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## **MEMORANDUM**

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FINAL FACULTY SENATE APPROVAL ON MARCH 10, 2015

TO: Faculty Senate

FROM: Jack Kirby 

DATE: March 9, 2015

SUBJECT: Curriculum Proposal #14-15-19 REV #2

School of Education, Health & Human Performance; Exercise Science  
Curriculum

I recommend approval of the attached Curriculum Proposal #14-15-19 REV #2. This proposal requests changes to some of the General Studies courses that were incorrectly labeled in the Exercise Science 120-hour curriculum.

This proposal passed both readings by the Curriculum Committee with a provision that two prerequisite courses (BIOL 1180 & 1181), included in this proposal, receive approval by the General Studies Committee before the proposal is submitted to Faculty Senate. The last page of this proposal is a memo of approval from the Chair of the General Studies Committee.

C: Dr. Christina Lavorata  
Dr. Carolyn Crislip-Tacy  
Dr. Paul Reneau  
Dr. Mike Ryan  
Dr. Jessica Brown-Alsup  
Ms. Leslie Lovett  
Ms. Cheri Varkonda  
Dr. James Matthews






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## MEMORANDUM

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TO: Curriculum Committee

FROM: Jack Kirby 

DATE: February 23, 2015

SUBJECT: Curriculum Proposal #14-15-19 REV #1

School of Education, Health & Human Performance; Exercise Science Curriculum

I recommend approval of the attached Curriculum Proposal #14-15-19 REV #1. This proposal requests to change some of the General Studies courses that were incorrectly labeled in the Exercise Science 120-hour curriculum.

C: Dr. Christina Lavorata  
Dr. Carolyn Crislip-Tacy  
Dr. Paul Reneau  
Dr. Mike Ryan  
Dr. Jessica Brown-Alsup  
Ms. Leslie Lovett  
Ms. Cheri Varkonda



**CURRICULUM PROPOSAL** (Submit one hard copy and an electronic copy to the Associate Provost by the second Tuesday of the month.)

<b>Proposal Number:</b>	_____
<b>School/Department/Program:</b>	School of Education, Health & Human Performance/Exercise Science
<b>Preparer/Contact Person:</b>	Paul Reneau/Mike Ryan/Jessica Alsup
<b>Telephone Extension:</b>	X4148
<b>Date Originally Submitted:</b>	1-21-15
<b>Revision (Indicate date and label it Revision #1, #2, etc.):</b>	Revision #1, January 29, 2015
<b>Implementation Date Requested:</b>	Fall 2015

- I. **PROPOSAL.** Write a brief abstract, not exceeding 100 words, which describes the overall content of the proposal.

The intent of this proposal is to correct some of the General Studies courses that were inadvertently labeled in the Exercise Science 120 hour curriculum proposal by changing "Required" to "Recommended".

\*Attribute IF is currently listed as ENGL 1109 (which means that this is a requirement), this request will change it to "Any Course from IF" (to give students flexibility in fulfilling this requirement).

\*COMM 2200 or 2201 is listed under 3 attributes but can only be listed under 2; this proposal addresses this over usage of these courses.

We request that the following major requirements be changed:

\*Change FOSM 1150 Sports Nutrition to "FOSM 1150 Sports Nutrition or FOSM 1110 Nutrition".

\*Change "CHEM 1101 or PHYS 1101" to "CHEM 1101 or CHEM 1105" (Remove the "or PHYS 1101")

We request a renumbering of the following courses:

PHED 2216 "Group Fitness" be renumbered to PHED 3314.

PHED 2218 "Advanced Personal Training" be renumbered to PHED 3315.

