LIONEL UNIVERSITY



UNIVERSITY CATALOG

2026-2027

Effective July 1, 2026 through June 30, 2027

The information in this catalog is intended for informational purposes only and does not constitute a legal contract between Lionel University and any person or entity.

The current catalog can be found online: https://lionel.edu/course-catalog

Lionel University reserves the right to change any of the regulations, subjects or curricula, or portions thereof, contained in this catalog without prior notice.

The catalog is updated on an annual basis. Revisions may be made on a quarterly basis.
Effective July 1, 2026 through June 30, 2027 unless superseded by a revision.
This catalog has been revised and this revised version is effective as of July 1, 2026.
Archived catalogs can be obtained by contacting registrar@lionel.edu.

2026-2027 IMPORTANT DATES AND FEES*

Term Calendar

Course Start Dates		Last Day to Drop without "W" Refund available		Final Withdrawal Last day for a partial refund and "W"	
Date	Applicable Courses	Date	Applicable Courses	Date	Applicable Courses
Apr 6	Quarter-long Courses, Short Session A	Apr 12	Quarter-long Courses, Short Session A	Apr 20	Short Session A
				May 24	Quarter-long Courses
May 11	Short Session B	May 17	Short Session B	May 24	Short Session B
Jul 6	Quarter-long Courses, Short Session A	Jul 12	Quarter-long Courses, Short Session A	Jul 19	Short Session A
				Aug 23	Quarter-long Courses
Aug 10	Short Session B	Aug 16	Short Session B	Aug 23	Short Session B
Oct 5	Quarter-long Courses, Short Session A	Oct 11	Quarter-long Courses, Short Session A	Oct 18	Short Session A
				Nov 9	Quarter-long Courses
Nov 9	Short Session B	Nov 15	Short Session B	Nov 22	Short Session B
Jan 4	Quarter-long Courses, Short Session A	Jan 10	Quarter-long Courses, Short Session A	Jan 24	Short Session A
				Feb 14	Quarter-long Courses
Feb 8	Short Session B	Feb 14	Short Session B	Feb 21	Short Session B

*Dates and fees subject to change. Be sure you have the most current course catalog and confirm important dates with your Academic Advisor before registering. In the event that circumstances beyond the institution's control impact a published start date (e.g. natural disaster), the institution will establish a new start date within 72 hours of resuming operation and notify impacted parties.
Prorated refunds will be calculated from the adjusted start date. (reg-KS).

Tuition and Fees

TUITION		
Undergraduate	$333 per credit (US citizens and residents), $440 per credit (international)	Includes: course content, instruction, and online learning system access
Graduate	$440 per credit	Includes: course content, instruction, and online learning system access
ADDITIONAL FEES		
Technology Fee	$45.00 (Quarterly)	Quarterly fee used to support technological upgrades and support.
Health and Wellness Fee	$25.00 (Quarterly)	Quarterly fee used to support health and wellness resources such as wellconnect.
Certification Fee (courses that result in a certificate).	$199.00	Fee assessed to students enrolled in courses that result in a certificate, this is separate from certificate programs

Refunds

If cancellation occurs at any time within 7 calendar days after the institution accepts enrollment, the student may request a refund of all money paid to the institution.

REFUND CALCULATION
The course start date is considered the first class.
Cancellation up through 60% of the duration of the term will result in a prorated refund. Rate is computed by dividing the number of term days through the date of cancellation by the total days in the term.
Cancellation after 60% of the duration of the term will result in no refund for the term.

**Note: If third-party payment is used for tuition (e.g., TA, Ch33 GI Bill®, etc.), this amount will be charged directly to the student upon cancellation.

Please see Lionel University Refund Policy section for more information.

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About

Lionel University is the world leader in fitness education and delivers comprehensive, cognitive and practical distance education for fitness professionals, grounded in industry research, using both traditional and innovative modalities. Founded in 1988 by Dr. Sal Arria and Dr. Frederick Hatfield, the institution offers certificate programs, an associate of science degree program, bachelor's of science degree program and a master's of science degree program. Lionel University has produced over 3200 graduates in its certificate and degree programs.

Institutional Profile

Mission

Lionel University believes that the health and fitness of our society can be significantly improved by our students' success as health, sports and fitness professionals. Our efforts to stem the tide of poor health and physical decline are multiplied exponentially as our graduates and members disseminate the institution's principles and methods to their clients, peers and associates. Our mission is to inspire each and every student to positively impact the quality of life of each individual with whom they come in contact.

As a distance education institution and industry leader, Lionel University is unconditionally committed to providing the highest quality distance education programs available, advancing our industry as a whole, and developing greater access to career opportunities for those who share our vision of Creating a Stronger, Healthier World™.

Core Values

- Human Potential
- Commitment To Product Quality And Educational Integrity
- Transformation Into Our Best Selves
- Commitment To Quality Work
- Equity And Inclusion
- Impact Through Teamwork
- Stewardship Of Resources
- Courageous Attitudes

Institutional Goals

- To serve fitness professionals by developing programs that are beneficial and of interest to the fitness industry
- To enhance professional development of fitness professionals by facilitating opportunities for learning and individual growth
- To establish standards and guidelines for the delivery of quality and professional fitness services and business practices, as well as the development of ethics standards for fitness professionals
- To collaborate with public and private industries on the development of programs and services to increase the awareness of fitness education and its benefits to individuals and communities

- To network with other industry organizations to advance fitness education, careers and professional practices by initiating and disseminating research findings.

Institutional Objectives

- To graduate students who are prepared for the fitness industry
- To enroll a wide range of qualified students from across the globe interested in personal growth, job acquisition, career advancement or higher education goals in the health and fitness industry.
- To recruit and retain effective and qualified staff and faculty committed to distance education.
- To provide students skills, support systems and information they need to succeed in the fitness industry and higher education aspirations.
- To tie student assessments to our strategic planning
- To provide relevant and up to date curriculum deliverable through online means.
- To investigate, research and implement relevant technology as beneficial to the delivery of online education.

Institutional Outcomes

To turn our vision into a reality and to accomplish our mission, the institution strives for the following outcomes

Trainer/Client

- To administer policies and programs with the priority being the best interests of public health and well being.

Students

- To produce students that are inspirational leaders, academically sound, and professional in their fitness and health related profession.
- To nurture students' abilities to be lifelong learners
- To promote the use of professional behaviors in the work environment
- To enable the skills necessary to exercise autonomous judgment in professional endeavors as employees or business owners.
- Learning and Teaching
- To support faculty scholarship, teaching excellence, and service to Lionel University, community and professional activities
- To support faculty leadership in the development of contemporary curricula
- To promote student learning by utilizing best instructional practices

Culture

- To focus on helping one student at a time.
- To focus on student success in daily studies, preparation and testing (competence)

- To promote an organizational culture that respects open communication, job ownership, and teamwork between all divisions; Public, Education and Professional.
- To encourage sharing the impact that a healthy active and productive lifestyle creates on all people and society at large.
- To expect ethical behavior and integrity in all staff actions.
- To support professional advocacy in working with external constituencies

Quality

- To focus on regular quality improvements to enhance institutional effectiveness

Growth and Innovation

- To search out and embrace change and innovation in processes that enhances educational outcomes
- To responsibly grow Lionel University based on society's need for our programs and the availability of resources and personnel to support the improved health and well-being of our society as a whole.
- To provide visionary educational models that address student learning needs

Stewardship

- To manage all school operations ethically, economically, safely and efficiently

Program Philosophy

Fundamental to the program is the belief that online course delivery is a highly effective methodology for undergraduate and graduate coursework. Most of the tasks completed involve working with knowledge, information, and digital systems, all of which can be comprehended as a result of properly designed online courses.

Also central to the program is a keen awareness of student need. Because many students face demanding personal schedules, they need to be able to access all course content "on-demand." Consequently, the program strives to provide the flexibility and primary benefits of asynchronous education.

Further principles upon which the program is founded are as follows:

- Course content should be available on-demand and allow students to repeat and review content to reinforce comprehension.
- Technology should maximize the interconnectivity between the digital learning material and the human learner.
- Course content should involve a synergistic approach, incorporating textual, auditory, and visual content to address different learning styles.
- Courses should facilitate community learning as research shows a strong correlation between group participation and course completion.

- Students should be encouraged to engage in thoughtful dialogue with other students. Knowledge which is passed along is often retained longer than knowledge which is simply absorbed.
- The courses should allow students to take advantage of the "courage" which relative anonymity provides in an educational context. Educational research has found that this feature is one of the greatest advantages of distance education. Students are much more willing to make a forum post than they would be to vocalize in a physical classroom.
- Students should be in control of their participation. With the ability to thoroughly consider all forum communications before sending, students maximize their ability to participate in group discussions confidently.
- Courses should allow anonymity, when desired. With direct email access to instructional support, privacy can be maximized.
- Course content should be structured to provide direct focus on key job tasks. Information is so readily available that education has become more of a matter of focus and direction than of providing information.
- Course content should be highly practical, as the target student market is specifically focused on acquiring valuable skills.
- Finally, because distance education is a changing field, the uses of technology in online education should continue to develop.

Accreditation and Approval

Lionel University is accredited by the Distance Education Accrediting Commission (DEAC).

Distance Education Accrediting Commission
1101 17th Street, N.W., Suite 808
Washington, D.C. 20036
(202) 234-5100
www.deac.org

Lionel University has had continuous accreditation by the DEAC since 2009.

A student or any member of the public may file a complaint about this institution with the DEAC by calling (202) 234-5100 or mailing to Distance Education Accrediting Com-mission 1101 17th Street, N.W., Suite 808, Washington, D.C. 20036.

Lionel University is a private institution that is approved to operate by the California Bureau for Private Postsecondary Education (BPPE). Approval to operate means the institution is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Edu-cation at 1747 North Market Blvd., Suite 225 Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95798-0818, www.bppe.ca.gov, toll-free number (888) 370-7589 or by fax (916) 263-1897.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the BPPE by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet website www.bppe.ca.gov.

Distance students residing outside of California may file a formal complaint with their home state authorizing agency, ideally after exhausting internal avenues, by using the links found on the Consumer Information Disclosure page on our institution's website:
https://www.lionel.edu/consumer-information-disclosure#complaintResolution

Arkansas Higher Education Coordinating Board certification does not constitute an endorsement of any institution, course or degree program. Such certification merely indicates that certain minimum standards have been met under the rules and regulations of institutional certification as defined in Arkansas Code §6-61-301.

The institution is authorized by Georgia Nonpublic Postsecondary Education Commission (GNPEC). Georgia residents may appeal the institution's final decision on com-plaints to GNPEC at 2082 East Exchange Place, Suite 220, Tucker, Georgia 30084-5305, (770) 414-3300
https://gnpec.georgia.gov/student-complaints

The institution is authorized by:
The Indiana Board for Proprietary Education
101. W. Ohio St., Suite 670
Indianapolis, IN 46204-1984

The institution is registered as a Private Institution with the Kansas Board of Regents. In addition to contacting DEAC and BPPE, Kansas residents may also con-tact the Kansas Board of Regents to assist with any complaints at: Kansas Board of Regents, 1000 SW Jackson St., Suite 520, Topeka, KS 66612, (785) 430-4240

https://www.kansasregents.org/academic_affairs/private_out_of_state/complaint_process

This institution is registered with:
The Maryland Higher Education Commission
6 N. Liberty Street, 10th floor Baltimore, MD 21201

The institution is registered with the Minnesota Office of Higher Education pursuant to sections 136A.61 to 136A.71. Registration is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

Minnesota Office of Higher Education
1450 Energy Park Dr., Suite 350
St. Paul, MN 55108
www.ohe.state.mn.us – 651-642-0533

Please visit
https://www.lionel.edu/consumer-information-disclosure#stateAuthorization for a comprehensive list of states in which the institution has obtained authorization, a formal exemption and or are not required under various state jurisdictions.

Grievance Procedure

Students with unresolved grievances may file an appeal with the Chief Academic Officer via email at studentaffairs@lionel.edu. Include description of concern, attempts to resolve, and desired outcome. Please submit grievances within thirty (30) days of the incident. The Chief Academic Officer will issue the institution's final decision. Students may appeal the final institutional decision with DEAC or the student's state authorizing agency. DEAC contact information and state agencies that require catalog posting are listed in the Accreditation and Approval Section of the catalog. A comprehensive list of state authorizing agencies, including those listed in the catalog, can be found on the Complaint Resolution page of our institution's website:
https://www.lionel.edu/consumer-information-disclosure#complaintResolution

Bankruptcy Notice

This institution does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, or has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

Student Information Disclosure

Prospective and current students can locate important information about Lionel University on the Consumer Information Disclosure page on our institution's website at
https://www.lionel.edu/consumer-information-disclosure
This page includes links to helpful information/disclosures, and is designed to provide open, pertinent information for both prospective and current students. The presentation of this information complies with the Higher Education Opportunity Act of 2008 that reauthorized the Higher Education Act of 1965, as amended (HEA), which requires colleges and universities to publicly disclose various aspects of their policies and procedures. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. School Performance Fact Sheets can be found for each program on our institution's website at https://www.lionel.edu/school-performance-fact-sheet

Governance

Legal Control: Lionel University, LLC

Board
Chief Executive Officer - Sal A. Arria
Co-Chief Executive Officer - Joshua Lehman
Board Member - Paul Arria
Chief Financial Officer - Bryan Simkanich

Executive Leadership
Chief Executive Officer - Dr. Sal A. Arria
Co-Chief Executive Officer - Joshua Lehman
Chancellor Of Exercise Science - Martin Rooney
Chief Compliance Officer - Jenette Buffum
Interim Chief Academic Officer - Bobby Rollins
Chief Marketing and Communications Officer - Matt Habecker
Vice President - Dan Duran
Chief Financial Officer - Bryan Simkanich

Lionel President's Advisory Committee

Debbie Bellenger
Joshua Bryant
Jennifer Halsall
Hal Hargrave
Joseph Kenn
Jessica H. Maurer
Beth Shaw

Hours of Operation

9:00 am to 4:00 pm Pacific Time
Monday through Friday

CONTACT INFORMATION

Lionel University
1013 Mark Avenue
Carpinteria, CA 93013
1-800-650-4772
admissions@lionel.edu
lionel.edu

Admissions

Application and Enrollment

The institution's admissions policy is oriented to adult learners, including military members, who typically have previously completed high school or undergraduate-level courses, military training, or earned credit by examination. To be admitted into an undergraduate degree program, students submit evidence of a high school diploma, GED certificate, or an international equivalent, and a government-issued photo ID. To be admitted, prospective graduate students complete an online application, submit an essay, an official transcript showing completion of a Bachelor's degree and submit a copy of a government-issued photo ID. This institution does not accept ability-to-benefit students.

Lionel University is committed to providing equal educational opportunities to all qualified applicants and students. The University does not discriminate on the basis of race, color, religion, creed, national origin, including limited English proficiency, ancestry, sex, age, disability, political affiliation or belief, military or veteran status, marital status, sexual orientation, gender identity or expression, or any other characteristic protected by applicable law.

Equal opportunity extends to all aspects of the student experience, including recruitment, admissions, enrollment, instruction, assessments, credentialing, and access to student support services. For applicable financially assisted workforce training programs, these protections also include citizenship status, as protected by law, and participation in a covered program.

Lionel University is committed to removing unnecessary barriers to participation while maintaining established academic and professional standards. Students requiring disability accommodations or language assistance may request support through the University's established student services channels.

Additional information is available in the University's Nondiscrimination, Equal Opportunity and Anti-Harassment Policy.

U.S. Residents

Step 1: Apply Online

Prospective undergraduate students complete an online application that can be accessed from the website, lionel.edu. Applicants indicate whether they will pursue a certificate or a degree. Applicants will report aid sources, transcripts, and desired start date. A copy of a government-issued photo ID must also be submitted. Stu-dents will self-certify their graduation from high school or the equivalent.

Prospective graduate students complete an online application that can be accessed from the website, lionel.edu. Applicants will report aid sources, transcripts, and desired start date. An essay is required as part of the application. Students must also submit an official transcript showing completion of a Bachelor’s degree. A copy of a government-issued photo ID must also be submitted.

Step 2: Admissions Process

Lionel University Admissions Team reviews an applicant’s expressed goals and assists the applicant with submission of any required documentation, including official transcripts. Undergraduate applications are processed within three business days. Graduate applications are processed within seven business days. Once a prospective student is admitted into a program, he/she will be notified of acceptance via email.

Step 3: Transfer Credit Evaluation

Transfer credit is welcome and encouraged. Students who have completed past coursework or served in the military are invited to have official college and military transcripts sent to the Office of the Registrar for evaluation.

Undergraduate students may transfer in a maximum of 60 credits into the Associate degree or 120 credits into the Bachelor’s degree. Credit awarded for experiential or equivalent learning, including credit-by-examination, shall not exceed 25 percent of the credits required for the degree and is only accepted into our undergraduate degrees. Relevant NCCA-accredited or ISSA personal training certifications may be transferred in with successful passing of corresponding competency exams (BS - maximum of 4, AS - maximum of 2, Master Trainer certificate - maximum of 1). Graduate students may transfer a maximum of 22 credits into the Master’s degree program.

Step 4: Getting Started

Once program confirmation is complete and all required documents are submitted, the student will be registered for their first course(s) per Lionel University’s prescribed scheduling by the Office of the Registrar. Upon registration, the student is prompted to review and sign their enrollment agreement for the term.

International Students

Students who are not citizens or permanent residents of the United States are considered for admission to Lionel University on the basis of academic preparation and personal qualifications.

Lionel University delivers its academic programs in English and does not offer a separate English language instruction program. The University recognizes, however, that some applicants and students may require assistance understanding institutional information, enrollment procedures, student rights, or other essential communications.

Students may identify a preferred language or request language assistance during the application process or at any point during enrollment. When a need is identified, Student Services will coordinate appropriate resources, which may include qualified interpretation, translated information, or other communication assistance.

Language assistance required for meaningful access to covered programs and services is provided at no cost to the student. Requests are considered individually, with attention to the student's communication needs and applicable academic requirements.

Additional information regarding available assistance and the process for requesting services is provided in the University's Limited English Proficiency and Language Access Policy.

Step 1: Apply online

Prospective undergraduate students complete an online undergraduate program application that can be accessed from the website, lionel.edu. Applicants indicate whether they will pursue a certificate, an associate degree, or a bachelor's degree. A copy of a government-is-sued photo ID must also be submitted. Students will self-certify their graduation from high school or the equivalent.

Prospective graduate students complete an online graduate program application that can be accessed from the website, lionel.edu. An essay is required as part of the application. Stu-dents must also submit an official transcript showing completion of a Bachelor's degree. A copy of a government-issued photo ID must also be submitted.

Step 2: Submit academic documentation

Prospective students send official copies of transcripts from secondary schools and colleges and universities to Lionel University. Transcripts in languages other than English must be accompanied by a certified translation.

Foreign Transcript Evaluation:

Transcripts for comparable undergraduate courses completed in a country other than the United States must be evaluated by an outside credential evaluation company before they are submitted to Lionel University. The National Association of Credential Evaluation Services (www.naces.org) members are acceptable sources for foreign credential evaluation and translation services.

Step 3: Submit TOEFL/IELTS scores*

All instruction is in English. Lionel University does not provide English language services. International applicants whose native language is not English must submit evidence of English proficiency through one of the following exams:

- Test of English as a Foreign Language (TOEFL) with a minimum score of 500 on the TOEFL PBT (Paper Based Test) or
- A minimum score of 61 on the TOEFL iBT (Internet Based Test)
- International English Language Testing System (IELTS) academic exam is also accept-able with a minimum score of 6.0
- Duolingo English Test will be accepted with a minimum score of 95
- 44 on the Pearson Test of English Academic Score Report
- 53 on the 4-skill Michigan English Test (MET), or 650/LP on the Michigan Examination for the Certificate of Competency in English (ECCE), or 650/LP on the Michigan Examination for the Certificate of Proficiency in English (ECPE)

* Please Note: Lionel University's school code for the TOEFL examination is: 9518. For IELTS simply search for Lionel University.

International students who have completed their undergraduate degrees at an accredited U.S. college including Lionel University or who submit a Bachelor's degree level transcript from an international university that offers courses instructed in English do not need to submit English proficiency test scores.

Lionel University programs are 100% distance education with no residency requirements. No visa services are offered and Lionel University cannot verify student residency status.

Non-Degree Seeking Students

Lionel University welcomes individuals who are not seeking a degree but wish to continue their education for college credit. Non-degree seeking students are individuals who may be taking coursework for personal enrichment, job enhancement, or certification. Non-degree seeking students may either enroll in individual courses or enroll into a certificate program. Non-degree seeking students must formally apply in order to register for undergraduate coursework.

Degree Programs

Undergraduate
Associate of Science in Exercise Science with an Emphasis in Personal Training
Bachelor of Science in Exercise Science

Graduate
Master of Science in Exercise Science

Certificate Programs

Lionel University offers three graduate certificate programs and one undergraduate level certificate program.

Graduate Certificates
Clinical, Corporate, and Community Wellness Graduate Certificate
Fitness Leadership Graduate Certificate
Strength and Conditioning Graduate Certificate

Undergraduate Level Certificate
Master Trainer™

*Programs are detailed within the catalog. Please note that programs and courses are subject to change at the discretion of the institution.

U.S. BUREAU OF LABOR

The Bureau of Labor Statistics (BLS) is an agency of the United States Department of Labor that provides and analyzes information and data on job classifications and makes this information available to the public. "The 2018 Standard Occupational Classification (SOC) system is a federal statistical standard used by federal agencies to classify workers into occupational categories for the purpose of collecting, calculating, or disseminating data. All workers are classified into one of 867 detailed occupations according to their occupational definition. To facilitate classification, detailed occupations are combined to form 459 broad occupations, 98 minor groups, and 23 major groups. Detailed occupations in the SOC with similar job duties, and in some cases skills, education, and/or training, are grouped together." – www.bls.gov/soc/

Master Trainer Certificate • 39-9031 – Fitness Trainers and Instructors • 29-9099 – Healthcare Practitioners and Technical Workers, All Other • 39-9032 – Recreation Workers (wellness, group activity facilitation **Associate of Science in Exercise Science** • 39-9031 – Fitness Trainers and Instructors • 29-9099 – Healthcare Practitioners and Technical Workers, All Other • 31-9099 – Healthcare Support Workers, All Other • 39-9032 – Recreation Workers **Bachelor of Science in Exercise Science** • 39-9031 – Fitness Trainers and Instructors • 13-1070 – Human Resources Workers (corporate wellness roles) • 29-1128 – Exercise Physiologists • 31-9099 – Healthcare Support Workers, All Other • 39-9032 – Recreation Workers • 11-9039 – Education Administrators, All Other (athletic program roles)	**Master of Science in Exercise Science** • 29-1128 – Exercise Physiologists • 11-9039 – Education Administrators, All Other (director-level fitness/athletics roles) • 13-1110 – Management Analysts (wellness program evaluation) • 11-9190 – Miscellaneous Managers (fitness & wellness program management) • 39-9031 – Fitness Trainers and Instructors (advanced tier) **Graduate Certificates** **Clinical, Corporate, & Community Wellness:** • 13-1110 – Management Analysts (wellness program evaluation) **Fitness Leadership** • 11-9190 – Miscellaneous Managers (fitness & wellness program management) **Strength and Conditioning** • 39-9031 – Fitness Trainers and Instructors (advanced tier)

Enrollment Calendar

There are 8 start dates during the year beginning on Monday of each 5-week session. Each course is offered within a 10-week or 5-week timeframe, depending on the nature of the course. Each course has a designated start and end date. Lionel University follows a quarter-based system.

Holidays

The institution is closed on the holidays listed below. Students have access to their online courses seven days a week including holidays

New Year's Day	Memorial Day	Indigenous Peoples Day
Martin Luther King Jr. Day	Juneteenth	Veterans Day
Presidents Day	Independence Day	Thanksgiving Day
Caesar Chavez Day	Labor Day	Christmas Day

Academic Information

The Academic Affairs department primarily serves as the institutional voice for curriculum research and selection, instructional design, course development, faculty selection, articulation, student retention, outcomes assessment, and accreditation oversight for Lionel University.

Instructional Model

The goal of Lionel University is to provide a high-quality educational experience to both students and faculty through online learning using innovative technologies and teaching techniques. The instructional model for undergraduate and graduate classes is a modified open-enrollment study track conforming to the following:

- A cohort consists of one student.
- Enrollment is offered 8 times per year, beginning Monday of each session.
- Each enrollment has a fixed start date and end date.
- Students are required to submit assignments, discussions, and quizzes at the end of each week. Each course concludes with a final, proctored exam.
- Instructors finalize course grades within seven (7) calendar days of course end date and grades become official within fourteen (14) calendar days of course end date.

Academic Term

The academic term is defined as a 10-week quarter. There are two 5-week sessions within each quarter to accommodate short-term courses. Courses are offered within a 10-week, 5-week, or 4-week timeframe, depending on the nature of the course.

Assignments must be turned in according to the established course schedule. The start of an academic term begins on the published start date of the academic quarter. A student's enrollment status is determined by the number of units held in one 10-week quarter.

