

College of Health and Behavioral Studies Springboard Orientation

DEPARTMENT OF HEALTH PROFESSIONS

DEPARTMENT OF HEALTH SCIENCES

DEPARTMENT OF KINESIOLOGY



JAMES MADISON UNIVERSITY®



Why JMU?

JMU Mission

- We are a community committed to preparing students to be educated and enlightened citizens who lead productive and meaningful lives.

JMU Vision

- To be the national model for the engaged university: engaged with ideas and the world.

College of Health & Behavioral Studies Mission

- We engage students, faculty and communities in learning, scholarship and service in health and behavioral studies to inspire responsible contributions to our world



INTELLECT

+ ACTION

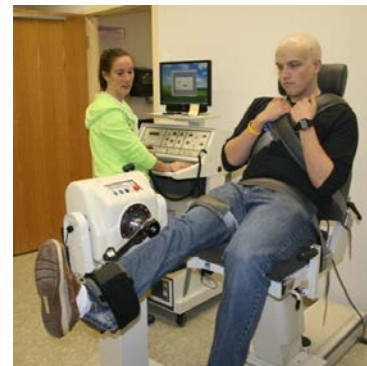
= BEING THE CHANGE®

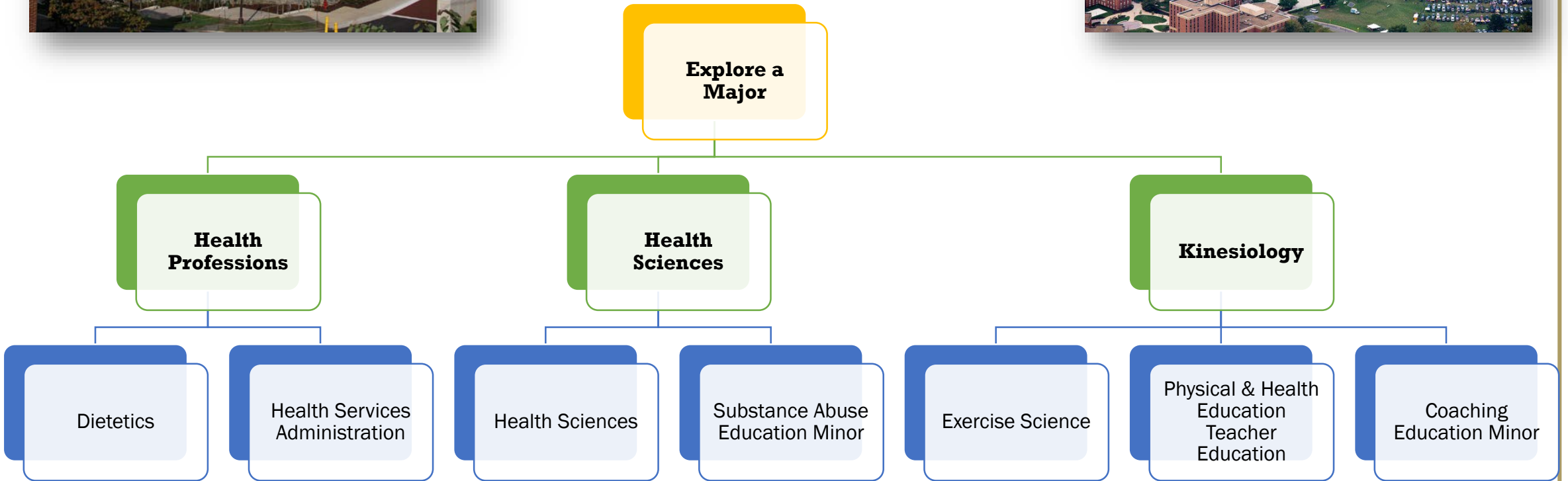
What is College For?

Explore the possibilities

Develop your knowledge, skills and abilities

Prepare for a future career and for life!





