

Master of Science
Physical Activity and Wellness Science
Graduate Program Handbook
2021-2022



HANDBOOK OVERVIEW

The Graduate Student handbook provides information and guidance to both students and faculty for facilitating the progression of students to degree completion. The Handbook contains policies and procedures related to the Physical Activity and Wellness Science graduate program. Additional policies and procedures are described in The University of Vermont Graduate Catalogue, other official university correspondence directed to students in all graduate programs, and the Graduate College. Students are held accountable for policies and procedures described in these official publications. Questions regarding policies and procedures should be directed to your advisor or Department Chair.

DISCLOSURE STATEMENT

The Department of Rehabilitation and Movement Science, subject to and consistent with the policies of The University of Vermont, reserves the right to make changes in course offerings and degree requirements as educational and financial considerations require. Students are responsible for staying abreast of current policies

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PROGRAM DIRECTOR'S WELCOME

Dear Physical Activity and Wellness Science Graduate Students,

Welcome to the University of Vermont and the Physical Activity and Wellness Science (PAWS) graduate program. You have chosen a dynamic, stimulating, and supportive place to pursue your educational interests. Our PAWS graduate program is housed in the Department of Rehabilitation and Movement Science, one of four departments in the College of Nursing and Health Sciences. Faculty in PAWS are comprised of highly qualified academic and clinical faculty who teach in both undergraduate and graduate programs. As a member of our

DEPARTMENT OF REHABILITATION AND MOVEMENT SCIENCE (RMS)
RMS MISSION

* Although the program can be completed in ~~1~~ year, completing over a ~~2~~ year period is recommended

M.S. in PAWS ~~3~~-year curriculum*

Year 1

Fall Semester, ~~9~~ credits

EXSC 302 Evidence-based Practice in Physical Activity

EXSC 345 Exercise Assessment and Prescription

EXSC 360 Physical Activity, Weight Management, and Energy Balance

Spring Semester, ~~9~~ credits

EXSC 350 Physiological Aspects of Physical Activity and Chronic Disease

EXSC 365 Activity, Disability and Health

Elective Graduate Course

Year 2

Fall Semester, ~~6~~ credits

EXSC 303 Physical Activity and Chronic Disease Epidemiology

EXSC 354 Physical Activity & Wellness Promotion

Spring Semester, ~~6~~ credits

EXSC 368 Physical Activity and Wellness Program Design

EXSC 370 Physical Activity and Wellness: Communication & Evaluation

Total = 30 credits

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COMPREHENSIVE EXAM

Per requirements set forth by the Graduate College, all master's degree students are required to complete a comprehensive examination. A student who fails a comprehensive examination only is permitted for any failed comprehensive examination. Successful completion of the comprehensive exam is a prerequisite to conferral of the Master's degree.

The Master of Science in Physical Activity and Wellness Science comprehensive exam is designed as a project and may include both written and oral formats. The purpose of the PAWS comprehensive project is to assess the student's general knowledge and understanding relative to the components of this domain. Consistent with the Graduate College policy, if students fail the comprehensive exam, they may retake the exam once.

PROFESSIONALISM

Students are expected to adhere to professional standards in both their appearance and actions in the classroom and any other course/program settings. Students must adhere to the University [Code of Academic Integrity policy](#)

STUDENTS' RIGHTS AND RESPONSIBILITIES

As a student member of the University, CNHS, and the RMS Department communities, you have a variety of rights and responsibilities. Most of the information students need to understand concerning their rights and responsibilities is contained in [University Code of Student Conduct Policy](#)

ADVISING

All students in the program have an academic advisor. The advisor is your own personal link to the department, college, and university and help the student navigate and understand their rights and responsibilities, the requirements of their program and university, and the services available. Although the ultimate responsibility for making decisions about educational plans and life goals rests with the individual student, the academic advisor assists by helping to

4. Student educational record information, including grades or grade point averages, are not shared with other faculty or staff members of the University unless their official responsibilities identify their "legitimate educational interest" in that information for that student.
5. Information from student educational records, including grades or grade point averages, are not shared with parents or others outside the institution, including in letters of recommendation, without written permission from the student. The University of Vermont FERPA Rights Disclosure can be found [here](#)

STUDENT CONCERNS

There are many avenues available for students to discuss concerns or provide suggestions about different aspects of the undergraduate or graduate program. Students with a concern or grievance regarding any aspect of the program may refer to the College of Nursing and Health Sciences (CNHS) Student Concern Policy on the [Handbooks, Forms and Policies of the CNHS website](#). The RMS student representative to the Dean's Graduate Leadership Council can also take any concerns that relate to graduate education within the CNHS level.

Faculty also expect students to show respect to peers, professors, and other UVM community members at all times. Approach professors with courtesy and respect for their position:

1. Set up advance appointments and use office hours to discuss issues with faculty;
2. Attend all required classes and enter on time;
3. Avoid getting up and leaving the room during lectures unless there is an emergency. (We will try not keep you sitting longer than 1 ½ hours at a time.)
4. Turn off cell phones prior to coming to class, clinic, or meetings with professors or peers.