Distance Education Disclosure

Course Format and Access

Lionel University courses and programs are 100% distance education with no residency requirement. Dormitory facilities, housing availability, and institutional assistance with housing is not offered and does not apply. Undergraduate and Graduate coursework is delivered through our online Learning Management System (LMS), accessible via secured username and password through lionel.edu. This course delivery platform is designed with an easy-to-use student interface. The LMS is used by students and faculty members for course syllabus, course work, and grading. Supported by the course instructor and the accompanying digital textbook, the LMS is the students' online class-room.

Students may begin classroom orientation shortly after registration. It is recommended that students complete classroom orientation prior to starting their first course. The purpose of classroom orientation is to help the student navigate the LMS, understand the process for successfully completing a course, and utilize all helpful student resources.

Faculty and Instruction

Interaction with the course instructor is the front-line of academic support. The main academic goals include mastery of the course learning objectives and completion of all work within the course timeframe. The instructor's main responsibility is to work closely with the student to ensure the student's learning success. Faculty are responsible for communicating with students through the News Forum and email; providing the opportunity for office hours via the online tutor/chat room; monitoring

student inter-action throughout the course via assignment submission and discussion; and providing student-centered assignment feedback.

Continuous improvement and institutional effectiveness are essential to student satisfaction and academic progress. Students have the opportunity to evaluate the course and the instructor anonymously at the conclusion of each course.

Instructors

Melinda Bilecki, MA, English, Baylor University; BA, English, Rice University

Tamara Bohnett, MS, Biology & Health Sciences, San Francisco State University; BS, Den-tal Hygiene, Carroll College

Kelly A. Bonice, MSW, LSW, Clinical Social Work, Ohio University; BSW, Social Work, University of Rio Grande

Arthur Dixon, Masters in Organic Chemistry University of California, Santa Barbara, Bachelor in Chemistry, University of Missouri

Meredith Dombach, EdD, Curriculum & Teaching, Northcentral University; MA, Curriculum & Instruction, Nova Southeastern University; MS, Sports Medicine & Sports Fitness, United States Sports Academy; BS, Health & Physical Education, East Stroudsburg University

Heidi Girolamo, MA, Sport and Performance Psychology, Minnesota State University, Mankato; BA, Psychology, California State University, San Marcos

Dominique Groom, MS, Exercise Science, Lionel University, BS, Exercise and Sports Science, Concordia University, Irvine: AS Math and Science, Palomar Community College

Alex Hoffmann, EdD, Sports Management, United States Sports Academy; MS Kinesiolo-gy, California State University, Fullerton; BA Exercise Science, Central College, Pella, IA

Belal Kaifi, POSTDOC, Business Administration, University of Florida; EdD, Organization & Leadership, University of San Francisco; EdD, Health Science Administration, American Intercontinental University; MPA, California State University, East Bay; BS, Business Administration, San Jose State University

Melinda Kasal-Canty, MS, Project Management, Strayer University; BS, Management, Park University; Master Trainer, Lionel University

James Mattern, EdD, Sport Management with Sport Marketing Emphasis, United States Sports Academy; MS, Sport Science with Sport Management Concentration & BS, Sport Administration, Lock Haven University, Pennsylvania

Darian Parker, PhD, Sports Education Leadership/Behavior Modification, University of Nevada Las Vegas; MS Kinesiology/Advanced Coaching; James Madison University, BS Kinesiology/Exercise Leadership, James Madison University

Bob Rollins, MBA, Project Management, Grantham University; BS, Business Administration, Grantham University; Master Trainer & AS, Exercise Science, emphasis in Personal Training, Lionel University

Mark Shropshire, MS Exercise Science, University of Montana, BS Corporate and Com-munity Fitness, North Dakota State University.

Sarah Beth Stooksberry, MS, Exercise Science, Lionel University; Executive MBA, Bethel University; M.S. in Criminal Justice, Bethel University; BS, Communications, University of Tennessee at Martin; Master Trainer, Spartan SGX level 1

Jason Williams, EdD, Sports Management, United States Sports Academy; MBA, Business Administration and Sports Administration, University of Central Florida; BS, Marketing, University of Idaho

Robert C. Williams; Ph.D. and M.A., Environmental History, University of New Mexico; B.A., US History, Princeton University; certified in the Wim Hof Method (Level 2), Oxygen Advantage, the Buteyko Method, and the Peak Flow Method (Level 3)

Anson Xuan, MA, Mathematics, Arizona State University; MS, Applied Mathematics, Su Yat-Sen University; BS, Mathematics, Guangzhou University

Participation

Participation is identified through completion of course activities and assignment sub-mission. Assignments include written assignments, discussion posts, quizzes and exams. To be successful, each student must submit all assignments and contribute to the classroom discussions. Assignments must be submitted by the posted deadline. When assignments are not submitted by the deadline, Success Coaches and instructors may contact students to check on their status and offer assistance if needed. Instructors assess the quality of the students' contributions during the course by evaluating each assignment. Failure to complete assignments and maintain a passing course grade of C or higher may contribute to unsatisfactory academic progress.

Student's work should:

- Reflect understanding of the course objectives
- Reflect original thought and reflection on the course topics
- Reflect ideas offered in the assigned course readings and feedback from the instructor
- Show evidence of thorough reading and analysis of the material being studied and discussed
- Show evidence that the student distinguishes among different kinds of data (e.g., facts, opinions, assumptions, inferences, and evaluations)
- Show a willingness to test new ideas
- Reflect a willingness to interact with faculty by asking questions and challenging ideas and conclusions.
- Avoid commentary that does not demonstrate comprehension. Passive comments such as "That's right" or "I disagree" need to be supported by new evidence.
- Be substantiated and persuasively presented

Non-participation is characterized by lack of assignment submission and inadequate contribution in threaded discussions. Non-participation will be monitored by both Success Coaches and the instructor.

During the first two modules of a session, participation will be closely monitored. Students who have not participated will be contacted by their Success Coaches. If students are experiencing extraordinary circumstances that prevent assignment submission, students should contact their instructors or Success Coaches and they will provide assistance as needed.

Success Coaches and instructors will send warning emails to students who fail to submit assignments or participate. The warning email will indicate that the students' assignment grades and final course grade may fail to meet the minimum academic standard.

Student Identity Verification

Federal standards require that institutions verify the identity of students receiving aca-demic credit. Applicants are required to submit a copy of a government-issued photo ID in order to be admitted to Lionel University. Applicant records are confidential and protected by FERPA.

Acceptable forms of identification:

- Driver's License
- State-issued Identification Card
- Passport

All students are designated a specific username and password upon enrollment. The student's email acts as their username and must match the email submitted and verified in their student record. The student is then given a generic password, which is sent to the student email. The student must click on a provided link in order to verify their email address and select a personal password.

Proctored Examinations

All classes end with a timed, one hour, proctored examination taken in Canvas, powered by Honorlock.

Technical Specifications:

- Google Chrome Browser
- Honor Lock Browser Extension
- A webcam with 640x480 video pixel resolution
- Headphones or working speakers connected to the computer
- A microphone connected to the computer (we recommend having a webcam that has a built in microphone)
- A reliable high-speed internet connection (minimum 768 Kbps/128 Kbps)

Option 2: Live Third-Party Proctoring (exception only)

This option is only made available to students that have been approved by the Registrar's office.

1. Obtain a proctor. The proctor must be a disinterested third party authorized by Lionel University.
    - Member of the clergy or religious leader
    - Librarian
    - High-school teacher
    - Community college proctor
    - Other official proctor
2. Sample proctors that are not authorized:
    - Anyone related by blood or by law
    - Girlfriend / boyfriend / fiance(e) / partner / spouse
    - Former or current Lionel University student

- Friend
- Roommate / housemate
- *NOTE* This is not a complete list. Find someone that showcases your integrity and commitment to academic honesty. If you do not, you could face a failing grade or dismissal from the program.

3. Schedule an exam time with your proctor. The exam time must be during the final week of the course. Your proctor will need to be with you for the duration of your exam.
4. Obtain a Third-party Proctor Form. Take this form with you to your scheduled exam.
5. Have your proctor contact Lionel University from 9:00am to 4:00pm, Pacific; M-F for a course-specific passcode. The proctor can do this at any time before your scheduled exam.
6. 1.800.650.4772 | proctor@lionel.edu
7. At the time of the exam, the proctor shall confirm your identity through photo identification and complete the proctor form.
8. You will log in to your course and click on your final exam.
9. Your proctor will manually input the secure passcode provided by the institution to unlock your exam.
10. You will have one hour to complete the final in a closed-book, closed-note, proctored set-ting.
11. Your proctor must monitor you for the duration of the exam and note the time you finish on the proctor form.
12. You will need to fax or email the form to your Success Coach before you receive your grade. (The form contains these instructions.)

Title IX Office

The U.S. Department of Education's Office for Civil Rights (OCR) enforces, among other statutes, Title IX of the Education Amendments of 1972, Title IX protects people from discrimination based on sex in education programs or activities that receive Federal financial assistance. Lionel University is committed to providing a work and school environment free of unlawful harassment or discrimination.

Title IX Coordinator:
Cody Nelson 1013 Mark Ave
Carpinteria CA 93013
800-650-4772 Ext. 510
cnelson@lionel.edu

Lionel University ensures that its employee(s) designated to serve as Title IX Coordinator(s) have adequate training on what constitutes sexual harassment, including sexual violence, and that they understand how the institution's grievance procedures operate. Because complaints can also be filed with an employee's supervisor or Human Resources, These employees also receive training on the institution's grievance procedures and any other procedures used for investigating reports of sexual harassment.

Title IX Policy

Lionel University is committed to providing a work and school environment free of unlawful harassment or discrimination. In accordance with Title IX of the Education Amendments of 1972, Lionel University prohibits discrimination based on sex, which includes sexual harassment and sexual violence, and Lionel

University has jurisdiction over Title IX complaints which should be directed to the Title IX Coordinator. Employees of Lionel University are required to take our mandatory Sexual Harassment and Prevention Training upon hire and every two years thereafter. Lionel University policy prohibits harassment or discrimination based on race, religion, creed, color, national origin, ancestry, sex (including pregnancy, childbirth or related medical conditions), military or veteran status, physical or mental disability, medical condition, marital status, age, sexual orientation, gender, gender identity or expression, genetic information or any other basis protected by the federal, state or local law.

Lionel University Title IX and anti-harassment policy applies to all persons involved in the operation of the institution, and prohibits unlawful harassment by any employee of the institution, as well as students, customers, vendors or anyone who does business with the institution. It further extends to prohibit unlawful harassment by or against students. Any employee, student or contract worker who violates this pol-icy will be subject to disciplinary action. To the extent a customer, vendor or other person with whom the institution does business engages in unlawful harassment or discrimination, the institution will take appropriate corrective action.

As part of the institution's commitment to providing a harassment-free working and learning environment, this policy shall be disseminated to the institution's community through publications, the school website, new employee orientations, student orientations, and other appropriate channels of communication. Lionel University provides training to key staff members to enable the institution to handle any allegations of sexual harassment or sexual violence promptly and effectively. Lionel University will respond quickly to all reports, and will take appropriate action to prevent, to correct, and if necessary, to discipline behavior that violates this policy.

Title IX Definitions

Sexual Harassment

Is defined as unwelcome is defined as unwelcome advances, requests for sexual favors, other verbal or physical sexual conduct, or any other offensive unequal treatment of an employee, student, or group of employees or students that would not occur except for their sex when:

1. The advances, requests or conduct have the effect of interfering with performance of duties or studies or creating an intimidating, hostile, or otherwise offensive work or academic environment.
2. Submission to such advances, requests or conduct is explicitly or implicitly a term or condition of an individual's employment or academic achievement or advancement.
3. Submission to or rejection of such advances, requests or conduct is used as a basis for employment or academic decisions.

Sexual Harassment is a violation of Section 703 of Title VII of the Civil Rights Act of 1964 as amended in 1972, (42 U.S.C. S2000e, et. seq.), and Title IX of the Education Amendments of 1972 (20 U.S.C. 1691, et. seq.), including the Clery Act and the Violence Against Women Act (VAWA) and is punishable under both federal and state laws. Forms of sexual harassment include, but are not limited to, sexist remarks or behavior, constant offensive joking, sexual looks or advances, repeated requests for dates, unwelcome touching, promise of reward for sexual favors. Students, faculty or staff who experience sexual harassment are encouraged to make it clear to the alleged offender that such behavior is offensive. However, failure to comply with this provision does not defeat the investigation. Includes quid pro quo harassment perpetuated by an educational institution's employee; and all other forms of sexual harassment, where the conduct is "so severe, pervasive, and objectively offensive" that it denies the victim equal access to education, as set forth by the Supreme Court in Davis v. Monroe County Board of Education.

Sexual Violence

Means physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent. A number of acts fall into the category, including sexual assault or harassment based on sexual orientation, domestic violence, dating violence, and stalking. Alleged sexual violence against another may also constitute a crime resulting in an additional, independent law enforcement investigation falling outside of this Grievance Policy. These acts will not be tolerated at Lionel University as such acts are inappropriate and create an environment contrary to the goals and mission of Lionel University. Any such acts will be thoroughly investigated and will subject an individual to appropriate disciplinary sanctions and/or possible action by appropriate law enforcement agencies.

Sexual Assault

Includes rape, acquaintance rape, fondling, incest, and statutory rape, as well as other forms of nonconsensual sexual activity.

Domestic Violence

Means a felony or misdemeanor crime of violence committed by a current or former spouse or intimate partner of the victim, a person with whom the victim shares a child in common, a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner, a person similarly situated to a spouse of the victim under domestic or family violence laws of the jurisdiction in which the crime of violence occurred, or any other person against an adult or youth victim who is protected from that person's act under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred.

Dating Violence

Means a violence act committed by a person who is or has been in a social relation-ship of a romantic or intimate nature with the victim and where the existence of such a relationship shall be determined based on the reporting party's statement and with consideration of the following factors: the length of the relationship, the type of relationship, and the frequency of interaction between the persons involved in the relationship. Dating violence includes, but is not limited to, sexual or physical abuse or threat of such abuse and dating violence does not include acts covered under the definition of domestic violence.

Stalking

Means "engaging in a course of conduct (two or more acts including but not limited to acts in which the stalker directly, indirectly, or through third parties, or by any action, method, device or means, follows, monitors observes, surveils, threatens or communicates to or about a person or interferes with his or her property that is directed at a specific person and would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress. "Reasonable persons" means a reasonable person under similar circumstances and with similar identities to the victim. "Substantial emotional distress" means significant mental suffering or anguish that may, but does not necessarily, require medical or other professional treatment or counseling. "Course of conduct" is two or more acts, including, but not limited to, acts in which the stalker directly, indirectly, or through third parties, by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about a person, or interferes with a per-son's property.

Consent

Means voluntary agreement to engage in sexual activity by verbal agreement or active and willing participation in sexual activity. Someone who is incapacitated or under the age of consent under state law cannot consent. Past consent does not imply future consent. Silence or an absence of resistance does not imply consent. Consent to engage in sexual activity with one person does not imply consent to

engage in sexual activity with another. Consent may be withdrawn at any time. Coercion, force, or threat of either invalidates consent.

Clery Act

Lionel University is a distance education only institution, as such students are never present for enrollment, student services, study, work, or internships etc. therefore, according to HEA Handbook for Campus Safety, the institution is exempt from reporting or compliance with the Clery Act as there are no student statistics to report on.

Prohibited Conduct under Title IX

This policy strictly prohibits sexual or other unlawful harassment or discrimination as well as sexual violence, as defined above. Sexual or other unlawful harassment or discrimination includes any verbal, physical or visual conduct based on sex, race, age, national origin, disability or any other legally protected basis if:

i. submission to such conduct is made either explicitly or implicitly a term or condition of an individual's education or employment;

ii. submission to or rejection of such conduct by an individual is used as a basis for decisions concerning that individual's education or employment; or

iii. it creates a hostile or offensive work environment, which means the alleged con-duct is sufficiently serious to limit or deny a student's or employee's ability to participate or benefit from the education program.

Unlawful harassment or discrimination may include racial epithets, slurs and derogatory remarks, stereotypes, jokes, posters or cartoons based on race, national origin, age, disability, marital status or other legally protected categories. Sexual harassment is conduct based on sex, whether directed towards a person of the opposite or same sex, and may include explicit sexual propositions, sexual innuendo, suggestive comments, sexually oriented "kidding" or "teasing", practical jokes, jokes about or displays of obscene printed or visual material, questions about sexual fantasies, preferences or history, and physical contact such as patting, pinching, or intentionally brushing against another person's body. Gender-based harassment, including acts of verbal, nonverbal or physical aggression, intimidation, or hostility based on sex or sex-stereotyping are strictly prohibited, even if those acts do not involve conduct of a sexual nature.

Title IX Grievance Procedure

Notice

If you believe that you have experienced or witnessed harassment or sexual violence, notify your instructor, supervisor, or the Title IX Coordinator as soon as possible after the incident. Do not allow an inappropriate situation to continue by not reporting it, regardless of who is creating the situation. No employee, contract worker, student, vendor or other person who does business with the institution is exempt from the prohibitions in this policy. Supervisors are required to refer all student harassment complaints to the Title IX Coordinator. In order to facilitate the investigation, your complaint should include details of the incident or incidents, names of the individuals involved and names of any witnesses. Actual Notice has occurred once the Title IX Coordinator has knowledge, or any other official who has the authority to institute corrective measures on behalf of the institution has notice.

Title IX Formal or Informal Process

In some cases, if the situation warrants the institution may offer an informal process only after a formal complaint has been filed. All parties to the complaint must give voluntary, informed, written consent to proceed to an informal process. All parties will be given written notice disclosing the allegation, the requirements of the informal resolution process including any consequences of participating in the informal process which may include the forfeiture of any formal process rights. Additionally, any party may withdraw from the informal process to resume the formal grievance process at any time with written notice to the Title IX Coordinator. Informal process will not be offered in the case of a formal complaint involving allegations that an employee sexually harassed a student.

Title IX Supportive Measures

Supportive measures may include:

Referral to counseling, medical, and/or other health services Offering adjustments to academic deadlines, course schedules, etc. Academic Support

Financial Aid Counseling Modifying class or work schedules;

Placing mutual restrictions on contact between the parties; Changing work or housing locations; and/or

Providing leaves of absence

Implementing contact limitations (no contact orders) between the parties

Personnel

Title IX Coordinator

Investigator(s)

Decision Maker (Adjudicator)

Facilitator

Advisor to the parties

Title IX Grievance Procedures

All parties will be treated equitably. The goal of remedies are to provide, preserve or restore equal access to education and activities.

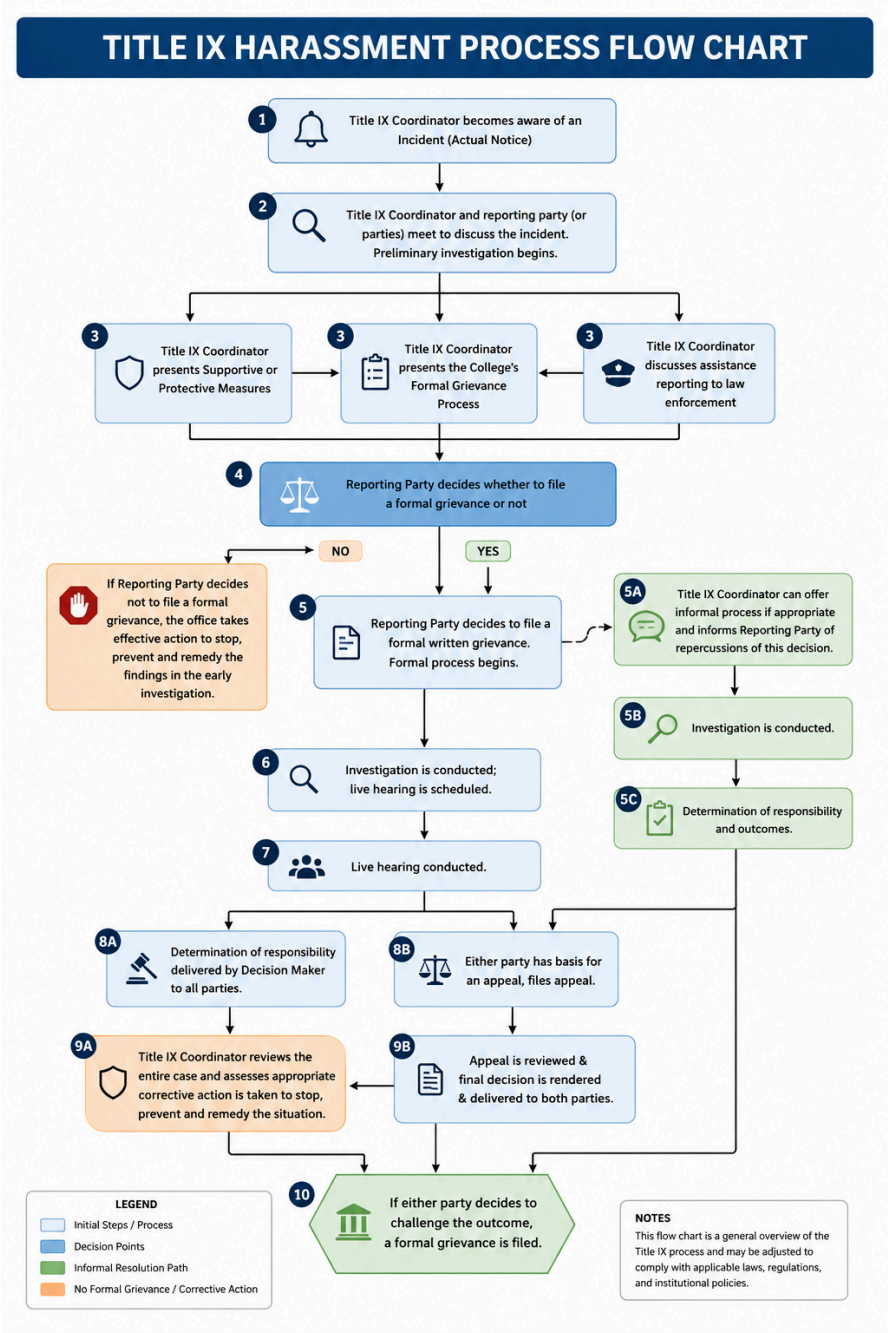
Objective evaluation of evidence. The grievance process will ensure objective evaluation of all relevant evidence. Credibility will not be determined based on status as a complainant, respondent, or witness.

All personnel are trained using approved materials. The training materials are avail-able in the Title IX hearing personnel training.

Title IX Hearing Personnel Training

All personnel involved in the live hearing process will attend training in order to effectively perform their duties. Training Lionel University offers can be found in the Title IX Office section of the institution’s website.

Harassment Process Flowchart



Presumption of Innocence

A Respondent is presumed not responsible, any finding of responsibility will come at the conclusion of the grievance process

Title IX Harassment Time Frame of Process

1. Notification happens

2. Investigation conducted within 5 days and
3. Written results of investigation will be given to all parties to the complaint with-in 30 days of Notification
4. Hearing will be set within 5 days of results of investigation and be completed not more than 25 days
5. Results from hearing will be delivered in writing to all parties by the Title IX Coordinator within 10 days of conclusion of live hearing.
6. The entire process will generally take no more than sixty (60) days.
7. From time to time delays or extensions of our time frames may be necessary. Delays or extensions of the institution's will be "temporary," "limited," and "for good cause," and we will notify all parties of the reason for any such short-term delay or extension.

Range of Outcomes

Warning or censure

Disciplinary probation

Loss of privileges or exclusion from services or organizations Restrictions

Suspension

Dismissal or expulsion – For students this may include removal from or expulsion from school including any school resources, all rights and privileges the institution provides, and any other services the institution provides present or future.

Holds on enrollment or registration, degree's, transcripts, financial aid.

In the case of any employee or faculty up to and including termination. Repeated behavior will be subject to any and all of the above as appropriate.

Title IX Standard of Evidence

Lionel University has adopted a Preponderance of Evidence standard for determining responsibility for all formal sexual harassment proceedings. This standard of evidence will be used in all formal proceedings whether the respondent is a student, employee, or faculty member.

Title IX Right to Appeal

Every Party has the right to appeal the result of a grievance decision. The party must file an appeal, in writing, with the Title IX Coordinator within 15 days of the decision. The Title IX Coordinator shall issue a written decision in response to the appeal no later than 30 days after its filing.

Title IX Investigation of Complaints

All notifications of harassment are investigated by trained team-members of the institution in order to determine if immediate supportive measures need to be taken, or to stop, prevent and remedy the situation. Investigation does not necessarily lead to formal grievance complaint, the complainant has a choice to in many circumstances decide to pursue formal, informal, or no further investigation depending on the severity of the issue the Title IX Coordinator may need to escalate but will do everything in their power to keep the investigation private. Investigators are either the Title IX coordinator, or picked from a number of trained team members. Conflict of interest as well as expertise

in certain areas are considered in the assignment of an investigator. See Anti-Harassment and Discrimination Policy, Time Frame of Process, Harassment process flowchart, or Title IX Training Documents for more information.

Title IX Retaliation Prohibited

Lionel University will not retaliate against you for filing a complaint, and will not tolerate retaliation by students or employees. If you believe you have been retaliated against, you should promptly notify your supervisor and Human Resources or the Title IX Coordinator.

Title IX Reporting Requirements

Victims of sexual misconduct should be aware that the institution's administrators must issue timely warnings for incidents reported to them that pose a substantial threat of bodily harm or danger to other members of the campus community. Lionel University will make every effort to ensure that a victim's name and other identifying information is not disclosed, while still providing enough information for community members to make safety decisions in light of the danger. Lionel University reserves the right to notify parents/guardians of dependent students regarding any health or safety risk, or a change in student status.

