



Faculty

Meghan Halbrook *Assistant Professor of Sport and Exercise Studies* B.A., University of Missouri-St. Louis; M.S., Ball State University; M.A., Ph.D., West Virginia University

I believe that success in the classroom is measured in more ways than just test scores. Success includes developing connections, leadership skills, self-efficacy, and intrinsic motivation. I also believe that helping students deal with adversity through application of sport, exercise, and performance psychology concepts, such as resilience skills, conflict resolution, and communication can be the most rewarding type of success as an educator. Therefore, I strive to create a very positive, supportive, and interactive environment in the classroom. My classes will commonly participate in debates and case studies which incorporate current events, research, and course material. Well-rounded students become thoughtful and purposeful people and professionals, which impacts their connection to others in their desired field, as well as the continued, positive growth of the Sport and Exercise Studies Program at Randolph College.

These beliefs and procedures have been developed through years of teaching, consulting, and research. Much like I try to do in the classroom with all students, my research centers around creating an inclusive and supportive environment for LGBTQ+ athletes in sport. Despite the suggestion that several important developments have occurred over the past 15 years for LGBTQ+ rights and acceptance, professional development opportunities for coaches still rarely include information about LGBTQ+ athletes and homonegativity in the sport environment. Diversity education, specifically with regard to LGBTQ+ athletes, teaches the use of inclusive language, development of team policies, and appropriate response strategies to deal with concerns, incidents, or biases on the court or field. In the future, I hope to develop training courses and materials for coaches that can be directed at increasing understanding and acceptance, and decrease incidences of bullying and harassment within a team setting.

Carolyn Sarson *Chair of the Physical Education Department, Associate Professor of Sport and Exercise Studies, Director of Sports and Exercise Studies Program* B.S., Pennsylvania State University; M.Ed., University of Virginia

I have a passion for teaching the exercise sciences! What a great experience to be able to do what I love on a daily basis. Having recently developed a new major in sport and exercise studies, I transitioned from my long wonderful career as head athletic trainer for the college to continuing to mentor students through teaching and advising responsibilities. Can you think of any other dream job? My background is in health and physical education, athletic training, and exercise physiology; therefore, I bring a wide range of discipline knowledge in mentoring our students. I hope they draw from my excitement and enthusiasm and pay it forward giving back their knowledge to others.

Observing student's make connections between clinical/classroom knowledge and lab experiences that results in their "light bulb" moments in how to enhance exercise or sport performance is the most rewarding experience. My favorite classes to teach are nutrition, exercise physiology, evaluation of athletic injuries, and exercise and health assessment. I utilize a hands-on applied approach in many of my classes, as I prefer to keep myself actively engaged with students.

What will Sport and Exercise Studies do for me?

The **Sport and Exercise Studies program** focuses on introducing students to a framework of knowledge in surrounding sport and exercise disciplines.

A broad intellectual base challenges students to explore foundations of human movement, personal health and fitness, and sport administration with multi-dimensional courses such as kinesiology, motor development, exercise physiology, sport nutrition, exercise testing and prescription, sport management, leadership, and sport psychology.

The integration of classroom, laboratory, and field experiences with the college's general education program provides a well-rounded liberal arts education experience. Students graduate with a B.A. in Sport and Exercise Studies.



Bachelor of Arts Degree in Sport and Exercise Studies graduates are prepared for master's programs in exercise science, kinesiology, health promotion, wellness management, athletic training, athletic administration, sport psychology, sport sociology, and therapeutic recreation as well as careers in community, clinical, and corporate sport and exercise settings.

The **Minor in Sport and Exercise Studies** is appropriate for students in any major program who wish to add a Sport and Exercise perspective to their chosen field.

Some Employment Opportunities include:

Health and Fitness Professionals develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility.

2017 Median Pay: \$49,090 per year; \$23.60 per hour
Typical Entry-Level Education: Bachelor's degree
Number of Jobs, 2016: 15,100
Job Outlook for 2016-26: 13% (Faster than average)

Coaches and Recruiters must have extensive knowledge of the game. Coaches teach amateur or professional athletes the skills they need to succeed at their sport. Recruiters look for new players and evaluate their skills and likelihood for success at the amateur, college, or professional level. Many coaches also are involved in recruiting.

2017 Median Pay: \$32,270 per year; \$15.51 per hour
Typical Entry-Level Education: Bachelor's degree
Number of Jobs, 2016: 276,100
Job Outlook for 2016-26: 13% (Faster than average)

Athletic Trainers: Nearly all states require athletic trainers to have a license or certification; requirements vary by state. Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses. The Sport and Exercise Studies prepares students for graduate level work and future certification. **2017 Median Pay:** \$46,630 per year; \$22.42 per hour

Typical Entry-Level Education: Master's degree
Number of Jobs, 2016: 27,800
Job Outlook for 2016-26: 23% (Much faster than average)

Career data sourced from the U.S. Bureau of Labor Statistics [bls.gov/ooh](https://www.bls.gov/ooh)