

DEPARTMENTAL CONTACT



Daryl Arroyo, Ph.D.
Chair
413 748 3279
darroyo@spfldcol.edu

FOR MORE THAN A CENTURY, SPRINGFIELD COLLEGE HAS BEEN
A LEADER IN PROVIDING A BROAD AND BALANCED EDUCATIONAL
EXPERIENCE. HUMANICS, THE PHILOSOPHY THAT HAS INSPIRED
SPRINGFIELD COLLEGE FROM ITS BEGINNING, CALLS FOR
EDUCATING THE WHOLE PERSON—SPIRIT, MIND, AND BODY—
FOR LEADERSHIP IN SERVICE TO OTHERS.



GRADUATE PROGRAM IN PHYSICAL EDUCATION AND HEALTH EDUCATION

THE WORLD IS CATCHING ON to what we have known all along. Regular physical activity is an essential part of being healthy and living well; it's never too early, or too late, to start.

Research shows that regular physical activity substantially reduces the risk of coronary heart disease, stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; and reduces symptoms of anxiety and depression. Moreover, physical activity doesn't have to be strenuous to be beneficial. People of all ages can benefit from participating in regular, moderate-intensity physical activity.

Getting people to put this knowledge into action is another story. Studies also show that more than fifty percent of American adults do not get enough physical activity to provide health benefits, and twenty-five percent of adults are not active at all in their leisure time. More than a third of young people in grades nine through twelve do not regularly engage in vigorous-intensity physical activity.

The fact that drives our program is that positive exercise habits formed in childhood carry over into adulthood. In other words, if you were active as a child, you'll probably be active as an adult. However, positive

exercise habits don't just happen, they need to be taught. Children do not automatically develop the knowledge, skills, attitudes, and behaviors that lead to consistent involvement in physical activity. They need to be guided toward these objectives, and physical education is a prime facilitator in providing opportunities for participation, success, and enjoyment. This is the art—and science—of physical education.

Springfield College has been spreading the word about the benefits of physical fitness and the value of physical education since 1885. We have trained thousands of graduates in the science of exercise and movement, studying how the human body develops and performs over the lifespan. We have devised successful methods of teaching people of all ages and abilities how to successfully pursue and enjoy physical activity. Our graduates have carried the message of health and fitness around the world: to schools, neighborhoods, colleges, universities, and government and international agencies. Today, we remain one of the world's preeminent institutions of physical education with a remarkably distinguished and dedicated faculty.

The College's long involvement in the study of physical education, fitness, sport, and athletics affords its graduate students a level of specialization available at few other educational institutions. Springfield College has a reputation for producing outstanding athletic trainers,

coaches, educators, and researchers at all levels: amateur, interscholastic, intercollegiate, and professional.

Springfield College alumni have participated in the Olympic Games as athletes, coaches, trainers, sport psychology consultants, and other Games personnel. They have served in significant ways, as well, in the Special Olympics, the Paralympics, and the Gay Games. Master's and doctoral graduates in physical education are often highly sought-after candidates for leadership positions within collegiate sport and professional organizations, sport medicine, therapy, nutrition, and teaching, coaching, and athletic administration at schools, colleges, and universities.

Our programs in Physical Education and Health Education involve coursework from many subject areas including anatomy, physiology, motor learning and development, sport and exercise psychology, sociology of sport, sport management, rehabilitation and disability studies, and education. This multidisciplinary academic approach combined with in-depth research and solid fieldwork experiences lay the foundation for the future success of our graduates.

Springfield College offers programs of graduate study in Physical Education and Health Education in the following areas of concentration: Adapted Physical Education, Advanced-Level Coaching, Athletic Administration, Health Education Teacher Licensure, Physical Education Teacher Licensure, and Physical Education Advanced Pedagogy Professional Licensure.

AREAS OF CONCENTRATION

Adapted Physical Education

This program prepares students to assist persons with special needs who wish to engage in physical activities, as well as to develop and manage prescriptive programs for individuals with disabilities who require specialized activities.

The program requires the completion of a minimum of 32 semester hours, entailing core coursework, electives, fieldwork, and research. Students will study anatomy and kinesiology as it relates to persons with disabilities, and learn theories and apply various techniques for successfully working with a range of populations with different special needs. The College maintains affiliations with schools and agencies, wherein appropriate field training experiences are provided based upon the student's interests.

