

NEW, REVISED, OR DELETED PROGRAM COVER SHEET
2001-2002
University Curriculum Committee
Undergraduate Programs (Majors, Minors, Sequences)

DEPARTMENT School of Kinesiology and Recreation DATE 9/12/01

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.

Minor in Exercise Science and Fitness

C. Routing and action summary:

1. _____ Date Approved Department Curriculum Committee Chair	4. _____ Date Approved College Dean
2. _____ Date Approved Department Chair	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 website posting.**

3/00

PART A

PROGRAM DESCRIPTION AND EXPLANATIONS

- 1. Institution:** Illinois State University
- 2. Responsible Department:** School of Kinesiology and Recreation
- 3. Program Title:** Minor in Exercise Science and Fitness
- 4. Previous Program Title:**
- 5. CIPS Code:**
- 6. Date of Implementation:** Fall 2002-2003 Catalog
- 7. Description of Proposed Program:**

The Minor in Exercise Science and Fitness is an academic program designed for students who wish to engage in the study of exercise science and fitness but do not wish to major in Kinesiology. This program of study provides academic background for individuals desiring initial exposure to the various exercise science and fitness professions. This minor would be of interest to a wide variety of students across campus especially students in the health/wellness related professional programs such as nursing, health sciences, and dietetics.

Courses in human anatomy and physiology; exercise physiology; fitness assessment; program design, implementation, delivery and evaluation are emphasized in preparation for a career in worksite, community, clinical and commercial fitness enterprises as well as athletic programs and entrepreneurial opportunities in health related fitness. Students may obtain additional professional credentials through national organizations, such as the American College of Sports Medicine, National Strength and Conditioning Association, and the American Council on Exercise and others, that provide national certification programs.

Current health statistics for the United States indicate the most significant underlying contributing factor in the top 10 leading causes of death is lifestyle, specifically physical inactivity and inappropriate dietary patterns (American College of Sports Medicine, 1998; Centers for Disease Control & Prevention and American College of Sports Medicine, 1993; United States Department of Health and Human Services, 2000). Numerous research investigations continue to show strong relationships between physical inactivity and the prevalence of common diseases. Given this epidemiological evidence, the need for qualified professionals in the exercise science and fitness profession continues to rapidly rise. This proposed program of study would provide a complementary minor to existing academic degree programs at Illinois State University and prepare those students with a needed base of knowledge in the exercise science and fitness field.

The Minor in Exercise Science and Fitness utilizes existing courses and expertise from the School of Kinesiology and Recreation. There are no hidden prerequisites for the proposed minor. The grade point average requirement is a minimum of 2.5 for the ESF minor and enrollment into academic minor courses is dependent on space availability within the courses offered.

Curriculum

The ~~24~~18-hour minor consists of ~~six~~four courses that are three credit hours each; two courses that are two credit hours each; and a minimum of two credit hours of electives selected from approved courses.

KNR required courses include:

- KNR 181** **Human Anatomy and Physiology Lecture and Lab**
3 credits Offered Fall, Spring
Requirements None
Gross structure and physiology of the human body; particular attention to the locomotor system.
- KNR 182** **Human Anatomy and Physiology Lecture and Lab**
3 credits Offered Fall, Spring
Requirements: None
Emphasis on the nervous, circulatory, respiratory, and digestive systems.
- KNR 240** **Principles and Applications of Fitness Training**
2 credits Offered Fall, Spring
Requirements: Maj/min only. KNR 280 or conc reg req. Formerly 280.01, Fitness Training Instructional Methods.
Individualized approach to development of a healthy lifestyle based upon knowledge and understanding of the specific effects of exercise.