Title IX Additional Information

Employees should contact Human Resources for more information or any questions related to this policy. Students may contact the Title IX Coordinator with any questions related to this policy. In addition, the U.S. Department of Education Office for Civil Rights ("OCR") investigates complaints of unlawful harassment of students in educational programs or activities. This agency may serve as a neutral fact finder and will attempt to facilitate the voluntary resolution of disputes with the parties. For more information, visit the OCR website at: http://www.hhs.gov/ocr/.

English Language Proficiency and Language Access

Lionel University is committed to providing meaningful access to its educational programs and institutional services for individuals with limited English proficiency (LEP), while maintaining the academic standards and admission requirements established for each program.

Degree-Granting Programs

Applicants seeking admission to degree-granting programs must demonstrate sufficient English language proficiency to successfully participate in and benefit from instruction delivered in English. Applicants subject to the University's English language proficiency requirements must meet the established minimum scores on an approved English proficiency assessment, as outlined in the Admissions section of this catalog.

These requirements are intended to ensure that students possess the language skills necessary to understand course content, engage in academic activities, and successfully meet program learning outcomes.

Workforce Certificate Programs

Students participating in designated workforce training programs, including the Master Trainer Certificate and individual Certified Fitness Trainer certificate programs, may access English language

support, interpretation, and translation services to facilitate meaningful participation in their educational programs.

Language assistance may include support with understanding instructional materials, course expectations, assessments, enrollment procedures, and communication with faculty and student support personnel. Assistance is coordinated based on individual needs while maintaining established academic competencies and credentialing requirements.

Eligible students are not required to pay for language assistance services provided under applicable workforce program requirements.

Institutional Documents and Communications

Regardless of the program to which an individual applies or in which they are enrolled, applicants and students may request institutional policies, enrollment agreements, contracts, and other essential institutional communications in a language they can more readily understand.

The University will coordinate appropriate translation or interpretation services to support informed decision-making and understanding of institutional requirements, student rights, and responsibilities. Requests are evaluated individually, and assistance is provided in accordance with applicable language access requirements.

Requesting Language Assistance

Applicants and students may identify their preferred language or request language assistance during admissions or at any point throughout enrollment by contacting Student Services. Requests are handled confidentially and will not adversely affect admission consideration, academic standing, or access to institutional services.

Additional information regarding language assistance and available services is outlined in Lionel University's Limited English Proficiency (LEP) and Language Access Policy.

Section 504/American with Disabilities (ADA) Policy

Lionel University does not discriminate in admission or access to our program on the basis of age, race, color, sex, disability, religion, sexual orientation, national origin or any other category protected by local, state or federal laws. Applicants who are persons with disabilities, as defined in paragraph 104.3(j) of the regulation under Section 504 of the Rehabilitation Act of 1973, may apply for admittance into the program. Lionel University will work with the applicant or student to determine whether reasonable accommodations can be effective and/or are available.

Lionel University ADA Compliance Coordinator — Jenette Buffum, jbuffum@lionel.edu, 1-800-650-4772 — is responsible for coordinating compliance with Section 504 of the Rehabilitation Act of 1973 and Title III of the Americans with Disabilities Act of 1990.

Requests for Accommodation:

If you would like to request academic adjustment or auxiliary aids, please contact your Success Coach. You may request academic adjustments or auxiliary aids at any time.

Any qualified individual with a disability requesting an accommodation or auxiliary aid or service should follow this procedure:

1. Notify your Success Coach in writing of the type of accommodation needed, date needed, documentation of the nature and extent of the disability, and of the need for the accommodation or auxiliary aid. The request should be made at least four weeks in advance of the date needed. Email: studentsupport@lionel.edu
2. Your Success Coach will respond within two weeks of receiving the request.
3. If you would like to request reconsideration of the decision regarding your request, please contact your Success Coach within one week of the date of the response. Please provide a statement of why and how you think the response should be modified.

Section 504 Internal Grievance Procedure

It is the institution's policy not to discriminate on the basis of disability. Lionel University has adopted an internal grievance procedure providing for prompt and equitable resolution of complaints alleging any action prohibited by Section 504 of the Rehabilitation Act of 1973 (29 U.S.C. 794).

Section 504 prohibits discrimination on the basis of disability in any program or activity receiving Federal financial assistance. The Law and Regulations may be examined in the office of Jenette Buffum, who has been designated to coordinate the efforts of Lionel University to comply with Section 504. The Compliance Coordinator can be contacted by phone at 1-800-650-4772 or by email at jbuffum@lionel.edu.

Any person who believes she/he has been subjected to discrimination on the basis of disability may file a grievance pursuant to the procedure outlined below. Lionel University will not retaliate against anyone who files a grievance in good faith or cooperates in the investigation of a grievance.

Procedure:

Grievances must be submitted to the Section 504 Grievance Compliance Coordinator, within thirty (30) days of the date, the person filing the grievance becomes aware of the alleged discriminatory action.

A complaint must be in writing, containing the name and address of the person filing it. The complaint must state the problem or action alleged to be discriminatory and the remedy or relief sought.

The Section 504 Grievance Compliance Coordinator (or designee) shall investigate the complaint (i.e., identify and obtain relevant evidence, identify and obtain statements from relevant witnesses) and afford all interested persons an opportunity to submit relevant evidence. The Complainant may also present witnesses relative to the complaint. The Section 504 Grievance Compliance Coordinator will maintain the files and records relating to such grievances. The Section 504 Grievance Compliance Coordinator will issue a written decision on the grievance no later than 30 days after its filing.

The person filing the grievance may appeal the decision of the Section 504 Grievance Compliance Coordinator by writing to Lionel University Executive Director, Dr. Salvatore A. Arria (1013 Mark Avenue, Carpinteria, CA 93013, 800-650-4772, sarria@lionel.edu) within 15 days of receiving the Section 504 Grievance Coordinator's decision. The Executive Director shall issue a written decision in response to the appeal no later than 30 days after its filing.

The availability and use of this grievance procedure do not prevent a person from filing a complaint of discrimination on the basis of disability with the U. S. Department of Education, Office for Civil Rights. A student or any member of the public may also file a complaint about this institution with the BPPE at any time by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet website www.bppe.ca.gov.

Lionel University will take all steps to prevent recurrence of any harassment or other discrimination and to correct discriminatory effects where appropriate. Lionel University will make appropriate

arrangements to ensure that disabled persons are provided other accommodations, if needed, to participate in this grievance process. The Section 504 Compliance Coordinator will be responsible for such arrangements.

Anti-Harassment and Discrimination Policy (for Students and Employees)

Lionel University's commitment to nondiscrimination and equal opportunity extends to all educational programs, including certificate and workforce training programs. Students are protected from harassment, intimidation, discrimination, and retaliation when exercising their rights, requesting accommodations or language assistance, or reporting concerns. Additional protections and reporting options are outlined in the University's Nondiscrimination, Equal Opportunity and Anti-Harassment Policy.

Lionel University is committed to providing a work and school environment free of unlawful harassment or discrimination. All employees are required to take our mandatory Sexual Harassment and Prevention Training every two years. Lionel University policy prohibits harassment or discrimination based on race, religion, creed, color, national origin, ancestry, sex (including pregnancy, childbirth or related medical conditions), military or veteran status, physical or mental disability, medical condition, marital status, age, sexual orientation, gender, gender identity or expression, genetic information or any other basis protected by the federal, state or local law. Additionally, in accordance with Title IX of the Education Amendments of 1972, Lionel University prohibits discrimination based on sex, which includes sexual harassment and sexual violence, and Lionel University has jurisdiction over Title IX complaints.

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2. Submission to such advances, requests or conduct is explicitly or implicitly a term or condition of an individual’s employment or academic achievement or advancement.
3. Submission to or rejection of such advances, requests or conduct is used as a basis for employment or academic decisions.

Sexual Harassment is a violation of Section 703 of Title VII of the Civil Rights Act of 1964 as amended in 1972, (42 U.S.C. S2000e, et. seq.), and Title IX of the Education Amendments of 1972 (20 U.S.C. 1691, et. seq.) and is punishable under both federal and state laws. Forms of sexual harassment include, but are not limited to, sexist remarks or behavior, constant offensive joking, sexual looks or advances, repeated requests for dates, unwelcome touching, promise of reward for sexual favors. Stu-dents, faculty or staff who experience sexual harassment should be encouraged to make it clear to the alleged offender that such behavior is offensive. However, failure to comply with this provision does not defeat the investigation.

Sexual Violence means physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent. A number of acts fall into the category, including sexual assault or harassment based on sexual orientation, domestic violence, dating violence, and stalking. Alleged sexual violence against another may also constitute a crime resulting in an additional, independent law enforcement investigation falling outside of this Grievance Policy. These acts will not be tolerated at Lionel University as such acts are inappropriate and create an environment contrary to the goals and mission of Lionel University. Any such acts will be thoroughly investigated and will subject an individual to appropriate disciplinary sanctions and/ or possible action by appropriate law enforcement agencies.

Sexual Assault includes rape, acquaintance rape, fondling, incest, and statutory rape, as well as other forms of nonconsensual sexual activity.

Domestic Violence means a felony or misdemeanor crime of violence committed by a current or former spouse or intimate partner of the victim, a person with whom the victim shares a child in common, a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner, a person similarly situated to a spouse of the victim under domestic or family violence laws of the jurisdiction in which the crime of violence occurred, or any other person against an adult or youth victim who is protected from that person's act under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred.

Dating Violence means a violence act committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim and where the existence of such a relationship shall be determined based on the reporting party's statement and with consideration of the following factors: the length of the relation-ship, the type of relationship, and the frequency of interaction between the persons involved in the relationship. Dating violence includes, but is not limited to, sexual or physical abuse or threat of such abuse and dating violence does not include acts covered under the definition of domestic violence.

Stalking means "engaging in a course of conduct (two or more acts including but not limited to acts in which the stalker directly, indirectly, or through third parties, or by any action, method, device or means, follows, monitors observes, surveils, threatens or communicates to or about a person or interferes with his or her property that is directed at a specific person and would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress. Reasonable persons means a reasonable person under similar circumstances and with similar identities to the victim. Substantial emotional distress means significant mental suffering or anguish that may, but does not necessarily, require medical or other professional treatment or counseling.

Consent means voluntary agreement to engage in sexual activity by verbal agreement or active and willing participation in sexual activity. Someone who is incapacitated or under the age of consent under state law cannot consent. Past consent does not imply future consent. Silence or an absence of resistance does not imply consent. Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another. Consent may be withdrawn at any time. Coercion, force, or threat of either invalidates consent.

Prohibited Conduct

This policy strictly prohibits sexual or other unlawful harassment or discrimination as well as sexual violence, as defined above. Sexual or other unlawful harassment or discrimination includes any verbal, physical or visual conduct based on sex, race, age, national origin, disability or any other legally protected basis if:

i. submission to such conduct is made either explicitly or implicitly a term or condition of an individual's education or employment;

ii. submission to or rejection of such conduct by an individual is used as a basis for decisions concerning that individual's education or employment; or

iii. it creates a hostile or offensive work environment, which means the alleged conduct is sufficiently serious to limit or deny a student's or employee's ability to participate or benefit from the education program.

Unlawful harassment or discrimination may include racial epithets, slurs and deroga-tory remarks, stereotypes, jokes, posters or cartoons based on race, national origin, age, disability, marital status or other legally protected categories.

Sexual harassment is conduct based on sex, whether directed towards a person of the opposite or same sex, and may include explicit sexual propositions, sexual innuendo, suggestive comments, sexually oriented "kidding" or "teasing", practical jokes, jokes about or displays of obscene printed or visual material, questions about sexual fantasies, preferences or history, and physical contact such as patting, pinching, or intentionally brushing against another person's body. Gender-based harassment, including acts of verbal, nonverbal or physical aggression, intimidation, or hostility based on sex or sex-stereotyping are strictly prohibited, even if those acts do not involve conduct of a sexual nature.

Investigation of Complaints

In response to all complaints, the institution promises prompt and equitable resolution through a reliable and impartial investigation of complaints, including the opportunity for both parties to present witnesses or other evidence. The time necessary to con-duct an investigation will vary based on complexity but will generally be completed within sixty (60) days of receipt of the complaint. Lionel University shall maintain confidentiality for all parties to the extent possible, but absolute confidentiality cannot be guaranteed. In cases where a student does not give consent for an investigation, Lionel University will weigh the student's request for confidentiality against the impact on school safety to determine whether an investigation must proceed. Complainants should be aware that in a formal investigation due process generally requires that the identity of the charging party and the substance of the complaint be revealed to the person charged with the alleged harassment.

The preponderance of the evidence standard will apply to investigations, meaning Lionel University will evaluate whether it is more likely than not that the alleged conduct occurred. Both parties will receive written notice of the outcome of the complaint.

During the investigation, Lionel University will provide interim measures, as necessary, to protect the safety and wellbeing of students and/or employees involved.

If Lionel University determines that unlawful harassment or sexual violence has occurred, immediate appropriate corrective action will be taken in accordance with the circumstances involved, and Lionel University will take steps to prevent the recurrence of any harassment or discrimination. Any employee determined by Lionel University to be responsible for unlawful harassment or discrimination will be subject to appropriate disciplinary action, up to and including termination. Remedies for student-related claims may include, but are not limited to, an order to stay away, suspension or expulsion.

To initiate a criminal investigation, reports of sexual violence should be made to "911" or local law enforcement. The criminal process is separate from the institution's disciplinary process. To the extent that an employee or contract worker is not satisfied with the institution's handling of a harassment or discrimination complaint, he or she may also contact the appropriate state or federal enforcement agency for legal relief. In California, employees may notify the Department of Fair Employment and Housing by consulting the government agency listings in the telephone book or on-line at www.dfeh.ca.gov. The Department of Fair Employment and Housing will, in appropriate cases, prepare and investigate complaints of harassment or discrimination; after a hearing, the Fair Employment and Housing Commission may award damages to individuals actually injured as a result of such conduct, as well as other remedies.

Retaliation Prohibited

Lionel University will not retaliate against you for filing a complaint, and will not tolerate retaliation by students or employees. If you believe you have been retaliated against, you should promptly notify your supervisor, Human Resources or the Title IX Coordinator.

Reporting Requirements

Victims of sexual misconduct should be aware that the institution's administrators must issue timely warnings for incidents reported to them that pose a substantial threat of bodily harm or danger to other members of the campus community. Lionel University will make every effort to ensure that a victim's name and other identifying information is not disclosed, while still providing enough information for com-munity members to make safety decisions in light of the danger. Lionel University reserves the right to notify parents/guardians of dependent students regarding any health or safety risk, or a change in student status.

Additional Information

Employees should contact Human Resources for more information or any questions related to this policy. Students may contact the Title IX Coordinator with any questions related to this policy. In addition, the U.S. Department of Education Office for Civil Rights ("OCR") investigates complaints of unlawful harassment of students in educational programs or activities. This agency may serve as a neutral fact finder and will attempt to facilitate the voluntary resolution of disputes with the parties. For more information, visit the OCR website at: http://www.hhs.gov/ocr/.

Student Classifications

- Full-time Student: student who is registered for a minimum of 12 credits (undergraduate) 9 credits (graduate) per quarter
- Three-quarter-time Student: student who is registered for 9 to 11 credits per quarter
- Half-time Student: Student who is registered for 6 credits (undergraduate), 4.5 cred-its (graduate) per quarter
- Less-than-half-time Student: student who is registered 4 to 5 credits per quarter
- Quarter-time Student: student who is registered 1 to 3 credits per quarter
- Active Student: student who is registered for a minimum of 1 credit that contributes to degree requirements during the year
- Inactive Student: student who has not been registered for at least 1 credit that contributes to degree requirements within a year
- Personal Enrichment: student who is not admitted into an academic program but is enrolled in classes
- Admitted Student: student who has completed the admissions process for a degree program

- Withdrawn: students who have requested withdrawal from the program, or students who have been administratively withdrawn by the institution

- Dismissed: student who has been dismissed from an academic program for failure to meet satisfactory academic progress or other conduct
- Nonstart: student who fails the initial quarter and does not continue or who does not pay tuition in the initial quarter and does not continue. Nonstarts are not included in outcome measures.

Policies

Grading Policy

Students are expected to maintain at least minimum grade point averages (GPA). To remain in Good Academic Standing each quarter and to earn a degree, a student must earn an institutional GPA of 2.0 or better for Associate's and Bachelor's degrees and 3.0 or better for Master's degree.

Faculty members are responsible for grading all students assigned to them. Faculty members will be able to view all of their currently enrolled students' grade reports through the LMS. Response/evaluation/grading of student lessons and projects: Faculty will submit assignment grades within seven days of assignment due date and a final grade within seven days of the course completion date. Students can monitor their grades in the LMS on a continual basis. Late assignments, if accepted by the instructor, will be graded within seven days of the course completion date. Assignments for incomplete courses will be graded within seven days of the date of expiration of the incomplete.

GPA Type Definitions

Course GPA. GPA calculated from one course.

Term GPA. GPA calculated from all completed courses associated with one term.

Institutional GPA. GPA calculated from all completed courses through the institution.

Grading Scale and Equivalents

Lionel University has established the following grading scale. All faculty members are required to comply with this scale and its equivalents. Plus or minus grades indicate a high or low end grade that has been assigned. These grades may be assigned on individual assignments within a course or as the final course grade.

Grade	Equivalent	Points	Scale
A+		4.00	97-100
A	Excellent	4.00	94-96
A-		3.67	90-93
B+		3.33	87-89
B	Good	3.00	84-86
B-		2.67	80-83
C+		2.33	77-79
C	Satisfactory	2.00	74-76
C-		1.67	70-73
D+		1.33	67-69
D	Poor	1.00	64-66
D-		0.67	60-63
F	Failure	0.00	Below 60
I	Incomplete	0.00	
W	Withdrawal		
AC	Administrative Cancellation		
AW	Administrative Withdrawal		
IP	In Progress		

Grading Criteria

A = Excellent

The student has demonstrated a thorough understanding of the content and skills presented in the course and consistently initiates thoughtful questions and can see many sides of an issue. The student writes logically and clearly. He or she also integrates ideas throughout the course and, as appropriate, from previously completed courses in a program.

B = Good to very good

The B student is an excellent writer and maintains consistent performance and under-standing of course content that goes beyond the minimum requirements.

C = Satisfactory

The C student demonstrates a minimal comprehension of the skills and subject matter included in the course and accomplishes only the minimum requirements, while display-ing little or no initiative.

D = Below average

The student's performance is barely acceptable. Assignments are late or missing and there is not even a minimal understanding or mastery of course content skills.

F = Failing

Quality and quantity of work is unacceptable.

Course grades of "C-" or lower fall below the level for satisfactory academic progress.

I = Incomplete

Coursework will have a designed Incomplete status when the course has ended, but a final grade has not been assigned.

W = Withdrawal

Students who officially withdraw before the final withdrawal deadline will receive a "W." A "W" is not calculated into the GPA. If the student does not withdraw prior to the final withdrawal deadline, his/her grade will be calculated as points earned divided by total course points and the grade is calculated into the GPA.

AC = Administrative Cancellation

Administrative cancellation refers to a student course cancellation that is initiated by the institution. Administrative Cancellations commonly apply to coursework that has not begun. Lionel University may cancel students from courses for reasons which include but are not limited to:

- Not satisfying a course prerequisite
- Outstanding tuition
- Plagiarism
- Computer tampering

Students who are administratively cancelled from the identified course(s) will receive the grade of AC on their academic record. The AC grade has no effect on the student's academic GPA. The student will be notified of the Administrative Cancellation to their primary email from the Office of the Registrar.

AW = Administrative Withdrawal

Administrative withdrawal refers to a student course withdrawal that is initiated by the institution. Administrative Withdrawals commonly apply to coursework that has already begun. Lionel University may withdraw students from courses for reasons which include but are not limited to:

- Failing to participate in classes
- Not satisfying a course perquisite
- “Dropping out” in the middle of a term
- Plagiarism
- Computer tampering

Students who are administratively withdrawn from the identified course(s) will receive the grade of AW on their academic record. The AW grade has no effect on the student’s academic GPA. The student will be notified of the Administrative Withdrawal to their primary email from the Office of the Registrar.

IP = In Progress

Coursework will have a designated In Progress status while the course is in progress (during the course start and end dates). No quality points are assigned to In Progress coursework and there is no associated GPA.

Grade Challenges

Lionel University faculty members are experts within their fields of study and have the final authority for assigning grades with the exception to grades that are found to be a result of arbitrary or capricious grading.

If a student believes and is able to support with clear and credible evidence that capricious or unprofessional grading has taken place, a grade challenge may be made on a final course grade basis. Individual course assessment grades are to be handled between student and faculty while a course is in session. The grade challenge policy governs course final grades.

The following policies and procedures apply to all grade challenges:

1. If a student believes he or she received a final course grade based on capricious or unprofessional grading, the student must discuss the dispute with the faculty member who issued the grade within 7 days of the final grade being posted. The correspondence must be tracked through email.
2. If a satisfactory solution cannot be found, the student may submit a written Grade Challenge to studentaffairs@lionel.edu. The challenge must include: reason for request, description of circumstances, and documentation of the attempt to resolve the dispute with the course instructor.
3. Grade Challenges must be initiated within 21 days of the final grade posting date.

It is the student’s responsibility to provide the necessary information to support the challenge.

The burden rests with the student to provide any additional supporting documentation. Examples of necessary information include: Medical verification if exception is due to illness, copies of any documentation to substantiate the request, etc. If any type of documentation is missing, the challenge will be rejected. A member or members of the Student Standards Committee will review the challenge to determine if further action is warranted. The Committee member’s determination will be final. The Student Standards committee is made of a minimum of five staff and faculty members.

Attendance Policy

All students are expected to participate in class regularly and complete their courses within the published timeframe.

Participation is identified by assignment submission, completion of a quiz or exam, viewing a lecture, or posting in a classroom forum. All required course activities should be submitted through the LMS by the published deadline.

Overall class participation is evaluated no later than 30 days following the conclusion of the course. Students who ceased participation may be considered an unofficial withdrawal. Any received tuition benefits will be adjusted according to governing regulation.

Students who fail to access any course by the end of the first week of class will be dropped from that course due to non-attendance. Drops for non-attendance cannot be reversed.

Extensions/Incompletes

If circumstances prevent students from completing a course within the prescribed timeframe, an extension time period can be requested.

A student must submit a Request for Incomplete via the online classroom within 3 days of the close of class. Factors such as reason for an extension, academic progress within the course, and prior communication with the instructor regarding circumstances will be evaluated to determine approval of an extension. The instructor will notify the student of the status of his or her request. If the request is approved, the student must complete the remaining coursework by the date indicated by the instructor. If no date is provided by the instructor, the student must complete the remaining coursework no later than the close of the subsequent quarter. If the request is denied, the student may write a letter and contact studentaffairs@lionel.edu and request further review and status determination.

During the time of extension, the course will be marked as “Incomplete” and the grade on record will be an “I.” Students are required to inform their instructors of submitted work. If they do not, their work will not be evaluated.

A student’s course load includes incomplete courses. Students with a course load that exceeds 18 credits will be required to reduce the number of active classes until incomplete courses are removed.

The removal of an incomplete should be the student’s first priority. Extensions beyond the specified deadline are rarely approved; however, under extenuating circumstances, a student may request an additional extension within the last week of the first extension and prior to the last day. Documentation may be required. All work must be completed by the close of the subsequent quarter. Registration for future quarters may be prohibited until the incomplete is removed.

A maximum of 4 incompletes are allowed within a 12-month period. If the student reaches the maximum allowed incompletes or if the student acquires incompletes in two consecutive terms, registration for future quarters may be prohibited until the incompletes are removed.

Grade changes for Incomplete courses are automatically replaced 14 days following the conclusion of the subsequent quarter, and are calculated according to the points complete out of total points. The institution will not report replaced grades before this time. The institution is not responsible if this amount of time exceeds the allowable time to replace an Incomplete grade for students using outside assistance. Students must consider these consequences for themselves when evaluating the benefits of taking an Incomplete.

Leave of Absence

A leave of absence (LOA) is a temporary interruption in a student's program of study and should only be requested in emergencies and extenuating circumstances—including but not limited to medical reasons or military service. All requests for LOA must be submit-ted in writing via an online form found on our website on the student resource page. Requests shall include the reason for the request and the amount of time needed. LOA cannot exceed 180 days in any 12-month period. Contact registrar@lionel.edu for LOA questions and support.

Lionel University does not assess any additional institutional charges while on an LOA, the student's need will not increase, additionally the student is not eligible for any additional federal student aid.

Taking a leave of absence may have a serious impact on financial aid. Any student considering LOA should consult with the Financial Aid Office to determine how their financial aid will be affected.

Note: Student borrowers are given a six-month grace period on most types of federal loans starting at the date that enrollment ceases. During this time, lenders will treat the borrower's loans as if the borrower were still enrolled in school full-time. Once a grace period is used on a specific loan, it will not be given again. At the end of the grace period, the student will be required to enter repayment on their federal educational loans until they return to school; however, deferment or forbearance options are available if the student makes a request to their lender.