All candidates for this concentration are expected to have an undergraduate background in physical education. If their educational background is lacking certain prerequisites, students can make up the necessary requirements while pursuing the regular graduate program. Students entering the adapted physical education program who have not earned an undergraduate degree in physical education, and who wish to attain teacher certification, must also satisfy the requirements for teacher licensure. (See the physical education initial teacher licensure program description.)

Advanced-Level Coaching

The advanced-level coaching program is designed to prepare students for the demands and responsibilities of advanced-level coaching positions. The program requires the completion of 32 credit hours including core coursework, electives, fieldwork, and research. Coursework covers advanced-level coaching, physiology, biomechanics, motor learning and control, and sport and exercise psychology.

“Springfield College’s long history with physical education, sport, and athletics affords our graduate students a unique opportunity.

The preparation our students receive to become leaders in this field is nothing short of exceptional. Our multidisciplinary academic approach, combined with in-depth research and solid fieldwork experience, lays the foundation for the future success of our Springfield College graduates.”

Daryl Arroyo '84, Ph.D.
Chair

The program offers substantial fieldwork opportunities working both with Springfield College athletic teams and teams at many other colleges and universities.

The Advanced-Level Coaching graduate program requires the following prerequisites:

- Anatomy & Physiology I & II
- Exercise Physiology
- First Aid & CPR (or equivalent)
- Prevention and Care of Athletic Injury
- Coaching Practicum (or equivalent)

Athletic Administration

The athletic administration program prepares students for administrative responsibility in interscholastic and intercollegiate athletics programs. The program requires a minimum of 35 semester hours and is offered in conjunction with the College's exceptional Sport Management and Recreation department.

Students interested in intercollegiate athletic administration will also take a seminar in athletic administration that deals with legal and regulatory issues relating to state and national athletic foundations and regional athletic conferences.

Students can choose from a broad portfolio of internship sites depending upon their area of interest. These include NCAA Division I, II, and III colleges and universities and numerous professional sports organizations.

Health Education Teacher Licensure Program

The health education teacher licensure program provides students with the knowledge, understanding, and skills needed to plan, implement, and evaluate health programs in public schools. The program meets the needs of students who have earned undergraduate degrees in fields other than health education and who wish to complete the Massachusetts teacher licensure requirements in health education. It is specifically designed for physical education majors who want to also be certified in health or who already have a minor in health. Completion of this program will allow graduate students to qualify for initial Massachusetts teacher licensure in health education at all grade levels.

The coursework includes curriculum design, administration, issues in public health, and teaching methods. Through extensive fieldwork, students will meet all necessary practicum requirements as mandated by the state licensure requirements. Before practicum placement, students must meet specific requirements, including maintaining a minimum grade point average of 3.0 within the program, passing all three Massachusetts Tests for Educator Licensure (MTEL), and demonstrating the personal characteristics needed to become a teacher.

Students in this program must complete a minimum of 32 semester hours, with additional hours required for non-licensed teachers. Additional undergraduate courses can be taken to satisfy prerequisites listed below.

Prerequisites: Anatomy and Physiology I and II, Growth and Development, Families in Society, Consumer Health, Human Sexuality, Substance Use and Abuse, First Aid and Safety, Basic Nutrition, Teaching Methods, Multicultural Course (may substitute a graduate-level course), and Pre-practicum.

Note: The program of study is subject to change in accordance with Massachusetts Department of Education Licensure regulations.

Physical Education Initial Teacher Licensure Program

This program meets the needs of those students who have earned undergraduate degrees in fields other than physical education and who wish to complete the Massachusetts Teacher Licensure requirements in physical education. Completion of this program allows graduate students to qualify for initial licensure in elementary physical education (PreK-8) and/or secondary level physical education (5-12).

Students in this program must complete a minimum of 37 graduate semester hours.

Students learn principles and methods of teaching and receive in-depth exposure to physical activity skill requirements, ranging from movement concepts, fundamental motor patterns, and physical education for children, to traditional sports like basketball and tennis, and outdoor adventure. In addition to focusing on skill development, coursework emphasizes teaching methodology and teaching strategies for application of activity to different age levels.