Health Professions

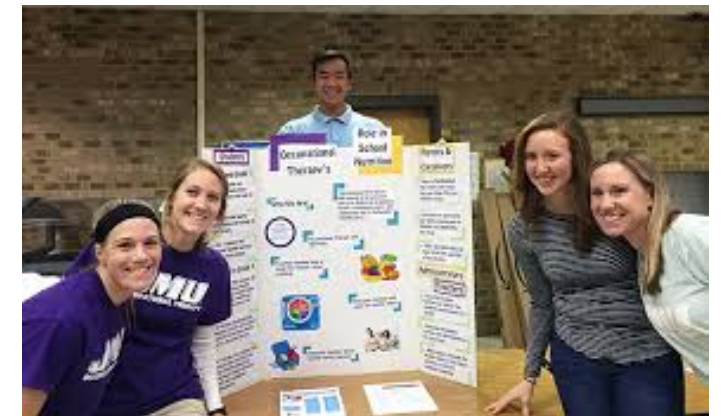
Undergraduate Majors

- Dietetics
- Health Services Administration



Developing the next generation of health professionals through

- Meaningful faculty interactions
- Transformative learning opportunities
- Authentic patient/client-care experiences
- Impactful student research



What Does Engagement Look Like in Health Professions?

Dietetics

- Complete a 100 hour field experience under the supervision of a Registered Dietitian Nutritionist
- Develop meals through NUTR 363: Quantity Food Production
- Interprofessional education with occupational therapy students through a foods texture lab
- Advocate on Capital Hill to legislatures
- Engage with faculty on student research

Health Services Administration

- Complete a 320 hour internship in a healthcare organization
 - Hospitals & Hospital systems
 - Managed care organizations
 - Physician practices
 - Public health facilities
- Community engagement



The purpose of the Department of Health Sciences is to contribute to the liberal education of all students and prepare students for professional careers in the health sciences and for entry into professional programs.

- Personal Wellness



- U.S. and International Health Care Systems

- Health Behavior Change



- Chemistry
- General / Abnormal Psychology
- Physics

Graduate Programs

Employment



The Association between Relationship Status and Human Papillomavirus Vaccination Behavior
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Introduction

- Human papillomavirus (HPV) is the most prevalent sexually transmitted infection and nearly all sexually active individuals will contract it at some point in their lives.
- HPV is associated with several types of cancer.
- There is a vaccine available to protect against HPV infection recommended for females 11-12 and for catch-up among 13-26 year olds.
- However only 49.5% of U.S. females were fully vaccinated 2016, with consistent under-participation during the catch-up period.
- One important potential barrier to vaccination may be relationship status.
- Though long term, monogamous relationships are typically perceived as a protective factor against STI transmission, this is not the case with HPV.

Purpose

This study sought to examine two research questions:

- Does relationship status affect likelihood of being vaccinated during the catch-period of vaccination among JMU females?
- Does relationship status predict intent to vaccinate among JMU females who are not previously vaccinated?

Methodology

- A cross-sectional survey was developed and electronically distributed to females 18-26 years old at JMU (N=13,000) via link email.

Results

822 participants began, 716 were eligible, and 629 participants finished the survey. Table 1. Characteristics of the eligible sample (n=716)

Characteristic	n (%)
Year in school	
Freshman	179 (25.0%)
Sophomore	204 (28.6%)
Junior	151 (21.1%)
Senior	181 (25.3%)
Graduate	41 (5.7%)
Sexuality	
Monogamous	548 (76.5%)
Non-Monog	73 (10.2%)
Relationship Status	
Wife	129 (18.0%)
Non-Monog	102 (14.3%)
Partner	99 (13.8%)
Public	14 (2.0%)
Never/Unsure	27 (3.8%)
Have had Sexual intercourse	
Yes	613 (85.6%)
No	103 (14.4%)

Discussion

- Single and dating women may be more likely to vaccinate in catch-up vaccination.
- No obvious literature indicates that a single relationship status may be a protective factor for vaccination.
- Results do not show those having an intention to vaccinate or fully vaccinated are more likely to be in a single relationship status.
- This study found that monogamous relationships are associated with increased likelihood of HPV vaccination.
- Previous qualitative literature on HPV vaccination suggests that a single relationship status may be a protective factor for vaccination.
- One reason for this finding may be that STI does not have a large enough population of women who are monogamous with a partner to detect any differences in vaccination.
- Other research that supports this finding includes:
 - Relationship status is a protective factor for HPV vaccination.
 - Those who are single or dating are more likely to be vaccinated.