Repeated Courses

Undergraduate students may repeat courses as needed. Graduate students may repeat a maximum of two courses during their program of study. When a course is repeated, the original grade remains on the student's academic transcript with a notation indicating that the course has been repeated. Academic credit is awarded only once for successful completion of the course. For courses repeated once (two total attempts), only the highest grade earned is included in the student's cumulative grade point average (GPA). If a student attempts the same course more than two times, the original grade is excluded from the GPA calculation, and all subsequent attempts, including the most recent attempt, are included in the cumulative GPA.

Grades earned at Lionel University remain part of the student's academic record and are not replaced by coursework completed at another institution. Courses repeated at another institution do not affect the Lionel University GPA.

Academic Honesty

Violation of academic honesty includes any act that gives an unfair academic advantage to a student. This includes but is not limited to cheating on assignments and quizzes, plagiarizing, or using an unauthorized proctor during proctored exams.

Examples of Academic Honesty Violations:

- Using words or ideas that do not represent the student's original work
- Failing to cite all relevant sources used as reference material
- Submitting another person's work or work that was produced through collabo-ration with another student as one's own

- Unauthorized collaboration with another student or other third party on an assignment, quiz, or exam
- Soliciting another person to take an exam or write a paper for one's own class
- Submitting work done in one course to satisfy the requirements of another unless both instructors agree beforehand to accept such work
- Falsifying, forging, or altering documents such transcripts and academic forms—including proctor and extension forms
- Using artificial intelligence (AI) to generate or substantially create any portion of an assignment, quiz, examination, discussion, or other academic work without authorization or without proper acknowledgment, when required by the instructor or university policy.

Students must always submit work in their own words. When a student uses outside sources, s/he must make clear the extent to which such sources were used. Any words or ideas that are not the student's own require citation.

Plagiarism is presenting someone else's work as your own. If you use a whole document, a paragraph, a single sentence, a graphic element—even an idea developed by another—and you don't acknowledge the creator, you are committing plagiarism.

When instances of academic dishonesty have been detected, faculty members will have a number of options for addressing the incident with the student:

- Resubmission of the assignment (possibly for fewer points)
- Failure on the assignment
- Additional assignment(s)
- Reduction of the final course grade
- Failing grade in the course (if academic dishonesty has occurred more than once with warning)

When the faculty member has determined that academic dishonesty has occurred and that a disciplinary action is necessary, he or she will initiate the following:

- First, work with the student to determine the circumstances and mentor the student to correction
- If the instructor and student cannot resolve the situation satisfactorily, the instructor submits an academic dishonesty complaint to the Program Dean or CAO as appropriate.
- The student will receive a letter that officially notifies him or her of the charge of academic dishonesty
- The student may appeal the allegation by providing a written statement to studentaffairs@lionel.edu. The appeal must be submitted within seven days of the charge of academic dishonesty.

In the case of an appeal, the Program Dean will submit the allegation to an ethics committee that will consist of selected University staff and the Program Dean or CAO. The ethics committee will determine the appropriate action for the student's violation of the academic honesty policy.

Cases submitted to the Program Dean will result in the initiation of a formal administrative investigation and review by an ethics committee. The result of that investigation may lead to one of the following actions:

- Removal from class
- Disciplinary action which might include, but is not limited to, documented counseling by a Lionel University staff member, loss of quarter credit, or suspension
- Expulsion from Lionel University
- No violation found and no disciplinary action taken.
- A written warning.
- Required completion of an academic integrity or ethics educational activity.
- Request for resubmission or replacement of the assignment.

All actions will be based on the severity of the offense.

* In cases where there may exist a conflict of interest, the CCO will substitute for the Program Dean, CAO or both.

Preventing Plagiarism

Lionel University faculty members take these steps to prevent instances of plagiarism:

- Set clear expectations for assignments, including format and citation requirements
- Design assignments to fulfill specific objectives which might include personal applications, work experiences, or specialized knowledge that only the student might possess
- Use a plagiarism checker
- Take immediate action when plagiarism is suspected
- Use clear language in the course syllabus that might communicate the definition and consequences of plagiarism and the importance of academic honesty

Remember: Students must always submit work in their own words. When a student uses outside sources, s/he must make clear the extent to which such sources were used. Any words or ideas that are not the student's own require citation.

Conduct Policy

Lionel University's programs are designed to prepare graduates to succeed in a professional setting. As part of that development, students are required to conduct themselves in an orderly, considerate, respectful, and professional manner at all times. Displayed conduct includes, but is not limited to, the content of an online profile, participation in the online classroom, and interaction with Lionel University faculty and staff via email or phone. Acceptable student conduct also includes adherence to the policies described in this catalog, including but not limited to, attendance requirements and academic honesty. Violation of these conditions during the application process or while in a program is grounds for dismissal and may prevent acceptance into future programs.

Conditions for re-entry are defined on an individual basis by the Student Standards committee upon dismissal or rejection. The Student Standards committee is made of a minimum of five staff and faculty members.

Lionel University has been in the fitness industry from the very beginning. We know the professional characteristics that are necessary for industry success. We hold you to these same high standards as students because we believe you can develop the required characteristics of successful trainers. We're here to bring out your professional best.

Satisfactory Academic Progress

Minimum Standards

For undergraduate programs including undergraduate level certificates, all students must maintain at least a 2.0 institutional grade point average (GPA) and earn two-thirds of the credits they attempt. Students must meet the program requirements within 150% of the published length of the program in the undergraduate programs. For example, an associate level student can attempt a maximum of 135 credits in order to complete the programs required 90.

For graduate programs including graduate certificates, all students must maintain at least a 3.0 institutional grade point average (GPA). Graduate students can repeat a maximum of two courses, while graduate certificate students can repeat a maximum of one.

The following can have a negative impact on satisfactory academic progress:

- Course grade below C: Course grades below C count as credits attempted and complete, but negatively impact GPA. This impacts minimum standards.
- Failed course: A failed course counts as credits attempted but not complete, and has a negative impact on GPA. This impacts minimum standards and maximum time frame.
- Incomplete: Incompletes count as credits attempted but not complete. This impacts minimum standards and maximum time frame. Incomplete grades are automatically replaced with the final course grade at the conclusion of the subsequent quarter. The course grade is calculated as points earned divided by total course points. The resulting letter grade will impact credits earned and GPA accordingly.
- Withdrawal: Withdrawals count as credits attempted but not complete. This impacts minimum standards and maximum time frame.
- Repeated Course: Credits from both course attempts are counted as credits attempted. Completed credits will count toward credits complete. Only the highest grade received will be included in GPA.
- Transfer Credit: Accepted transfer credits count as attempted and complete credits. This impacts the maximum time frame.

Evaluation Point

Academic progress is evaluated at the end of each 10-week quarter, after grades are official.

Warning, Ineligible, Probation, Disqualified, Appeal

Warning: Students who do not meet minimum standards will be placed on Warning until the next evaluation point. Students are notified in writing via email.

Students on Warning must complete an Academic Meeting with a Success Coach. Requesting and scheduling an Academic Meeting is the student's responsibility. Failure to complete an Academic Meeting may result in a hold on future registration.

Students on Warning may remain eligible for federal, state, and institutional financial assistance programs as long as they are demonstrating positive academic progress.

Students are eligible to be removed from Academic Warning if they are able to meet the minimum GPA and earn the required credits by the end of the Warning period.

Ineligible: Students who demonstrate negative academic progress by the end of the warning period (next evaluation point) become ineligible for all federal, state, and institutional financial assistance programs, pending successful appeal. Any received tuition benefits will be adjusted according to governing regulation.

Appeal: On occasion, serious circumstances such as injury, illness, or death of a relative can cause a major disruption in a student's ability to successfully complete course-work. If students believe that they can present mitigating circumstances for failing to meet minimum standards, they must make an appeal in writing. To appeal, students must complete an Appeal to Continue Study questionnaire and submit the questionnaire to studentaffairs@lionel.edu. The Appeals Committee will review the appeal, make a decision, and send a written response to the student via email. Students who are reinstated through the appeal process will be reinstated on Probation.

Probation: Students who successfully appeal ineligibility will be permitted to take courses on Probation. Students on Probation must complete an Academic Meeting with a Success Coach and follow an Academic Recovery Plan, which may require the student to fulfill specific terms and conditions such as taking a reduced course load or enrolling in specific courses. Requesting and scheduling an Academic Meeting is the student's responsibility. Failure to complete an Academic Meeting and Academic Recovery Plan may result in a hold on future registration.

Students on Probation may remain eligible for federal, state, and institutional financial assistance programs for one payment period (until the next evaluation point). To qualify for further Financial Aid and/or outside financial assistance, the student must meet minimum standards or be making progress on an Academic Recovery Plan.

Students are eligible to be removed from Probation if they are able to meet the mini-mum GPA and earn the required credits by the end of the Probation period.

Disqualified: Students who do not meet minimum standards by the end of the Probation period (third evaluation point) and are not making progress on an Academic Recovery Plan are subject to disqualification and the student's eligibility for federal, state, and institutional financial assistance programs is terminated. Disqualified students may be prohibited from enrolling in classes for one term.

Disqualified and ineligible students who choose not to appeal or who fail an appeal are permitted to take courses at their own expense until they are able to meet minimum standards. Admission as a regular student is subject to availability at the time of academic recovery.

Ineligible to Continue: Students who complete the associate's degree program below the minimum standards (GPA below 2.0 or attempt more than 135 credits to complete the program) are disqualified from being accepted into Lionel University bachelor's degree program.

Term Credit Limit

Students are not allowed to enroll in more than 18 credits in a quarter. Students should expect to devote 30 hours per quarter of studying for every one quarter credit that they are enrolled in. Students enrolled

in the maximum allowed credit amount of 18 credits in a quarter should expect to devote 540 hours to their coursework over the course of the quarter. Over a 10-week quarter, this equates to 54 hours of studying per week (30 hours * 18 credits / 10 weeks = 54 hours).

Students with a GPA of 3.0 or higher, who have been enrolled in their program for more than four quarters, and who have not had any violations of the school's Academic Honesty policy or Code of Conduct policy can request to enroll in more credits than the 18 credit per term limit. This request should be sent to studentaffairs@lionel.edu and should include:

- The reason why the student would like to enroll in more than 18 credits in the upcoming quarter
- The total number of hours that the student is able to devote to their coursework each week
- The student's planned study schedule

Students will be notified of the results of their request by email within seven days.

Policy Changes

Lionel University reserves the right to change its rules, policies and procedures. Current policies are posted in the catalog and available online at lionel.edu.

VA Notification

The institution will notify the VA Office of the following changes in student status. Students using veteran benefits to assist with tuition are advised to contact their VA Office to determine if changes in student status will affect their benefits.

- Enrollment
- Drop/Add
- Leave of absence
- Probation
- Withdrawal
- Extension
- Dismissal

Third-Party Grade Reporting

The institution will report grades as required by third-parties that award tuition assistance, as directed by the terms of the award. Examples include but are not limited to Military Tuition Assistance, Military Spouse Financial Assistance, and Employer Sponsored Tuition Assistance. Students are responsible for understanding the grading standards required to maintain assistance. Standards may include maintaining a specified GPA, receiving a grade within a specified time period following the end of the course, removing incomplete grades within a specified time, or limits on allowed incompletes. Students must be aware that Incomplete grades are automatically replaced and reportable no sooner than 14 days after the conclusion of the subsequent quarter. The institution is not responsible if this amount of time exceeds allowable time to replace an Incomplete grade. Students must consider these consequences when evaluating the benefits of an Incomplete.

Graduation

To receive a degree, a student must satisfy requirements related to quarter credits, grade point average, program of study and courses. It is the student's responsibility to ensure that all requirements for graduation have been met and are completed in a timely manner. To assist students in this process, Lionel University provides support through Success Coaches.

Once a student has determined that all requirements have been met, the student submits a graduation application to the Office of the Registrar.

Requirements:

- Maintain a minimum cumulative institutional GPA of 2.0 for undergraduate certificate programs, Associate's degree programs, and Bachelor's degree programs, and a minimum cumulative institutional GPA of 3.0 for Master's degree programs and graduate certificate programs.
- Maintain a minimum core coursework GPA of 2.0 for undergraduate certificate programs, Associate's degree programs, and Bachelor's degree programs, and 3.0 for Master's degree programs and graduate certificate programs.
- Fulfill the academic requirements as directed by the degree program.
- Associate degree: Earn a minimum of 90 quarter credits of which 30 credits are general education, 30 credits are core courses, and 30 credits are electives. At least 30 credits must be earned as structured undergraduate Lionel University courses.
- Bachelor’s degree: Earn a minimum of 180 quarter credits of which 45 credits are general education, 75 credits are core courses, and 60 credits are electives. At least 60 credits must be earned as structured undergraduate Lionel University courses.
- Master’s degree: Earn a minimum of 45 quarter credits of which 20 credits are core, 20 credits are concentration electives, and 5 credits are capstone. At least 23 graduate credits must be earned through Lionel University.

Degrees with Lionel University are conferred on a quarterly basis. The conferral date is defined as the date on which a student’s degree is officially awarded. After completing all courses and submitting a completed graduation application, graduating students must resolve any outstanding financial obligations. After all academic and administrative requirements have been met, students will receive their diploma.

Names of graduates are read in a recorded virtual graduation ceremony on a date identified and communicated each year. If you do not wish for your name to be included, please notify the Registrar at registrar@lionel.edu.

Academic Honors

Lionel University recognizes and celebrates students who demonstrate exceptional academic achievement throughout their educational journey. Academic honors are awarded at the conclusion of each academic term and upon graduation based on the student's cumulative institutional grade point average (GPA).

Honor Roll

Students who earn a cumulative institutional term GPA of 3.50–3.74 are recognized on the Lionel University Honor Roll.

Dean's List

Students who earn a cumulative institutional term GPA of 3.75–3.99 are recognized on the Dean's List.

President's/Chancellor's List

Students who earn a 4.00 cumulative institutional term GPA are recognized on the President's/Chancellor's List, the University's highest academic distinction.

Academic honors are recorded by the University following the completion of each academic term for eligible students and may also be recognized at the time of graduation.

National Society of Leadership and Success (NSLS)

Lionel University is proud to partner with the National Society of Leadership and Success (NSLS), the nation's largest leadership honor society. Through this partnership, eligible students have the opportunity to participate in a nationally recognized leadership development program that promotes personal growth, professional development, and leadership excellence.

Students who earn a minimum cumulative institutional term GPA of 3.50 may be nominated by the University for membership in the NSLS. Once nominated, eligible students will receive an invitation from the NSLS, provided they meet all additional eligibility requirements established by the Society.

Students may qualify for nomination in multiple academic terms; however, because NSLS membership is a lifetime membership, students who have already accepted an invitation will not receive additional invitations.

The NSLS charges a one-time lifetime membership fee, which is paid directly to the Society. Membership provides access to leadership training, networking opportunities, scholarships, career development resources, and a nationwide community of student leaders.

Lionel University is committed to making leadership opportunities accessible to all students. Students for whom the membership fee presents a financial hardship may be eligible for scholarship assistance. To learn more about available scholarship opportunities, please contact support@lionel.edu.

Student Services

The Student Affairs department is responsible for providing personalized, proactive, responsive service to enhance student engagement within Lionel University distance learning environment. The various sections of the department, including the registrar, transfer credit evaluation, academic advisors, and student service representatives form the nucleus of the student support teams.

The institution does not provide placement services.

Registrar

The Office of the Registrar serves as the institutional administrator for academic information and records that support faculty, staff, and students. Services provided by the Registrar include:

- Management of student academic records
- Determination of transferability of courses
- Degree plan services
- Course registration and enrollment verification
- Providing official and unofficial transcripts
- Assessment and conferral of degrees
- Consulting on academic policies and procedures

- Informing students, faculty members, and staff of their rights and responsibilities for their educational records, access, and privacy

Student Records

- The following describes the retention and maintenance of student records.
- Admissions documents for applicants who do not enter (whether accepted or rejected): 1 year after application
- Admissions documents for applicants who enroll: 5 years after graduation or date of last attendance
- Academic records: permanent

Transcripts

Transcripts can be ordered online via Parchment at http://www.parchment.com/u/registration/3537869

- Create a Parchment account
- Request transcript
- Official Transcript Fee: $12.50 per transcript copy
- Official transcripts will be sent through Electronic Delivery; paper transcripts are available upon request.

Students create an account with Parchment (third-party transcript vendor) to obtain an official transcript. Once the student account is created, students will be able to request transcripts online and track the status of orders. Transcript requests are typically processed within one business day of the completed order. Official transcript fee: $12:50 per official transcript.

Questions with your Parchment Order? |Call: (888) 289-7107

Transfer and Award of Academic Credit

College transfer credits are determined by the receiving institution. Each institution is responsible for determining its own policies and practices with regard to the transfer and award of credit. It is the receiving institution's responsibility to provide reason-able and definitive policies and procedures for determining a student's knowledge in required subject areas. Lionel University will furnish transcripts and other documents necessary for a receiving institution to judge the quality and quantity of the work completed by its students. Be advised that the work reflected on the transcript may or may not be accepted by a receiving institution.

Transfer Credit

Credit transfer depends on:

1. The educational quality of the institution from which the student transfers.
2. The comparability of the nature, content, and level of credit earned.
3. The appropriateness and applicability of the credit earned to the programs offered by the receiving institution, in light of the student's educational goals.

Accreditation: Accreditation speaks primarily to the first of these considerations, serving as the basic indicator that an institution meets certain minimum standards. Lionel University gives careful attention to the accreditation conferred by accrediting bodies recognized by the Council for Higher Education

Accreditation (CHEA and/or the U.S. Department of Education (USDE). CHEA is a non-profit organization of colleges and universities that has a formal process of recognition that requires recognized accrediting bodies to meet the same, generally accepted minimum standards for accreditation. USDE has a governmental process of recognition that requires accrediting bodies to meet federal standards ensuring that education provided by accredited institutions of higher education meets acceptable levels of quality.

Comparability and Applicability: Comparability of the nature, content, and level of transfer credit and the appropriateness and applicability of the credit earned in programs offered by the receiving institution are important in the evaluation process. This information is obtained from catalogs and other materials and from direct contact between staff at both the receiving and sending institutions.

Admissions and Degree Purposes: There may be differences between the acceptance of credit for admission purposes and the applicability of credit for degree purposes. A receiving institution may accept previous work, place a credit value on it, and enter it on the transcript. However, that previous work, because of its nature and not its inherent quality, may be determined to have no applicability to a specific degree to be pursued by the student.

Unaccredited Institutions: Institutions of postsecondary education that are not accredited by CHEA-recognized accrediting bodies may lack that status for reasons unrelated to questions of quality. Such institutions, however, cannot provide a reliable, third-party assurance that they meet or exceed minimum standards. That being the case, students transferring from such institutions may encounter special problems in gaining admission and in transferring credits to accredited institutions.

Foreign Institutions: In most cases, foreign institutions are chartered and authorized by their national governments, usually through a ministry of education. Although this provides for standardization within a country, it does not produce useful information about comparability from one country to another. The Council on International Education Exchange, Council on Evaluation of Foreign Credentials, National Liaison Committee on Foreign Student Admissions, and National Association of Foreign Student Affairs can assist with information or guidelines on admission and course placement of foreign students. Equivalency or placement recommendations are evaluated in terms of programs and policies of the individual receiving institution.

Validation of Extra-Institutional and Experiential Learning for Transfer Purposes: Transfer-of-credit policies encompass educational accomplishment attained in extra-institutional settings as well as at accredited postsecondary institutions. Recommendations provided by the American Council on Education's Office, credit-by-examination programs, and the Council for Adult and Experiential Learning help to determine credit equivalencies for various modes of extra-institutional learning. Credit awarded for experiential or equivalent learning, including credit-by-examination, cannot exceed 25 per-cent of the credits required for the degree.

What this means to you

Lionel University accepts previous general education and elective coursework from an institution that is (or was at the time the course was completed) accredited by an organization recognized by either the U.S. Department of Education or CHEA.

Transferable coursework from outside institutions must be:

- Relevant (a logical addition to your course of study)
- Reliable (accredited institution, military education, CLEP, AP, etc.)
- Verifiable (via official transcripts)
- Completed with a grade of C or higher

Here are the types of credit accepted:

- Relevant coursework completed with a grade of C or higher through an institution accredited by an organization recognized by either the U.S. Department of Education or CHEA
- Credit by Examination including:
  - Chauncey Group International - DSST Program (formerly DANTES Subject Standardized Tests)
  - College-Level Examination Program (CLEP)*
  - Excelsior College Exams (formerly ACT-PEP, formerly Regents College Exams)
  - College Board Advanced Placement (AP) Program
  - NCCA-accredited or ISSA certifications, upon passing a proctored competency exam with a 75% or higher (must correlate to Lionel University curriculum; BS degree: max of 4, AS degree: max of 2; Master Trainer certificate: max of 1)
- Professional Military Education (non-academic experience and training) evaluated by the American Council on Education (ACE) as academic credit.

* Please Note: Lionel University's school code for the CLEP examination is: 4898.

Credit earned in repeatable required courses may be applied only once to the degree requirements.

Some study abroad programs, upon approval, may satisfy some general education and/ or elective requirements.

Relevant experiential learning as gained through the military and evaluated by the American Council on Education (ACE) for undergraduate credit can satisfy some general education or elective requirements. Official military transcripts are required. This institution does not award credit for any other prior experiential learning.

Credit awarded for experiential or equivalent learning, including credit-by-examination, cannot exceed 25 percent of the credits required for the program.

Articulation Agreements

The institution holds articulation agreements with:

- Huntington University of Health Sciences
- American College of Healthcare Sciences USA (ACHS), Portland, OR
- United States Sports Academy (USSA)
- Westcliff University
- International American University

Huntington University of Health Sciences

Lionel University students who transfer to Huntington University of Health Sciences have their coursework evaluated on a course-by-course basis to determine which of the Huntington University of Health Sciences general education requirements and discipline requirements have been met. Graduates of Lionel University's AS in Exercise Science program will qualify for junior year standing upon admission to the Huntington University of Health Sciences BS in Nutrition program.

American College of Healthcare Sciences USA (ACHS)

ACHS accepts Lionel University certificate courses (PTR) with a grade of B or higher for transfer credit. The student must successfully complete all admission requirements and enroll as a new student at ACHS within five years following completion at Lionel University to receive transfer credit under this agreement. Upon enrolling at ACHS and submit-ting official Lionel University transcripts, the ACHS Registrar will note the appropriate award of credit to the student's transcript without additional charge. This credit will be recorded as "Transfer Credit" on the academic transcript and will be excluded when calculating the student's grade point average. There will be no cost to the student for Transfer Credit obtained in this manner. Please be aware that the administrative fee structure at ACHS is subject to change.

United States Sports Academy (USSA)

USSA will admit qualified students from Lionel University associate's degree program into its Bachelor of Sports Science Degree Program. USSA will also admit qualified students from Lionel University into its Master of Sports Science in Sports Exercise Science program. The Bachelor degree program offers majors in Sports Coaching, Sports Management, Sports Strength and Conditioning, and Sports Studies. Admission fee will be waived for any student graduating with an AS degree from Lionel University.

Westcliff University

Westcliff University will admit qualified students from Lionel University into its master's degree programs. Students are required to have a GPA of 2.0 or above for courses taken at Lionel University. Only courses with grades of "C" or better are transferable to the West-cliff program. Although most programs at Westcliff University do not have limitations on enrollment, acceptance to Westcliff through GA cannot be interpreted as acceptance into a particular academic program. Some degree programs within Westcliff 's College of Technology and Engineering have additional requirements for admission. Applicants are responsible for understanding the requirements for admission to their intended program.

International American University

Courses and units completed in Lionel's undergraduate and graduate programs will be reviewed and awarded transfer credit into IAU's undergraduate and graduate degree programs. Lionel University's degree programs will be accepted as meeting the educational requirements into IAU's degree programs.

Articulation agreements are subject to change. Confirm the terms of these agreements with the articulating institution before you enroll.

Transfer Credit Evaluation

A completed program application and official transcripts from the conferring institution are required to facilitate credit evaluation. Transcripts for comparable Lionel University courses completed in a country other than the United States must be evaluated by an out-side credential evaluation company before they are submitted to Lionel University. The National Association of Credential Evaluation Services (www.naces.org) members are acceptable sources for foreign credential evaluation and translation services. Transcripts in languages other than English must be accompanied by a certified translation.

Credit for experiential learning from NCCA-accredited personal training courses or ISSA courses is awarded upon successful passing of corresponding competency exams with a score of 75% or higher (BS program: maximum of 4, AS program: maximum of 2; Master Trainer certificate: maximum of 1).

Competency exams must be completed within the students first term in Lionel University. Applicants must submit proof of certification to registrar@lionel.edu. (Note: Transferred certification courses do not result in an ISSA certification.)

Lionel University operates on a quarter system and courses are awarded quarter credit. If a student transfers over credit taken at a semester based institution, the credit is converted to the quarter equivalent. One quarter credit is equivalent to two-thirds of a semester credit.

Any course or credit recommendation (institutional or non-institutional) approved to transfer to Lionel University program requirements is evaluated on the quarter credit worth in addition to standards of educational quality to determine the applicability to Lionel University degree requirements.

Credits applied towards program requirements are recognized only for the quarter credit required for that specific degree requirement. No additional credit will be awarded beyond the quarter credits required.