Students apply teaching concepts in laboratory experiences in movement and sports activities as well as hands-on teaching roles in public schools beginning in the first year of the program. This leads to a full practicum beginning in the second year. All physical education licensure students must meet specific requirements before practicum placement, including maintaining a minimum grade point average of 3.0 within the program, passing all three MTEL exams, and demonstrating the personal characteristics needed to become a teacher.

Prerequisites: Anatomy & Physiology I and II; Physiology of Exercise; Kinesiology; Assessment in Movement and Sport; Heritage & Values of Movement and Sport; Adapted Physical Education; Sports First Aid & Injury Prevention; Pre-practicum in Elementary or Secondary Physical Education; Physical Education Activity Courses in Wellness; Team Sports and Individual/Dual Sports; Aquatics; Dance/Rhythmic; Outdoor/Leisure; Movement Across Categories.

Note: The program of study is subject to change in accordance with Massachusetts Department of Education Licensure regulations.

Physical Education Advanced Pedagogy Professional Licensure Program

This program is designed to meet Massachusetts requirements for professional licensure, which all teachers are required to obtain within five years of receiving their initial licensure. Full-time students can complete the program in less than two years. The program also offers a full complement of summer courses allowing full-time employed teachers to complete the program in about four years on a part-time schedule.

Required courses include Curriculum Construction in Physical Education; Analysis of Teacher Behavior in Physical Education; Advanced Instructional Strategies; and Adapted Physical Education and Recreation. Students also select courses from one of the following focus areas: Advanced Level Coaching, Supervision, Adapted Physical Education, Athletic Administration and Health Education.

The course of study requires the completion of a minimum of 32 semester hours depending on the student's focus area and research project.

Prerequisites: Physical Education License.

GRADUATE ADMISSION REQUIREMENTS

Specific requirements vary in different areas of concentration. General requirements for admission are as follows:

- A bachelor's degree with satisfactory record from an accredited college or university.
- Evidence of personal and professional qualities that show promise of outstanding educational and social leadership.
- Submission of Graduate Record Examination scores taken within five years of the date of application.

MASTER'S DEGREES OFFERED

Master of Education (M.Ed.), Master of Physical Education (M.P.E.)

Both the M.Ed. and M.P.E. require the successful completion of all graduate work within the student's specific program plus the completion of an independent research project that is planned by the student and conducted under faculty supervision. It will involve a research project with data collection or other appropriate activity. An independent study and poster presentation are required.

Master of Science (M.S.)

The M.S. requires successful completion of all graduate work within the student's specific program, as well as a master's research thesis, which requires a written proposal. The thesis culminates in an oral defense before a thesis committee.

POST-MASTER'S DEGREES OFFERED

Certificate of Advanced Graduate Study (CAGS)

The Certificate of Advanced Graduate Study (CAGS) program in health education and physical education are provided for graduate students who wish additional study beyond the master's program and/or intend to qualify for administrative and supervisor positions requiring special certification.

The CAGS program requires a minimum of 35 credits beyond the master's level. The program is individually prescribed based on the applicant's interests and professional requirements.

Six semester hours of graduate study may be transferred from an accredited institution, following the petition to do so.

Ph.D. in Physical Education—Teaching and Administration

The doctoral program in physical education is designed to provide broad-based preparation in the field of physical education and offers students the opportunity to design a program of study to meet their educational goals. The intent of the program is to expose students to various sub-disciplines in the field from which they will build a specific area of research study. Graduates are well versed in their research area, yet knowledgeable about the many interrelated content areas in the field. This preparation ensures a more holistic and inclusive view of physical education than is found in many programs where specialization in one area is the emphasis. In recognition of completion of the highest level of formal academic preparation, the Ph.D. in physical education degree is awarded to highly selected and well-qualified persons who successfully complete this program.

Doctoral Admission Requirements

- A bachelor's degree with a satisfactory record from an accredited college or university.
- An undergraduate major in physical education equivalent to that offered at Springfield College. If this preparation is incomplete, it must be made up by study in addition to doctoral requirements.
- A superior record at the master's level or in the first thirty semester hours of graduate study. In some areas, particularly well-qualified persons may be admitted to doctoral study following the completion of their bachelor's program.
- Evidence of personal and professional qualities that show promise of outstanding educational and social leadership.
- Submission of Graduate Record Examination scores taken within five years of the date of the application.

