

UNDERGRADUATE CURRICULUM FORMS

ILLINOIS STATE UNIVERSITY - NEW PROGRAM PROPOSAL

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New Undergraduate Program (Majors, Minors, Sequences) Proposal Illinois State University - University Curriculum Committee

Program Department [School of Kinesiology and Recreation](#)Initiator [Peter Smith](#)Phone [438-3553](#)Initiator Department [School of Kinesiology and Recreation](#)Coauthor(s) [None](#)Title of New Program [Health and Human Performance Sequence](#)Submission Date [Thursday, May 10, 2018](#)Email pjsmit2@ilstu.eduCampus Address [5120 School Of Kines](#)Version [2](#) ID [233](#)Proposed Starting Catalog Year [2019-2020](#)

Associated Course Proposals

Course	Title	Version	Proposal Type	Initiator
View	KNR 240 Principles And Applications of Field-Based Assessment	2	Revise Course	Peter Smith

1. Proposed Action

New Major

New Minor

New Sequence

More than 50% of courses in this program are Distance Education

No Is this program an Integrated Bachelors/Masters degree program?

Sequence Major

Exercise Science

2. Provide *Undergraduate Catalog* copy for new program.

Exercise Science Program

Degree Offered: B.S.

MAJOR IN EXERCISE SCIENCE

Health and Human Performance Sequence

Program Admission Requirements for New and Continuing Students:

Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: courses completed, cumulative GPA, hours completed, personal interview or written statement, and samples of work completed. For additional information on minimum requirements for admission and the application and selection process, visit IllinoisState.edu/Majors or contact the undergraduate advisor for the intended major.

Health and Human Performance Program of Study:

— 55 total hours are required.

— 19 hours in core courses: KNR 164, 181, 182, 183, 257, 280, *282.

— 24 hours in major courses: KNR 240, 254, 298A10, 303, 307, 309, 311, 313, and one of KNR 286, 305, 310, or 353.

— 12 hours from either of the following options: Option 1: KNR 378A10 and 10 hours in KNR 398A11. Option 2 (requires program approval): 12 hours of advanced studies from courses approved by exercise science faculty.

*NOTE: KNR 282 requires PHY 105 or 108, which can be used for General Education NSA credit.

Standards for Progress in the Major:

Once admitted to either sequence within the Exercise Science major, the student must maintain a minimum 2.50 cumulative GPA. A student falling below the required 2.50 GPA will be placed on probation for one semester. If after one semester the 2.50 GPA has not been re-established, the student will be dropped from the Exercise Science major. A student who has been thus dropped from the Exercise Science major may reapply for admission to the major after raising his or her GPA to the required standard.

The student who is not readmitted after one semester of probation and has a minimum 2.00 GPA will have the option of entering the Kinesiology Studies Sequence. A student must have a minimum 2.50 cumulative GPA and have completed all major courses with a grade of C or better to participate in the senior internship (KNR 398A11 Professional Practice: Internship in Exercise Science). Students seeking to take Option 2 (12 hours of advanced coursework in lieu of KNR 378A10 and KNR 398A11) must apply for approval of this option at the start of the semester in which they are registered to take KNR 298.10. The application must include a statement as to why the review committee should allow the student entry into this option, and it must also speak to what steps the student has taken to prepare for academic study beyond the B.S. in Exercise Science. Examples of such preparation might include indications of pre-requisites completed, observation hours completed, completion of research statistics or methods courses, applications to graduate or professional schools, etc. Applications for this option will be considered by a committee of Exercise Science faculty.

Credentialing Opportunities:

There is no single professional credential or certification that is necessary to pursue a career in Exercise Science. However, there are a number of optional credentialing opportunities that students are encouraged to examine. Coursework in this major is focused on the content areas needed for certification preparation by several organizations in this professional field of study. Students graduating in this major can strengthen their professional credentials by pursuing a variety of different certifications offered by organizations such as the American College of Sports Medicine and the National Strength and Conditioning Association. Students interested in learning more about these recommended certification options should consult the Exercise Science Program Director in the School of Kinesiology and Recreation for further information.

3. Provide a description for the proposed program.

This sequence is almost an exact copy of the current Exercise Science major. The only amendment to what is currently on offer it is to reduce KNR 240, Principles and Applications of Field Based Assessment, to one hour and convert it to a lab, and to add KNR183, Human Anatomy and Physiology Laboratory 1.

4. Provide a rationale of proposed program.

The purpose of the switch to a new sequence, and the new name of Health and Human Performance, is to accommodate a second sequence within the major, called Allied Health Professions, listed separately. In all other respects the purposes of this sequence match those of the current major in Exercise Science. This sequence is intended for those students who do not wish to pursue a career in the allied health professions (physical therapy, occupational therapy, physician's assistant, nursing), and instead would be likely to focus on the fitness industry, wellness, sports enhancement, strength and conditioning, or cardiac and pulmonary rehabilitation. The purpose of reducing KNR 240 to one hour and switching it to a lab class was to more closely align the material to the lecture class KNR 280, Exercise Physiology. Lecture content in KNR 240 would thus no longer be necessary, but the 2-hour contact time provided by a lab class would still be important given the necessary practice component of the class. Finally, KNR 183 was added to correct for an unintended consequence of an earlier change to the delivery of the anatomy and physiology courses (181, 182), whereby significant content deemed important for all exercise science students was removed from 181 and placed in 183, thus rendering this content optional for the student. This change re-classifies this content as compulsory for all students once more.

