitness Nutrition - Accelerated

Corequisite: VIP45 SkillBridge placement; Basic Adult CPR/AED/First Aid

5 credits

5 weeks

Students learn the science behind proper nutrition and the art of applying the science as a nutrition coach. Topics include the anatomy and physiology of digestion, metabolism, energy transfer and balance, and the structure and function of macronutrients and micronutrients. Practical components include nutritional goal setting, collecting and analyzing client information, structuring an appropriate nutrition plan based on client level and goals, outcome-based nutrition coaching, and practical plans to help clients overcome common challenges. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR218

Corrective Exercise Specialist - Accelerated

Prerequisite: PTR251, PTR231, or PTR211 (grade of C or higher required)

Corequisite: VIP45 SkillBridge placement; Basic Adult CPR/AED/First Aid

5 credits

4 weeks

This course covers the skills necessary to use evidence based corrective exercise interventions to

restore physical performance, improve physical performance, and reduce injury risk for those with movement dysfunctions. Students learn to identify the complex factors associated with poor movement patterns and correct them with the simplest methods possible.

Please note: The information provided in this course is for general educational purposes only. The material is not a substitute for consultation with a healthcare provider regarding particular medical conditions and needs. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

PTR214

Youth Fitness Trainer - Accelerated

Corequisite: VIP45 SkillBridge placement; Basic Adult CPR/AED/First Aid

5 credits

4 weeks

Discusses growth and development, metabolism, physiology, body composition, training, endurance, flexibility, strength, plyometrics, program structure, sports psychology, nutrition, and injury as each relates to children and teens. Upon successful completion of the course (total course score of 75% or higher) and submission of Basic Adult CPR/AED/First Aid card, students will be awarded professional certification by ISSA. ISSA professional certification is valid for two years and is renewable according to ISSA terms. Please note that the title of the credential on the professional certification will reflect what ISSA has determined to be the most accepted and marketable within the industry at the time of issuance and may differ from the academic course title.

Graduate Course Listings

Core

EXSC501

Contemporary Issues in Exercise Science

Requisites: none

5 credits

Begins in Session A

10 weeks

This course covers current issues in modern sport. Students learn the opportunities available in the field of exercise science, develop management skills that can be applied across the field, gain an understanding of major challenges in various segments of the field, and identify research opportunities.

EXSC503

Advanced Exercise Physiology

Requisites: PTR482 Physiology of Exercise

5 credits

10 weeks

In this course, students will learn advanced topics in exercise physiology. Students will learn to identify the structure and function of the skeletal-neuromuscular, gastrointestinal, cardiovascular, pulmonary, immune, and endocrine systems as they relate to exercise. Emphasis will be placed on assessment and methodologies designed to improve exercise performance and reduce the likelihood of disease. Topics covered will include how to increase aerobic and anaerobic performance, weight loss strategies, and emerging topics in exercise physiology.

EXSC504
Motor Learning
Requisites: none
5 credits
10 weeks

In this course, students learn fundamental concepts of human performance, with an emphasis placed on how the coaching relationship supports motor learning. Students will examine how motor systems work by exploring major principles of human movements. The processes of human motor learning will be taught using real-life examples of how motor systems promote learning and performance, including the benefits of effective coaching.

Concentrations

Clinical, Corporate, and Community Wellness

CCCW501
Industrial, Clinical, and Corporate Wellness
Requisites: EXSC501
5 credits
10 weeks

In this course, students learn the importance and timeliness of worksite health promotion, emphasizing the professional aspects of workplace program leadership. Tools and techniques for assessing worksite needs will be offered so that students have adequate knowledge for designing helpful programs that meet employees' needs and interests. Funding and resource allocation will be explored to assure sustainability in diverse types of company structures, including multi site locations.

CCCW502
Physical Fitness and Epidemiology
Requisites: EXSC501
5 credits
10 weeks

Epidemiological examination of the relationship of physical activity with the morbidity and mortality of chronic disease and related risk factors.