We request changes to the following courses by adding the pre-requisites as specified:

\* PHED 2216: (renumber this course to PHED 3314) PR - earn a grade of C or better in PHED 3312;

\* PHED 2218: (renumber this course to PHED 3315) PR - earn a grade of C or better in PHED 3312;

\* PHED 3312: PR – earn a grade of C or better in either CHEM 1101 or 1105 AND a grade of C or better in PHED 2211 or BIOL 1180-1181; (Note: Curriculum Proposal 14-15-22 seeks to rename/renumber HLCA 1170 and 1171 to BIOL 1180-1181)

\* PHED 3313: PR – earn a grade of C or better in either CHEM 1101 or 1105 AND a grade of C or better in PHED 2211 or BIOL 1180-1181; (Note: Curriculum Proposal 14-15-22 seeks to rename/renumber HLCA 1170 and 1171 to BIOL 1180-1181)

\* PHED 3316: PR – earn a grade of C or better in PHED 3312;

\* PHED 3317: PR – earn a grade of C or better in PHED 3316;

\* PHED 4400: PR – earn a grade of C or better in PHED 3316;

\* PHED 4410: PR - earn a grade of C or better in PHED 4400;

\* PHED 4420: PR - complete all pre-4000 course work or obtain instructor permission.

II. **DESCRIPTION OF THE PROPOSAL.** Provide a response for each letter, A-H, and for each Roman Numeral II-V. If any section does not apply to your proposal, reply N/A.

A. Deletion of course(s) or credit(s) from program(s)

Delete PHYS 1101

Total hours deleted. 4

B. Addition of course(s) or credit(s) from program(s)

Add FOSM 1110 Nutrition as an alternative to FOSM 1150 Sports Nutrition. This will not add any hours to the major.

Remove PHYS 1101 and replace it with CHEM 1105. This will add only 1 hour to the major for those students taking the CHEM 1105 option.

Change specific General Studies Course "Requirements" to "any from list" option will not add hours to the major.

Total hours added. 0 – 1

C. Provision for interchangeable use of course(s) with program(s)

NA

D. Revision of course content. Include, as an appendix, a revised course description, written in complete sentences, suitable for use in the university catalog.

There are no changes in course content requested for this curriculum proposal.

E. Other changes to existing courses such as changes to title, course number, and elective or required status.

Re-number Course - PHED 2216 "Group Fitness" to PHED 3314 "Group Fitness".

Re-number Course - PHED 2218 "Advanced Personal Training" to PHED 3315 "Advanced Personal Training".

F. Creation of new course(s). For each new course

1. Designate the course number, title, units of credit, prerequisites (if any), ownership (FSU or shared) and specify its status as an elective or required course. If you are creating a shared course, attach a memo from the Deans of the affected Schools explaining the rationale for the course being shared.

NA

2. Include, as an appendix, a course description, written in complete sentences, suitable for use in the college catalog.

NA

3. Include, as an appendix, a detailed course outline consisting of at least two levels.

NA

4. In order to meet the requirements as outlined in Goal One of the Strategic Plan, please include Outcome Competencies and Methods of Assessment as an appendix. Examples are available upon request from the Chair of the Curriculum Committee.

NA

- G. Attach an itemized summary of the present program(s) affected, if any, and of the proposed change(s). Describe how this proposal affects the hours needed to complete this program. Specifically, what is the net gain or loss in hours? Use the format for Current and Proposed Programs in Appendix A.

Taking CHEM 1101 or CHEM 1105: this change may result in one additional hour for the major based on which Chemistry course the student would take to fulfill this major requirement.

The change in the Nutrition selection offers our students an additional option: they may choose between a Sports Nutrition course and a General Nutrition course. This request is being made at the behest of many of our graduates who report that because of their work within the field, they don't necessarily need a sports nutrition course when a general nutrition course might suffice.

Changes requested within the General Studies area are shown within the General Studies list of requirements.

### III. RATIONALE FOR THE PROPOSAL.

- A. **Quantitative Assessment:** Indicate the types of assessment data, i.e., surveys, interviews, capstone courses, projects, licensure exams, nationally-normed tests, locally developed measurements, accreditation reports, etc., that were collected and analyzed to determine that curricular changes were warranted. Quantitative data is preferred.

Many students in the Ex. Sci. major are planning to attend Professional Schools after graduation (i.e. Physical Therapy, Occupational Therapy, etc.). An overriding requirement for these schools is CHEM 1105, which many of our students test straight into.

Because not all of our graduates will be working with athletes, the faculty feel that providing our students the option of choosing either Sports Nutrition or "Basic" Nutrition, will allow them to better tailor the major to their career goals.

- B. **Qualitative Assessment:** Based upon the assessment data above, indicate why a curricular change is justified. Indicate the expected results of the change. Be sure to include an estimate of the increased cost, or reduction in cost of implementation. FOR EXAMPLE: Will new faculty, facilities, equipment, or library materials be required?

