

Human Performance and Sport Studies

Program Description	Type	Degree
Accelerated B.S. Sport and Exercise Science (https://coursecat.isu.edu/undergraduate/nursing-rehabilitation-human-health/school-of-rehabilitation-human-health/human-performance-rehabilitation-sciences/accelerated-bs-sport-exercise-science/)	Degree	B.S.
Sport and Exercise Science, B.S. (https://coursecat.isu.edu/undergraduate/nursing-rehabilitation-human-health/school-of-rehabilitation-human-health/human-performance-rehabilitation-sciences/bs-exercise-science/)	Degree	B.S.
Health Science, B.S. with Concentration in Pre-Occupational Therapy, Accelerated (https://coursecat.isu.edu/undergraduate/ls-skaggs-pharmacy-health-professions/health-professions/community-and-public-health/bs-health-science-pre-ot-accelerated-conc/)	Degree	B.S. to M.O.T
Health Science, B.S. with Concentration in Pre-Occupational Therapy (https://coursecat.isu.edu/undergraduate/ls-skaggs-pharmacy-health-professions/health-professions/community-and-public-health/bs-health-science-pre-ot-conc/)	Degree	B.S.

Overview

The Department of Human Performance and Sport Studies (HPSS) at Idaho State University (ISU) provides undergraduate and graduate students with the intellectual, dispositional, and physical skills necessary to maximize their potential in fields related to human performance, sport and outdoor recreation. HPSS strives to fulfill the University's mission as well as the College of Education's (COE) mission in the enhancement of learning, lifelong development, and leadership. We encourage candidates to respect human dignity, to be critical thinkers, and to be effective communicators.

Through the study of human performance and sport, we are able to offer students preparation for a variety of fields related to kinesiology, sports medicine, sports management, coaching, health promotion, wellness, fitness, recreation, leadership, and physical activity. Curricula are designed to challenge candidates in both theory and application. Experiential learning opportunities (where students apply what they have learned in practical settings outside the classroom) are key components in all HPSS majors.

Graduation Requirements

All majors and minors within the Department of Human Performance and Sport Studies must achieve the following in addition to completing the prescribed major course and credit requirements:

1. Minimum overall cumulative GPA of 2.5.
2. Minimum GPA of 2.75 in the major with no grade lower than C.

Sport and Exercise Science

Students pursuing a **Bachelor of Science in Sport and Exercise Science** degree study health and human performance. Our students investigate the many ways in which the human body integrates with physical activity (e.g., physically, psychologically, cardiovascularly, etc.). Throughout the program, students

focus on the acquisition and application of knowledge and skills related to exercise physiology, biomechanics, sport and exercise nutrition, sport psychology, strength and conditioning, sports medicine, health promotion, and risk management. Additionally, students administer and interpret various physiological and biomechanical assessments, prescribe appropriate exercise regimens and progressions to target cardiorespiratory endurance, muscular strength and endurance, balance, and flexibility, and conduct movement analyses for a wide range of populations (athletic to sedentary).

Student Learning Outcomes (SLOs) for Sport and Exercise Science majors are as follows:

SLO #1: Content Knowledge. Students will demonstrate knowledge of human anatomy and physiology, exercise physiology, biomechanics, sport and exercise nutrition, sport psychology, development of strength, conditioning, and athletic performance parameters, first aid, injury care and prevention, and risk management.

SLO #2: Application of Knowledge Related to Assessment. Students will demonstrate knowledge of preparticipation health screening, client's readiness to participate in physical fitness and exercise, administration and interpretation of physiological and biomechanical assessments related to cardiorespiratory fitness, muscular strength and endurance, balance, flexibility, body composition, and anthropometry for apparently healthy clients, athletes, and those with controlled disease.

SLO #3: Application of Knowledge Related to Prescription. Students will demonstrate the ability to implement, establish and modify exercise prescriptions and progression guidelines related to cardiorespiratory endurance, muscular strength and endurance, balance, flexibility, movement analysis and optimization for a variety of populations.

SLO #4: Critical Thinking and Problem Solving. Students will demonstrate knowledge of health promotion for general, active, and athletic populations, and their nutritional needs including optimization of exercise and sport performance, weight management, and the effect of ergogenic aids on performance.

SLO #5: Leadership. Students will identify trends in fitness programming and health promotion, understand the role of leading professional organizations in sport and exercise science, wellness and sports medicine, and will be able to evaluate relevant publications related to the field of sport and exercise science.

