

## **Bachelor of Science, Exercise Science and Master of Health Administration, Accelerated Program**

### **ADMISSION PROCEDURES**

#### **Sophomore/Junior Year:**

1. Confer with Undergraduate Program Director to discuss your interest in the accelerated program (including the planned program of study) and to review and sign off on all required admission forms, including the Accelerated Application and Accelerated Program Waiver/Substitution Form. Contact Sr. Assistant Dean Nicolle Tumminelli ([Nicolle.T.Tumminelli@hofstra.edu](mailto:Nicolle.T.Tumminelli@hofstra.edu)) for appropriate forms.
2. Once completed, submit all materials, including the abovementioned forms and all admission materials required by the graduate program director, to Sr. Assistant Dean Tumminelli. Additional admission requirements are:
  - a. Applicants must be in good academic standing with a minimum GPA of 3.0.
  - b. Interview with the Graduate Program Director and other program faculty member may be required.
  - c. Two letters of recommendation from employers or faculty members.
  - d. Brief essay discussing career goals, interests and experiences.
  - e. Current resume.
3. You will be contacted for an interview by the Graduate Program Director.
4. If accepted, you will then receive a letter confirming your acceptance to the accelerated program from the Graduate Program Director.

#### **Senior Year:**

Once you successfully complete your senior year courses and your undergraduate program of study, you will receive an official acceptance letter from Graduate Admissions.

## **ACCELERATED DEGREE PROGRAM REQUIREMENTS**

- Students must satisfactorily complete all Hofstra University requirements for the Bachelor of Science in Exercise Science including at least 63 s.h. in liberal arts course and a minimum 3.0 GPA. Please refer to the program's degree requirements as listed in the online University bulletin ([bulletin.hofstra.edu](http://bulletin.hofstra.edu)).
- Students must satisfactorily complete all Hofstra University requirements for the Master of Health Administration with a minimum 3.0 GPA. Please refer to the program's degree requirements as listed in the online University bulletin ([bulletin.hofstra.edu](http://bulletin.hofstra.edu)).

### **SAMPLE PLAN OF STUDY IN THE ACCELERATED PROGRAM:**

<b>Term: Fall Year One</b>			<b>Term: Spring Year One</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
WSC 001: Composition	<b>3</b>	<b>3</b>	WSC 002: Composition	<b>3</b>	<b>3</b>
RHET 001: Oral Communication (CP)	<b>3</b>	<b>3</b>	PSY 001: Introduction to Psychology	<b>4</b>	<b>4</b>
HPR 010: First Aid and Safety or HPR 011: Emergency Response for Healthcare Professionals	<b>3</b>		HPR 161: Care and Prevention of Athletic Injury	<b>3</b>	
Humanities Elective (Select with advisement.)	<b>3</b>	<b>3</b>	SOC Elective (Select with advisement.)	<b>3</b>	<b>3</b>
Liberal Arts Elective (Select with advisement.)	<b>3</b>	<b>3</b>	HPR 070: Epidemiology	<b>3</b>	
<b>Term credit total</b>	<b>15</b>	<b>12</b>	<b>Term credit total</b>	<b>16</b>	<b>10</b>

<b>Term: Fall Year Two</b>			<b>Term: Spring Year Two</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
HSCI 103 Anatomy and Physiology I	<b>4</b>	<b>4</b>	HSCI 105: Anatomy and Physiology II	<b>4</b>	<b>4</b>
HPR 106: Structural and Mechanical Kinesiology	<b>3</b>		HPR 172: Functional Human Anatomy for Injury Assessment	<b>3</b>	
PSY 054: Adolescent Psychology OR PSY 063: Psychology of Aging OR PSY 153: Child Development (Select with advisement.)	<b>3</b>	<b>3</b>	PESP 25: Fitness for Life	<b>2</b>	
Liberal Arts Elective (Select with advisement.)	<b>3</b>	<b>3</b>	HPR 063: Healthcare Systems and Services OR 129: Perspectives on Healthcare Reform (HPR Elective, select with advisement.)	<b>3</b>	
Liberal Arts Elective (Select with advisement.)	<b>3</b>	<b>3</b>	Liberal Arts Elective (Select with advisement.)	<b>3</b>	<b>3</b>
			Liberal Arts Elective (Select with advisement.)	<b>1</b>	<b>1</b>
<b>Term credit total</b>	<b>16</b>	<b>13</b>	<b>Term credit total</b>	<b>16</b>	<b>8</b>

