

Exercise Science Education Undergraduate Major Application Packet

Application Deadline for Autumn Quarter Admission: April 1 (any calendar year)

Completed applications are to be turned into The Office of Student & Alumni Services in A100 of the PAES Building or Undergraduate Student Services in 201 Campbell Hall. It is recommended that students meet with their academic advisor one to two quarters prior to applying in order to review admission requirements. Students will be notified of their admission status by mid-May, at which time, if the applicant is accepted into the major, a *faculty mentor* will be assigned. An organizational meeting will be conducted by the 9th week of spring quarter. Students should plan to schedule an appointment with their academic advisor during the first quarter of enrollment in the major to develop a curriculum plan.

To be considered for admission, **the application packet must be complete and contain the following items:**

- ✓ a completed application form
- ✓ Three completed reference forms;
- ✓ A typewritten statement of professional goals, including the reason for pursuing the degree and choice of either the exercise science or the health promotion track (1-2 pages);
- ✓ An Ohio State University advising report showing previous course work and courses in progress;
- ✓ Transcripts from other institution(s) **OR** an OSU transfer credit report, if applicable;
- ✓ Completion of at least 45 quarter hours with a cumulative grade point average of 2.75 or higher;
- ✓ Completion of the following courses with a grade of C- or higher:
 - English 110
 - Math 148
 - EDU PAES 360 & 361 (AU and SP only)
 - Biology 113
 - Chemistry 121 & 122.

Application available online at: <http://ehe.osu.edu/paes/exercisescience/>

Frequently Asked Questions

- 1) How many students are accepted to the program?
- 2) What are the factors that are considered for acceptance into the major?
- 3) What should be included in my Statement of Professional Goals?
- 4) Whom should I ask to write the letters of recommendation of my behalf?
- 5) If I have not completed all of the prerequisites (e.g. PAES 360 & 361), can I still apply?
- 6) What extracurricular activities will help to make my application stronger?
- 7) How do I obtain and submit an OSU advising report and/or transcripts of previous college or university work?

Frequently Asked Questions cont.

How many students are accepted to the program?

Approximately 40-50 students are admitted to the program each year.

What are the factors that are considered for acceptance into the major?

The Exercise Science Education major is one of the more competitive majors in the University. Grade point average and success in science courses is very important. In 2009, the mean grade point average for applicants (n=101) was 3.31 (range 2.63-4.00), while the mean grade point average for those accepted into the program (n=50) was 3.50 (range 3.03–4.00). In 2008, the mean grade point average for applicants (n=74) was 3.29 (range 2.75-3.95), while the mean grade point average for those accepted into the program (n=56) was 3.38 (range 2.8-3.95). Simply meeting the GPA requirement does not guarantee admission to the major. The application is evaluated more favorably when there is a clear intent to pursue this major, evidenced by the completion of some courses included in the major in addition to the prerequisite courses with high grades, particularly the science courses. Evidence of participation in extracurricular activities and volunteer work related to physical activity and sport is also considered.

What should be included in my Statement of Professional Goals?

Applicants must provide a Statement of Professional Goals with a clear statement of intent, which should indicate the chosen track (Exercise Science or Health Promotion). Applicants should describe their academic, professional, and occupational goals and specific interests and explain why they are interested in exercise science or health promotion. Factors that point to a strong commitment to exercise science, as well as any extenuating factors that the committee should consider regarding the application should also be included. Describe characteristics that will make you successful in the field of exercise science. Goal statements are rated on content and presentation. Typographical errors and poor grammar will reduce the strength of the statement.

Whom should I ask to write the letters of recommendation of my behalf? Clearly, strong letters of recommendation are especially important. At least one letter must be from a professor or graduate associate of a science-based course that the applicant has taken at Ohio State. Letters written by persons who are familiar with the

exercise science program at Ohio State, who know the faculty in the program, or who are members of the one of the many organizations associated with exercise science and sports medicine are especially encouraged. Letters from family members will not be accepted.

If I have not completed all of the prerequisites (e.g. PAES 360 & 361), can I still apply?

If you are currently enrolled in the prerequisite or will complete the prerequisite prior to beginning the program (autumn quarter) you may apply. In such cases only provisional acceptance will be extended and full admission will occur if provisional stipulations are met (e.g. GPA, grade in prerequisite to be completed).

What extracurricular activities will help to make my application stronger?

