

EXERCISE SCIENCE

Gaining Recognition

The Defiance College Exercise Science (ESCI) Program has made significant recent progress in preparing students for professional success and recognition in the fields of strength and conditioning and personal training.

Last fall, DC was recognized as one of three Ohio colleges or universities to meet Certified Personal Trainer (CPT) examination preparation guidelines through the National Strength and Conditioning Association (NSCA). The ESCI program is now preparing to seek additional recognition in preparing students for the Certified Strength and Conditioning Specialists (CSCS) NSCA exam. Additionally, the program is focusing upon increasing the number of students and faculty that attend and/or present at regional, state, or national meetings of associated professional organizations.

Dr. Tim Rickabaugh, Professor of Exercise Science, observed, “The three-course, core sequence of the ESCI curriculum was recently re-aligned with NSCA guidelines and includes an intentional focus on the ongoing student preparation for success on professional certification exams. We also made sure that the curriculum was supplemented with material aligned with clinical guidelines from the American College of Sports Medicine (ACSM) for students seeking professional opportunities in allied health settings such as cardiac rehabilitation or extended care.”

Rickabaugh has previously been certified as an ACSM Exercise Specialist, an NSCA Strength and Conditioning Specialist, and an NSCA Certified Personal Trainer which allows for detailed insight in aligning the curriculum with professional standards and ethics.

This spring, senior Zachary Bires, athletic training major from Lorain, Ohio, passed the NSCA Certified Strength and Conditioning Specialist exam on his first attempt. Regarding that significant accomplishment, Dr. Rickabaugh said, “Zack did a great job of seeking continuing education and exam preparation opportunities to increase his chances of being certified on the first try. Last fall I attended an NSCA strength and conditioning coach workshop at Ohio State University, and I heard someone say hello. Looking behind me to see who it was, I saw Zack sitting and taking notes on the presentations. The NSCA and ACSM exams are rather difficult, and for him to achieve this certification before graduation is an impressive accomplishment.”



DC student Zack Bires checks Dr. Tim Rickabaugh while on a treadmill.

Regarding his new CSCS certification, Zack said, “This is definitely an accomplishment I am extremely proud of. DC gave me an opportunity to work hands-on with the strength and conditioning program for an intercollegiate athletic team, as well as an opportunity to go to the NSCA conference and learn hands-on. Without these opportunities, and Dr. Rickabaugh guiding me along with study material and advice for what to focus on, doing so well on my first attempt would not have come easily.”

In addition to aligning the ESCI curriculum with professional standards, faculty created an NSCA preparation manual that is given to students and have implemented frequent formative evaluation activities into day-to-day coursework. Rickabaugh also credits Dr. Matt Lundin, Athletic Training Education Program Director, for guidance in this process. “When initially hired, Dr. Lundin had to re-evaluate the ATE curriculum and implement frequent hands-on checkpoints aligned with their certification exam. Many of the ideas used to re-align our curriculum were based upon the results of his re-design process.”

As always, the Defiance College ESCI program strives to assist as many current, and future, students to achieve professional success upon graduation. Feel free to contact Dr. Rickabaugh at trickabaugh@defiance.edu or visit our website at www.defiance.edu to learn more about the ESCI program. ◆