<b>Term: Fall Year Three</b>			<b>Term: Spring Year Three</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
HSCI 106: Physiology- Exercise	<b>3</b>	<b>3</b>	HPR 194: Assessment of Physical Fitness	<b>3</b>	
Liberal Arts Elective (Select with advisement.)	<b>3</b>	<b>3</b>	HPR 198: Implementing Fitness Programs	<b>3</b>	
Statistics: Recommended Math 008 OR PSY 040 (Select with advisement.)	<b>3-4</b>	<b>3-4</b>	HPR 114: Applied Nutrition, Diet, and Exercise or 191: Sports Nutrition	<b>3</b>	
Natural Science Elective (Select with advisement.)	<b>3-4</b>	<b>3-4</b>	PESP 38B: Weight Training OR HPR 193: Resistance Training Techniques and Progressions	<b>1-2</b>	
Liberal Arts Elective (Select with advisement.)	<b>3</b>	<b>3</b>	HPR 196: Applied Exercise Physiology: Health and Fitness	<b>3</b>	
If needed: Liberal Arts – 2 sh (Select with advisement.)			PSY 089: Health Psychology and Behavioral Medicine	<b>3</b>	<b>3</b>
<b>Term credit total</b>	<b>17</b>	<b>15- 17</b>	<b>Term credit total</b>	<b>16- 17</b>	<b>3</b>

<b>Term: Fall Year Four</b>			<b>Term: Spring Year Four</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
HPR 197: Applied Exercise Physiology: Evaluation Techniques	<b>3</b>		HPR 149A: Internship in Exercise and Wellness	<b>3</b>	
HPR 199: Practicum: Student Fitness Trainer	<b>3</b>		HPR 149B: Internship in Exercise and Wellness	<b>3</b>	
HPR 181: Fitness Programming for Special Populations	<b>3</b>		HADM 204: Healthcare Economics	<b>3</b>	
HADM 200: U.S. Health System	<b>3</b>		HADM 206: Health Services Organizational Behavior and Analysis	<b>3</b>	
HADM 202: Health Law and Ethics	<b>3</b>		HADM 242: Health Information Systems	<b>3</b>	
HPR 069: Stress Management	<b>1</b>				
<b>Term credit total</b>	<b>16</b>		<b>Term credit total</b>	<b>15</b>	

<b>Term: Summer Year Four (Over Sessions I and II)</b>			<b>Term: Fall Year Five</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
HADM 205: Healthcare Finance	3		HADM 201: Health Policy and Analysis	3	
HADM 208: Epidemiology for Healthcare Managers	3		HADM 221: Hospital Organization and Administration	3	
			HADM Elective (Select with advisement.)	3	
			HADM Elective (Select with advisement.)	3	
<b>Term credit total</b>	<b>6</b>		<b>Term credit total</b>	<b>12</b>	

<b>Term: Spring Year Five</b>			<b>Term: Summer Year Five</b>		
<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>	<i>Course Number &amp; Title</i>	<b>Cr.</b>	<b>LA</b>
HADM 209: Health Management Leadership	3		HADM 300: Capstone Research Project	3	
HADM 250: Data Analytics in Health Services Administration	3				
HADM 260: Health Administration Leadership	3				
HADM Elective (Select with advisement.)	3				
<b>Term credit total</b>	<b>12</b>		<b>Term credit total</b>	<b>3</b>	

**Program Totals:**      Total Credits: 160-161    Liberal Arts Credits: 63