The prospective student must provide the following documentation:

- Official college/university transcripts (must come from conferring institution)
- Proof of certification (if submitting NCCA-accredited / ISSA certification courses for consideration)
- Course outlines and/or catalog from awarding institution
- Military-earned credit:
    - Joint Services Transcript (JST)
    - Community College of the Air Force (CCAF) transcript
- Official standardized examination results:
    - Award of academic credit toward the degree program of enrollment is assessed on the basis of test scores and the appropriate subject area
    - Lionel University will award transfer credits for exams that are associated with the current Lionel University curriculum

Once the Transfer Credit Evaluation is complete, accepted transfer credit is applied to the degree plan and supplied to the applicant. The institution will maintain a written record of an applicant's previous education and training, the record will clearly indicate that credit has been granted if appropriate, and the program requirements will be shortened accordingly. To appeal the results of a transfer credit evaluation, contact the Office of the Registrar.

Competency Exam Policy

Relevant experiential learning from NCCA-accredited personal training courses or relevant ISSA personal training courses may be transferred in to satisfy core or elective credit in Lionel University degree programs or Master Trainer certificate program. Credit will be awarded upon successful passing of a competency exam with a 75%. All competency exams must be completed within the students first term at Lionel University. If an exam is not completed in the first term, a $15 fee will be charged to the student in order to take the exam. Students are allowed two attempts to pass the exam. After two unsuccessful attempts, transfer credit will not be awarded.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Lionel University is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the (degree, diploma, or certificate) you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the (credits or degree, diploma, or certificate) that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Lionel University to determine if your (credits or degree, diploma, or certificate) will transfer.

Academic Support

Each student is assigned to one Academic Advisor (AC) who is the personal point of contact for program orientation, support, and service issues. The AC stays in touch with the student from the date of enrollment through graduation. The importance of the AC's efforts toward student retention is second only to the influence of the course instructor and the quality of the course materials.

Through email and phone calls, the Academic Advisor provides support by:

- Orienting new students to the program
- Monitoring participation and motivating the student to stay on track to complete on time
- Answering procedural questions
- Assisting students with proctoring decisions
- Submitting adds, drops, and withdrawals
- Assisting students in course selection
- Answering questions regarding graduation requirements

A student's Academic Advisor is the key point of contact during a student's entire degree program. Academic Advisors are required to respond to all student inquiries within 48 hours, the equivalent of two business days. The support relationship can include phone calls and emails.

Students who encounter technical issues within the LMS can contact LMS technical support staff. All requests for technical support are responded to within one business day.

Student Information System (SIS)

The student information system (SIS) provides students access to their records. Students utilize the SIS to register for courses; view academic progress, grades, degree audits, and transfer cred-it evaluations; pay tuition; and update their contact information. Students receive access to the SIS upon acceptance into an academic program.

Library Resources

The Library and Information Resources Network, Inc., a 501(c)(3) nonprofit corporation founded in 1996, is a consortium of educational institutions which have joined to share access to information resources. LIRN grew out of a project of the Advisory Council of the (Florida) State Board of Independent Colleges and Universities and is now an independent organization. LIRN provides group purchasing and

centralized management of electronic information resources for its members, and operates a validation server which is a single login gateway to vendor services.

LIRN is a multi-location, virtual organization, with business offices in Largo, Florida, and officers, trustees, and technical staff at various locations around the U.S. Phone numbers and addresses are available on the Board and Officers page of our website. The LIRN gateway server is housed in the state of the art commercial data center of Peak 10 Data Center Solutions in Tampa, Florida. It features complete articles, full text articles, books and photographs. Since these programs will be taught online, students will be given an account with LIRN and will have unlimited access to the system.

Student Right to Privacy

The Family Educational Rights and Privacy Act of 1974 (FERPA) is a U.S. federal law that gives students access to their records and protects the privacy of their education records. Lionel University may not disclose personally identifiable information about students or allow inspection of their education records without written permission unless such action is covered by certain exceptions permitted by the act.

Once a student has registered for courses at Lionel University, all rights provided by FERPA rest with the student even if the student is younger than 18 years old. This applies regardless of country of residence or citizenship.

FERPA grants five basic rights to you as a student:

- To inspect and review the information maintained in your student record.
- To seek amendment to your records and in certain cases add a statement to the record.
- To consent to disclosure of his/her records (with exceptions).
- To obtain a copy of the institution's policy.
- To file a complaint with the Department of Education if Lionel University fails to comply with FERPA Policies.
- Family Policy Compliance Office U.S. Department of Education 400 Maryland Avenue, SW. Washington, DC 20202-4605

Directory Information

Directory Information may be released without written authorization. FERPA defines Directory Information as being information not generally considered harmful such as name, address, enrollment status, telephone, e-mail, place of birth, degree, and awards, etc.

Lionel University considers the following to be directory information:

- Student's name
- Address
- Telephone number
- E-mail address
- Date and place of birth
- Major field of study
- Dates of attendance and graduation
- Degrees, honors, and awards received

If you decide to request that your directory information not be disclosed, please send a request for a Directory Information Block via email to your Success Coach. The request must come from the email address specified in your student record and must include your student ID for us to process it.

Non-Directory Information

Non-Directory Information may only be released to third parties (including parents, spouses, and siblings) with written authorization. If a third-party tuition assistance agreement requires Lionel University to report grades or academic status, only the information required by the agreement will be reported (e.g., Military Tuition Assistance, VA bene-fits).

Some examples of non-directory information are:

- Race, ethnicity, and citizenship
- Grades, GPA, course schedule
- Documents required for admission
- Billing or Financial Aid Information

Giving Access to a Third-Party

You may sign a FERPA Release Student Authorization Form to allow information to be released to a third party. To request the form, email your Success Coach. The request must come from the email address in your student record and must include your student ID for us to process it. Forms will need to be updated annually to be valid.

Technology Requirements

Students are expected to have access to the technology requirements as Lionel University is not obligated to supply the needed technologies including software and hardware. If a student does not have word processing software, www.OpenOffice.org offers free, fully functional software for download. The following outlines the minimum and recommended hardware and software requirements a student will need to successfully access Lionel University's online courses hosted on Canvas LMS.

Computer Specifications

For best performance, access Canvas LMS with a computer that supports the most recent browser version of Google Chrome. It is recommended to use a computer five years old or newer with at least 1GM of RAM and a web cam.

Operating System

Canvas LMS requires an operating system that can run the latest compatible web browsers. Your computer operating system should be kept up to date with the latest recommended security updates and upgrades.

Internet Speed

Along with compatibility and web standards, Canvas LMS has been carefully crafted to accommodate low bandwidth environments It is recommended to have a minimum Internet speed of 512kbps.

Supported Browsers

Instructure products support the current and previous major releases of the following browsers:

- Chrome 107 and 108 (required for Honor Lock proctoring)
- Firefox 107 and 108 (Extended Releases are not supported*)

- Edge 107 and 108
- Respond us Lockdown Browser (supporting the latest system requirements)
- Safari 15 and 16 (Macintosh only)

Mobile Devices

Canvas LMS is optimized for desktop displays. However, if you are using a mobile device, you can access Canvas LMS using a mobile application (app) or mobile browser.

Mobile Browsers

Visit the Apple store or the Play store to download mobile browsers. The following major browsers are compatible with mobile devices:

IOS

- Safari (default browser with limited Canvas support)
- Chrome
- Android

Chrome (default browser with limited Canvas support) *

- Internet
- Firefox

*Android default browser varies per mobile device.

Housing

Lionel University does not have dormitory facilities or housing accommodations under its control. Students attending the University in the Carpinteria, California area (zip code 93013) will need to secure their own housing arrangements.

Available housing near the University in zip code 93013 rents for approximately $1,900 – $4,500 per month, depending on unit size, location, and amenities. This information was obtained using current listings from the online real estate resource www.zillow.com.

Lionel University does not supervise, recommend, or guarantee housing and assumes no responsibility for locating or assisting a student in finding housing.

Tuition and Fees

Tuition is set by the Office of the Chancellor of Lionel University. Lionel University reserves the right to change its tuition and fees policies at any time. Certificates and diplomas will not be issued until tuition and fees are paid in full.

Lionel University courses are designed to provide excellence in education and student services. We believe that quality education is an investment in your future and all of our services are designed to support the student throughout the educational process.

Undergraduate:
$333 per credit (US citizens and residents) / $440 per credit (international)

Graduate:
$440 per credit

Fees

Certification fee (certificate courses only)	$199
Technology (due quarterly)	$45
Health and Wellness Fee	$25
Lab Fee (BIO105L)	$100

Tuition includes:

- All instruction and evaluation
- Full student services and support during your program, including unlimited online classroom access, email and telephone support
- Online interaction and support
- Course exams

Your tuition includes a wide range of student services including but not limited to:

- Online virtual classrooms offering a rich interactive learning environment with fellow students and faculty
- A virtual library to assist you with research including access to two research database libraries
- Access to Lionel University's Career Connect program. We have partnered with some of the top companies and organizations in Exercise Science to provide career and externship opportunities for our students and alumni. With Career Connect we also offer a wide variety of career coaching services and resources.
- Electronic Textbooks embedded into every course at no additional cost

Estimated Total Annual Expense - US Citizens and Residents

Tuition is due on a quarterly basis. Based on the tuition rate of $333 per credit, quarterly tuition for a full-time undergraduate student enrolled in 12 credits is $3,996 plus fees. Based on the tuition rate of $440 per credit, quarterly tuition for a full-time graduate student enrolled in 12 credits is $5,280 plus fees. Estimated total tuition expense for the Master Trainer Certificate Program is $9,990 plus fees.

Estimated annual expense for undergraduate degree programs is $14,985 plus fees (45 quarter credits completed per year). Estimated annual expense for graduate degree programs is $19,800 plus fees (45 quarter credits completed per year). Estimated total tuition expense for the associate degree is $31,314. Estimated total tuition expense for the bachelor's degree is $61,434. Estimated maximum total tuition expense for the master's degree is $19,875.

Course content is evaluated on an ongoing basis, and improved according to student feedback and outcomes analysis. If course improvements result in a change in earned credit, course charges will be adjusted according to credit value. (reg-KS)

Remember, Lionel University accepts up to 2/3 of its undergraduate degree program requirements as transfer credit and up to 1/2 of its graduate degree program requirements as transfer credit. Qualified transfer credit will reduce your total tuition expenditure and is highly recommended. See "Transfer and Award of Academic Credit" in the Student Affairs section or contact the Registrar for information. 1.800.650.4772 (toll-free), 1.805.745.8111 (international), registrar@lionel.edu

Estimated Total Annual Expense - International

Tuition is due on a quarterly basis. Based on the tuition rate of $440 per credit, quarterly tuition for a full-time student enrolled in 12 credits is $5,280 plus fees. Estimated maximum total tuition expense for the Master Trainer Certificate Program is $13,200 plus fees. Estimated total annual expense for undergraduate degree programs is $19,800 plus fees (45 quarter credits completed per year). Estimated maximum total tuition expense for the associate degree is $39,600 plus fees. Estimated maximum total tuition expense for the bachelor's degree is $79,200 plus fees. Estimated maximum total tuition expense for the master's degree is $19,800 plus fees.

Remember, Lionel University accepts up to 2/3 of its undergraduate degree program requirements as transfer credit and up to 1/2 of its graduate degree program requirements as transfer credit. Qualified transfer credit will reduce your total tuition expenditure and is highly recommended. See "Transfer and Award of Academic Credit" in the Student Affairs section or contact the Registrar for information. 1.800.650.4772 (toll-free), 1.805.745.8111 (international), registrar@lionel.edu

Course Materials and Textbooks

Digital textbooks for all courses are embedded in the online classroom. Access to the course structure is available one week prior to the course start date.

Upon completion of the initial assignment, full access to the course is granted. Students who wish to purchase hardcopy textbooks can purchase books from a vendor of their choosing. Textbooks are listed in the course syllabus, which is made available to students seven days prior to the start of class.

Tuition Payment Options

We accept payments by:

- Check, cash, money order, credit/debit card (Visa, MasterCard, American Express, Discover).
- Tuition Assistance (military, VA and employer).
- Financial Aid disbursement for those who qualify.

Information for students Using Vocational Rehabilitation and Employment benefits (CH31) or Post-9/11 G.I. Bill® (CH33)

A student using Vocational Rehabilitation and Employment benefits (CH31) or Post- 9/11 G.I. Bill® (CH33) will be allowed to enroll in and attend courses and access cam-pus facilities while the campus awaits payment for tuition and fees from the VA. While awaiting receipt of funds from the VA, Lionel University will not impose any penalty, charge late fees or require an eligible student to borrow additional funds to

cover tuition or fees. This waiting period begins at the date the student provides appropriate documentation and continues either until funds are received from the VA or until 90 days after the School Certifying Official has certified the student's enrollment for tuition and fees.

To demonstrate current eligibility and intent to use Chapter 31 or 33 benefits, a stu-dent must provide the following documents:

Ch 31

- VA Form 28-1905 - authorization from your Vocational Rehabilitation counselor
- VA Form 22-1995 - Request for Change of Program or Place of Training (if applicable)
- All official military and/or college transcripts
- Signed Student Bill of Rights

Ch 33

- Certificate of Eligibility (COE)
- VA Form 22-1995 - Request for Change of Program or Place of Training (if appli-cable)
- All official military and/or college transcripts
- Signed Student Bill of Rights

For more information regarding this policy, contact Lionel University VA Team at military@lionel.edu or 1.800.650.4772 ext 4.

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government Web site at https://www.benefits.va.gov/gibill

Third Party Billing Agreements

Lionel University will bill employers who pay tuition for their employees.

Students who have a third-party billing agreement and scheduled aid but who show an outstanding balance due may have a financial lock placed on their account until the outstanding balance has been resolved.

Financial Hardship

If you anticipate being late with a payment, please contact us to arrange for an extension. Continued failure to meet your financial obligations may result in suspension of your student status.

Late Payments and Returned Checks

The return-check fee is $25.

Failure to meet your financial obligations may result in suspension of your student status and/or transfer of your account to collections. An outstanding balance on your account will prevent you from registering for future courses, accessing certain systems and receiving the diploma for your certificate/degree.

Active Duty Military Scholarship

The Active-Duty Military Scholarship is available for U.S. active-duty service mem-bers, National Guard, and Reserves using the Tuition Assistance benefit. To qualify for this scholarship, the student must submit a FAFSA for the current aid year. The scholarship will cover any remaining quarterly balance after the Pell grant is applied. Other restrictions may apply.

Financial Aid

Lionel University is approved for students to receive funding from:

- Federal Student Aid (for qualifying students enrolled in the institution's eligible Title-IV programs)
- Tuition Assistance (military and employer; for qualifying students enrolled in an eligible program)
- VA (for qualifying students enrolled in a Lionel University degree program)
- Workforce Investment Act (WIA) funds (Lionel University is on the Eligible Training Provider List (ETPL) for California)

In addition, corporations and private organizations offer scholarships and funding for education at an accredited college.

Reporting of grades or student status may be required by third-party tuition assistance agreements (e.g., Military Tuition Assistance, VA benefits).

Comprehensive Consumer Information for federal student aid programs is available online at https://lionel.edu/federal-aid-programs/ Students enrolled in eligible federal student aid programs receive annual notification of Consumer Information.

Students who qualify for federal student aid may be restricted from registering for correspondence courses while receiving federal student aid.

A student who obtains a loan to pay for an educational program must repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the money not paid from federal student financial aid program funds. If a student defaults on a loan: (1) the federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan; and (2) the student may not be eligible for any other federal student financial aid at another institution or other government financial assistance until the loan is repaid.

Refund Policy

Student's Right to Cancel

Refunds, if applicable and requested, will be made within 30 days of request via the original payment method.

Department of Defense (DoD) Tuition Assistance Refund Policy

If a service member receiving military tuition assistance (TA) drops a class or with-draws prior to the class start date, all TA funds will be returned to payee. If a student drops or withdraws from a course after the add/drop period, the institution will follow the refund schedule.

Refund Calculation

Undergraduate and graduate courses:

1. The course start date is considered the first class.
2. Cancellation up through 60% of the duration of the term will result in a prorated refund. Rate is computed by dividing the number of term days through the date of cancellation by the total days in the term.

3. Cancellation after 60% of the duration of the term will result in no refund for the term.
4. Students who withdraw as a result of physical incapacity are entitled to a pro-rated refund through the end of the term. Medical documentation required.

Self-paced certificate courses:

1. The first completed assignment is considered the first class.
2. Cancellation before 60% completion of course assignments will result in a pro-rated refund computed on the number of assignments completed to the total assignments in the course.
3. Cancellation after completing 60% of the course assignments will result in no refund.
4. Students who withdraw as a result of physical incapacity are entitled to a pro-rated refund through the end of the enrollment period. Medical documentation required.
5. Beyond the conclusion of the original 6-month enrollment period, students enrolled in self-paced certificate courses are no longer eligible for refunds in any amount.

Students who have received federal student aid funds and cancel up through the 60% point are entitled to a refund of monies not paid from federal student aid program funds, if applicable.

Iowa students are entitled to a 100% refund of tuition through the first day of class.

Iowa students who withdraw before the final day of class will receive a prorated refund, calculated by multiplying the amount of tuition the student was charged by a ratio of the number of calendar days remaining/incomplete in the term as of the withdrawal date, as compared to the total calendar days in the term.

Lionel University accepts cancellation in any manner. However, California state statutes require that students verify cancellation in writing. Therefore, please supplement any verbal requests with written notice within 30 days. Written notice can be in any form including email (registrar@lionel.edu) or mail (1013 Mark Ave, Carpinteria, CA 93013).

The institution reserves the right to cancel a student's enrollment for violations of student conduct, including, but not limited to, a student's lack of attendance.

Refund Policy Examples

Undergraduate courses:

$$\text{Total tuition} \div \frac{\text{Total course length in days}}{\text{Number of days completed in the course}} = \text{Refund amount}$$

Refund Policy Example – Student Paid

$3,996 total tuition

Days 31 / 70 = 44%

$3,996 * (1 - 0.44) = $2,237.76 net refundable tuition

Refund Policy Example – Student Responsibility

$3,996 total tuition

Days 31 / 70 = 44%

$3,996 * 0.44 = $1,758.24 net student responsibility

This is an example only. Student finances are individualized and vary from student to student.

Graduate courses:

$$\text{Total tuition} \div \frac{\text{Total course length in days}}{\text{Number of days completed in the course}} = \text{Refund amount}$$

Refund Policy Example – Student Paid

$2200 total tuition

Days 31 / 70 = 44%

$2200 * (1 - 0.44) = $1232 net refundable tuition

Refund Policy Example – Student Responsibility

$2200 total tuition

Days 31 / 70 = 44%

$2200 * 0.44 = $968 net student responsibility

This is an example only. Student finances are individualized and vary from student to student.

Self-paced certificate courses

$$\text{Total tuition} \div \frac{\text{Total number of course assignments}}{\text{Number of course assignments completed}} = \text{Refund amount}$$

$$\frac{\text{Course cost} - \text{Refund amount} + \$25 \text{ (S\&H}}{\text{Total amount student is responsible for paying}}$$

Refund Policy Example – Student Paid

$675 total tuition

Assignments 4 / 10 = 40%

$675 * (1 - 0.40) = $405 net refundable tuition

Refund Policy Example – Student Responsibility

$675 total tuition
Assignments 4 / 10 = 40%
$675 * 0.40 = $270 net student responsibility

This is an example only. Student finances are individualized and vary from student to student.

Dropping or Withdrawing from a Course

Students are asked to discuss dropping a course with their Success Coach. A student may drop a course without receiving a "W" if they drop by the last day of the first week of class. The final withdrawal deadline is the end of the 3rd week in a 5-week course and the end of the 6th week in a 10-week course. Students who officially with-draw from a course before the final withdrawal deadline will receive a "W." Beyond the final withdrawal deadline, grades will be calculated as points earned, divided by the total course points. All deadlines are in the institution's time zone.

The refund procedure and schedule described above shall apply to all drops and withdrawals. For veteran students, the VA Office will be notified of all dropped courses or withdrawals.

Withdrawing from the School

Official Withdrawal: Students can request withdrawal from the school in any manner. California state statutes require that students verify cancellation in writing. Therefore, please supplement any verbal requests with written notice within 30 days. Written notice can be in any form including email (registrar@lionel.edu) or mail (1013 Mark Ave, Carpinteria, CA 93013).

Unofficial Withdrawal: Students who cease attendance and do not provide official notification of their intent to continue in their classes may be considered for administrative withdrawal.

Leave of Absence (LOA)

A student who finds it necessary to leave the institution and who plans to return may submit a written request via online form for a leave of absence (LOA). Students on an approved LOA are not considered withdrawn; however, failure to return from an approved leave of absence may have a serious impact on a student's financial aid. Please review the full Leave of Absence policy in the Policies section of this catalog.

Withdrawal Date and Last Date of Attendance (LDA)

A student may withdraw for any reason and is responsible for completing formal withdrawal procedures as outlined in the Withdrawal Policy. In addition, if a student registered via an online military portal, it is the student's responsibility to withdraw via that same online military portal. A withdrawal is considered to have occurred on the date the student officially submits the withdrawal form or on the date the institution determines the student ceases attendance or failed to meet published academic policies and is administratively withdrawn, whichever comes first.

This is the date of determination used to compute a refund according to institutional policy.

Official Withdrawal: The withdrawal date and last date of attendance (LDA) for students who officially withdraw will be the date of withdrawal request.

Unofficial Withdrawal: The withdrawal date and LDA for students who cease attendance or are dismissed will be the last date of digitally recorded course activity within the LMS.

Failure to Return from a Leave of Absence (LOA): The withdrawal date and LDA for students who fail to return from a leave of absence will be the date of LOA request.

Please refer to the academic calendar for withdrawal dates for specific sessions. All refunds for federal and state financial aid programs or to the student (if applicable), will be made within 30 days of the date of institutional determination that the student has officially withdrawn or is administratively withdrawn.

Withdrawals Due to Military Service/Notification of Military Service

The student must give written notice to the University as timely as possible of the United States military activation (either federal orders to active duty or state orders to activate National Guard Troops), a permanent change of station (PCS), deployment orders, training orders, or any other military orders that will interfere with the student's ability to complete their course(s). (Timeliness will be determined by the facts in each case.) Alternatively, at the time of re-admission, the student may submit an attestation of military service that necessitated the student's absence from the school.

Withdrawal Due to Military Service

Students ordered to military service are permitted the option of either completing their course(s) at a later date without penalty or withdrawing from the course(s) with a full refund of fees paid. If a student chooses to withdraw, the student's record shall reflect that the withdrawal is due to active military service.

In certain circumstances, a student may request an extension and if approved, the student will have an additional thirty (30) days to complete all coursework. Extension requests will be evaluated on a case-by-case basis and are approved in instances where doing so supports the academic success of the student.

If the student decides to withdraw from the class, a grade of "I" will be earned and the class must be retaken upon return to the University. The "I" grade will not affect the student's satisfactory academic progress.

Tuition Refund and Return of Financial Aid

Tuition assistance refunds of 100% are granted to students who withdraw due to military service, provided they do not receive credit for the course. If the student received federal financial aid (Title IV Funds) and withdraws before they complete 60% of the session, a pro rata calculation will determine the amount of financial aid they have earned. It is based on the amount of time from enrollment and the date of notification. This calculation is independent of any charges incurred at the institution.

Census Date

Lionel University Financial Aid Office has established the first Sunday of each quarter as the census date for Pell Grant recalculation.

After the passage of the census date, students will have their Pell Grant Award recalculated to reflect their actual credit load as of 11:59 PM Pacific Time on that date. Pell Grant Awards will not be further recalculated later in the quarter due to enrollment status changes (either increases or decreases) unless otherwise required by federal regulations.

Adding courses in Session B after the census date will not increase the amount of Pell Grant awarded for the quarter unless the student's Pell Grant Award for the quarter was not calculated prior to the census date. Students in this exceptional situation are highly encouraged to consult with a Financial Aid Advisor to determine how to receive a Pell Grant for their full enrollment status.

Students who wish to be awarded a Pell Grant based Session B enrollments must have their schedule finalized and be registered in their Session B courses by the close of the Session A add/drop period.

Students who cease attendance in all courses prior to the census date will be subject to the Return to Title IV Funds (R2T4) policy. The student may be required to return funds to Federal Student Aid programs or pay Lionel University for funds returned on their behalf.

Return of Title IV (R2T4)

Title IV funds are awarded to a Lionel University student under the assumption that the student will attend school for the entire period for which the assistance is award-ed. When a student withdraws, ceases to attend, is dismissed, or fails to return from an approved leave of absence, the institution will determine the amount of aid the student earned. This will determine any Title IV aid that must be returned to the US Department of Education or disbursed to the student as a post-withdrawal disbursement.

The calculation is based on the number of days completed by the Last Date of Attendance (LDA) or official withdrawal notice, divided by the total days the student was scheduled to attend during the quarter at the time the student ceased attendance in all courses.

Up through the 60% point in the student's scheduled enrollment, the earned amount of Title IV funds is prorated through the withdrawal date or LDA. After the 60% point, the student will earn 100% of the Title IV funds disbursed for their scheduled enrollment. Any unearned portion of FSA funds that were disbursed must be returned to their respective programs. Lionel University will return any FSA funds used to pay institutional charges as determined by the R2T4 calculation. The student may be required to return unearned grant funds to the Department of Education via direct payments, or Direct Loan funds via the terms of the Master Promissory Note. A student may receive a post-withdrawal disbursement if the student earned more federal financial aid than was disbursed. The institution will return funds or offer to issue post-withdrawal disbursements of Direct Loan funds within 45 days of the date it determined the student with-drew.