SLO #6: Personal and Professional Growth. Students will develop self-awareness and adaptability, flexibility, and curiosity in pursuit of personal and professional growth.

SLO #7: Communication. Students will demonstrate exemplary communication both individually and in groups across written, oral, and technological platforms.

SLO #8: Ethical Behavior. Students will demonstrate socially responsible leadership grounded in the principles of diversity and inclusion, ethical decision-making, and sustainable business practices.

Physical Education Activity Classes (PEAC/B-FIT)

The Department of Human Performance and Sport Studies provides dozens of credit-based, physical activity classes (PEAC or BFIT) each semester (Fall/Spring) for all Idaho State University students. The purpose of the Bengal Fit

(BFIT) program is to provide a variety of recreational, sports, and/or fitness-based courses that are designed to provide students with opportunities to engage in physical activity, learn new activities and skills, and develop an appreciation for healthy lifestyles.

Department of Occupational Therapy

The Department of Occupational Therapy offers the Master of Occupational Therapy (MOT) graduate degree for those students wanting to enter the profession of occupational therapy. The program is two-years (24-months) in length and the degree is granted after completion of all academic and clinical requirements.

Prospective applicants to the program must meet required prerequisites, complete observation hours with a licensed occupational therapy practitioner, and provide letters of reference as instructed on the program admissions page. Applicants must also meet all requirements for admission to the ISU Graduate School.

Undergraduate students preparing for a graduate degree in occupational therapy should choose a major that is of interest to them and will assist in completion of prerequisite course work. It is advantageous to select a major that incorporates the specific program prerequisites. Baccalaureate students will have advisors in their major department, but should also seek additional health professions' advising through the Pre-Health Advising Office. Students who have completed a baccalaureate degree and who are completing prerequisites for occupational therapy should contact the Department of Occupational Therapy for advising at ot@isu.edu. Please refer to the Occupational Therapy (<https://www.isu.edu/ot/>) program pages for the most current admissions requirements.

Accreditation of the Master of Occupational Therapy Program

The Occupational Therapy Graduate Program is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE), located at 7501 Wisconsin Avenue, Suite 510E, Bethesda, MD 20814. ACOTE's phone number is 301-652-6611; their website is <http://www.acoteonline.org> (<https://acoteonline.org/>). Graduates will be able to sit for the national certification examination for the occupational therapist administered by the National Board for Certification in Occupational Therapy (NBCOT). Annual NBCOT program results for ISU's MOT program are available on the ISU MOT website (<https://www.isu.edu/ot/>) as well as the NBCOT website. (<https://www.nbcot.org/en/Educators/Home/#SchoolPerformance>)

Occupational Therapy Preparation

Occupational therapists are health practitioners with graduate-level degrees, who help people participate in the things they want and need to do across the lifespan, through the therapeutic use of everyday activities or "occupations". Common occupational therapy interventions include helping children with disabilities participate in school and social situations, helping people recovering from injuries regain skills, and providing strategies to promote participation in everyday life activities for older adults who experience physical and cognitive changes.

The participatory nature of occupational therapy is extremely broad and requires practitioners who have an interest in the complexity of humanity and the diversity of human occupations. Occupational therapists must also have the ability to think critically and creatively so they can address occupational performance problems that result from developmental issues, disease, trauma, and mental illness. To meet these needs, students must enter the profession with a foundation in the liberal arts, as well as biological, physical, and social sciences. Graduate-level programs in occupational therapy require specific coursework as prerequisites to

apply for admission to their programs. Graduate-level programs in occupational therapy do not require a specific undergraduate degree for admissions.

B.S. Health Science, Pre-Occupational Therapy Concentration (<https://coursecat.isu.edu/undergraduate/college-of-health/school-of-rehabilitation-and-communication-sciences/physical-and-occupational-therapy/bs-health-science-pre-ot-conc/>)

The Bachelor of Science in Health Science (BSHS) Pre-Occupational Therapy Concentration is an undergraduate degree designed for students interested in a future career in occupational therapy. The degree allows students to obtain a broad health science background by completing the BSHS major requirements. The concentration also prepares students with many of the necessary academic prerequisites to apply to many graduate-level occupational therapy programs, though students should carefully check the prerequisite requirements for the programs to which they wish to apply, since different programs may have some different admission requirements.