- KNR 280** **Exercise Physiology**
3 credits Offered Fall, Spring
Requirements: Maj/min only. KNR 181 and 182
req. KNR 240 conc reg rec.
Application of human anatomy and physiology to the
understanding of physical education. Effects of exercise on
body systems and performance.
- KNR 298.10** **Professional Practice: Internship/Cooperative Education
Experience In Physical Education, Sports and Athletics**
2 credits Offered Fall, Spring
Requirements: Jr Standing; 2 upper-level courses in
Physical Education req. Materials charge optional.
A Professional Practice experience in community sites for
non-teacher certification majors. May include coaching
experience in public schools for coaching minors. Periodic
seminar meetings.
- KNR 307** **Exercise In Health and Disease**
3 credits Offered Fall, Spring
Requirements KNR 280 req.
Application of exercise physiology principles to evaluate the
extent to which common disease processes limit body
function and exercise performance.
- KNR 308** **Exercise Programming**
3 credits Offered Fall, Spring
Requirements KNR 240 and 280 req; KNR 309
conc reg req.
Development of fitness instructor skills for designing
exercise programs for populations of normal, at-risk, and
others with special exercise needs.
- KNR 309** **Principles and Techniques of Physiological Testing**
3 credits Offered Fall, Spring
Requirements: KNR 240 and 280 req; KNR 308
conc reg req. Materials charge optional.
Application of various laboratory exercise testing modalities
for evaluating human physiological function.

KNR Electives – Select a minimum of 2 credit hours from:

KNR 154.40	1 hr	Stress Management Instructional Methods
KNR 281	1 hr	Aerobic Dance Instructional Methods
KNR 282	3 hrs	Biomechanics of Human Movement
KNR 283	1 hr	Aquatic Fitness Instructional Methods
KNR 285	1 hr	Resistive Exercise Instructional Methods
KNR 310	2 hrs	Fitness Management

*Recommended Plan of Study**

* Descriptions below are explanations or justification for classes in the minor.

YEAR ONE	
<u>FALL SEMESTER</u>	<u>SPRING SEMESTER</u>
<p>KNR 181 The basis and foundation of understanding human movement. An introduction to human anatomy and physiology with emphasis placed on the musculoskeletal, nervous, endocrine, and integumentary systems.</p> <p>KNR 182 Additional basic knowledge of the human body. Foundation for understanding health, disease and metabolism. Emphasis on the nervous, circulatory, respiratory and digestive system.</p>	<p>KNR 240 Practical application of fitness assessment. An individualized approach to the development of a healthy lifestyle based upon knowledge and understanding of the specific effects of exercise.</p> <p>KNR 280 Theory & application of the effects of exercise on human systems and performance.</p>
YEAR TWO	
<u>FALL SEMESTER</u>	<u>SPRING SEMESTER</u>
<p>KNR 307 The application of exercise physiology principles toward an understanding of the extent to which common disease processes limit body function and exercise performance.</p> <p>KNR Electives The courses offered allow students to specialize in an area of interest. Select a minimum of 2 credit hours from: KNR 154.40 1 hr</p>	<p>KNR 308 Application of material covered in KNR 181, 240 & 280 toward designing exercise programs for all populations.</p> <p>KNR 309 Practical Application of laboratory testing modalities for evaluating human physiological function.</p>

KNR 281	1 hr
KNR 282	3 hrs
KNR 283	1 hr
KNR 285	1 hr
KNR 310	2 hrs

KNR 298.10

Seminar and practicum requiring 50 out of class hours in an exercise science and fitness agency providing interaction with clients and exposure to career options.

8. Rationale for Proposal:

I. Overview

- A. The proposed minor addresses state needs by responding to the Illinois Board of Higher Education goals #1 and #5 as found in *The Illinois Commitment Partnerships, Opportunities and Excellence (Illinois Commitment)* by providing better-prepared professionals in industries related to health and fitness.
- B. This proposed minor addresses university needs by meeting the challenge in *Educating Illinois: An Action Plan for Distinctiveness and Excellence at Illinois State University 2000-2007 (Educating Illinois)* by addressing issues of distinctiveness and excellence, interdisciplinary collaboration, and the use of a professional practice experience.
- C. This proposal builds upon curriculum already in existence and, by carefully planning the minor to meet the needs of other disciplines, provides for effective use of institutional resources.
- D. This proposal has the support of the two departments and the one College (please see enclosed documentation of their support) with students in majors that most likely would pursue the minor: Health Sciences, Family and Consumer Sciences, and the Mennonite College of Nursing.
- E. The minor addresses needs of the health fitness profession by providing cross-trained job candidates who are comprehensively prepared to provide a broader base of services for clients who patronize the approximately 42,000 health fitness facilities.

