

Exercise Science Undergraduate Major Application Packet

Application Deadlines: Fall (March 01st) and Spring Admission (Oct. 01st)

Completed applications are to be turned into the Department of Exercise Science administrative assistant, College of Health Sciences (Room 176). It is recommended that students meet with their academic advisor one to two semesters prior to applying in order to review admission requirements. Students will be notified of their admission status by mid-April/November, at which time, if the applicant is accepted into the major, a *faculty mentor* will be assigned. Students should plan to schedule an appointment with their academic advisor upon acceptance in the major to develop a curriculum plan.

To be considered for admission, **the application packet must be complete and contain the following items:**

- Completed application form;
- Two (2) completed reference forms;
- Typewritten statement of professional goals, including the reason for pursuing the degree and choice of either the health fitness, health sciences or the pre-professional concentration (1-2 pages);
- Proposed curriculum plan detailing projected course sequencing until graduation;
- Gardner-Webb University unofficial transcript showing previous course work and courses in progress;
- Transcripts from other institution(s), if applicable;
- Cumulative grade point average of 2.7 or higher;
- Current enrollment and/or completion of the following courses with a grade of “C” or higher:
 - BIOL 111 (General Biology); BIOL 203 (Anatomy and Physiology I); BIOL 204 (A&P II)
 - Chemistry 111 (General Chemistry I)
 - EXSI 200 (Introduction to Exercise Science)

Frequently Asked Questions

- 1) What are the factors that are considered for acceptance into the major?
- 2) What should be included in my Statement of Professional Goals?
- 3) Whom should I ask to write the letters of recommendation of my behalf?
- 4) If I have not completed all of the prerequisites (e.g., BIOL 204), can I still apply?
- 5) What extracurricular activities will help to make my application stronger?
- 6) How do I obtain and submit a GWU unofficial transcript and/or transcripts of previous college or university work?

What are the factors that are considered for acceptance into the major? The Exercise Science major is one of the more competitive majors at the University. Grade point average and success in science courses is very important. Simply meeting the GPA requirement does not guarantee admission to the major. The application is evaluated more favorably when there is a clear intent to pursue this major, evidenced by the completion of some courses included in the major in addition to the prerequisite courses with high grades, particularly the science courses. Evidence of participation in extracurricular activities and volunteer work related to exercise science professions is also considered.

What should be included in my Statement of Professional Goals? Applicants must provide a Statement of Professional Goals with a clear statement of intent, which should indicate the chosen concentration (Health Fitness, Health Sciences or Pre-Professional). Applicants should describe their academic, professional, and occupational goals and specific interests, and explain why they are interested in health fitness or pre-professional studies. Factors that point to a strong commitment to exercise science, as well as any extenuating factors that should be considered regarding the application should also be included. Describe characteristics that will make you successful in the field of exercise science. Goal statements are rated on content and presentation. Typographical errors and poor grammar will reduce the strength of the statement.

Whom should I ask to complete the recommendation forms of my behalf? Clearly, strong recommendations are especially important. At least one recommendation form must be from a professor of a science-based course that the applicant has taken at Gardner-Webb University. Forms completed by persons who are familiar with the exercise science program at GWU, who know the faculty in the program, or who are members of one of the many organizations associated with exercise science and sports medicine are especially encouraged. Completed forms from family members will not be accepted.

If I have not completed all of the prerequisites (e.g., BIOL 204), can I still apply? If you are currently enrolled in the prerequisite or will complete the prerequisite prior to beginning the program, you may apply. In such cases, only provisional acceptance will be extended and full admission will occur if provisional stipulations are met (e.g., GPA, grade in prerequisite to be completed).

What extracurricular activities will help to make my application stronger? Various extracurricular opportunities exist for students to demonstrate a firm commitment to a career in exercise science. This commitment is more compelling when the student has volunteered or participated in activities closely associated with exercise science, outside of sports participation. These include working and/or volunteering in exercise testing programs, fitness programs, research activities, and observational hours. In addition, the well-motivated applicant may show evidence of membership in one or more of the various student or professional associations related to health or fitness and sport, such as the GWU Exercise Science Club, the American College of Sports Medicine and/or National Strength and Conditioning Association, and/or hold certifications sponsored by those associations.

How do I obtain and submit a GWU unofficial transcript and/or transcripts of previous college or university work? Applicants are required to provide a GWU unofficial transcript showing grades for all college or university academic work with the major application. For coursework completed at Gardner-Webb, a GWU unofficial transcript is acceptable. Visit: <https://mywebb.gardner-webb.edu/cp/home/displaylogin> to print an unofficial transcript. Submit all

application materials **at one time**, including transcript(s).

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|------------------------|---|--|---|
| Intended concentration | Health Fitness <input type="checkbox"/> | Health Sciences <input type="checkbox"/> | Pre-Professional <input type="checkbox"/> |
|------------------------|---|--|---|

| Personal Information | | |
|----------------------|------------|---------------------|
| Last Name | First Name | Middle Initial (MI) |
| GWU E-mail address | | Student ID# |
| Local Address: | | Local Phone: |

| Academic Information | | |
|---|-----------------|---------------------------|
| Total Credit Hours Earned: | Cumulative GPA: | Transfer Student: No/Yes* |
| *List Previous Colleges/Universities (must provide transcript(s) from previous institutions): | | |

| Application Checklist | |
|--|--|
| <ul style="list-style-type: none"> ___ Application ___ Statement of professional goals ___ Two completed reference forms ___ Proposed curriculum plan ___ Transcripts from all institutions attended ___ Cumulative GPA of 2.7 or higher ___ Enrollment/completion of the following courses with a grade of "C" or better <ul style="list-style-type: none"> • BIOL 111; 203; 204 • CHEM 111 • EXSI 200 | Submit application materials to: Gardner-Webb University Department of Exercise Science PO Box 7216 Boiling Springs, NC 28017 OR College of Health Sciences Department of Exercise Science 315 West College Avenue Shelby, NC 28152 |

| | |
|--|--|
| For the Applicant to Complete: | |
| Name | Signature |
| Concentration | <input type="checkbox"/> Health Fitness <input type="checkbox"/> Health Sciences <input type="checkbox"/> Pre-Professional |
| <input type="checkbox"/> I waive my right to review this recommendation. The recommendation will be submitted to Gardner-Webb University, EXSI, PO Box 7216, Boiling Springs, NC 28017 OR EXSI administrative assistant, College of Health Science, Room 176 or exsi@gardner-webb.edu. | |
| <input type="checkbox"/> I do not waive my right to review this recommendation. | |

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|---|----------------------|----------------|----------------------|----------------------------------|
| For the Recommender to Complete (Form may be sent to: Gardner-Webb University, EXSI, PO Box 7216, Boiling Springs, NC 28017 OR EXSI administrative assistant, College of Health Science, Room 176) OR exsi@gardner-webb.edu. | | | | |
| How long have you known the applicant? | | | | |
| In what capacity have you known the applicant? | | | | |
| Please rate the applicant as compared to peers (in this class or specific environment) in the following categories: | | | | |
| <i>Exceptional (top 10%)</i> | <i>Above Average</i> | <i>Average</i> | <i>Below Average</i> | <i>Unacceptable (bottom 10%)</i> |
| Maturity/Responsibility | | | | |
| Commitment to Professional Development in Exercise Science | | | | |
| Discipline | | | | |
| Leadership Qualities | | | | |
| Intellect | | | | |
| Problem Solving Skills | | | | |
| Please provide any additional comments that you think are relevant to the consideration of this applicant for the undergraduate major in Exercise Science (attach separate sheet). | | | | |