The student is responsible for repaying the institution for any balance on their account resulting from the institution returning FSA funds originally used to cover tuition and fees on the student's behalf. After any FSA funds have been returned, the student's balance will be displayed under the Financial tab of the student portal. Failure to pay the balance in full will result in a financial hold being placed on the student's account. Students on financial hold are not permitted to register for classes (or, in some cases, remain registered in class).

If the student does not repay grant funds that are owed to the US Department of Education within 45 days of being notified, the account will be turned over to the Department as an overpayment. Students

who owe an overpayment of Title IV funds are ineligible for further disbursements of FSA funds at any institution until the overpayment is paid in full or satisfactory payment arrangements have been made with the Department.

Order of Refund

Refunds are allocated in the following order:

- Unsubsidized Direct Loans
- Subsidized Direct Loans
- Federal Parent (PLUS) Loan
- Federal Pell Grant
- Other federal, state, private, or institutional aid for which a return of funds is required

State of California Student Tuition Recovery Fund

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.

4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.

5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

Claims require a social security number or a taxpayer identification number.

Student Tuition Recovery Fund Disclosure Update

Cut and paste the following (updated) disclosure information in the catalog and update the address.

a) A qualifying institution shall include the following statement on both its enrollment agreement and school catalog:

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

b) In addition to the statement required under subdivision (a) of this section, a qualifying institution shall include the following statement in its school catalog:

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 North Market Blvd., Suite 225, Sacramento, California, 95834, (916) 574-8900 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.

2. You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120-day period before the program was discontinued.

3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.

4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.

5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.

6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number."

PROGRAMS

MASTER OF SCIENCE IN EXERCISE SCIENCE

45 quarter credits

Program Description

- The Master of Science in Exercise Science program is designed to advance the skills and knowledge of current and future exercise science professionals. As a student, you'll take a scientific core of courses that provide a complete understanding of how exercise impacts human physiology. After completing the core, you can choose one of three concentrations to develop practical knowledge:
- Strength and Conditioning: This concentration prepares students for careers focused on strength and conditioning, personal training, or sports performance. Students gain the knowledge and skills to apply advanced exercise assessment and prescription, coaching methodologies, and dietary analysis.
- Fitness Leadership: This concentration prepares students for management and leadership careers in the health, wellness, and fitness industries. Students develop knowledge and skills to apply best business practices and foster leadership development.
- Clinical, Corporate, and Community Wellness: This concentration prepares students for careers in a variety of clinical, corporate, and community wellness sectors. Students develop knowledge and skills to effectively examine the relationship between individual and community behaviors and overall health so that they then have the ability to develop programs to improve community wellness.

Program Outcomes

Graduates of this program will be able to:

- Demonstrate mastery of the knowledge and skills to enhance a current career or advance in the field of exercise science in public, private, and corporate settings.
- Evaluate and apply research principles and methods in the area of exercise science.
- Synthesize and evaluate theoretical information pertaining to exercise science and integrate it into practice.
- Select one core concentration (Strength and Conditioning;

Fitness Leadership; Clinical, Corporate and Community Wellness) and these focused concepts to real world situations.

Candidate qualifications

- Bachelor's degree in any discipline
- Coursework requisites: XSCI482: Exercise Physiology*

*or similar coursework as approved by the Registrar. The Registrar's decisions are final.

If coursework requisites have not been fulfilled prior to beginning the program, matriculated candidates will take requisite courses at the beginning of their studies. Requisite credits are in addition to the 45 credits required for master's degree completion.

Completion

To earn a master's degree, a student must complete the following:

- Earn a minimum of 45 quarter credits consisting of 20 core credits, 20 elective credits (from a chosen concentration), and 5 capstone credits
- A minimum of 23 credits must be earned through Lionel University
- Capstone credits (EXSC599 Research Project) must be completed through Lionel University
- Maintain an overall institutional GPA of 3.0
- Maintain a 3.0 in Core and Concentration sections
- Fulfill the academic requirements as directed by the degree program.

Degree Requirements

Master of Science	Course	Course #	Credit Value	Requirement/ Pathway
Core 20 credits	Contemporary Issues in Exercise Science	**XSCI501**	5	Required
	Data Analysis in Exercise Science	**XSCI502**	5	
	Advanced Exercise Physiology	**XSCI503**	5	
	Motor Learning	**XSCI504**	5	
Concentration 20 Credits All 20 credits need to be from your selected pathway	Exercise Assessment and Prescription	**SC501**	5	Clinical, Corporate, and Community Wellness
	Advanced Strength and Conditioning	**SC502**	5	
	Advanced Topics in Fitness Nutrition	**SC503**	5	
	Contemporary Coaching Methods	**SC504**	5	
	Leadership and Professional Development	**FL501**	5	Fitness Leadership
	Advanced Business Aspects of Fitness	**FL502**	5	
	Professional Communication	**FL503**	5	
	E-Commerce and Internet Presence	**FL504**	5	
	Industrial, Clinical, and Corporate Wellness	**CCCW501**	5	Strength and Conditioning
	Physical Fitness and Epidemiology	**CCCW502**	5	
	Organization and Development of School and Community Physical Activity Programs	**CCCW503**	5	
	Obesity Prevention and Management	**CCCW504**	5	
Capstone 5 credits	Research Project	**XSCI599**	5	Required

SAMPLE COURSE COMPLETION PLAN

Quarter	Category	Course	Course Title	Cr.
1	Core	**XSCI 501**	Contemporary Issues in Exercise Science	5
	Core	**XSCI 502**	Data Analysis in Exercise Science	5
			Quarter 1 Total	**10**
2	Core	**XSCI 503**	Advanced Exercise Physiology	5
	Core	**XSCI 504**	Motor Learning	5
			Quarter 2 Total	**10**
3	Concentration	-	Concentration Course	5
	Concentration	-	Concentration Course	5
			Quarter 3 Total	**10**
4	Concentration	-	Concentration Course	5
	Concentration	-	Concentration Course	5
			Quarter 4 Total	**10**
5	Research	**XSCI 599**	Capstone Research Project	5
			Quarter 5 Total	**5**

Full-time status is determined by the number of units held in the entire 10-week quarter.

Master of Science in Exercise Science

SAMPLE EXTENDED COURSE COMPLETION PLAN

Quarter	Category	Course	Course Title	Cr.
1	Core	**XSCI 501**	Contemporary Issues in Exercise Science	5
			Quarter 1 Total	**5**
2	Core	**XSCI 502**	Data Analysis in Exercise Science	5
			Quarter 2 Total	**5**
3	Core	**XSCI 503**	Advanced Exercise Physiology	5
			Quarter 3 Total	**5**
4	Core	**XSCI 504**	Motor Learning	5
			Quarter 4 Total	**5**
5	Concentration	-	Concentration Course	5
			Quarter 5 Total	**5**
6	Concentration	-	Concentration Course	5
			Quarter 6 Total	**5**
7	Concentration	-	Concentration Course	5
			Quarter 7 Total	**5**
8	Concentration	-	Concentration Course	5
			Quarter 8 Total	**5**
9	Research	**XSCI 599**	Capstone Research Project	5
			Quarter 9 Total	**5**

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

180 quarter credits

Program Description

The Bachelor's in Exercise Science program focuses on concepts in kinesiology, physiology, biomechanics, nutrition, exercise programming, and management. The program prepares students for entry- to mid-level jobs in the fitness industry in positions such as training, strength coaching, managerial, directorial and corporate wellness roles; and in the healthcare industry in positions such as exercise physiologists and clinical exercise specialists. Furthermore, graduates of the Bachelor of Science in Exercise Science program are prepared for post-baccalaureate study in areas such as athletic training, biomechanics, chiropractics, exercise physiology, kinesiology, nutrition, sports management, sport psychology and more. In addition to earning a degree, graduates of the bachelor's degree program will also earn a minimum of six fitness certifications and two advanced certifications. These certifications are part of the core curriculum requirements of the program.

Program Outcomes

Graduates of this program will be able to:

- Develop safe and effective exercise programming which address all health-fitness related variables
- Demonstrate effective management of fiscal, physical, and human resources for health and fitness facilities
- Demonstrate an understanding of scientific and theoretical foundations for the delivery of an effective health and wellness program.
- Demonstrate an understanding of current ethical concerns in the profession leading to successful employment or further schooling
- Synthesize, analyze, and interpret information for critical problem solving in human performance-based contexts

Completion

To earn a bachelor's degree, a student must complete the following:

- Earn a minimum of 180 quarter credits of which 45 credits are general education, 75 credits are core courses, and 60 credits are electives.
- A minimum of 60 credits must be earned through Lionel University structured undergraduate courses. Self-paced courses may meet core requirements, but they cannot be counted toward the undergraduate minimum.
- Maintain an overall institutional GPA of 2.0
- Maintain a 2.0 GPA specifically in core coursework
- Fulfill the academic requirements as directed by the degree program.

Degree Requirements

Bachelor's Degree Courses				
	Course	Course #	Credit Value	Requirement/Pathway
Core - Lower Level 36 credits	From Physical Culture to Exercise Science: History and Evolution of the Profession	XSCI110	4	Required
	Functional Anatomy and Physiology	XSCI130	4	Required
	Applied Biomechanics and Movement Analysis	XSCI240	4	Required
	Training Principles and Program Design	XSCI242	4	Required
	Movement and Performance Assessment Methods	XSCI243	4	Required
	Cellular Nutrition	NTR243	4	Required
	Exercise Programming for Special Populations	XSCI245	4	Required
	The Science of Behavior Change	XSCI246	4	Required
	Client Acquisition and Practice Development	XSCI248	4	Required
General Education 48 credits	Anatomy and Physiology	BIO105	5	Required
	Anatomy & Physiology Lab	BIO105L	3	Required
	English Composition	ENG110	5	Required
	US History	HIST102	5	Required
	College Math	MATH102	5	Required
	General Psychology	PSY102	5	Required
	Intro to Sociology	SOC101	5	Required
	Statistics	MATH303	5	Required
	History of Sport	HIST303	5	Required
	Introduction to Chemistry	CHEM303	5	Required
Exercise Science - Upper Level: 60 credits	Continuum of Care and Return to Performance Principles	XSCI253	5	Required
	Youth Athletic Development	XSCI254	5	Required
	Exercise Programming for Aging and Longevity	XSCI256	5	Required
	Advanced Nutrition and Metabolism for Human Performance	XSCI259	5	Required
	Advanced Behavior Change Psychology	XSCI261	5	Required
	Presenting Greatness	XSCI272	5	Required
	Principles of Kinesiology	XSCI371	5	Required
	Inclusive Human Performance and Adaptive Training	XSCI298	5	Required
	Research Methods	XSCI376	5	Required
	Principles of Biomechanics	XSCI481	5	Required
	Physiology of Exercise	XSCI482	5	Required
	Capstone in Exercise Science	XSCI498	5	Required
Pathways:	Business Communications	COMM161	5	Fitness Leadership (LL)
	Exercise Facility Administration and Leadership	XSCI280	5	Fitness Leadership (LL)
	Customer Service Principles	COMM203	3	Fitness Leadership (LL)
	Train to Win Session	PD101	4	Fitness Leadership (LL)
	Professional and Career Development	PD103	4	Fitness Leadership (LL)
	Contemporary Issues in Fitness	XSCI372	5	Fitness Leadership (UL)
	Motivating for Performance	BUS117	5	Fitness Leadership (UL)

	Effective Communication	COMM102	5	Fitness Leadership (UL)
	Movement Dysfunction and Corrective Strategies	XSCI258	5	Personal Training (LL)
	Performance Training for Groups and Teams	XSCI257	5	Personal Training (LL)
	Coaching Greatness	XSCI274	3	Personal Training (LL)
	Train to Win Session	PD101	4	Personal Training (LL)
	Professional and Career Development	PD103	4	Personal Training (LL)
	Communication and Connection in Coaching	HSCI253	5	Personal Training (UL)
	Evidence Based Supplementation Strategies	NUT273	5	Personal Training (UL)
	Hypertrophy Science and Psychic Development	XSCI367	5	Personal Training (UL)
	Performance Training for Groups and Teams	XSCI257	5	Strength & Conditioning (LL)
	Performance Enhancement and Training Science	XSCI255	5	Strength & Conditioning (LL)
	Coaching Greatness	XSCI274	3	Strength & Conditioning (LL)
	Train to Win Session	PD101	4	Strength & Conditioning (LL)
	Professional and Career Development	PD103	4	Strength & Conditioning (LL)
	Movement Dysfunction and Corrective Strategies	XSCI258	5	Strength & Conditioning (UL)
	Obstacle Course and Tactical Performance Training	XSCI277	5	Strength & Conditioning (UL)
	Hypertrophy Science and Psychic Development	XSCI367	5	Strength & Conditioning (UL)
	Respiratory Physiology and Performance Breathing Strategies	XSCI369	5	Wellness (LL)
	Applied Coaching for Behavior Change	HSCI255	5	Wellness (LL)
	Integrated Client Assessment and Behavior Strategy Design	HSCI254	3	Wellness (LL)
	Train to Win Session	PD101	4	Wellness (LL)
	Professional and Career Development	PD103	4	Wellness (LL)
	Nutrition in Context	NUT244	5	Wellness (UL)
	Foundations of Coaching Identity and Professional Practice	HSCI251	5	Wellness (UL)
	Evidence Based Supplementation Strategies	XSCI253	5	Wellness (UL)

SAMPLE COURSE COMPLETION PLAN

Full-time status is determined by the number of units held in the entire 10-week quarter.

Quarter	Category	Course	Course Title	Cr.
1	Lower-Level Core	**XSCI 110**	From Physical Culture to Exercise Science: History and Evolution of the Profession	4
	Lower-Level Core	**XSCI 130**	Functional Anatomy and Physiology	4
	Lower-Level Core	**XSCI 240**	Applied Biomechanics and Movement Analysis	4
			Quarter 1 Total	**12**
2	Lower-Level Core	**XSCI 242**	Training Principles and Program Design	4
	Lower-Level Core	**XSCI 243**	Movement and Performance Assessment Methods: Administration, Scoring, and Reporting	4
	Lower-Level Core	**NTR 243**	Cellular Nutrition: Micronutrients, Hydration, and Supplementation	4
			Quarter 2 Total	**12**
3	Lower-Level Core	**XSCI 245**	Exercise Programming for Special Populations	4
	Lower-Level Core	**XSCI 246**	The Science of Behavior Change	4
	Lower-Level Core	**XSCI 248**	Client Acquisition and Practice Development in Health and Performance	4
			Quarter 3 Total	**12**
4	General Education	**BIO 105**	Anatomy and Physiology	5
	General Education	**BIO 105L**	Anatomy and Physiology Lab	3
	General Education	**ENG 110**	English Composition	5
			Quarter 4 Total	**13**
5	General Education	**HIST 102**	U.S. History	5
	General Education	**MATH 102**	College Math	5
			Quarter 5 Total	**10**
6	General Education	**PSY 102**	General Psychology	5
	General Education	**SOC 101**	Introduction to Sociology	5
			Quarter 6 Total	**10**
7	General Education	**MATH 303**	Statistics	5
	General Education	**HIST 303**	History of Sport	5
	General Education	**CHEM 303**	Introduction to Chemistry	5
			Quarter 7 Total	**15**
8	SC Pathway - Lower	**XSCI 257**	Performance Training for Groups and Teams	5
	SC Pathway - Lower	**XSCI 255**	Performance Enhancement and Training Science	5
	SC Pathway - Lower	**XSCI 274**	Coaching Greatness: Leadership, Culture, and High Performance Development	3
			Quarter 8 Total	**13**

9	SC Pathway - Lower	**PD 101**	Train to Win Session	4
	SC Pathway - Lower	**PD 103**	Professional and Career Development	4
	Upper-Level Core	**XSCI 253**	Continuum of Care and Return to Performance Principles	5
			Quarter 9 Total	**13**
10	Upper-Level Core	**XSCI 254**	Youth Athletic Development	5
	Upper-Level Core	**XSCI 256**	Exercise Programming for Aging and Longevity	5
			Quarter 10 Total	**10**
11	Upper-Level Core	**XSCI 259**	Advanced Nutrition and Metabolism for Human Performance	5
	Upper-Level Core	**XSCI 261**	Advanced Behavior Change Psychology	5
			Quarter 11 Total	**10**
12	Upper-Level Core	**XSCI 272**	Presenting Greatness	5
	Upper-Level Core	**XSCI 371**	Principles of Kinesiology	5
			Quarter 12 Total	**10**
13	Upper-Level Core	**XSCI 298**	Inclusive Human Performance and Adaptive Training	5
	Upper-Level Core	**XSCI 376**	Research Methods	5
			Quarter 13 Total	**10**
14	Upper-Level Core	**XSCI 481**	Principles of Biomechanics	5
	Upper-Level Core	**XSCI 482**	Physiology of Exercise	5
			Quarter 14 Total	**10**
15	SC Pathway - Upper	**XSCI 258**	Movement Dysfunction and Corrective Strategies	5
	SC Pathway - Upper	**XSCI 277**	Obstacle Course and Tactical Performance Training	5
	SC Pathway - Upper	**XSCI 367**	Hypertrophy Science and Physique Development	5
			Quarter 15 Total	**15**
16	Upper-Level Core	**XSCI 498**	Capstone in Exercise Science	5
				5

Program Total: 180 Quarter Credits

Illustrated pathway: Strength and Conditioning. Students selecting another pathway must use the corresponding lower- and upper-level pathway courses consistently.

Bachelor of Science in Exercise Science

SAMPLE EXTENDED COURSE COMPLETION PLAN

180 Quarter Credits | 20-Quarter Extended Sequence | Strength and Conditioning Pathway

Quarter	Category	Course	Course Title	Cr.
1	Lower-Level Core	**XSCI 110**	From Physical Culture to Exercise Science: History and Evolution of the Profession	4
	Lower-Level Core	**XSCI 130**	Functional Anatomy and Physiology	4
			Quarter 1 Total	**8**
2	Lower-Level Core	**XSCI 240**	Applied Biomechanics and Movement Analysis	4
	Lower-Level Core	**XSCI 242**	Training Principles and Program Design	4
			Quarter 2 Total	**8**
3	Lower-Level Core	**XSCI 243**	Movement and Performance Assessment Methods: Administration, Scoring, and Reporting	4
	Lower-Level Core	**NTR 243**	Cellular Nutrition: Micronutrients, Hydration, and Supplementation	4
			Quarter 3 Total	**8**
4	Lower-Level Core	**XSCI 245**	Exercise Programming for Special Populations	4
	Lower-Level Core	**XSCI 246**	The Science of Behavior Change	4
			Quarter 4 Total	**8**
5	Lower-Level Core	**XSCI 248**	Client Acquisition and Practice Development in Health and Performance	4
	General Education	**BIO 105**	Anatomy and Physiology	5
			Quarter 5 Total	**9**
6	General Education	**BIO 105L**	Anatomy and Physiology Lab	3
	General Education	**ENG 110**	English Composition	5
			Quarter 6 Total	**8**
7	General Education	**HIST 102**	U.S. History	5
	General Education	**MATH 102**	College Math	5
			Quarter 7 Total	**10**
8	General Education	**PSY 102**	General Psychology	5
	General Education	**SOC 101**	Introduction to Sociology	5
			Quarter 8 Total	**10**
9	General Education	**MATH 303**	Statistics	5
	General Education	**HIST 303**	History of Sport	5
			Quarter 9 Total	**10**
10	General Education	**CHEM 303**	Introduction to Chemistry	5
	SC Pathway - Lower	**XSCI 257**	Performance Training for Groups and Teams	5
			Quarter 10 Total	**10**
11	SC Pathway - Lower	**XSCI 257**	Performance Training for Groups and Teams	5

	SC Pathway - Lower	**XSCI 255**	Performance Enhancement and Training Science	5
			Quarter 10 Total	**10**
12	SC Pathway - Lower	**PD 101**	Train to Win Session	4
	SC Pathway - Lower	**PD 103**	Professional and Career Development	4
			Quarter 10 Total	**10**
13	General Education	**MATH 303**	Statistics	5
	General Education	**HIST 303**	History of Sport	5
			Quarter 9 Total	**10**
14	General Education	**CHEM 303**	Introduction to Chemistry	5
	SC Pathway - Lower	**XSCI 257**	Performance Training for Groups and Teams	5
			Quarter 10 Total	**10**
15	SC Pathway - Lower	**XSCI 257**	Performance Training for Groups and Teams	5
	SC Pathway - Lower	**XSCI 255**	Performance Enhancement and Training Science	5
			Quarter 10 Total	**10**
16	SC Pathway - Lower	**PD 101**	Train to Win Session	4
	SC Pathway - Lower	**PD 103**	Train to Win Session	4
			Quarter 10 Total	**10**
17	General Education	**MATH 303**	Statistics	5
	General Education	**HIST 303**	History of Sport	5
			Quarter 10 Total	**10**
18	SC Pathway - Lower	**PD 101**	Train to Win Session	4
	SC Pathway - Lower	**PD 103**	Train to Win Session	4
			Quarter 10 Total	**10**
19	General Education	**MATH 303**	Statistics	5
	General Education	**HIST 303**	History of Sport	2
			Quarter 10 Total	**17**
20	General Education	**HIST 303**	History of Sport	5
			Quarter 10 Total	**5**

ASSOCIATE OF SCIENCE IN EXERCISE SCIENCE

90 quarter credits

Program Description

The purpose of the Associate Degree in Exercise Science is to provide students with a strong foundation in the scientific principles of human movement, health, fitness, and performance while preparing them for entry-level careers in the health, wellness, fitness, and exercise science fields. Students develop knowledge in anatomy, physiology, biomechanics, nutrition, exercise programming, and health promotion while gaining an appreciation for evidence-based practices that support lifelong wellness and physical performance. Many students also find these concepts valuable in improving their own health and well-being. The program also provides the academic foundation for students who wish to pursue a bachelor's or advanced degree in Exercise Science.

Program Outcomes

Graduates of this program will be able to:

- Design and implement an exercise program for an individual's specific situations and goals
- Define and describe the fundamentals of injury prevention.
- Determine and deploy an appropriate response to emergency situations.
- Demonstrate ability to address/manage pre-existing conditions.
- Apply currently accepted industry standards for exercise safety.
- Describe primary functions of muscles and joints during specific exercises
- Describe primary concepts of human physiology at rest and during exercise
- Describe basic principles of nutrition and how they relate to health and exercise programs.

Completion

To earn an associate degree, a student must complete the following:

- Earn a minimum of 90 quarter credits of which 30 credits are general education, 30 credits are core courses, and 30 credits are electives.
- A minimum of 30 credits must be earned through ISSA CES structured undergraduate courses. Self-paced courses may meet core requirements, but they cannot be counted toward the undergraduate minimum.
- Maintain an overall institutional GPA of 2.0
- Maintain a 2.0 GPA specifically in core coursework
- Fulfill the academic requirements as directed by the degree program.

