

**STRATEGIC PLAN
DEPARTMENT OF HEALTH AND EXERCISE SCIENCE
2011-2012 Academic Year**

DEPARTMENTAL MISSION STATEMENT

The department prepares individuals as scientists, educators, and practitioners. Students prepare for K-12 teaching in physical education and health education, a career in athletic training, or a career in health fitness/exercise science. Many of our students pursue graduate study within the discipline and/or allied health sciences, and are admitted to excellent graduate programs across the country.

The department provides an excellent learning experience for students that includes setting high expectations for student learning, writing, and critical thinking; providing a sound foundation of knowledge and skills required for a career in health or exercise science; encouraging students to explore cross-disciplinary issues such as service, community, justice, and faith; and preparing students for graduate study.

Additionally, opportunities for students to engage in research and service learning are integrated across programs and majors.

In addition to the preparation of students within the major and minor, the department is committed to helping each student at Gustavus improve his or her knowledge and commitment to lifetime activity and wellness. The general education program offered by the department challenges students to engage in physical activity, improve fitness, and acquire the knowledge and skills needed to establish a healthy lifestyle.

Yet another important element within the mission of the department of Health and Exercise Science is to support the mission of the college by addressing global issues, vocation, service, justice, community, and excellence within the majors, and other courses offered by the department. As models, teachers, mentors, and members of the community, we encourage students to fully explore intellectual, physical, emotional, social, spiritual, and cultural dimensions of wellness, and to become life long learners.

And finally, the department values its role in providing service to the College. By offering FTS courses, writing courses, courses designed for students enrolled within elementary or secondary education, anatomy and physiology courses for students in other majors and allied health programs, the department illustrates a deep commitment to service.

DEPARTMENTAL VISION

As a department, we hope to continue the process of strengthening each program. Exploring ways to broaden opportunities for majors will ensure that students are well prepared for careers in health and exercise science, and

graduate study. In a world in which technology, global issues such as health care and environmental stewardship, and commitment to community necessitates cross-disciplinary knowledge and skills, the department must continue to seek ways to extend learning opportunities beyond the major and the classroom. By encouraging students to study abroad, participate in service learning opportunities, and reflect on vocation, we can better prepare students for life beyond their majors and careers.

To support student learning and achievement both in the classroom and through research, the department will maintain a classroom and departmental environment that focuses on the open exchange of ideas, positive and supportive relationships with students, and exploration of cross-disciplinary subject matter.

We hope to further expand student research opportunities across all majors and seek ways to financially support student research.

Furthermore, expanding the anatomy and physiology program through cadaver study and redefining laboratory experiences will be possible once the renovation of Lund Center is completed. The renovation of facilities is essential to ensure that students have access to appropriate technologies, laboratories, and classrooms, and to promote student and faculty research.

DEPARTMENTAL GOALS

Goal 1. Provide majors and a minor that effectively prepare students for a career within the discipline and for graduate study.

Goal 2. Facilitate student-faculty research, and provide mentoring to students who apply for graduate school admission.

Goal 3. Integrate within the majors and minor liberal learning skills including reading, writing, and speaking; appreciation of diversity and global issues; commitment to service; and critical thinking.

Goal 4. Facilitate exploration of personal and professional values that enable students to recognize the importance of lifelong learning and commitment to community and discipline.

Goal 5. Continue to support the College by offering courses that support majors within other departments and pre-professional programs.

Goal 6. Provide a quality general education program that includes opportunities for students to enhance personal fitness and health through acquisition of knowledge and skills needed to establish an active lifestyle that promotes wellness and prevents disease.

Goal 7. Secure appropriate funding to support further development of departmental programs and to purchase essential equipment.

ATHLETIC TRAINING EDUCATION PROGRAM (ATEP)

DESCRIPTION

Gustavus Adolphus College offers a comprehensive curriculum program for students that are interested in the athletic training field. As only one of two athletic training education programs in Minnesota liberal arts institutions, we offer students the advantages of a liberal arts education along with the ability to earn national certification. Gustavus Adolphus College is Minnesota's second oldest accredited program, through the Commission on Accreditation of Athletic Training Education. Through a combination of core athletic training classes, clinical laboratory courses, and clinical experiences with 25 collegiate athletic teams at Gustavus, sport teams at St. Peter High School, outpatient rehabilitation clinics, Gustavus Student Health Services, and local clinics, students acquire knowledge and skills necessary to be successful in the profession of athletic training or other allied health care fields. After completion of the program students are well prepared to begin careers as athletic trainers in the multitude of settings utilizing certified athletic trainers to provide healthcare. Students are also well prepared for graduate study in athletic training or related fields.

MISSION

Parallel to the Mission of Gustavus Adolphus College, the mission of the Athletic Training Education Program is to provide students with a comprehensive learning experience that leads to a mastery of athletic training educational competencies. Within the context of an interdisciplinary and broad general undergraduate education, the ATEP prepares students for a career within their chosen field and/or graduate study.

ATEP-GOALS

The graduate will:

Become a life-long learner and leader in athletic training.

Become a highly effective team member, critical thinker, decision maker, and problem solver.

Possess the knowledge and skills needed to contribute to the health and wellness of society.

Develop the knowledge and skills to successfully achieve national certification.

Acquire the basic knowledge, skills, and experience to understand and present current health related research.

Develop a commitment to community and professional service and the skills of leadership.