

# Exercise Science Education Undergraduate Major Application Packet

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

Applications may be returned to The Office of Student & Alumni Services in A100 of the PAES Building. It is recommended that students meet with an academic advisor in PAES one to two quarters prior to applying in order to review admission requirements. Students will be notified of their admission status by the seventh week of the Spring Quarter, 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 the quarter. Students should plan to schedule an appointment with a PAES 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) a completed application form; b) three completed reference forms; c) 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; d) an Ohio State University transcript or advising report showing previous course work and courses in progress; e) transcripts from other institutions, if applicable.

## **Requirements for Admission**

1. Completion of at least 45 quarter hours with a cumulative grade point average of 2.75 or higher
2. Completion of the following courses with a grade of C- or higher:
  - English 110
  - Math 148
  - EDU PAES 360 & 361
  - Biology 113
  - Chemistry 121 & 122
3. Three recommendations on provided reference forms
4. Statement of Professional Goals *indicating track of choice* (1-2 pages)



# Undergraduate Major in Exercise Science Education Application for Admission

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<b>Track within Exercise Science Education:</b>	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 (Rank 1) <input type="checkbox"/> Sophomore (Rank 2) <input type="checkbox"/> Junior or beyond (Rank 3+)	Transfer Student? <input type="checkbox"/> No <input type="checkbox"/> Yes*
		List Previous Colleges/Universities
Cum GPA:	Total Hours:	* Transfer students must submit an transcript(s) from previous institutions

Application Checklist	
<input type="checkbox"/> Application <input type="checkbox"/> Statement of Professional Goals <input type="checkbox"/> Official transcripts (advising reports) <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: - English 110 - Math 148 - PAES 360 & 361 - Biology 113 - Chemistry 121 & 122	Submit Application materials to:  <b>Office of Student and Alumni Services</b> <b>School of PAES</b> <b>Exercise Science Education Application</b> <b>A100 PAES Building</b> <b>305 W. 17<sup>th</sup> Ave.</b> <b>Columbus, OH 43210</b>



# 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 in a sealed envelope.		
<input type="checkbox"/> I <b>do not</b> 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 <sup>th</sup> 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"/>	<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"/>	<input type="checkbox"/>
Discipline	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>
Intellect	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>
Initiative	<input type="checkbox"/>	<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.						
<hr/> <hr/> <hr/>						
Name _____	Signature _____					
Address _____	Phone _____					



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# Exercise Science Education Frequently Asked Questions

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## **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 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). In 2007, the mean grade point average for applicants (n=77) was 3.33 (range 2.40-4.00), while the mean grade point average for those accepted into the program (n=58) was 3.34 (range 3.14–4.00). 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.

### **How many students are accepted to the program?**

Approximately 30-40 students are admitted to the program each year.

### **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 showing grades for all college or university academic work on or before the application deadline. For coursework completed at Ohio State, an Ohio State advising report is acceptable.

Visit: [http://www.buckeyelink.osu.edu/advising\\_degree.html](http://www.buckeyelink.osu.edu/advising_degree.html) to print an advising report.

The applicant should submit transcripts from universities other than OSU with the remaining application materials to the Office of Student & Alumni Services. In order to assure proper processing of transcripts, please do not have them sent directly from other institutions to PAES. Submit all application materials **at one time**, including transcripts and advising reports.