

California State University, Los Angeles
College of Health and Human Services
School of Kinesiology and Nutritional Science
Exercise Science Advisement Plan

MISSION STATEMENT

The mission of the Exercise Science program is to generate, disseminate, and apply knowledge toward enhancing human movement and quality of life in its diverse contexts across the life span. The degree is strongly grounded in the biosciences and/or nutritional sciences and may lead to graduate study in exercise science or nutritional science; entrance into professional schools in allied health professions; and employment in applied exercise science, kinesiology, or nutrition.

CONTACT INFORMATION

Location: Physical Education 206

Phone: (323) 343-4650

E-mail: schoolkns@calstatela.edu

School Website: www.calstatela.edu/dept/pe/index.htm

SEEING AN ADVISOR

1. Call, email or visit the School of Kinesiology and Nutritional Science main office to schedule an appointment.
2. Cancellations - if you know you will not be able to keep your appointment, please call the office as soon as possible to cancel or reschedule.

PREPARING FOR YOUR ADVISEMENT SESSION

1. If you wish to discuss your academic plan please review and bring your Unofficial Transcript from your GET account and bring a list of questions/concerns to your advisement appointment. If your transcripts have not been evaluated in GET, bring copies of your unofficial transcripts from other schools you have attended. (We are NOT the official evaluators for the University.)
2. If you are meeting with an advisor to talk about policies, procedures, or requirements, do your homework first by reviewing the information provided in the General catalog, Schedule of Classes and/or on the School's website.
3. If you are experiencing academic problems, give some thought to what you believe are causing these problems and have a tentative plan for solving them. The advisor will discuss your situation with you and identify some interventions and strategies for success.

EXPECTATIONS OF STUDENTS

1. Achieve program objectives by proactively seeking information from and meeting at least annually with the advisor.
2. Meet with a faculty advisor whenever you have a question regarding your academic plans, your academic progress, or regarding your post-graduation plans.
3. Seek advisement for university requirements through the University Academic Advisement Center.
4. Prepare for your advisement session in order to make your time with an advisor more productive.
 - a. If you have questions about general education requirements or general education course selection, bring a list of questions or courses you are interested in taking. Bring a copy of the General Education Program (available in the back of the Schedule of Classes).
 - b. You are required to bring your Unofficial Transcript from your GET account when meeting with an advisor.
 - c. If you are meeting with an advisor to talk about university policies, procedures, or requirements, do your homework first by reviewing the information provided in the catalog or on the web at www.calstatela.edu.
 - d. Be prepared to clearly explain the reason for your appointment; e.g., course requirements, grad checks, course substitutions, etc.
 - e. If you wish to discuss your academic plan, please review your Unofficial Transcript from your GET account and bring a list of questions/concerns to the advisement session. If your transcripts have not been evaluated in GET, bring copies of your transcripts. (We are NOT the official evaluators for the University.)
5. Be familiar with what is reflected in your Academic Report located at the bottom of your Unofficial Transcripts available to you via your GET account.
6. If you receive a letter from the university concerning graduation, reinstatement or readmission, and you have questions pertaining to the correspondence, you must bring the letter with you to your advisement appointment. The advisor will be unable to assist you without the letter.
7. Be aware of School of Kinesiology and Nutritional Science & University Deadlines:
 - a. Understand the graduation application process and requirements.
 - b. Graduation check filing dates: these are in the published schedule of classes and posted in the department office. Each student has the responsibility of filing a grad check in anticipation of the quarter they intend to graduate. You must bring your PAID graduation application with you to your grad check appointment.
8. Maintain accurate and complete advising records; bring your records with you to each advisement appointment.
9. Visit instructors during office hours for additional information and assistance.

EXPECTATIONS OF ADVISORS

- Initial advisement of incoming students is conducted during the months of July, June and September during the advisement sessions organized by the university. During these sessions

the incoming students are provided help to select appropriate major and/or option based on the area of interest and future plans.

- Upon admission, a faculty adviser is assigned to each student based on the option selected or the area of interest. Attempt is made to assign equal number of advisees to each faculty.
- A letter is sent to all incoming students encouraging them to see an adviser before attempting to enroll for the fall quarter classes. In the letter they are notified that an “enrollment hold” will be placed on their records if they fail to see an adviser before their enrollment date. Most of these students will be advised by the School Director during the summer quarter.
- Once-a-year an “enrollment hold” is placed on the records of all continuing students (winter quarter for half of the students and spring quarter for the other half of the students), which is cleared following the advisement session with their advisors.
- Continuous advisement is provided by the faculty upon student request.

Note: In addition to discussing students’ academic progress and problems, the advisors also discuss with them about their personal, career, and educational goals.

EXPECTED STUDENT LEARNING OUTCOMES

1. Students will understand their personal responsibility for their own academic, personal and professional success.
2. Students will understand what they need to do to complete the requirements for the Bachelor of Science degree in Exercise Science.
3. Students will have an awareness of how to utilize the necessary information, resources, and available options to make sound educational and lifelong decisions.

KEY CONSIDERATIONS FOR ACADEMIC SUCCESS

1. Go to class every day and get to know your professors.
2. Understand the policies, procedures, and impact academically and financially for dropping classes within or beyond the no record drop period.
3. Plan and devote enough study time to do as well as you can in your classes.
4. Have good study habits and get academic assistance early if needed.
5. Always confirm information given by fellow students with your advisor before incorporating it into your academic plan.

ADVISING AND UNIVERSITY RESOURCES

For information regarding other campus advising resources, including the University Academic Advisement Center, go to the UAAC website: www.calstatela.edu/univ/advise. The UAAC can be particularly helpful in dealing with undergraduate General Education requirement and articulation issues.