Strengths and Limitations

- Strengths included:
 - Large sample size.
 - The use of a validated survey instrument.
 - Controlled for age, race, and ethnicity.
- Limitations included:
 - Self-reported relationship status.
 - The possibility of self-reported vaccination status.



Health Sciences Engagement

JAMES MADISON UNIVERSITY

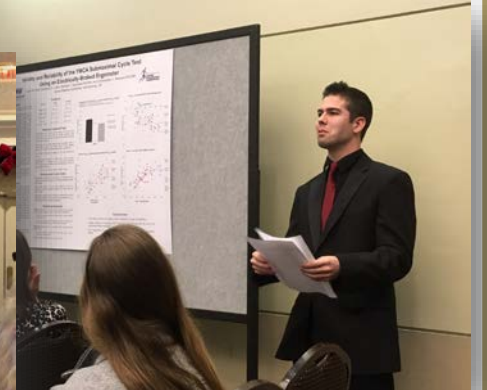
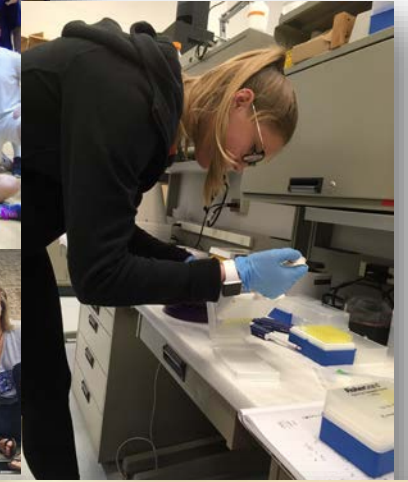
Kinesiology

B.S. in Kinesiology

- Exercise Science concentration (ES)
- Physical and Health Education Teacher Education concentration (PHETE)

Coaching Education Minor

- Open to all JMU students
- Leads to American Sport Education Program (ASEP) Certification



What does engagement look like in Kinesiology?

You do NOT have to be a Kinesiology major to be involved in these experiences!



Human Performance Lab

Research opportunities with faculty.

Current projects include:

- Can a 30-minute nap improve physical performance?
- Do those drinks, supplements and/or energy bars really work?
- Does cycling reduce bone mineral density?
- If I exercise when I am older, will that help protect me from becoming diabetic?



Overcoming Barriers Program

Physical activity and wellness mentoring program for children, adolescents, and adults with disabilities.

Programs include:

- Aquatics
- Basketball
- Builders & bulldozers
- DANCEability
- Dinner Club
- Fitness
- Golf Kidnastics
- Project CLIMB
- Self Defense



Morrison Bruce Center

Working with programs designed of expanding and enriching physical activity opportunities for girls & women.

Programs include:

- Girls Have H.E.A.R.T.
- Healthy Kids
- Barbells and Brunch
- Older Women's Wellness for Life (OWWL)

Explore Introductory Courses

Introductory courses to allow you to explore your interests across different majors

- KIN 100: Lifetime Fitness and Wellness
- KIN 202: Biological Foundations of Kinesiology & Recreation
- HTH 100: Personal Wellness
- HTH 150: Introduction to Health Sciences
- HTH 210: Medical Terminology
- NUTR 280: Nutrition for Wellness
- ATEP 205: Introduction to Athletic Training



Next Step: Employment or Graduate Studies



Health
Professions

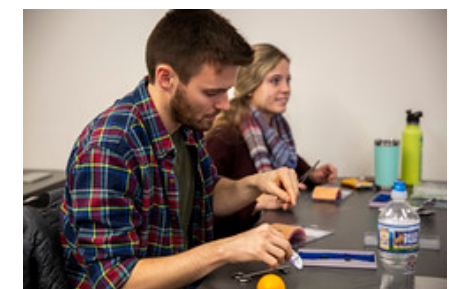
Athletic
Training

Occupational
Therapy

Physician
Assistant
Studies

Kinesiology

Exercise
Physiology



Why are we telling you this?

