



TYLER JUNIOR COLLEGE
HUMAN PERFORMANCE PROGRAM
APPLICATION 2023

HUMAN PERFORMANCE PROGRAM

Dear Applicant,

Thank you for your interest in the Human Performance Program at Tyler Junior College. This packet includes information regarding requirements for admission, program curriculum and application.

The Human Performance Program accepts applications in both the fall and spring semesters and requires a full summer semester attendance of 10 weeks. The program curriculum is designed to be completed in four consecutive semesters.

Successful completion of the program will result in an Associate of Applied Science in Human Performance, preparing the graduate for entry-level positions in the industry and/or to continue their studies at the university level. Successful students will be prepared to sit for an examination of certification from top-rated, personal-training organizations in the industry.

During the final semester of the degree plan, students are required to complete a practical internship study of 224 hours with local commercial, medical and sports performance facilities. These hours are to be completed in addition to the student's regular course load and any other job/personal responsibilities.

To qualify for the Human Performance Program, students are required to complete and pass a drug screen and criminal background check at their own expense (currently \$35) and complete a professional student interview with program leaders prior to admission into the program.

Sincerely,

Anne Provencher MS., CPT, GEI
Department Chair
Kinesiology and Human Performance

Admission Requirements and Process

- Applicants must be eligible for readmission to any college(s) previously attended.
- Applicants must be eligible for readmission to any health science program(s) previously attended at TJC.
- Once selected, students will be required to maintain a 2.0 “C” average in all courses and 2.5 grade average in Human Performance specific courses.
- It is recommended that students complete the degree plan for Human Performance courses in the subsequent order from semester to semester. This does not apply to the general education courses, which may be taken prior to acceptance or transferred from another college.
- Applicant must complete and pass drug screen and criminal background check at their expense. Forms and directions are available from department chair and/or coordinator.

Admission Steps

1. Complete Admission Application and all processes involved to Tyler Junior College (available online only at TJC.edu). This includes providing all official college transcripts with the application. This document that you are currently reading is NOT an application to TJC. It is an application to the Human Performance Program. Application to the program and to the college are two separate steps.
2. Complete the Selective Admissions Program Application for Human Performance. Available online: TJC.edu
3. Submit completed selective admissions application to apro@tjc.edu , Anne Provencher, department chair/professor for Human Performance.
4. Participate in onsite professional interview with the department chair and coordinator for Human Performance. Interviews for students being considered for admission will be scheduled on first come/first serve basis.
5. It is the applicant's responsibility to check the program website and their TJC email account for date, time and location of interview. Interview attendance is mandatory.
6. Complete/pass a drug screen and criminal background check at the student's expense. Forms and directions are available from the department chair and/or coordinator.

Essential Functions for Human Performance Program Student

There are several important factors for students to consider when determining their future career. To be successful in the Human Performance Program and in a career following graduation, students should be able to meet all of the following expectations at minimal:

1. Attend class and be on time (more than 5 minutes late will result in a student absence). Students will be allowed a "MAXIMUM" of 3 absences. Documentation will be required for extenuating circumstances and make-up work. More than 3 absences will result in failing the course.
2. Students will be required to complete 224 total hours of practical/clinical education in addition to the degree plan courses in their final semester.
3. Complete all assignments on time, participate in class discussions and activities, and meet the standards required for successful course completion.
4. Maintain classroom, work area, equipment, supplies, personal appearance and hygiene conducive to our professional setting.
5. Address problems or questions to the appropriate person at the appropriate time.
6. Behave in a competent, professional manner.
7. Use sound judgment, confidentiality and safety precautions when administering exercises, testing assessments, and evaluations of participants and other students.
8. Students must demonstrate the ability to communicate verbal and written messages clearly and in a timely manner.
9. Each student must demonstrate the ability to interact with individuals, families, groups and communities from a variety of emotional, religious, socio-cultural/ethnic and intellectual backgrounds.
10. Students must possess the ability to think critically and to assimilate, integrate, apply, synthesize and evaluate information in order to solve problems.
11. Students must sign agreement and follow standards stated in the Human Performance Program Handbook

Physical requirements for the Human Performance Program student include the need to occasionally, frequently, or continually:

1. Sit 2-5 hours per day with lecture courses.
2. Stand 1-6 hours with lab courses.
3. Ability to sustain extended walking times.
4. Move quickly in response to emergency.
5. Lift up to 60 pounds.
6. Push/pull up to 50 pounds of force exerted at waist level.
7. Squat or stoop.
8. Use auditory, tactile, and visual senses to assess physiological status of an individual.
9. Demonstrate good standing and unsupported sitting balance.
10. Coordinate verbal and manual instructions
11. Communicate effectively with a variety of people through written verbal, and nonverbal methods.
12. Shift weight while sitting or standing.
13. Demonstrate the ability to use a firm grasp while using fitness testing equipment while performing exercise assessments.
14. Reach above shoulder level.
15. Kneel, kneel-stand, and half kneel.
16. Discriminate between right and left sides of the body and extremities.
17. Sufficient physical health and stamina essential to carry out all required procedures and activities both indoor and outdoor.
18. Students must be physically capable of successfully performing activities in both the practice laboratory and clinical practice areas.

Students who have concerns about the ability to perform any of these functions should contact the Human Performance Department Chair at (903) 510-3124. Individuals with disabilities may request reasonable accommodations or information by scheduling an appointment with the Director of Disability Services calling (903) 510-3056.