Degree Requirements

Associate's Degree Courses				
	Course	Course #	Credit Value	Requirement/Pathway
Core - Lower Level 36 credits	From Physical Culture to Exercise Science: History and Evolution of the Profession	XSCI110	4	Required
	Functional Anatomy and Physiology	XSCI130	4	Required
	Applied Biomechanics and Movement Analysis	XSCI240	4	Required
	Training Principles and Program Design	XSCI242	4	Required
	Movement and Performance Assessment Methods	XSCI243	4	Required
	Cellular Nutrition	NTR243	4	Required
	Exercise Programming for Special Populations	XSCI245	4	Required
	The Science of Behavior Change	XSCI246	4	Required
	Client Acquisition and Practice Development	XSCI248	4	Required
General Education 33 credits	Anatomy and Physiology	BIO105	5	Required
	Anatomy & Physiology Lab	BIO105L	3	Required
	English Composition	ENG110	5	Required
	US History	HIST102	5	Required
	College Math	MATH102	5	Required
	General Psychology	PSY102	5	Required
	Intro to Sociology	SOC101	5	Required
Pathways- Lower Level: 21 Credits All 21 credits need to be from your selected pathway	Business Communications	COMM161	5	Fitness Leadership (LL)
	Exercise Facility Administration and Leadership	XSCI280	5	
	Customer Service Principles	COMM203	3	
	Train to Win Session	PD101	4	
	Professional and Career Development	PD103	4	
	Movement Dysfunction and Corrective Strategies	XSCI258	5	Personal Training (LL)
	Performance Training for Groups and Teams	XSCI257	5	
	Coaching Greatness	XSCI274	3	
	Train to Win Session	PD101	4	
	Professional and Career Development	PD103	4	

	Performance Training for Groups and Teams	XSCI257	5	Strength & Conditioning (LL)
	Performance Enhancement and Training Science	XSCI255	5	
	Coaching Greatness	XSCI274	3	
	Train to Win Session	PD101	4	
	Professional and Career Development	PD103	4	
	Respiratory Physiology and Performance Breathing Strategies	XSCI369	5	Wellness (LL)
	Applied Coaching for Behavior Change	HSCI255	5	
	Integrated Client Assessment and Behavior Strategy Design	HSCI254	3	
	Train to Win Session	PD101	4	
	Professional and Career Development	PD103	4	

Associate of Science in Exercise Science

SAMPLE COURSE COMPLETION PLAN

90 Quarter Credits | 8-Quarter Standard Sequence | Strength and Conditioning Pathway

Program Total: 90 Quarter Credits

Quarter	Category	Course	Course Title	Cr.
1	Core	**XSCI 110**	From Physical Culture to Exercise Science: History and Evolution of the Profession	4
	Core	**XSCI 130**	Functional Anatomy and Physiology	4
	Core	**XSCI 240**	Applied Biomechanics and Movement Analysis	4
			Quarter 1 Total	**12**
2	Core	**XSCI 242**	Training Principles and Program Design	4
	Core	**XSCI 243**	Movement and Performance Assessment Methods: Administration, Scoring, and Reporting	4
	Core	**NTR 243**	Cellular Nutrition: Micronutrients, Hydration, and Supplementation	4
			Quarter 2 Total	**12**
3	Core	**XSCI 245**	Exercise Programming for Special Populations: Metabolic, Cardiovascular, Orthopedic, and Aging Considerations	4
	Core	**XSCI 246**	The Science of Behavior Change: Motivation, Adherence, and Coaching Communication	4
	Core	**XSCI 248**	Client Acquisition and Practice Development in Health and Performance	4
			Quarter 3 Total	**12**
4	General Education	**BIO 105**	Anatomy and Physiology	5
	General Education	**BIO 105L**	Anatomy and Physiology Lab	3
	General Education	**ENG 110**	English Composition	5
			Quarter 4 Total	**13**
5	General Education	**HIST 102**	U.S. History	5
	General Education	**MATH 102**	College Math	5
			Quarter 5 Total	**10**
6	General Education	**PSY 102**	General Psychology	5
	General Education	**SOC 101**	Introduction to Sociology	5
			Quarter 6 Total	**10**
7	SC Pathway - Lower	**XSCI 257**	Performance Training for Groups and Teams	5
	SC Pathway - Lower	**XSCI 255**	Performance Enhancement and Training Science	5
	SC Pathway - Lower	**XSCI 274**	Coaching Greatness: Leadership, Culture, and High Performance Development	3

			Quarter 7 Total	**13**
8	SC Pathway - Lower	**PD 101**	Train to Win Session	4
	SC Pathway - Lower	**PD 103**	Train to Win Session	4
			Quarter 8 Total	**8**

36 core credits + 33 general education credits + 21 Strength and Conditioning pathway credits.

Associate of Science in Exercise Science

SAMPLE EXTENDED COURSE COMPLETION PLAN

90 Quarter Credits | Extended Sequence | Strength and Conditioning Pathway

Quarter	Category	Course	Course Title	Cr.
1	Core	**XSCI 110**	From Physical Culture to Exercise Science: History and Evolution of the Profession	4
	Core	**XSCI 130**	Functional Anatomy and Physiology	4
			Quarter 1 Total	**8**
2	Core	**XSCI 240**	Applied Biomechanics and Movement Analysis	4
	Core	**XSCI 242**	Training Principles and Program Design	4
			Quarter 2 Total	**8**
3	Core	**XSCI 243**	Movement and Performance Assessment Methods: Administration, Scoring, and Reporting	4
	Core	**NTR 243**	Cellular Nutrition: Micronutrients, Hydration, and Supplementation	4
			Quarter 3 Total	**8**
4	Core	**XSCI 245**	Exercise Programming for Special Populations: Metabolic, Cardiovascular, Orthopedic, and Aging Considerations	4
	Core	**XSCI 246**	The Science of Behavior Change: Motivation, Adherence, and Coaching Communication	4
			Quarter 4 Total	**8**
5	Core	**XSCI 248**	Client Acquisition and Practice Development in Health and Performance	4
	General Education	**BIO 105**	Anatomy and Physiology	5
			Quarter 5 Total	**9**
6	General Education	**BIO 105L**	Anatomy and Physiology Lab	3
	General Education	**ENG 110**	English Composition	5
			Quarter 6 Total	**8**
7	General Education	**HIST 102**	U.S. History	5

	General Education	**MATH 102**	College Math	5
			Quarter 7 Total	**10**
8	General Education	**PSY 102**	General Psychology	5
	General Education	**SOC 101**	Introduction to Sociology	5
			Quarter 8 Total	**10**
9	SC Pathway - Lower	**XSCI 257**	Performance Training for Groups and Teams	5
			Quarter 9 Total	**5**
10	SC Pathway - Lower	**XSCI 255**	Performance Enhancement and Training Science	5
			Quarter 10 Total	**5**
11	SC Pathway - Lower	**XSCI 274**	Coaching Greatness: Leadership, Culture, and High Performance Development	3
	SC Pathway - Lower	**PD 101**	Train to Win Session	4
			Quarter 11 Total	**7**
12	SC Pathway - Lower	**PD 103**	Train to Win Session	4
			Quarter 12 Total	**4**

GRADUATE CERTIFICATES

20 Quarter Credits Required

Program Description

Clinical, Corporate, and Community Wellness Graduate Certificate

The Graduate Certificate in Corporate, Clinical, and Community Wellness at Lionel University is designed to prepare professionals for impactful roles at the intersection of healthcare, preventive wellness, and exercise science—without the time commitment of a full degree. This focused program integrates exercise physiology, behavior change, and wellness program design to equip you with the skills needed to improve health outcomes across corporate, clinical, and community settings. Through applied learning and real-world relevance, you will develop the ability to design and implement wellness initiatives, support diverse populations, and promote disease prevention and long-term health in a variety of environments. Built for working professionals, this certificate allows you to expand your impact, work across multidisciplinary settings, and immediately apply what you learn to improve lives and communities.

Fitness Leadership Graduate Certificate

The Graduate Certificate in Fitness Leadership at Lionel University is designed to prepare professionals for advanced roles in fitness management, wellness leadership, and performance-driven organizations—without the time commitment of a full degree.

This focused program combines exercise science with business strategy, leadership development, and operational management to equip you with the skills needed to lead teams, build impactful programs, and grow successful fitness and wellness organizations.

Through a blend of strategy and real-world application, you will develop the ability to manage facilities, lead staff, design scalable programs, and deliver results-driven services in today's evolving health and performance industry.

Built for working professionals, this certificate allows you to step into leadership roles, expand your influence, and immediately apply what you learn in the field.

Strength and Conditioning Graduate Certificate

The Graduate Certificate in Strength and Conditioning at Lionel University is designed to prepare professionals for advanced roles in sports performance, strength coaching, and athletic development—without the time commitment of a full degree.

This focused program blends exercise science, applied coaching methods, and performance analytics to equip you with the tools needed to excel in the rapidly evolving field of human performance.

Through a combination of theory and real-world application, you will develop the skills to design, implement, and evaluate evidence-based strength and conditioning programs for athletes and active populations.

Built for working professionals, this certificate allows you to advance your expertise, enhance your credibility, and immediately apply what you learn in the field.

Methods of Study

Requirements are completed through professor-led undergraduate distance education courses offered by Lionel University. Courses include established start and end dates, weekly learning activities and assignments, instructor interaction, and online classroom engagement. Course selection and sequencing are based on availability and should be completed in consultation with an academic advisor.

Program Completion

Students must successfully complete 20 quarter credits selected from their chosen certificate program.

Graduate Certificate: Fitness Leadership | Total: 20 quarter credits

	Course	Course #	Credit Value	Requirement/ Pathway
Specialization 20 credits	Leadership and Professional Development	**FL501**	5	Required
	Advanced Business Aspects of Fitness	**FL502**	5	
	Professional Communication	**FL503**	5	
	E-Commerce and Internet Presence	**FL504**	5	

Graduate Certificate: Clinical, Corporate, and Community Wellness | Total: 20 quarter credits

	Course	Course #	Credit Value	Requirement/ Pathway
Specialization 20 credits	Industrial, Clinical, and Corporate Wellness	**CCCW501**	5	Required
	Physical Fitness and Epidemiology	**CCCW502**	5	
	Organization and Development of School and Community Physical Activity Programs	**CCCW503**	5	
	Obesity Prevention and Management	**CCCW504**	5	

Graduate Certificate in Strength and Conditioning Courses

	Course	Course #	Credit Value	Requirement/ Pathway
Specialization 20 credits	Exercise Assessment and Prescription	**SC501**	5	Required
	Advanced Strength and Conditioning	**SC502**	5	
	Advanced Topics in Fitness Nutrition	**SC503**	5	
	Contemporary Coaching Methods	**SC504**	5	

Graduate Certificate in Strength and Conditioning

SAMPLE COURSE COMPLETION PLAN

20 Quarter Credits | 2-Quarter Standard Sequence

Quarter	Category	Course	Course Title	Cr.
1	Specialization	**SC501**	Exercise Assessment and Prescription	5
	Specialization	**SC502**	Advanced Strength and Conditioning	5
			Quarter 1 Total	**10**
2	Specialization	**SC503**	Advanced Topics in Fitness Nutrition	5
	Specialization	**SC504**	Contemporary Coaching Methods	5
			Quarter 2 Total	**10**

Program Total: 20 Quarter Credits

Four required specialization courses; no XSCI core or capstone courses are required.

Graduate Certificate in Clinical, Corporate, and Community Wellness

SAMPLE COURSE COMPLETION PLAN

20 Quarter Credits | 2-Quarter Standard Sequence

Quarter	Category	Course	Course Title	Cr.
1	Specialization	**CCCW501**	Industrial, Clinical, and Corporate Wellness	5
	Specialization	**CCCW502**	Physical Fitness and Epidemiology	5
			Quarter 1 Total	**10**
2	Specialization	**CCCW503**	Organization and Development of School and Community Physical Activity Programs	5
	Specialization	**CCCW504**	Obesity Prevention and Management	5
			Quarter 2 Total	**10**

Graduate Certificate in Fitness Leadership

SAMPLE COURSE COMPLETION PLAN

20 Quarter Credits | 2-Quarter Standard Sequence

Quarter	Category	Course	Course Title	Cr.
1	Specialization	**FL501**	Leadership and Professional Development	5
	Specialization	**FL502**	Advanced Business Aspects of Fitness	5
			Quarter 1 Total	**10**
2	Specialization	**FL503**	Professional Communication	5
	Specialization	**FL504**	E-Commerce and Internet Presence	5
			Quarter 2 Total	**10**

MASTER TRAINER CERTIFICATE

30 Quarter Credits Required

Program Description

The Master Trainer Certificate is designed to equip graduates with a comprehensive foundation in the science and practice of personal training, human performance, fitness nutrition, movement assessment, program design, behavior change, and client development. The curriculum prepares graduates to assess movement and performance, design safe and effective exercise programs, communicate and coach effectively, and serve diverse populations across fitness, wellness, and performance settings.

Program Outcomes

- Exercise science foundations, functional anatomy, biomechanics, and movement analysis
- Training principles, exercise programming, and performance assessment methods
- Cellular nutrition and advanced nutrition for human performance
- Behavior change, coaching communication, and client development
- Programming for special populations, aging adults, youth athletes, groups, and adaptive training
- Performance enhancement, long-term athletic development, and inclusive human performance

Completion

Students must successfully complete 30 quarter credits, 5 core credits and 25 credits selected from the approved exercise science and nutrition courses listed in the program requirements. The selected combination must total at least 30 quarter credits and meet all applicable institutional and program policies.

Certificate Requirements

Master Trainer Certificate Courses				
	Course	Course #	Credit Value	Requirement/Pathway
Core - 5 credits	Certified Personal Trainer	XSCI251	5	Required
Elective Certificates 25 credits	Nutrition Science for Human Performance	NUT243	4	
	Advanced Nutrition and Metabolism for Human Performance	NUT259	5	
	The Science of Micronutrients & Supplements	NUT273	3	
	Functional Anatomy and Physiology	XSCI130	4	
	Applied Biomechanics and Movement Analysis	XSCI240	4	
	Training Principles and Program Design	XSCI242	4	

	Movement and Performance Assessment Methods	XSCI243	4	
	Exercise Programming for Special Populations	XSCI245	4	
	The Science of Behavior Change	XSCI246	4	
	Client Acquisition and Practice Development	XSCI248	4	
	Client Consultation and Engagement in Fitness	XSCI249	4	
	Continuum of Care and Return-to-Performance Principles	XSCI253	5	
	Youth Athletic Development and Long-Term Performance	XSCI254	5	
	Performance Enhancement and Training Science	XSCI255	5	
	Exercise Programming for Aging and Longevity	XSCI256	5	
	Performance Training for Groups and Teams	XSCI257	5	
	Movement Dysfunction and Corrective Strategies	XSCI258	4	
	Hypertrophy Science and Physique Development	XSCI260	5	
	Advanced Behavior Change Psychology in Human Performance	XSCI261	5	
	Presenting Greatness: The Art and Science of Powerful Communication	XSCI272	5	
	Coaching Greatness: Leadership Culture and High Performance Development	XSCI274	4	
	Certified Vitality & Blood Biomarker Specialist	XSCI275	4	
	Inspired Breath Training	XSCI276	4	
	Obstacle Course and Tactical Performance Training	XSCI277	5	
	Exercise Facility Administration and Leadership	XSCI280	4	
	Inclusive Human Performance and Adaptive Training	XSCI298	4	
	Inclusive Human Performance and Adaptive Training (Level 2)	XSCI299	4	

Master Trainer Certificate

SAMPLE DEGREE PLAN

30 Quarter Credits | 1 Year Sequence

Quarter	Course	Course Title	Credits
1	**XSCI 251**	Certified Personal Trainer	5
	XSCI 130	Functional Anatomy and Physiology	4
		Quarter 1 Total	**9**
2	**XSCI 240**	Applied Biomechanics and Movement Analysis	4
	XSCI 242	Training Principles and Program Design	4
		Quarter 2 Total	**8**
3	**NTR 243**	Cellular Nutrition	4
	XSCI 245	Exercise Programming for Special Populations	4
		Quarter 3 Total	**8**
4	**XSCI 277**	Obstacle Course and Tactical Performance Training	5
		Quarter 4 Total	**5**
4PROGRAM TOTAL			**30**

Master Trainer Certificate

SAMPLE EXTENDED DEGREE PLAN

30 Quarter Credits | Extended Sequence

Quarter	Course	Course Title	Credits
1	**XSCI 251**	Certified Personal Trainer	5
		Quarter 1 Total	**5**
2	**XSCI 130**	Functional Anatomy and Physiology	4
		Quarter 2 Total	**4**
3	**XSCI 242**	Training Principles and Program Design	4
		Quarter 3 Total	**4**
4	**NTR 243**	Cellular Nutrition	4
		Quarter 4 Total	**4**
5	**XSCI 245**	Exercise Programming for Special Populations	4
		Quarter 5 Total	**4**
6	**XSCI 277**	Obstacle Course and Tactical Performance Training	5
	XSCI 298	Inclusive Human Performance and Adaptive Training	4
		Quarter 6 Total	**9**
		PROGRAM TOTAL	**30**

Graduate Course Listings

Core

XSCI501
Contemporary Issues in Exercise Science
Requisites: none
5 credits
10 weeks
This course covers current issues in modern sport. Students learn the opportunities available in the field of exercise science, develop management skills that can be applied across the field, gain an under-standing of major challenges in various segments of the field, and identify research opportunities.

XSCI502
Data Analysis in Exercise Science
Requisites: none
5 credits
10 weeks
In this course students learn test administration, general statistics, and basic research design in exercise science. Emphasis will be placed upon the interpretation of statistical data, evaluation of data, and basic methodologies utilized in health, sport, and exercise sciences research. Data analysis and evaluation will be an integral part of the class.

XSCI503
Advanced Exercise Physiology
Requisites: PTR482 Physiology of Exercise or equivalent
5 credits
10 weeks
In this course, students will learn advanced topics in exercise physiology. Students will learn to identify the structure and function of the skeletal neuromuscular, gastrointestinal, cardiovascular, pulmonary, immune, and endocrine systems as they relate to exercise. Emphasis will be placed on assessment and methodologies designed to improve exercise performance and reduce the likelihood of disease. Topics covered will include how to increase aerobic and anaerobic performance, weight loss strategies, and emerging topics in exercise physiology.

XSCI504
Motor Learning
Requisites: none
5 credits
10 weeks
In this course, students learn fundamental concepts of human performance, with an emphasis placed on how the coaching relationship supports motor learning. Students will examine how motor systems work by exploring major principles of human movements. The processes of human motor learning will be taught using real-life examples of how motor systems promote learning and performance, including the benefits of effective coaching.

Concentrations

Clinical, Corporate, and Community Wellness

CCCW501
Industrial, Clinical, and Corporate Wellness Requisites: EXSC501
5 credits
10 weeks
In this course, students learn the importance and timeliness of worksite health promotion, emphasizing the professional aspects of workplace program leadership. Tools and techniques for assessing worksite needs will be offered so that students have adequate knowledge for designing helpful programs that meet employees' needs and interests. Funding and resource allocation will be explored to assure sustainability in diverse types of company structures, including multisite locations.

CCCW502
Physical Fitness and Epidemiology
Requisites: EXSC501
5 credits
10 weeks
Epidemiological examination of the relationship of physical activity with the morbidity and mortality of chronic disease and related risk factors.

CCCW503
Organization and Development of School and Community Physical Activity Programs
Requisites: EXSC501
5 credits
10 weeks
In this course, students learn the fundamentals of comprehensive school physical activity programs, with a primary focus on how local schools can network with area organizations, businesses, and community leaders to improve health services to students and their families. Program effectiveness will include the importance of comprehensive needs assessments, strong wellness committees, and quality control measures to assure program sustainability in diverse school settings, such as rural and urban areas.

CCCW504
Obesity Prevention and Management
Requisites: EXSC501; EXSC503
5 credits
10 weeks

Obesity is a global reality affecting the health and wellbeing of children and adults in every nation. Students in this course will gain an awareness of how physical activity prevents and treats this deadly condition. Priorities include examining how mass media, global policies, and local governments play a role in how individuals understand and address obesity and engage in physical activity.

Fitness Leadership

FL501
Leadership and Professional Development Requisites: EXSC501
5 credits
10 weeks
In this course, students will personalize the multi-dimensional study of leadership and identify their personal orientation and philosophy after exploring historical leaders, various leadership styles and philosophies, and our present leadership paradigm. This uncover/discover process will include conducting various self-evaluations related to traits, skills, values, personal characteristics, and motivated abilities. Students will examine the art and science of leadership in a critical fashion by exploring the contemporary issues of today's world along with the privileges and responsibilities assigned to today's leadership.

FL502
Advanced Business Aspects of Fitness
Requisites: PTR375; EXSC501
5 credits
10 weeks
In this course, students learn the essentials for how to manage a health fitness center. Students will explore the role and responsibilities of running a successful organization, with an emphasis on human resources, membership, and operations and facility maintenance. Detailed resources will be provided, including helpful checklists, case studies, and other tools that will equip students for optimum success as business leaders in the fitness industry.

FL503
Professional Communication
Requisites: EXSC501
5 credits
10 weeks
This course explores the principles and techniques of effective communication

across all spectrums of professional levels. Students will discuss, critique, and practice communication strategies to elicit positive influence in professional settings, while developing critical thinking, researching and leadership skills.

FL504
E-Commerce and Internet Presence
Requisites: PTR375; EXSC501
5 credits
10 weeks
This course teaches students how to conduct business online and how to manage the technological issues associated with constructing an electronic commerce website. Students will study how implementing technology can engage cardholders, merchants, issuers, payment gateways and other parties in electronic transactions.

Strength and Conditioning

SC501
Exercise Assessment and Prescription
Requisites: PTR251; EXSC503
5 credits
10 weeks
In this course, students learn the fundamentals for assessing physical activity, health, and risk among diverse fitness clients. Students will learn the principles of assessment, prescription, and exercise program design, including how to create strategies for improving cardiorespiratory and muscular fitness. Material for increasing client flexibility and low back care will be emphasized for certain populations.

SC502
Advanced Strength and Conditioning
Requisites: PTR251; EXSC503
5 credits
10 weeks
The fundamental principles that govern the development of strength are the primary focus of this course. Students will gain awareness of the concepts and principles needed to create appropriate development programs for various types of athletes, including women, young athletes, and senior athletes.

SC503
Advanced Topics in Fitness Nutrition
Requisites: PTR259; EXSC503
5 credits
10 weeks
Advanced knowledge and skills in nurturing athletes' fitness nutrition is a core component for any exercise physiology professional. Students will gain awareness of important nutrition sources for athletes and how intake promotes optimal athletic performance. A review of multiple factors that affect nutrition needs is included in the course, as well as strategies for assisting athletes of various sports.
SC504
Contemporary Coaching Methods
Requisites: EXSC503
5 credits
10 weeks
Coaching professionalism includes understanding the unique role and responsibilities of each position. Students who complete this course will gain awareness of the ethics that govern necessary core skills and knowledge for various coaching positions. Athlete development is a focus of this course, and students will learn knowledge and skills for designing programs that nurture the psychological, social, physical, and technical growth of athletes.

Capstone

EXSC599
Research Project
Requisites: EXSC501; EXSC502; EXSC503; EXSC504
5 credits
10 weeks
The research project is a faculty-guided scholarly experience that provides evidence of critical thinking, ability to integrate information, and understanding of research. Students participate in a scholarly process to explore through data collection and analysis, a clinically relevant problem in exercise science. This is a pass or fail course.

Undergraduate and Certificate Course Listings

(alphabetical by subject)

Biology

BIO105
Anatomy and Physiology
Prerequisites: None
5 credits
Length: 5 weeks
This course provides an introduction to the structure and function of the human body with emphasis on the various organ systems, focusing on anatomical features as well as function. Upon completion of this course, students will be able to describe both the anatomy and the function of the eleven body systems of the human body.

BIO105L
Anatomy and Physiology Lab
requisites: none
3 credits
5 weeks
Human Anatomy and Physiology Lab is a study of the cells, tissues, and organ systems of the human body. A variety of activities each week will provide you with the opportunity to learn the anatomy and basic functions related to various organ systems. The dynamics of cell membranes, as well as the components and functions of the integumentary, skeletal, muscular, nervous, endocrine, circulatory, lymphatic, respiratory, digestive, urinary, and reproductive systems, will be studied.

Business

BUS115
Introduction to Marketing
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
5 weeks
This course introduces key concepts related to marketing functions, the management of these functions, and how each function affects other functions within the marketing domain. The major functions are marketing management, marketing research, product planning, distribution channels, and pricing and promotion. The course will provide an understanding of marketing from the perspective of the manufacturer, marketing company, and consumer.

BUS117
Motivating for Performance
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
5 weeks
This course introduces key concepts related to the kinds of behaviors managers need to motivate people to perform. It looks at the ways to set challenging, motivating goals, how to reward good performance and how to determine people's key beliefs and individual needs that affect their motivation. The course also shows managers how to assess people fairly so they stay motivated and the causes and consequences of developing a satisfied workforce.

BUS204
Business and Management Principles
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
5 weeks
This course introduces American business with an overview of various terms and concepts that provide a framework for understanding business.
Topics include: business operational environments; organizational structures; management roles and functions; and the complexities involved with man-aging marketing, operations, information technology, finance, and human resources.

BUS207
Entrepreneurship
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
5 weeks
This course introduces key principles involved in the planning and management of business enterprises, especially at the level of small businesses. Students will develop a business plan, and discover aspects of small business finance, sales and marketing, and infrastructure development. Students will collaborate in the analysis of business plans. Issues related to legalities, record keeping, and govern-mental assistance will be covered

BUS210
Business Ethics and Law
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
4 credits
5 weeks
This course provides a study of the American legal system with an emphasis on how business organizations operate within that system, as well as an overview of the ethical issues and considerations that businesses encounter. Students learn about business law and ethics, contracts and sales, consumer protection issues and laws, agency and employment issues and laws, computer privacy issues, real property issues, and other relevant topics.

Chemistry

CHEM305
Introduction to Chemistry
Prerequisite: BIO105 or equivalent (grade of C- or higher required)
5 credits
10 weeks
Students will become familiar with general, organic, and biological chemistry, including the body's pH balance and how the body makes nutrition from food stuff. Students will learn key math skills and core chemistry skills, and gain confidence
in using chemistry vocabulary. At the end of this course, students will be able to articulate the chemical complexities of carbohydrates, proteins, and many of the other building blocks in biological chemistry.

Communications

COMM102
Effective Communication
Prerequisite: None
5 credits
5 weeks

Communication skills are developed through the use of effective listening, speaking, and writing skills. The student will develop the ability to speak clearly and effectively by learning to plan, compose and deliver ideas. Emphasis is on the global, ethical, technological, and customer service aspects of communication.

COMM121
Interpersonal Relations
Prerequisite: None
3 credits
5 weeks
In this course the student will gain the ability to work effectively through and with other people. The student will gain an understanding of how people work together in groups. Topics covered include: human relations skills; communication and miscommunication; groups; team building; transactional analysis; organizational change; creativity; stress; and managing diversity.

COMM161
Business Communications
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
2 credits
5 weeks
This course explores the principles and techniques of effective written business communication. Stu-dents will discuss, critique, and practice business writing strategies to produce good-news messages, bad-news messages, persuasive messages, reports, proposals and presentations, while developing critical thinking, researching and interviewing skills. Business communication in a global business environment is also emphasized.