WHY?

To motivate you to meet regularly
with your academic advisor!

*This afternoon you will meet with your advisor to discuss the
schedule that you have developed. ASK QUESTIONS and LISTEN to
their advice! And then... KEEP ASKING QUESTIONS over the next 4
years!*



Secrets to Success at JMU

Seek out relationships with faculty and staff

- Find a mentor(s)
- Use your advisor as a resource

Engage in class

- Be prepared for class
- Read materials prior to coming to class

Get involved on campus

- Get involved in student organizations
- Take advantage of the campus recreation centers and resources



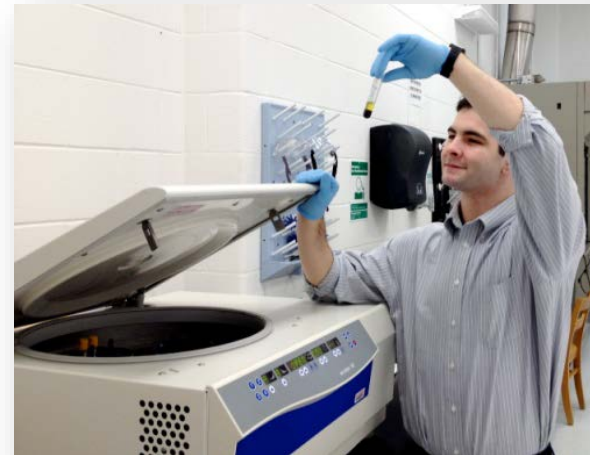
Secrets to Success to JMU

Organize and prioritize your time

- Balance fun and learning
- Develop good study habits

Be your own advocate

Adhere to the JMU Honor Code



Pre-Professional Health Advising

<http://www.jmu.edu/pph>









- Pre-Dentistry
- Pre-Medicine
- Pre-Occupational Therapy
- Pre Optometry
- Pre-Pharmacy
- Pre-Physical Therapy
- Pre-Physician Assistant
- Pre-Veterinary Medicine

PPH ADVISING

2018-2019 Pre-Professional Health Program Course Recommendations

Recommendations are based on regional scans of professional health programs' pre-requisites and standardized test recommendations. Courses are also included that have been completed by competitive, successful applicants. *Strongly recommended* and *recommended* courses are more likely to vary by professional program. Students should check admissions requirements and recommendations of individual professional programs to assure completion of pre-requisites.

Biology, Chemistry, Physics, and Mathematics (BCPM) Course Recommendations

Program Level:	Doctoral						Doctoral/Masters	Masters
	DENTISTRY (DMD, DDS)	MEDICINE (MD, DO, DPM, DC, ND)	OPTOMETRY (OD)	PHARMACY (PHARM D)	PHYSICAL THERAPY (DPT)	VETERINARY MEDICINE (DVM)	OCCUPATIONAL THERAPY (OTD/MSOT)	PHYSICIAN ASSISTANT (MPAS)
								