II. Elaboration of Overview

A. Addresses State Needs

This proposed minor responds to the state's *Illinois Commitment* goals #1 and #5 as well as the recommendation #9 and the Junior/Senior Experience section of *Educating Illinois*.

The Illinois Board of Higher Education published the following relevant goals in its 1999 Citizen's Agenda:

- ***Goal 1. Higher education will help Illinois business and industry sustain strong economic growth.*** This proposed minor will provide business and industry a better prepared

professional with a nutritional, health education, and exercise science background to provide greater leadership in health fitness programs for the various corporations.

- Goal 5. Illinois colleges and universities will hold students to even higher ***expectations for learning and will be accountable for the quality of academic programs and the assessment of learning.*** Through providing the minor in exercise science for individuals with primary studies in health education or nutrition, the program adds rigor to the mastery of the material necessary to support a balanced health intervention program. Because industry has high expectations from these professionals, the University, through the combined efforts of multiple disciplines can provide students with the curriculum that better meets with these expectations.

B. Addresses University Needs

This proposed minor responds to recommendations within the University report: *Educating Illinois* by strengthening through collaboration with other departments, the

career potential of Illinois State graduates. The following recommendation is specifically cited:

Recommendation #9. Enhance academic distinction throughout the University. Encourage each department to create its own unique identity with the goal of developing a national reputation or meeting a critical need in the state or region.

This proposed minor would enhance the reputation of the department as it partners with health and nutrition to provide higher quality health fitness professionals to serve the state and regional needs.

Further within this report, *Educating Illinois*, the narrative relevant to the Junior/Senior Experience supports the concept of collaboration between departments in preparing students for careers. It addresses the value of providing a professional practice component that is an integral part of this proposal:

Like the General Education Program, the Junior/Senior Experience needs to adopt driving academic core values. Core values for the Junior/Senior Experience should aim to advance students by building on the skills derived from the General Education experience. In support of “service” and “putting theory into practice” as core components of the junior and senior experience, major and minor focuses should include the following elements: A sequential structure designed to include options for engaging in some course work outside of the discipline, and a greater number of capstone courses and experiential learning opportunities, such as internships, laboratory research, studio, community service, and international travel. This approach encourages collaboration among academic departments, maximizes existing resources, . . .

C. Builds Upon Existing Curriculum

All courses within the minor (see *Curriculum*, p. 2-4) are courses currently offered. No new courses will be developed to support the minor.

D. Support from Departments and College

Letters of support from the Health Sciences Department, the Family and Consumer Sciences Department and the Mennonite College of Nursing are included in this document. Faculty and advisors from these units believe the minor will compliment their majors and be a positive addition to the opportunities offered to their students.

E. Addresses Health Fitness Needs

The minor addresses needs of the health fitness profession by providing cross-trained job candidates who are comprehensively prepared to provide a broader base of services for clients who patronize the approximately 42,000 health fitness facilities.

As reported by the International Health, Racquet and Sportsclub Association (IHSRA 1994, 1997), there are currently more than 40,000 health fitness facilities in the United States delivering programs in different settings with varied membership structures. The breakdown of facilities in these settings is listed below (Grantham et al, 1998).

Type, Number, and Membership of Health Fitness Facilities in the United States

Type	Number	Membership Base
Commercial centers		
Health clubs / fitness facilities	13,000	100%
Corporate fitness centers	2,000	25%
Clinical hospital-based wellness centers	1,000	25%
Community centers		
Recreation fitness facilities	8,000	15%
Hotel fitness facilities	3,000	25%
Country club fitness facilities	4,000	100%
YMCAs, JCCs, Boys/Girls Clubs	3,000	100%
Residential developments	4,000	25%
Schools and universities	<u>4,000</u>	15%
Total	42,000	