Various extracurricular opportunities exist for students to demonstrate a firm commitment to a career in exercise science. This commitment is more compelling when the student has volunteered or participated in activities closely associated with exercise science, outside of sports participation. These include working in exercise testing programs, fitness programs, research activities, and coaching. In addition, the well-motivated applicant may show evidence of membership in one or more of the various student or professional associations related to health or fitness and sport, such as the OSU Exercise Science Club and the American College of Sports Medicine, and/or hold certifications sponsored by those associations.

How do I obtain and submit an OSU advising report and/or transcripts of previous college or university work?

Applicants are required to provide a transcript or OSU transfer credit report showing grades for all college or university academic work with the major application. For coursework completed at Ohio State, an Ohio State advising report is acceptable. Visit:

http://www.buckeyelink.osu.edu/advising_degree.html to print an advising report.

The applicant should submit transcripts from universities or an OSU transfer credit report (if OSU admissions already has a copy of the original transcript) with the remaining application materials to A100 PAES or 201 Campbell Hall. In order to assure proper processing of transcripts, please have transcripts sent directly to you. Submit all application materials **at one time**, including transcripts and advising reports.



Undergraduate Major in Exercise Science Education Application for Admission

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Track within Exercise Science Education:	Health Promotion <input type="checkbox"/>	Exercise Science <input type="checkbox"/>
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Personal Information		
Last Name	First Name	Middle (or MI)
OSU E-mail Address		
Local Address		Local Phone

Academic Information		
College of Enrollment (check one) <input type="checkbox"/> EHE <input type="checkbox"/> EXP <input type="checkbox"/> AMP <input type="checkbox"/> Other _____	Current Academic Level <input type="checkbox"/> Freshman (0-44 credits) <input type="checkbox"/> Sophomore (45-88 credits) <input type="checkbox"/> Junior (89- 134 credits) <input type="checkbox"/> Senior + (135+ credits)	Transfer Student? <input type="checkbox"/> No <input type="checkbox"/> Yes* List Previous Colleges/Universities * Transfer students must submit an transcript(s) from previous institutions
Cum OSU GPA:	Total Credit Hours Earned:	

Application Checklist	
<ul style="list-style-type: none"> <input type="checkbox"/> Application <input type="checkbox"/> Statement of Professional Goals <input type="checkbox"/> Official transcripts or OSU transfer credit report AND OSU advising report(s) <input type="checkbox"/> Three completed reference forms <input type="checkbox"/> Completion of 45 quarter hours with a cumulative GPA of at least 2.75 <input type="checkbox"/> Completion of the following courses with C- or higher: <ul style="list-style-type: none"> - English 110 - Math 148 - PAES 360 & 361 - Biology 113 - Chemistry 121 & 122 	Submit Application materials to: Office of Student and Alumni Services School of PAES Exercise Science Education Application A100 PAES Building 305 W. 17th Ave. Columbus, OH 43210 OR Undergraduate Student Services (UGSS) Exercise Science Education Application 201 Campbell Hall 1787 Neil Avenue Columbus, OH 43210



Exercise Science Education Letter of Recommendation

For the Applicant to Complete:		
Name	Signature	
Chosen Track within Exercise Science:	Exercise Science <input type="checkbox"/>	Health Promotion <input type="checkbox"/>
<input type="checkbox"/> I waive my right to review this recommendation. It will be submitted to A100 of the PAES Building OR 201 Campbell Hall in a sealed envelope.		
<input type="checkbox"/> I do not waive my right to review this recommendation.		

For the Recommender to Complete: (Letters may be sent to: Office of Student & Alumni Services, A100 PE Building, 305 West 17 th Ave. Columbus, OH 43210 OR Undergraduate Student Services, 201 Campbell Hall, 1787 Neil Ave., Columbus OH 43210)

How long have you known the applicant?
In what capacity have you known the applicant?

Please rate the applicant as compared to peers (in this class or specific environment) in the following categories:

	Outstanding Highest 5%	Very Good Highest 10%	Good Upper 25%	Average Upper 50%	Below Average Lower 50%
Maturity/Responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Commitment to Professional Development in Exercise Science	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discipline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leadership Qualities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intellect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problem Solving Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Initiative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please provide any comments that you think are relevant to the committee's consideration of this applicant for the undergraduate major in Exercise Science Education.

Name _____	Signature _____
Address _____	Phone _____



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