	jmu.edu/pre-dent	jmu.edu/pre-med	jmu.edu/pre-optometry	jmu.edu/pre-pharm	jmu.edu/pre-pt	jmu.edu/pre-vet	jmu.edu/pre-ot	jmu.edu/pre-pa
BIOLOGY	Foundations I-II BIO 140 BIO 150 ≥ 16 credits <i>Strongly Recommended</i> Microbiology (245) ^{1,2} Human Anatomy (290) Animal Physiology (370) ^{1,2} <i>Recommended</i> Genetics (240) ^{1,2} Cell & Molec. Bio (304) ^{1,2} Histology (482) ^{1,2}	Foundations I-II BIO 140 BIO 150 ≥ 12 credits <i>Strongly Recommended</i> Genetics (240) ^{1,2} Microbiology (245) ^{1,2} Cell & Molec. Bio (304) ^{1,2} Animal Physiology (370) ^{1,2} <i>Recommended</i> Genetics (240) ^{1,2} Cell & Molec. Bio (304) ^{1,2} Histology (482) ^{1,2}	Foundations I-II BIO 140 BIO 150 Human Physiology and Anatomy BIO 270 BIO 290 Microbiology BIO 245 ≥ 4 credits <i>Strongly Recommended</i> Genetics (240) ^{1,2} Cell & Molec. Bio (304) ^{1,2} Immunology (343) ^{1,2} Histology (482) ^{1,2}	Foundations I-II BIO 140 BIO 150 Human Physiology and Anatomy BIO 270 BIO 290 Microbiology BIO 245 ≥ 4 credits <i>Strongly Recommended</i> Genetics (240) ^{1,2} Cell & Molec. Bio (304) ^{1,2} Immunology (343) ^{1,2} Molecular Biology (480) ^{1,2}	Foundations I-II BIO 140 BIO 150 Human Physiology and Anatomy BIO 270*** BIO 290*** ≥ 4 credits <i>Strongly Recommended</i> Genetics (240) ^{1,2} Cell & Molec. Bio (304) ^{1,2} Immunology (343) ^{1,2} Molecular Biology (480) ^{1,2}	Foundations I-II BIO 140 BIO 150 Genetics BIO 240 Microbiology BIO 245 ≥ 13 credits <i>Strongly Recommended</i> Cell & Molec. Bio (304) ^{1,2} Comp. Anatomy (320) ^{1,2} Animal Physiology (370) ^{1,2} <i>Recommended</i> Immunology (343) ^{1,2} Med. Parasitology (420) ^{1,2} Molecular Biology (480) ^{1,2} Histology (482) ^{1,2}	Foundations I-II Additional ≥ 3 credits of Introductory Biology, e.g.: <i>Recommended</i> Foundations I (140) Additional Option: Contemporary (103) Human Physiology and Anatomy BIO 270*** BIO 290*** <i>Recommended</i> Genetics (240) ^{1,2} Cell & Molec. Bio (304) ^{1,2} Immunology (343) ^{1,2} Histology (482) ^{1,2}	Foundations I-II BIO 140 BIO 150 Human Physiology and Anatomy BIO 270*** BIO 290*** Microbiology BIO 245 ≥ 4 credits <i>Strongly Recommended</i> Genetics (240) ^{1,2} <i>Recommended</i> Cell & Molec. Bio (304) ^{1,2} Immunology (343) ^{1,2} Histology (482) ^{1,2}
CHEMISTRY	General Chem I-II CHEM 131 & 131L CHEM 132 & 132L Organic Chem I-II CHEM 241 ^{1,2} CHEM 242 & 242L ^{3,4} Biochemistry CHEM/BIO 361 ^{1,2}	General Chem I-II CHEM 131 & 131L CHEM 132 & 132L Organic Chem I-II CHEM 241 ^{1,2} CHEM 242 & 242L ^{3,4} Biochemistry CHEM/BIO 361 ^{1,2}	General Chem I-II CHEM 131 & 131L CHEM 132 & 132L Organic Chem I-II CHEM 241 ^{1,2} CHEM 242 & 242L ^{3,4} Biochemistry CHEM/BIO 361 ^{1,2}	General Chem I-II CHEM 131 & 131L CHEM 132 & 132L Organic Chem I-II CHEM 241 ^{1,2} CHEM 242 & 242L ^{3,4} Biochemistry CHEM/BIO 361 ^{1,2} (366L ^{1,2} recommended)	General Chem I-II CHEM 131 & 131L CHEM 132 & 132L Organic Chem I-II CHEM 241 ^{1,2} CHEM 242 & 242L ^{3,4} Biochemistry CHEM/BIO 361 ^{1,2} (366L ^{1,2} recommended)	General Chem I-II CHEM 131 & 131L CHEM 132 & 132L Organic Chem I-II CHEM 241 ^{1,2} CHEM 242 & 242L ^{3,4} Biochemistry CHEM/BIO 361 ^{1,2} (366L ^{1,2} recommended)	<i>Chemistry Pre-Req for Human Physiology</i> CHEM 120 or CHEM 131 & 131L	General Chem I-II CHEM 131 & 131L CHEM 132 & 132L Organic Chem I CHEM 241 ^{1,2} and 241L ^{1,2} or 242L ^{3,4} Biochemistry CHEM 260 ^{1,2} & 260L ^{1,2} or CHEM/BIO 361 ^{1,2}