9. Expected Impact of Proposal on Existing Campus Programs:

The Minor in Exercise Science and Fitness is expected to have a desirable impact on several existing programs. The committee charged with writing this proposal developed the list of courses included in the proposed minor with input from an academic advisor (Leung) and three faculty members from the School of Kinesiology and Recreation with expertise in exercise science, fitness, and internship supervision at Illinois State University (Brown, Verner & M. Polacek). It is expected that there will be students interested in the potential Exercise Science and Fitness Minor based on the results from several informal surveys conducted May and September of 2000. The survey was an e-mail request for an estimate regarding the number of students with interest in adding the minor, if it was available. The Health Sciences chairperson and advisor, the Mennonite College of Nursing advisor, and the Family and Consumer Sciences advisor were asked if they were supportive of this proposal and envisioned the minor as potentially beneficial to students in these particular majors. The academic advisor in the School of Kinesiology and Recreation was similarly queried with respect to students in the School that were in other academic areas.

The impact of the Exercise Science and Fitness Minor is expected to complement these majors. The knowledge, skills and competencies attained by taking coursework toward the Exercise Science and Fitness Minor would benefit students in their career preparation and make them more appealing to employers. The addition of the minor is expected to benefit students majoring in the Food, Nutrition and Dietetics sequence of Family and Consumer Sciences, the Community Health Sequence of Health Sciences, and Nursing. It is expected that the minor will increase the enrollment in the School of Kinesiology and Recreation without overwhelming the school.

10. Expected Curricular Changes Including New Courses:

The courses are currently being offered in the School of Kinesiology and Recreation, as part of the Kinesiology Core curriculum and Exercise Science and Fitness Sequence. There is not an anticipated need to offer new classes.

11. Milner Contacted to Determine Sufficient Resources:

Because no new classes are being proposed, the existing resources at Milner Library are adequate.

12. Anticipated Staffing Arrangements:

Faculty resources are in place to staff all the courses required for the Minor in Exercise Science and Fitness and to advise students.

13. Anticipated Funding Needs and Source of Funds:

The Exercise Science and Fitness Minor will require no new funding.

Reference List

American College of Sports Medicine. (1998). The recommended quality and quantity of exercise for developing and maintaining fitness in healthy adults. *Medicine and Science in Sports and Exercise*, 22, 265-274.

Centers for Disease Control & Prevention and American College of Sports Medicine. (1993). Summary statement: Workshop on physical activity and public health. *Sports Medicine Bulletin*, 28, 7.

Grantham, W. C., Patton, R. W., York, T. D., Winick, M. L. (1998). *Health Fitness Management*. Champaign, IL: Human Kinetics Publishers.

Illinois State University. (2000). *Educating Illinois: An action plan for distinctiveness and excellence at Illinois State University 2000-2007*. www.provost.ilstu.edu.

Illinois Board of Higher Education. (1999). *The Illinois commitment: Partnerships, opportunities and excellence*. February 1999 Illinois Board of Higher Education Agenda. www.ibhe.state.il.us/

International Health, Racquet and Sportsclub Association. (1994). *Profiles of success: The 1994 IHRSA/Gallup industry data survey of the health and fitness club industry*. Boston: IHRSA.

International Health, Racquet and Sportsclub Association. (1997). *Health club trend report*. Boston: IHRSA.

United States Department of Health and Human Services. (2000). *Healthy people 2010: Understanding and improving health*. Washington D.C.: U.S. Government Printing Office.

PART B**OTHER REQUIREMENTS****Catalog Copy for the
Minor
in
Exercise Science and Fitness**

24 total hours required

11 hours in core courses: KNR 181, 182, 240, 280

11 hours in sequence courses: KNR 298.10, 307,
308, 309

2 hours minimum selected from the following:

154.40, 281, 282, 283, 285, 310.

NOTE: The Exercise Science and Fitness Minor is not available to majors in the Kinesiology program of study.

UNIVERSITY STANDARDS FOR PROPOSED SEQUENCE

 Including required prerequisite hours, may include 18-36 hours.

 24 No more than 24 semester hours of coursework from major department.