5. Describe the expected effects of the proposed program on existing campus programs (if applicable).

None expected. This program is effectively already operating.

6. Provide a sample four year plan of study demonstrating that a student could realistically complete the program requirements in a specific number of semesters.

First Year

Fall Semester (15 credit hours)

_____ ENG 101 or COM 110 (3)

_____ PHY 105 (4)

_____ General Education course (3)

_____ General Education course (3)

_____ University wide elective (1)

Spring Semester (15 credit hours)

_____ ENG 101 or COM 110 (3)

_____ General Education course (3)

_____ General Education course (3)

_____ General Education course (3)

_____ University wide elective (3)

Second Year

Fall Semester (16 credit hours)

_____ KNR 164 (3)

_____ KNR 181 (3)

_____ KNR 183 (1)

_____ KNR 254 (3)

_____ General Education course (3)

_____ General Education course (3)

Spring Semester (15 credit hours)

_____ KNR 257 (3)

_____ KNR 182 (3)

_____ General Education course (3)

_____ General Education course (3)

_____ AMALI requirement or University wide elective (3)

Third Year

Fall Semester (16 credit hours)

_____ KNR 240 (1)

_____ KNR 280 (3)

_____ KNR 282 (3)

_____ University wide elective (3)

_____ University wide elective (3)

_____ University wide elective (3)

Spring Semester (14 credit hours)

_____ KNR 298A10 (2)

_____ KNR 303 (3)

_____ KNR 307 (3)

_____ KNR 309 (3)

_____ Major elective (3)

Fourth Year

Fall Semester (17 credit hours)

_____ KNR 311 (3)

_____ KNR 313 (3)

_____ KNR 378A10 (2)

_____ University wide elective (3)

_____ University wide elective (3)

_____ University wide elective (3)

Spring Semester (10-14 credit hours)

_____ KNR 398A11

7. Describe the expected curricular changes required, including new courses. If proposals for new courses have also been submitted, please reference those related proposals here:

Revised course: KNR 240 (PRINCIPLES AND APPLICATIONS OF FIELD-BASED ASSESSMENT). Reduce to one hour with a reduction in content and a focus on application entirely rather than lecture.

8. Anticipated funding needs and source of funds.

None.

9. No Does this program count for teacher education?

10. No Is this an Interdisciplinary Studies program?

11. The following questions must be answered.

- Yes** Have you confirmed that Milner Library has sufficient resources for the proposed program?
- No** Are more than 124 hours required to complete a degree with this major?
- No** Beyond General Education, does the major require more than 66 semester hours?
- No** Does this sequence (if in a major) require more than 55 semester hours of major courses?
- No** Does this program stipulate specific general education courses offered in the major department/school as a part of the major requirements only if such courses serve as prerequisites for other courses required by the major?
- No** Is the proposed program intended to be longer than four years (as indicated by the plan of study)?
- N.A.** Have letter(s) of concurrence from affected departments/schools been obtained?
A departments/school is affected if it has a program with significant overlap or if it teaches a required or elective course in the program.

Financial Implications Form



If new window does not appear after clicking the View Financial Implications button, please disable the "pop-up blocker" feature of your internet browser.

Executive Summary



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Upload Provost Approval Memo. Must be in Adobe PDF format. PDF cannot exceed 4MB in size.

no file selected



12. Routing and action summary for New Program:

[Proposal Routing](#)

1. School of Kinesiology and Recreation Department Curriculum Committee Chair

<u>Justin Stanek (website)</u>	<u>Justin Stanek</u>	<u>5/14/2018 1:03:46 PM</u>
Signature	Print	Date

2. School of Kinesiology and Recreation Department Chair/School Director

<u>Daniel Elkins (website)</u>	<u>Daniel Elkins</u>	<u>5/14/2018 1:43:09 PM</u>
Signature	Print	Date

3. College of Applied Science and Technology College Curriculum Committee Chair

<u>Daniel Wilson (website)</u>	<u>Daniel Wilson</u>	<u>9/6/2018 8:41:00 AM</u>
Signature	Print	Date

4. College of Applied Science and Technology College Dean

<u>Cara Rabe-Hemp (website)</u>	<u>Cara Rabe-Hemp</u>	<u>9/6/2018 12:34:45 PM</u>
Signature	Print	Date

5. University Curriculum Committee Chair

<u>Jean Standard (website)</u>	<u>Jean Standard</u>	<u>10/29/2018 11:57:00 AM</u>
Signature	Print	Date