PHYSICS	College Physics I-II PHYS 140 & 140L ^{1,2} PHYS 150 & 150L ^{3,4}	College Physics I-II PHYS 140 & 140L ^{1,2} PHYS 150 & 150L ^{3,4}	College Physics I-II PHYS 140 & 140L ^{1,2} PHYS 150 & 150L ^{3,4}	College Physics I-II PHYS 140 & 140L ^{1,2} PHYS 150 & 150L ^{3,4}	College Physics I-II PHYS 140 & 140L ^{1,2} PHYS 150 & 150L ^{3,4}	College Physics I-II PHYS 140 & 140L ^{1,2} PHYS 150 & 150L ^{3,4}	College Physics I PHYS 140 & 140L ^{1,2} Some OT Programs, may allow HTH 442/KIN 407 ^{1,2,3,4} as a substitute	
MATH	Mathematics 6 credits <i>Strongly Recommended</i> 3 credits of Statistics 3-4 credits of Calculus	Statistics 3 credits, e.g.: MATH 220 or MATH 318 Calculus 3-4 credits, e.g.: MATH 205, 231, 233E, or 235	Statistics 3 credits, e.g.: MATH 220 or MATH 318 Calculus 3-4 credits, e.g.: MATH 205, 231, 233E, or 235	Statistics 3 credits, e.g.: MATH 220 or MATH 318 Calculus 3-4 credits, e.g.: MATH 231, 233E, or 235	Statistics 3 credits, e.g.: MATH 220 or MATH 318 Calculus <i>Recommended</i> Calculus, e.g. MATH 205, 231, 233E, or 235	Statistics 3 credits, e.g.: MATH 220 or MATH 318 Calculus 3-4 credits, e.g.: MATH 205, 231, 233E, or 235	Statistics 3 credits, e.g.: MATH 220 or MATH 318 Calculus 3-4 credits, e.g.: MATH 205, 231, 233E, or 235	Statistics 3 credits, e.g.: MATH 220 or MATH 318 <i>Recommended</i> Calculus 3 additional credits of Mathematics

Updated: 06/06/2018 Pre-Professional Health Advising | www.jmu.edu/pph | pph@jmu.edu | 540-568-6652 | Roop Hall G24 | [@jmuPPH](https://www.facebook.com/jmuPPH) Facebook and Twitter

Field	Number of Jobs	Projected Growth
Athletic Trainer	27,800	23% (Much faster than average)
Cardiovascular Technologist/Technician	122,300	17% (Much faster than average)
Dietetics	68,000	15% (Much faster than average)
Exercise Physiologist	15,100	13% (Faster than average)
Fitness Trainer & Instructor	299,200	10% (Faster than average)
Health Educator	118,500	16% (Much faster than average)
Health Services Administration	352,200	21% (Much faster than average)
Nurse	2,955,000	15% (Much faster than average)
Occupational Therapy	130,400	24% (Much faster than average)
Physician Assistant	106,200	37% (Much faster than average)
Physical Educator	1,018,700	8% (As fast as average)
Physical Therapist	239,800	28% (Much faster than average)

JMU

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Colleges

Dean, Dr. Sharon Lovell

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Academic Unit Head

Programs

Program Directors

Faculty



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Health Professions



Dr. Andy Peachey
Health Sciences



Dr. Janet Wigglesworth
Kinesiology