CCCW503
Organization and Development of School and Community Physical Activity Programs
Requisites: EXSC501
5 credits
10 weeks

In this course, students learn the fundamentals of comprehensive school physical activity programs, with a primary focus on how local schools can network with area organizations, businesses, and community leaders to improve health services to students and their families. Program effectiveness will include the importance of comprehensive needs assessments, strong wellness committees, and quality control measures to assure program sustainability in diverse school settings, such as rural and urban areas.

CCCW504
Obesity Prevention and Management
Requisites: EXSC501; EXSC503
5 credits
10 weeks

Obesity is a global reality affecting the health and wellbeing of children and adults in every nation. Students in this course will gain an awareness of how physical activity prevents and treats this deadly condition. Priorities include examining how mass media, global policies, and local governments play a role in how individuals understand and address obesity and engage in physical activity.

Fitness Leadership

FL501
Leadership and Professional Development
Requisites: EXSC501
5 credits
10 weeks

In this course, students will personalize the multi-dimensional study of leadership and identify their personal orientation and philosophy after exploring historical leaders, various leadership styles and philosophies, and our present leadership paradigm. This uncover/discover process will include conducting various self-evaluations related to traits, skills, values, personal characteristics, and motivated abilities. Students will examine the art and science of leadership in a critical fashion by exploring the contemporary issues of today's world along with the privileges and responsibilities assigned to today's leadership.

FL502
Advanced Business Aspects of Fitness
Requisites: PTR375; EXSC501
5 credits
10 weeks

In this course, students learn the essentials for how to manage a health fitness center. Students will explore the role and responsibilities of running a successful organization, with an emphasis on human resources, membership, and operations and facility maintenance. Detailed resources will be provided, including helpful checklists, case studies, and other tools that will equip students for optimum success as business leaders in the fitness industry.

FL503
Professional Communication
Requisites: EXSC501
5 credits
10 weeks

This course explores the principles and techniques of effective communication across all spectrums of professional levels. Students will discuss, critique, and practice communication strategies to elicit positive influence in professional settings, while developing critical thinking, researching and leadership skills.

FL504
ECommerce and Internet Presence
Requisites: PTR375; EXSC501
5 credits
10 weeks

This course teaches students how to conduct business online and how to manage the technological issues associated with constructing an electronic-commerce website. Students will study how implementing technology can engage cardholders, merchants, issuers, payment gateways and other parties in electronic transactions.

Strength and Conditioning

SC501
Exercise Assessment and Prescription
Requisites: PTR251; EXSC503
5 credits
10 weeks

In this course, students learn the fundamentals for assessing physical activity, health, and risk among diverse fitness clients. Students will learn the principles of assessment, prescription, and exercise program design, including how to create strategies for improving cardiorespiratory and muscular fitness. Material for increasing client flexibility and low back care will be emphasized for certain populations.

SC502
Advanced Strength and Conditioning
Requisites: PTR251; EXSC503
5 credits
10 weeks

The fundamental principles that govern the development of strength are the primary focus of this course. Students will gain awareness of the concepts and principles needed to create appropriate strength development programs for various types of athletes, including women, young athletes, and senior athletes.

SC503
Advanced Topics in Fitness Nutrition
Requisites: PTR259; EXSC503
5 credits
10 weeks

Advanced knowledge and skills in nurturing athletes' fitness nutrition is a core component for any exercise physiology professional. Students will gain awareness of important nutrition sources for athletes and how intake promotes optimal athletic performance. A review of multiple factors that affect nutrition needs is included in the course, as well as strategies for assisting athletes of various sports.

SC504
Contemporary Coaching Methods
Requisites: EXSC503
5 credits
10 weeks

Coaching professionalism includes understanding the unique role and responsibilities of each posi-

tion. Students who complete this course will gain awareness of the ethics that govern necessary core skills and knowledge for various coaching positions. Athlete development is a focus of this course, and students will learn knowledge and skills for designing programs that nurture the psychological, social, physical, and technical growth of athletes.

Capstone

EXSC599

Research Project

Requisites: EXSC501; EXSC502; EXSC503;

EXSC504

5 credits

10 weeks

The research project is a faculty-guided scholarly experience that provides evidence of critical thinking, ability to integrate information, and understanding of research. Students participate in a scholarly process to explore through data collection and analysis, a clinically relevant problem in exercise science.



LIONEL UNIVERSITY

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