COMM203
Customer Service Principles
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
3 credits
5 weeks
This course introduces and reinforces basic service principles and helps students develop professional customer handling, telephone, and communication skills. Students practice listening and questioning techniques, call control and empathy. Difficult situations are covered, with an emphasis on problem solving and assertive communication.

English

ENG110
English Composition
Requisites: none
5 credits
5 weeks
This course is an introduction to the writing process and to the major conventions of standard written English.

Exercise Science

XSCI110
From Physical Culture to Exercise Science
Prerequisite: None
4 credits
5 weeks
This course develops advanced understanding from physical culture to exercise science with a focus on improving human performance, movement efficiency, and training outcomes. Students apply scientific principles to design and implement effective performance strategies.

XSCI130
Functional Anatomy & Physiology
Prerequisite: None
4 credits
5 weeks
Functional Anatomy Knowledge, Physiology Understanding, Application of Scientific Principles, Health Promotion, Human Performance Optimization

XSCI240
Applied Biomechanics & Movement Analysis
Prerequisite: None
4 credits
5 weeks
This course develops advanced understanding of applied biomechanics & movement analysis with a focus on improving human performance, movement efficiency, and training outcomes. Students apply scientific principles to design and implement effective performance strategies.

XSCI242
Training Principles & Program Design
Prerequisite: None
4 credits
5 weeks
This course develops essential skills through training principles & program design, supporting academic success and professional readiness across disciplines.

XSCI243
Movement & Performance Assessment Methods
Prerequisite: None
4 credits
5 weeks
This course develops advanced understanding of movement & performance assessment methods with a focus on improving human performance, movement efficiency, and training outcomes. Students apply scientific principles to design and implement effective performance strategies.

XSCI245
Exercise Programming for Special Populations
Prerequisite: None
4 credits
5 weeks
This course develops advanced understanding of exercise programming for special populations with a focus on improving human performance, movement efficiency, and training outcomes. Students apply scientific principles to design and implement effective performance strategies.

XSCI246
The Science of Behavior Change
Prerequisite: None
4 credits
5 weeks
This course develops coaching and communication strategies through the science of behavior change, focusing on behavior change, client engagement, and long-term success.

XSCI248
Client Acquisition and Practice Development in Health and Performance
Prerequisite: None
4 credits
5 weeks
This course develops advanced understanding of client acquisition and practice development in health and performance with a focus on improving human performance, movement efficiency, and training outcomes. Students apply scientific principles to design and implement effective performance strategies.

XSCI249
Client Consultation and Engagement in Fitness
Prerequisite: None
4 credits
5 weeks
This course introduces students to the client consultation and engagement skills needed for successful entry-level practice in fitness, personal training, and health club environments.

XSCI253
Continuum of Care and Return-to-Performance Principles
Prerequisite: None
5 credits
10 weeks
This course examines foundational and applied principles of therapeutic exercise within the continuum of musculoskeletal rehabilitation and

return-to-performance models. Students explore tissue healing physiology, clinical assessment techniques, therapeutic exercise progressions, neuromotor control development, and functional reintegration strategies. Emphasis is placed on evidence-based decision-making, movement analysis, corrective programming, and professional scope of practice. Students develop competency in designing progressive rehabilitation programs that transition individuals from acute recovery to functional performance readiness.

XSCI254
Youth Athletic Development and Long-Term Performance
Prerequisite: None
5 credits
10 weeks
This course discusses growth and development, metabolism, physiology, body composition, training, endurance, flexibility, strength, plyometrics, program structure, sports psychology, nutrition, and injury as each relates to children and teens.

XSCI255
Performance Enhancement and Training Science
Prerequisite: None
5 credits
10 weeks
This course covers topics related to programming and motivation for athletes including anatomy, physiology, assessment, flexibility, strength, programming for specific sports, athletic nutrition, sports psychology, and injury.

XSCI256
Exercise Programming for Aging and Longevity
Prerequisite: None
5 credits
10 weeks
This course provides an evidence-based examination of exercise programming for older adults, grounded in current research on aging physiology, functional health, and longevity. Students explore biological, physiological, and psychosocial aspects of aging; age-related changes across cardiovascular, pulmonary, musculoskeletal, endocrine, neurological, and metabolic systems; and appropriate assessment and screening strategies. Emphasis is placed on designing safe, individualized, and developmentally appropriate exercise programs that support functional independence, chronic disease management, fall prevention, and quality of life. Students develop competency in applying scientific principles to diverse older adult populations, including those with chronic conditions and master's athletes.

XSCI257
Performance Training for Groups and Teams
Prerequisite: None
5 credits
10 weeks
This course examines the scientific principles and applied methodologies required to design and lead structured performance training for groups and teams. Students explore musculoskeletal and physiological foundations, biomechanics, energy systems, and training adaptations within collective training environments. Emphasis is placed on group assessment strategies, program periodization, exercise scaling and modification, safety management, equipment utilization, and session structure across cardiovascular, strength, and conditioning formats. The course also addresses professional leadership, participant engagement, and operational considerations relevant to group-based performance settings.

XSCI258
Movement Dysfunction and Corrective Strategies
Prerequisite: None
5 credits
10 weeks
This course covers the skills necessary to use evidence based corrective exercise interventions to restore physical performance, improve physical performance, and reduce injury risk for those with movement dysfunctions. Students learn to identify the complex factors associated with poor movement patterns and correct them with the simplest methods possible.
Please note: The information provided in this course is for general educational purposes only. The material is not a substitute for consultation with a healthcare provider regarding particular medical conditions and needs.

XSCI259
Advanced Nutrition and Metabolism for Human Performance
Prerequisite: None
5 credits
10 weeks
This course provides an advanced, evidence-based examination of nutrition science and metabolic physiology as they relate to human performance, exercise adaptation, and body composition management. Students explore digestion and nutrient metabolism, macronutrient and micronutrient functions, nutrient timing, hydration and electrolyte strategies, supplementation science, and nutrition for special populations. Emphasis is placed on critical evaluation of research, individualized nutrition assessment, body composition analysis, and the development of structured nutrition interventions aligned with performance goals and professional scope of practice.

XSCI260
Hypertrophy Science and Physique Development
Prerequisite: None
5 credits
10 weeks
This course provides an in-depth scientific and practical exploration of the art and science of bodybuilding and physique development. Topics include advanced applied anatomy, hypertrophy physiology, biomechanics, nutrition for cutting and bulking, endocrine regulation, posing, peaking strategies, physique assessment, recovery modalities, injury risk factors, and competition preparation.

XSCI261
Advanced Behavior Change Psychology in Human Performance
Prerequisite: None
10 credits
5 weeks
This course examines advanced psychological theories and applied behavior change strategies within exercise and human performance environments. Students explore the Transtheoretical Model of Change, Motivational Interviewing, Positive Psychology, Social Cognitive Theory, commitment strategies, and experiential sampling methodologies. Emphasis is placed on assessing readiness for change, tailoring stage-matched interventions, fostering intrinsic motivation, and designing structured transformation frameworks. Students develop competency in integrating evidence-based psychological principles into coaching practice while recognizing professional scope and referral boundaries.

XSCI272
Presenting Greatness: Public Speaking and Leadership Communication
Prerequisite: None
3 credits
5 weeks
This course is designed to transform the way students communicate in front of any audience—whether on the gym floor, in a classroom, at a conference, or on stage. Built from over two decades of international speaking experience by Chancellor Martin Rooney, this course offers expert strategies for planning, preparing, and delivering presentations that move people to action.

This course examines advanced public speaking and leadership communication strategies within performance, educational, and professional environments. Drawing from applied leadership frameworks, students develop skills in message construction, audience analysis, storytelling, delivery mechanics, rehearsal methodology, and feedback integration. Emphasis is placed on persuasive communication, stage presence, professional confidence, and audience engagement. Students develop and deliver a structured presentation demonstrating clarity, influence, and leadership presence within performance-based contexts.

XSCI274
Leadership, Culture, and High-Performance Development
Prerequisite: None
3 credits
5 weeks
This course examines leadership development and high-performance coaching principles within exercise and human performance environments. Rooted in the Coaching Greatness framework, students explore identity formation, emotional intelligence, communication strategies, and culture-building practices that define effective leadership. Emphasis is placed on coaching philosophy development, transformational influence, feedback systems, and sustainable impact across individual and group settings. Students construct a structured leadership action plan aligned with professional standards and long-term growth.

XSCI275
Certified Vitality & Blood Biomarker Specialist
Prerequisite: None
3 credits
5 weeks
This course examines the interpretation and application of clinical blood biomarkers within human performance and wellness contexts. Students explore functional and performance-based laboratory markers related to metabolic health, inflammation, hormonal balance, cardiovascular risk, nutrient status, and recovery physiology. Emphasis is placed on data interpretation, sex-specific reference considerations, prioritization of biomarker domains, and the development of evidence-based intervention strategies. Students design structured performance plans that integrate training, lifestyle, nutrition, and supplementation principles within professional scope of practice.

XSCI276
Inspired Breath Training
Prerequisite: None
3 credits
5 weeks
Breath Work (or “Breath Training”) is fast being rediscovered as a powerful set of protocols to optimize personal health and wellness, and deepen team sport and fitness performance. “Inspired by Nature,” Peak Flow is a San Diego-based breath work organization with a mission to “optimize Human potential, one Breath at a time.” Peak Flow offers a unique 24/7 personalized approach to breath training via our APP, our Peak Flow Practitioner Academy (PFPA) professional certification program, and our unique Peak Flow Method, comprised of our Breath Check (LVL 1), Breath Plan (LVL 2), and Breath Coach (LVL 2) pillars.

XSCI277
Obstacle Course and Tactical Performance Training
Prerequisite: None
3 credits
5 weeks
This course examines performance development strategies specific to obstacle course racing and tactical-style endurance events. Students analyze metabolic demands, movement patterns, grip strength development, load carriage, climbing mechanics, and hybrid strength-endurance integration. Emphasis is placed on needs analysis, acute variable manipulation, seasonal preparation phases, hydration and fueling strategies, and psychological resilience. Students design structured training programs that integrate strength, endurance, mobility, and mental preparedness within professional scope of practice.

XSCI298
Inclusive Human Performance and Adaptive Training
Prerequisite: None
4 credits
5 weeks
This course develops advanced understanding of inclusive human performance and adaptive training with a focus on improving human performance, movement efficiency, and training outcomes. Students apply scientific principles to design and implement effective performance strategies.

XSCI371
Principles of Kinesiology
Prerequisite: BIO105, ENG110
5 credits
10 weeks
Students will become familiar with the vocabulary of human anatomy, describe the essentials of human anatomy for movement, and gain the knowledge needed to pursue healthy living. By the end of this course, students will have a firm concept of how the human body is constructed and how it moves. Students will understand how the nervous system, circulatory system, and pulmonary system provide elements essential for skeletal movement. Learners will be able to identify problems and correct them to enhance physical activity.

XSCI372
Contemporary Issues in Fitness
Prerequisite: ENG110
5 credits
10 weeks
This course covers current issues in modern sport. Students learn the opportunities available in the sports management sector, develop management skills that can be applied across sports sectors, and gain an understanding of major challenges in various segments of the sports industry.

XSCI374
Psychology of Exercise
Prerequisite: PSY102
5 credits
10 weeks
This course covers the application of psychology to the industry of personal fitness training and exercise. Students learn how to understand and modify exercise behavior, as well as the psychosocial influences and consequences of exercise. Topics covered include theories and models of exercise behavior, social influences on exercise, physical activity interventions, personality, self-perceptions, stress, anxiety, depression, emotional well-being, cognitive functions, and quality of life related to exercise.

XSCI375
Business Aspects of Fitness
Prerequisite: ENG110
5 credits
5 weeks
This course covers the application of business techniques and principles to the industry of personal fitness training. Students learn to identify the various business roles and responsibilities of a fitness trainer, whether they choose to be a personal trainer in a fitness facility, a self-employed personal trainer, or a facility owner. Topics covered include creating a business plan, determining a business structure, screening and hiring staff, obtaining the right insurance, determining offerings and pricing, developing forms and contracts, becoming financially profitable and marketing fitness services.

XSCI376
Research Methods in Kinesiology
Prerequisite: BIO105
5 credits
5 weeks
This course covers the application of evidence-based practice in exercise science. Students learn about the important characteristics of evidence-based practice, the origins of evidence-based practice, and the practical application of evidence-based practice in exercise science. Topics covered include sources of evidence, reading and interpreting research evidence, developing a question, searching for evidence, evaluating evidence, incorporating evidence into practice, confirming evidence in the individual, and reevaluating evidence.

XSCI481
Principles of Biomechanics
Prerequisite: BIO105, XSCI371
5 credits
10 weeks
Students will learn the fundamental principles of biomechanics and how to apply the knowledge to improve sport performance. Topics include linear and kinetics and kinematics, natural forces, analyzing movement and addressing performance errors. Students will learn the mechanical concepts behind human body and the anatomical terms used to describe different views and body sections. The application of the knowledge is exemplified through movement of the athlete, of an implement, of an opposition and through fluid.

XSCI482
Physiology of Exercise
Prerequisite: BIO105, XSCI371
5 credits
10 weeks
The Physiology of Exercise explores the body's systemic responses to daily physical activity and exercise. This course will teach basic functioning, including cellular communication and hormonal balance and how immune, nervous, and cardiorespiratory systems work together to maintain homeostasis. The importance of nutrition, body composition, lifestyle choices, and the environment are also considered during a thorough review of training performance. Special populations are also discussed, which will improve your exercise prescriptions for each client's unique strengths and abilities.

XSCI483
Ethics and Law in Fitness Management
Prerequisite: None
5 credits
5 weeks
This course introduces legal concepts and terms and examines them in the context of the field of health, fitness, and sports. It investigates specific strategies to help managers minimize or eliminate legal liability. The course looks at issues such as sexual harassment, safety in the workplace, and fairness in the hiring, promotion, and termination process. The course also examines ethics in the field of fitness, sexual harassment, and the importance of an ethical code of conduct.

XSCI498
Capstone in Exercise Science
Prerequisite: Must have 140 credits or approval from the program Dean or CAO
5 credits
10 weeks
This course requires students to complete a culminating research project that integrates theories, research methods, analytical skills, and substantive knowledge gained through their undergraduate curriculum in sports and health sciences. Research options encompass concepts and applications covered throughout the student's undergraduate learning experience, including principles and laws of exercise and training, exercise techniques, program design and prescription, and the administration of testing and assessment of fitness, health, and wellness. This is a pass or fail course.

History

HIST102
US History I (1607-1877)
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
5 weeks
This course surveys the social, political, cultural, and economic development of North America, the British Colonies, and the United States. The course provides a broad-base history of the United States from before the arrival of Europeans to 1877. Migration, colonial and revolutionary periods, the development of the Republic, and the Civil War are covered.

HIST303
History of Sport
Prerequisite: ENG110 or equivalent (grade of C- or higher required
5 credits
5 weeks
The course covers the extensive history of American sports, from their colonial beginnings to their transformation into a multi-billion-dollar industry that defines American culture. Our study will explore how sports have mirrored and influenced major societal trends across political, economic, and cultural dimensions while addressing race, gender, class, and nationalism. This course will explore how different sports have developed while examining legendary athletes' emergence and technological progressions that have transformed modern games. Our exploration will show how sports history relates directly to your modern passion for fitness and nutrition. Analyzing historical sports trends affects modern perceptions of health, wellness, and body ideals. We will examine how societal values and scientific discoveries shifted from the initial focus on amateurism and "muscular Christianity" to today's emphasis on performance enhancement and scientific training to understand our current approaches to physical activity and diet. Our analysis will delve into the historical foundations of modern fitness fads while exploring how nutritional practices have evolved in sports performance and examining the impact of commercialization on health and fitness perceptions.

Health Information Technology

HIT135
Medical Terminology
Requisites: none
3 credits
5 weeks
A working knowledge of medical terminology is desirable for anyone entering one of the health science fields. This course will provide students with the foundation they need to recognize and interpret medical terms using the four word-part approach (prefixes, word roots, suffixes, and combining vowels). Students will come away from the course with a better understanding and mastery of terminology related to the health care field. Emphasis will be placed on improving written and oral communication skills pertaining to medical terminology. Identification of medical terms by word part is stressed, as are memorization, pronunciation, practical usage, and spelling.

Health Science

HSCI251
Foundations of Coaching Identity and Professional Practice
Prerequisite: None
4 credits
5 weeks
This course introduces the foundational principles of effective coaching practice, with an emphasis on developing a professional coaching identity and

approach. Students explore coaching methodologies, professional standards, ethical practice, and strategies for supporting client development and behavior change. The course prepares students to establish a purposeful and professional approach to coaching within health, fitness, wellness, and exercise-related settings.

HSCI253
Communication and Connection in Coaching
Prerequisite: None
4 credits
5 weeks
This course examines communication and relationship-building as essential components of effective coaching. Students develop strategies for active listening, effective questioning, client-centered communication, and building trust and rapport. Emphasis is placed on understanding individual motivations, strengthening client engagement, navigating communication challenges, and creating supportive coaching relationships that encourage meaningful and sustainable change.

HSCI254
Integrated Client Assessment and Behavior Strategy Design
Prerequisite: None
4 credits
5 weeks
This course develops coaching and communication strategies through integrated client assessment and behavior strategy design, focusing on behavior change, client engagement, and long-term success.

Mathematics

MATH102
College Math
Requisites: none
5 credits
5 weeks
This course is designed to develop mathematical and computational skills needed by college students and aids students in making the transition from computational to application mathematics. The student gains practice in mathematical calculations including percent, ratio, proportion, measurement, evaluation of numerical expressions and using charts, tables and graphs to solve problems. Emphasis is on solving for the unknown to help students become comfortable using variables to represent numbers.

MATH303
Statistics
Prerequisite: MATH102 or equivalent (grade of C-or higher required
5 credits
5 weeks
This course includes data presentation and summarization, introduction to probability concepts and distributions, statistical inference, estimation, hypothesis testing, comparison of populations, correlation and regression.

Nutrition

NUT241
Energy Systems and Human Metabolism
Prerequisite: None
4 credits
5 weeks
This course explores energy systems and human metabolism and its impact on health, performance, and recovery. Students apply nutrition science to support real-world coaching and sustainable client outcomes.

NUT242
Fueling Performance: Macronutrients in Action
Prerequisite: None
4 credits
5 weeks
This course develops advanced understanding of fueling performance: macronutrients in action with a focus on improving human performance, movement efficiency, and training outcomes. Students apply scientific principles to design and implement effective performance strategies.

NUT243
Nutrition Science for Human Performance: Energy Balance, Micronutrients, Supplementation & Professional Practice
Prerequisite: None
4 credits
5 weeks
This course explores nutrition science for human performance: energy balance, micronutrients, supplementation & professional practice and its impact on health, performance, and recovery. Students apply nutrition science to support real-world coaching and sustainable client outcomes.

NUT244
Nutrition in Context: Diets, Culture, and Critical Analysis
Prerequisite: None
4 credits
5 weeks
This course explores nutrition in context: diets, culture, and critical analysis and its impact on health, performance, and recovery. Students apply nutrition science to support real-world coaching and sustainable client outcomes.

NUT273
The Science of Micronutrients & Supplements
Prerequisite: None
3 credits
5 weeks
This course is an exploration into the science, safety, and application of micronutrients and supplements in the context of performance, wellness, and clinical use. Students will critically evaluate supplements from ingredient efficacy to formulation integrity using a science-based approach. Designed for fitness professionals, coaches, and tactical specialists, this course provides a framework to assess claims, design protocols, and guide clients through the supplementation landscape with confidence.

Personal Development

PD101
Train to Win: The ROAR Class
Requisites: none
4 credits
5 weeks
This course introduces students to Lionel University and prepares them for academic, personal, and professional success in Exercise Science and Human Performance. Using the Train to Win framework, students engage in structured self-reflection, skill development, and leadership application through the ROAR model: Reflect, Own, Align, and Rise. Students develop foundational competencies in academic planning, time management, professional behavior, and goal alignment while exploring career pathways and institutional resources.

PD103
Professional and Career Development
Prerequisite: None
2 credits
5 weeks
This course will groom you to find your first and next step of your career. You'll learn about different opportunities in the fitness industry beyond the traditional tracks. You'll develop a professional and effective resume, cover letter and elevator pitch. Skills will be honed to ensure you are successful and prepared for your interviews. If you are looking to grow your career this is the course you need.

Psychology

PSY102
General Psychology
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
5 weeks
This course provides a comprehensive introduction to the field of psychology, exploring the scientific study of behavior and mental processes. Students will examine key psychological concepts, theories, and research methods, gaining insight into human thought, emotion, and behavior. Topics covered include biological foundations, perception, learning, memory, development, and social behavior. This foundational course aims to equip students with a deeper understanding of themselves and others, fostering critical thinking and application of psychological principles in various contexts.

Sociology

SOC101
Introduction to Sociology
Prerequisite: ENG110 or equivalent (grade of C- or higher required)
5 credits
Session A
5 weeks
This course provides a broad overview of sociology and how it applies to everyday life. Major theoretical perspectives and concepts are presented, including sociological imagination, culture, inequality, and social change. Students also explore the influence of social class and the family as a social structure.

Graduate Certificate Course Listings

Clinical, Corporate, and Community Wellness
CCCW501
Industrial, Clinical, and Corporate Wellness
5 credits
10 weeks
In this course, students learn the importance and timeliness of worksite health promotion, emphasizing the professional aspects of workplace program leadership. Tools and techniques for assessing worksite needs will be offered so that students have adequate knowledge for designing helpful programs that meet employees' needs and interests. Funding and resource allocation will be explored to assure sustainability in diverse types of company structures, including multisite locations.

CCCW502
Physical Fitness and Epidemiology
5 credits
10 weeks
Epidemiological examination of the relationship of physical activity with the morbidity and mortality of chronic disease and related risk factors.

CCCW503
Organization and Development of School and Community Physical Activity Programs
5 credits
10 weeks
In this course, students learn the fundamentals of comprehensive school physical activity programs, with a primary focus on how local schools can network with area organizations, businesses, and community leaders to improve health services to students and their families. Program effectiveness will include the importance of comprehensive needs assessments, strong wellness committees, and quality control measures to assure program sustainability in diverse school settings, such as rural and urban areas.

CCCW504
Obesity Prevention and Management
5 credits
10 weeks
Obesity is a global reality affecting the health and wellbeing of children and adults in every nation. Students in this course will gain an awareness of how physical activity prevents and treats this deadly condition. Priorities include examining how mass media, global policies, and local governments play a role in how individuals understand and address obesity and engage in physical activity.

Fitness Leadership
FL501
Leadership and Professional Development
5 credits
10 weeks
In this course, students will personalize the multi-dimensional study of leadership and identify their personal orientation and philosophy after exploring historical leaders, various leadership styles and philosophies, and our present leadership paradigm. This uncover/discover process will include conducting various self-evaluations related to traits, skills, values, personal characteristics, and motivated abilities. Students will examine the art and science of leadership in a critical fashion by exploring the contemporary issues of today's world along with the privileges and responsibilities assigned to today's leadership.

FL502
Advanced Business Aspects of Fitness
5 credits
10 weeks
In this course, students learn the essentials for how to manage a health fitness center. Students will explore the role and responsibilities of running a successful organization, with an emphasis on human resources, membership, and operations and facility maintenance. Detailed resources will be provided, including helpful checklists, case studies, and other tools that will equip students for optimum success as business leaders in the fitness industry.

FL503
Professional Communication
5 credits
10 weeks
This course explores the principles and techniques of effective communication across all spectrums of professional levels. Students will discuss, critique, and practice communication strategies to elicit positive influence in professional settings, while developing critical thinking, researching and leadership skills.

FL504
E-Commerce and Internet Presence
Requisites: PTR375; EXSC501
5 credits
10 weeks
This course teaches students how to conduct business online and how to manage the technological issues associated with constructing an electronic commerce website. Students will study how implementing technology can engage cardholders, merchants, issuers, payment gateways and other parties in electronic transactions.

Strength and Conditioning
SC501
Exercise Assessment and Prescription
5 credits
10 weeks
In this course, students learn the fundamentals for assessing physical activity, health, and risk among diverse fitness clients. Students will learn the principles of assessment, prescription, and exercise program design, including how to create strategies for improving cardiorespiratory and muscular fitness. Material for increasing client flexibility and low back care will be emphasized for certain populations.

SC502
Advanced Strength and Conditioning
5 credits
10 weeks
The fundamental principles that govern the development of strength are the primary focus of this course. Students will gain awareness of the concepts and principles needed to create appropriate development programs for various types of athletes, including women, young athletes, and senior athletes.

SC503
Advanced Topics in Fitness Nutrition
5 credits
10 weeks
Advanced knowledge and skills in nurturing athletes' fitness nutrition is a core component for any exercise physiology professional. Students will gain awareness of important nutrition sources for athletes and how intake promotes optimal athletic performance. A review of multiple factors that affect nutrition needs is included in the course, as well as strategies for assisting athletes of various sports.

SC504
Contemporary Coaching Methods
5 credits
10 weeks
Coaching professionalism includes understanding the unique role and responsibilities of each position. Students who complete this course will gain awareness of the ethics that govern necessary core skills and knowledge for various coaching positions. Athlete development is a focus of this course, and students will learn knowledge and skills for designing programs that nurture the psychological, social, physical, and technical growth of athletes.

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