FACILITIES

Springfield College's graduate-level programs in Physical Education and Health Education are enhanced by the state-of-the-art facilities found on campus.

The Physical Education Complex comprises:

- James Naismith Court (basketball, volleyball, wrestling, gymnastics)
- Art Linkletter Natatorium with a six-lane, fifty-meter pool
- Three teaching gymnasiums and eight handball/racquetball courts
- Stagg Field (football, field hockey, lacrosse)
- Eight tennis courts
- Baseball and softball diamonds
- Eight-lane outdoor track
- Indoor jogging track
- Two multi-purpose Field Turf® athletic fields (soccer)
- Arena and athletic-training facility, with three levels of multipurpose venues

The Wellness Center provides:

- Fitness testing and assessment
- A computerized check-in and tracking system
- Exercise prescription and personal training
- Over sixty pieces of cardiovascular equipment
- Two lines of over thirty pieces of resistance-training selectorized equipment
- Personal viewing screen TVs and cardiotheatre
- Spinning cycles and dedicated classes
- Free weights
- An indoor rock-climbing wall
- Three multi-purpose rooms for over thirty group exercise classes per semester
- Wellness programs and seminars each week

The Field House includes:

- Six-lane running track
- Four multi-purpose courts
- The same Mondo playing surface that was used in the Bird's Nest National Stadium in Beijing at the 2008 Olympic Games
- Locker rooms

The Athletic Training/Exercise Science Complex offers:

Interactive and experiential learning environments including:

- Four SMART classrooms
- State-of-the-art athletic training room
- Athletic training rehabilitation room
- Active laboratories for student learning
- Human performance laboratory
- Strength and conditioning laboratory
- Biochemistry laboratory

The Allied Health Sciences Center includes:

- A human anatomy laboratory
- A hydrostatic weighing facility

Babson Library provides:

- A rich collection of print and digital materials that support our graduate programs
- Information and research support available seven days a week via e-mail, chat, toll-free phone, or in person
- Access to over thirty-five databases and over 10,000 full-text e-journals
- Subject-specialist librarians who consult with students and work closely with faculty to provide research support for class assignments, research projects, and thesis/dissertation research
- A variety of reading and study areas and computer labs
- Wireless access throughout the building

The most complete and up-to-date information about Babson Library services, resources, and programs is available on the Web at <http://www.springfieldcollege.edu/library>.

FACULTY

At Springfield College, members of the faculty really get to know the students. The mission of the Physical Education and Health Education Department is to provide challenging educational experiences founded in academic excellence, while fostering independent inquiry and research within a supportive learning environment consistent with the College's Humanics philosophy.

ACADEMIC STANDING AND FINANCIAL AID

Graduate students must maintain a minimum 3.0 cumulative average in graduate-level coursework. Full-time students are expected to complete 18 credit hours per academic year. Academic reviews are conducted each semester. Students accepted to a graduate program on a probationary basis may apply for a federal Stafford Loan during this initial probationary semester of study. Students placed on or continued on probation as a result of their graduate academic record at the College are not eligible for College or federal financial assistance, including student loans. For more information, please write or call:

Springfield College
Office of Financial Aid
263 Alden Street
Springfield, MA 01109-3797
413 748 3108



FOUNDED IN 1885, Springfield College is known worldwide as the Birthplace of Basketball® and for the guiding principles of its Humanics philosophy—educating students in spirit, mind, and body for leadership in service to others. Springfield College, with its foundation of academic excellence and rich athletic heritage, prepares students with real-world leadership skills for tomorrow’s careers that transform lives and communities. A range of undergraduate and graduate degree programs are offered in fields of health sciences, human and social services, sport management and movement studies, education, business, and the arts and sciences. Doctoral programs are in physical education and physical therapy. The College is ranked in the 2010 edition of “America’s Best Colleges” in the top tier of “Best Universities—Master’s—North Region” by *U.S. News & World Report*, and is designated a premier Leadership Development Center by the YMCA of the USA. More than 5,000 traditional, nontraditional, and international students study at its main campus in Springfield, Massachusetts, and at its School of Human Services regional campuses located in ten other U.S. locations.



Springfield College Office of Graduate Admissions

263 Alden Street, Springfield, MA 01109-3797

Tel (413) 748-3225 TTY (413) 748-3383

Learn more about our graduate programs at:

www.springfieldcollege.edu