

**NEW, REVISED, OR DELETED PROGRAM COVER SHEET**  
**2002-2003**  
**University Curriculum Committee**  
**Undergraduate Programs (Majors, Minors, Sequences)**

DEPARTMENT/SCHOOL School of Kinesiology and Recreation DATE **Feb. 17, 2003**

A. **Proposed Action:** (more than one item may be checked if a revision).

- New Major CIPS CODE \_\_\_\_\_ (obtain from Planning, Policy Studies and Info Systems)
- New Minor CIPS CODE \_\_\_\_\_ (obtain from Planning, Policy Studies and Info Systems)
- New Sequence
- Change in requirements for major
- Change in requirements for minor
- Change in requirements for sequence
- Other program revisions
- More than 50% of courses in this program are distance education.
- Program deletion

B. **Summary of proposed action** (see Part A), including title and exact *Undergraduate Catalog* copy for a new or altered program. (See *Catalog* and Program Checklist for format and examples.) Provide a summary of the revisions in addition to the exact current *Catalog* copy.

**Contingent upon the Exercise Science major being approved, the Exercise Science and Fitness sequence will need to be deleted from the Physical Education Program.**

C. **Routing and action summary:**

1. _____ Date Approved Department/School Curriculum Committee Chair	4. _____ Date Approved College Dean
2. _____ Date Approved Department Chair/School Director	5. _____ Date Approved Teacher Education Council Chair if appropriate (10 copies to the Dean of the College of Education)
3. _____ Date Approved College Committee Chair	6. _____ Date Approved University Curriculum Committee Chair (8 copies to the Undergraduate Studies)

Submit 20 copies of **NEW** Undergraduate proposals to University Curriculum Committee

Submit 8 copies of **REVISED** Undergraduate proposals to University Curriculum Committee

All new and deleted programs (majors, minors, sequences) are routed by the U.C.C. to the Academic Senate. **The Senate rules**

**mandate electronic submission (in MS Word or HTML format) of all materials for Web site posting.**

5/02

**Illinois State University  
School of Kinesiology and Recreation**

**Requests Deletion of  
Exercise Science and Fitness Sequence**

**Rationale:**

The field of Exercise Science has exploded since the early 1980's. Students are in demand in a variety of professional settings, with typical careers in corporate, clinical, commercial, and community fitness fields. Additionally, a significant number go on for further professional training in medicine, physical therapy, and graduate school. Since 1995, the number of students enrolled each year in the Exercise Science and Fitness Sequence has grown from 70 to 130.

Students will be more marketable when Exercise Science is listed as the major on their transcripts and resumes. Increased specialization within the fields of Kinesiology and Recreation has resulted in more clearly defined study options. In the highly competitive marketplace, employment candidates are more heavily scrutinized for specialization within their academic preparation and practical experiences. The generic title of Physical Education is no longer acceptable to many employers seeking to fill positions in health-related fitness, sports medicine, or sport enhancement settings. Student marketability will be significantly enhanced with *Bachelor of Science: Major in Exercise Science* appearing on their transcripts, rather than the current designation of *Physical Education*. Most students currently treat the sequence as a major and refer to their "major" as Exercise Science.

Students, faculty, and the institution will benefit by elevating Exercise Science to major status rather than remaining a sequence as we seek program endorsement. The major will conform to the guidelines for professional preparation programs as outlined through several professional organizations including the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA), and the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD). Additionally, the American College of Sports Medicine is in the preliminary stages of developing an endorsement program to evaluate and endorse universities' curriculum in relation of coverage of the Knowledge, Skills, and Abilities of their certification areas. We intend to seek this endorsement.

Faculty will be benefited through association with an Exercise Science major when applying for grants from agencies seeking a strong science orientation to Kinesiology. The Exercise Science major will also attract more focused students and an elevated national recognition that will further benefit faculty.

**Expected Curricular Changes Including New Courses:**

One course currently offered in the Kinesiology core (KNR 160 Foundations of Human Movement) will be dropped and replaced by a new course (KNR 164 Introduction to Exercise Science) within the major core. The curriculum guidelines for the major will provide suggestions for the students in the selection of supporting course electives. One additional 3-credit hour course will be required raising the total number of supporting course hours to 15 from the current requirement of 12 hours, and the supporting course structure

will be rearranged into cognate areas. This will be done to provide better career direction for students in the selection of their supporting course. The major would, therefore, require 3-credit hours beyond what is now required in the Exercise Science and Fitness Sequence.

### **Catalog copy to be deleted:**

Exercise Science and Fitness Sequence (B.S.):

Selective Admission:

In addition to fulfilling University requirements for admission to Exercise Science and Fitness, the Physical Education major must have verified the following:

1. Completion of 7 hours: (KNR 240, 280, and 298.10).
2. A minimum 2.50 cumulative GPA and a minimum 2.50 major GPA.
3. Participation in a personal interview as requested by the Sequence Coordinator of Exercise Science and Fitness.
4. Students who fail to meet all requirements for admission to Exercise Science and Fitness may petition through the Sequence Coordinator.

Exercise Science and Fitness Sequence Program of Study:

- 64 total hours required.
- 52 hours in the following core and sequence courses required.
- 23 hours in core courses: KNR 160, 181, 182, 240, 254, 257, 280, 282;
- 19 hours in sequence courses: KNR 154.40, 281, 283, 285, 298.10, 307, 308, 309, 310, 378.10.
- 10 hours in KNR 398.11.
- 12 hours in Interdisciplinary courses: FCS 102; 1 course from FCS 315; HSC 105; PSY 333; 1 course from BSC 241; PSY 303, 304; SOC 211; 1 course from ITK 150, 155.01, 155.02; ENG 249; ECO/GEO/POL/PSY138; MAT 162.

Selective Retention:

Once admitted to the Exercise Science and Fitness Sequence, the student must maintain the following requirements:

1. A cumulative 2.50 GPA and a major 2.50 GPA.
2. A student falling below the required GPA will be placed on probation for 1 semester. If after 1 semester, the 2.50 GPA has not been re-established, the student will be dropped from the Exercise Science and Fitness Sequence.
3. A student who has not been retained in the Sequence, may reapply for admission to the Exercise Science and Fitness Sequence after meeting all of the criteria again. The student who is not readmitted after 1 semester of probation and a minimum 2.00 GPA will have the choice to enter the Physical Education Studies (general) Sequence.

Certification Opportunities:

This Sequence focuses on content areas needed for certification preparation by several organizations in this professional field of study, such as the American College of Sports Medicine. Students interested in certification should consult the Exercise Science and Fitness Sequence coordinator in the School of Kinesiology and Recreation for further information.