TJC

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Tyler Junior College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Tyler Junior College. General inquiries about Tyler Junior College admission requirements, financial aid, educational programs or other offerings should be directed to the College and not the Commission. Since colleges differ in their curricula, a student should secure the catalog of the institution to which he or she intends to transfer credit. Courses for a student's first two years should be planned in accordance with the degree plan of the institution to which he or she will transfer.

Statement of Nondiscrimination

The College District gives equal consideration to all applicants and activities without regard to race, creed, color, religion, national origin, gender, age, marital status, disability, veteran status, or limited English proficiency. The College District respects the right of each person to work and learn in an environment that is free from unlawful sexual discrimination, including sexual harassment and sexual violence, or harassment based on any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy (DOA Local).

Associate in Applied Science Degree, 2023-24 Catalog**FALL SEMESTER.....Credit Hours**

FITT 2333	Fitness Industry Operations & Tech.....	3
FITT 2301	Lifestyle Change for Wellness.....	3
FITT 1303	Fitness Event Planning & Promotion.....	3
FITT 1237	Personal Training.....	2
BIOL 2401	Anatomy & Physiology I	4

Total Semester Hours..... 15**SPRING SEMESTER**

FITT 1495	Special Topics in Kinesiology.....	4
FITT 1343	Performance Enhancement Athletes.....	3
FITT 2331	Group Exercise Instruction	3
FITT 2311	Prevention & Care of Exercise Injury.....	3
BIOL 2402	Anatomy & Physiology II	4

Total Semester Hours..... 17**SUMMER SEMESTER**

FITT 1401	Fitness & Exercise Testing.....	4
FITT 2313	Exercise Science	3
FITT 1394	Special Topics in Movement	3

Total Semester Hours..... 10**FALL SEMESTER II**

FITT 2409	Theory of Exercise Program Design.....	4
FITT 2264	Practicum.....	2
ENGL 1301	Composition I.....	3
PSYC 2314	Lifespan Or PSYC 2301 Or SOCI 1301....	3
ARTS 1301	Appreciation OR MUSI 1306 App.....	3
SPCH 1315	Public Speaking OR 1321 Business	3

Total Semester Hours..... 18**Total AAS Degree Hours—60**



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Practicum Rotation Agreement

Release of liability

The Practicum Education is a planned learning experience for the student. Practicum education schedules are assigned by the Human Performance faculty. It is the student's responsibility to arrange and attend assigned practicum educational sites and communicate effectively with both the Practicum Coordinator and the Site Coordinator(s)

The student is expected to be punctual and in appropriate dress at all scheduled times, regardless of location or personal circumstances (i.e., gas prices, car issues, etc.). There are few acceptable excuses for tardiness at any of the assigned practicum education sites and will be considered at the time of occurrence. Failure to be on time and/or attend the practicum education site will result in suspension and or dismissal from the Human Performance program.

I (print name) _____
am responsible for any events that might lead to personal injury and expense incurred during my practicum assignment. I will manage the possible added monetary, time, cost, or other burdens that this may create. I will be 18 years of age by the first day of the Practicum course.

I understand and agree to abide by the above during my enrollment in the Tyler Junior College Human Performance Program.

Signature _____

Date _____



TJC

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Technical Performance Standards

The Human Performance program at Tyler Junior College has adopted the following as Essential Physical Competencies and Technical Performance Standards for Human Performance Students.

These competencies include:

1. Extended walking and standing daily, ability to grasp, push and/or pull, ability to bend, stoop, moving quickly in response to an emergency, using upper body movements, ability to reach, reaching and/or lifting, carrying and moving equipment.
 - Students must be physically capable of successfully performing activities in both the practice laboratory and during Practicum assignments. Sufficient physical health and stamina is essential to carry out all required procedures. It is also necessary for each student to determine their physical capabilities and report to the Department Chair / Coordinator of Human Performance any physical limitation(s) that would restrict or interfere with satisfactory performance.
 - Each student must demonstrate fine motor abilities sufficient to provide safe and effective performance.
2. Other essential competencies identified include vision that allows detecting physical changes, hearing that allows responding to physical and verbal cues and a sense of touch that allows for assessment.
 - It is necessary, in order to observe, assess, and evaluate clients effectively, for each student to have sufficient use of the following senses: vision (low-lighted rooms), hearing (with a mask on), touch, and smell. Sensitivity must be demonstrated in the classroom, laboratory, and the clinical area.

3. Communication, critical thinking and interpersonal skills, while not physical competencies, are essential for the Human Performance student.
- Students must demonstrate the ability to communicate verbal as well as written messages clearly and in a timely manner.
 - Each student must demonstrate the ability to interact with individuals, families, groups and communities from a variety of emotional, religious, sociocultural/ethnic and intellectual backgrounds.
 - It is mandatory that each student demonstrate sufficient ability to use judgment and the sufficient ability in the area of critical thinking and the sufficient power to assimilate, integrate, apply, synthesize and evaluate information in order to solve problems.

Signature _____

Date _____

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I have read and understand the Human Performance Admission Packet, Technical Performance Standards and Practicum Agreement which directly apply toward the Human Performance Student and agree to abide by and follow such rules/regulations and procedures.

Signature _____

Date _____

Print Name _____

Phone _____