Application Packet

Thank you for your interest in the Wellness & Exercise Science Program at Tyler Junior College. This application packet includes information about the Wellness & Exercise Program, admission requirements, curriculum and an application to the program.

The WES program begins in the fall semester and is recommended to be completed in four consecutive semesters. Successful completion of the program will lead to an Associate of Applied Science Degree in Wellness & Exercise Science and prepare the graduate to take either the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association (NSCA) Certified Personal Trainer exam. During the student's last semester, it is required to spend 14 hours per week interning with a commercial, medical, and sports performance health and fitness facility. These hours are in addition to semester course load and any other current job responsibilities. Students are required to complete a drug screen and criminal background check at their expense before selection into this degree plan.

Admission Process

Admission Requirements

• 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.
• Once selected, students will be required to maintain a 2.0 “C” average in all courses.
• It is recommended that students complete the degree plan for Wellness & Exercise Science 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

Complete Admission Application and all processes involved to Tyler Junior College.
Available online only: www.tjc.edu
This includes 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 program. Application to the program and to the college are two separate issues.

Complete Selective Admissions program application for Wellness & Exercise Science.
Available online: www.tjc.edu, select degree programs tab, select health professions tab, select Wellness & Exercise Science tab, select selective admissions tab.
Or complete application included in this packet.

Submit completed application along with all official transcripts, including any TJC transcripts, during application period from January 17 until noon on May 31 of the current year.

Attend a Wellness & Exercise Science interest meeting session, tentatively set for month of April. It is the applicant’s responsibility to check the program website or their TJC email account for date, time and location updates.
Participate in onsite interview. Selected students will be invited to participate in an onsite interview as the final step in the admissions process. Interviews for students being considered for admission will be held (approximately) the first 2 weeks of June. It is the applicant’s responsibility to check the program website or their TJC email account for date, time and location of interview. Interview attendance is mandatory.

A final cohort of 20 students will be selected for admission to the Wellness & Exercise Science Program each year. Students will be notified of their standing in the admissions process in July. Classes will begin in August of each year.

Essential Functions for Wellness & Exercise Science Program Student

There are several important factors for students to consider when determining their future career. To be successful in the Wellness & Exercise classroom and in a job following graduation, students should be able to meet all of the following expectations:

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 14 hours a week of practical/clinical education in addition to the degree plan courses. Students will be required to complete and pass a criminal background check, drug and alcohol screening, before being selected into degree plan in order to participate in the practical/clinical. Fees for background check and screening will be covered by the student.

3. Complete all assignments on time, participate in class discussions and activities, and meet the standards required for successful course completion.

5. Maintain classroom, work area, equipment, supplies, personal appearance and hygiene conducive to our professional setting.

6. Address problems or questions to the appropriate person at the appropriate time.

7. Behave in a competent, professional manner.

8. Use sound judgment, confidentiality and safety precautions when administering exercises, testing assessments, and evaluations of participants and other students.

9. Students must demonstrate the ability to communicate verbal and written messages clearly and in a timely manner.

10. 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.

11. Students must possess the ability to think critically and to assimilate, integrate, apply, synthesize and evaluate information in order to solve problems.

12. Students must sign agreement and follow standards stated in the Wellness & Exercise Science Program Handbook.

Physical requirements for the Wellness and Exercise 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.


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.


11. Communicate effectively with a variety of people through written verbal, and nonverbal methods.

12. Shift weight in 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.

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 Wellness & Exercise Science 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.

**Accrediting**

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).

Wellness & Exercise Science AAS Degree Plan

Fall Semester

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 Studies  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 Wellness & Exercise Science Hours  40
Total General Education Hours  20
Wellness & Exercise Science AAS Degree Hours  60