PROGRAM EVALUATION PROCESSES

COURSE EVALUATIONS

All faculty will provide information about how to access and complete course evaluations and the expectations for completion. Students are expected to complete the course evaluations as a demonstration of professional responsibility.

EVALUATION OF ADVISOR

At the end of each semester all students are invited by the CNHS Office of Student Services to complete the advising survey for their advisor, who will typically be the Graduate Program Coordinator. This feedback is used to improve the advising experience and to help the Graduate Program Coordinator to develop advising skills.

EXIT FEEDBACK

At the end of the program, the department chairperson or designee convenes focus groups to solicit feedback from students who are nearing graduation. Feedback about the program in general is sought in the spirit of continuous quality improvement. The feedback is collected by themes and discussed by faculty after all grades are submitted. The feedback is attributed to the group of students and no individual names are attached to statements.

STUDENT AND CAMPUS SAFETY, SERVICES SUPPORT

A wide variety of services for students exist at the University, within the CNHS and in the Department of RMS. Most of these services provide information and support to both undergraduate and graduate students. In addition, the CNHS Office of Student Services provides a variety of types of assistance for students.

ACCOMMODATIONS

The University of Vermont is committed to a policy of equal educational opportunity and welcomes individuals with diverse backgrounds and abilities. The University therefore prohibits discrimination, including discrimination on the basis of disability. Services and accommodations for students with disabilities are coordinated by three University offices:

{ [Student Accessibility Services \(SAS\)](#) certifies and coordinates services for students with physical disabilities (visual, hearing, mobility, and/or manual dexterity impairments), learning disabilities, and attention deficit disorders and

{ [Counseling and Psychiatry Services \(CAPS\)](#), part of the [Center for Health and Wellbeing](#) certifies and coordinates services for students with psychological conditions; and

{ [Student Health Services](#), part of the [Center for Health and Wellbeing](#) certifies and coordinates services for students with ongoing medical conditions.

SAS provides accommodations, consultation, collaboration, and education about services to students with documented disabilities. Among their programs and services, SAS offers: exam accommodations, meetings with disability specialists to receive advisement and advocacy around disability-related matters, eBooks, deaf and hard of hearing services, notetaking and adaptive technology. The SAS Office is located at A170 Living Learning Center. Contact at 656-7753 or access@uvm.edu. For detailed explanation of policies on disabilities, please see the [SAS website](#).

ALCOHOL AND DRUG USE

The University of Vermont provides services and programs for all students, faculty, and staff who need assistance confronting drug and/or alcohol abuse. Free and confidential assessments, referrals to on and off-campus programs, and a variety of support groups are available. A student who needs assistance for a personal problem concerning his/her own use, or use by friends, family or associates, may approach any faculty or staff person at the university to seek help and information. All information will be held in the strictest of confidence. The UVM Alcohol and Drug Policy can be found [here](#).

CAMPUS SAFETY

phone, dialing 911 will contact the regional 911 emergency service. If using an on-campus phone or a cell phone, fires may be reported by calling 862-3473, 802-656-FIRE, or by submitting an electronic report or by text to 847411 using the keyword UVM at the beginning of your text, all of which may be done anonymously.

In the event of a life-threatening emergency:

1. Activate the emergency medical system by dialing 911
2. Provide first aid or cardiopulmonary resuscitation (CPR) immediately if appropriate, and if qualified;
3. As soon as feasible, contact the department chairperson.
4. Within 72 hours of any incident, complete and submit an incident report form.

In the event of a fire:

1. Pull the fire alarm.
2. If it is safe to do so, close any door that could contain the fire.
3. Exitor tha F2(o)2(nta)d-2(io)-3(nthe)-2(bahe)-2(fi)-1(rl)-6et for-6(m)-.22 Td [(pho)i(i)-1(t almo)3(do)-

prevention-oriented student health care, mental health services, and a vigorous program of outreach and education. Care is offered at several locations on campus.

COUNSELING AND PSYCHIATRIC SERVICES (CAPS)

[CAPS](#) offers a variety of services to the UVM community including short-term individual counseling, urgent needs counseling, group counseling, outreach and education, psychiatry, referrals, and consultation services.

DEAN'S GRADUATE COUNCIL

Each year students are selected to represent RMS graduate students at the Dean's Graduate Council. These representatives offer recommendations/suggestions to enhance/continually improve the learning experiences of graduate students within the college.

EQUAL OPPORTUNITY IN EDUCATION AND DIVERSITY

Graduate College Policies [\(all\) http://catalogue.uvm.edu/graduate/academic/enrollment/](http://catalogue.uvm.edu/graduate/academic/enrollment/)

ACKNOWLEDGMENT OF HANDBOOK CONTENTS

STUDENT HANDBOOK ACKNOWLEDGMENT

The purpose of this handbook is to inform PAWS students, faculty, and staff of academic policies, standards and procedures that impact student progression and program completion. I have reviewed the student handbook, understand its content, am aware of its location, and agree to abide by the policies and procedures outlined in it.

Print Name: _____

Signature: _____

Date: _____

Return this form to the PAWS Program Director: 310 Rowell Building, 106 Carrigan Drive, Burlington, VT 05405-0068