Graduate occupational therapy programs will accept a wide range of undergraduate degrees, however, the B.S. in Health Science with the Pre-Occupational Therapy Concentration prepares students for future practice in health care, while efficiently including the courses required for admission into graduate programs in occupational therapy. Admission and completion of this concentration area does not guarantee admission into ISU's Master of Occupational Therapy program.

B.S. Health Science, Accelerated Pre-Occupational Therapy Concentration (<https://coursecat.isu.edu/undergraduate/college-of-health/school-of-rehabilitation-and-communication-sciences/physical-and-occupational-therapy/bs-health-science-pre-ot-accelerated-conc/>)

The B.S. in Health Science, Accelerated Pre-Occupational Therapy Concentration provides the opportunity for students to enter the graduate-level ISU Occupational Therapy program during their fourth undergraduate year and complete a pre-professional year in the program as an undergraduate. This concentration is available to a limited number of students selected on a competitive basis, and requires students complete an application in the Fall of their junior year of student before joining the concentration for the Fall of their senior year.

During their first three undergraduate years, students who wish to pursue this concentration area complete a course of study that meets the ISU General Education requirements, the BS Health Science Core courses, and the OT program prerequisite course requirements. Student applicants must complete all Pre-Occupational Therapy concentration courses (<https://coursecat.isu.edu/undergraduate/college-of-health/school-of-rehabilitation-and-communication-sciences/physical-and-occupational-therapy/bs-health-science-pre-ot-accelerated-conc/>) with a grade of "C" or higher. Prospective students should apply by January 15 during the Spring semester of their academic junior year for accelerated entry status. If accepted, they complete the pre-professional year within the OT program during their senior year. During the Spring semester of that pre-professional year, students will apply to the ISU Graduate School and the MOT Program to be considered for acceptance. Students will receive a Bachelor of Science in Health Science degree in May of that year. If accepted into the post-professional year, students continue as a graduate student in the third semester (Summer) of the Master of Occupational Therapy curriculum. Successful students will complete and receive their master's degree four semesters (15-months) later. Due to the competitive nature of admission to graduate-level occupational therapy programs, students must maintain a grade point average of 3.0 or better throughout the BSHS curriculum.

Students not accepted into the accelerated concentration area may continue within the pre-OT curriculum, earn their bachelor's degrees, and apply to graduate-level occupational therapy programs at ISU and elsewhere through the traditional graduate school processes.

The combination of the BSHS and MOT program creates a seamless entry into the occupational therapy profession, ensuring all prerequisites in social, physical, and biological sciences are completed in a timely manner. For the most current information and application instructions for the BSHS Accelerated program, review the [ISU MOT Program website](https://coursecat.isu.edu/undergraduate/college-of-health/occupational-therapy/ot@isu.edu) or contact ot@isu.edu (<https://coursecat.isu.edu/undergraduate/college-of-health/occupational-therapy/ot@isu.edu>).

Admission into the Master of Occupational Therapy Program

Students with a bachelors degree may be admitted for Fall semester entry into the Master of Occupational Therapy (MOT) program by applying through the Occupational Therapy Centralized Application System (OTCAS (<https://otcas.liaisoncas.com/applicant-ux/#/login>)) system and through the standard ISU Graduate School (<https://www.isu.edu/apply/graduate/>) admissions procedure. Applicants must satisfy the prescribed prerequisites and other admission requirements as outlined on the ISU MOT Program website (<https://www.isu.edu/ot/>). Although any undergraduate major is acceptable for entry into the MOT program, it is recommended that applicants select a degree that aligns closely with our required prerequisites listed below.

Master of Occupational Therapy Program Entry Requirements

A full list of program entry requirements can be found on the ISU MOT Program page (<https://www.isu.edu/ot/admissions/entry-requirements/>).

Faculty (<https://coursecat.isu.edu/undergraduate/education/humanperformanceandsportstudies/faculty/>)

HPSS Courses (<https://coursecat.isu.edu/undergraduate/allcourses/hpss/>) (formerly PE)

Course Learning Outcomes (<https://coursecat.isu.edu/undergraduate/courselearningoutcomes/hpss/>)

Occupational Therapy Faculty (<https://coursecat.isu.edu/undergraduate/college-of-health/occupational-therapy/faculty/>)

OT Courses (<https://coursecat.isu.edu/undergraduate/allcourses/ot/>)

Physical Therapy and Athletic Training Faculty (<https://coursecat.isu.edu/undergraduate/college-of-health/physical-therapy-athletic-training/faculty/>)