Anecdotal evidence has shown that a number of students in PHED 2216 and PHED 2218 have previously taken PHED 3312 while others have not. This results in the instructor having to spend the first 3 – 5 weeks of each semester covering "Baby Ex Phys" to bring the class up to speed and "on the same page." Since it is clear that PHED 3312 "Physiology of Exercise" should be a pre-requisite for both PHED 2216 and PHED 2218, the simplest solution would be to renumber them as 3000 level courses and make 3312 a pre-requisite for each. By realigning these three courses, the instructor will be able to cover the intended course material in more detail and allow for a more logical progression of the content within the major.

No new Faculty, facilities, or equipment will be needed as a result of this curriculum request.

- IV. Should this proposal affect any course or program in another school, a memo must be sent to the Dean of each school impacted and a copy of the memo(s) must be included with this proposal. In addition, the Deans of the affected schools must sign below to indicate their notification of this proposal.

By signing here, you are indicating your college's/school's notification of this proposal.

College/School	Dean	Signature

V. Should this proposal affect any course to be added or deleted from the general studies requirements, a memo from the chair of the General Studies Committee indicating approval of the change must be included with this proposal.

No.

VI. ADDITIONAL COMMENTS.

**APPENDIX A**  
 B.S. Degree in Exercise Science  
 Current Program

<b>Required Major Courses</b>			<b>HRS</b>
CHEM	1101	General Chemistry	4
		Or	
PHYS	1101	Intro to Physics	4
HLTA	1150	Intro to Health	3
FOSM	1150	Sports Nutrition	3
PHED	1100	Fitness & Wellness	2
PHED	1121	Intro. To Human Movement	2
PHED	2211	Anatomy & Physiology	4
PHED	2216	Group Fitness	2
PHED	2218	Advanced Personal Training	3
PHED	3312	Physiology of Exercise	3
PHED	3313	Biomechanics	3
PHED	3316	Fitness Assessment & Ex. Presc.	3
PHED	3317	Clinical Applications of Ex. Physiology	3
PHED	3318	Sports Social Psychology	2
PHED	4400	Research Methods	3
PHED	4410	Research Design	3
PHED	4420	Exercise Science Internship	3
PHED	2200	Accident Analysis	2
<b>TOTAL Required Major Courses</b>			<b>48</b>
Major Electives			XX
Minor Requirements/Electives (if minor is required)			XX
<b>TOTAL HOURS FOR MAJOR (and minor if required)</b>			<b>XX</b>

<b>Required General Studies Courses (example text highlighted)</b>		
Attribute IA – Critical Analysis		X
	ENGL 1108 or 1109 (hours in IE and/or IA)	
Attribute IB – Quantitative Literacy		3
	MATH 1107 or higher in IB	
Attribute IC – Written Communication		3
	ENGL 1104	
Attribute ID – Teamwork		3
	COMM 2200 or 2201	
Attribute IE – Information Literacy		3
	ENGL 1108	
Attribute IF – Technology Literacy		3
	ENGL 1109	
Attribute IG – Oral Communication		X
	COMM 2200 or 2201	
Attribute III – Citizenship		3
	HIST 1107 or 1108 or POLI 1103	
Attribute IV – Ethics		3
	COMM 2200 or 2201	

Attribute V – Health		X
	Major Course PHED 1100	
Attribute VI – Interdisciplinary		3
	Any course in VI	
Attribute VIIA – Arts		3
	Any course in VIIA	
Attribute VIIB – Humanities		3
	Any course in VIIB	
Attribute VIIC – Social Sciences		X
	PSYC 1101 or SOCY 1101	
Attribute VIID - Natural Science		3
	Major Course – CHEM 1101 or PHYS 1101	
Attribute VIII – Cultural Awareness		3
	Any course in VIII	
Additional General Studies hours		X
	Major Course – PHED 4410 writing intensive course	
<b>TOTAL GENERAL STUDIES HOURS</b>		<b>33</b>
<b>TOTAL FREE ELECTIVES</b>		<b>39</b>
<b>TOTAL HOURS</b>		<b>120</b>



**APPENDIX A**  
 B.S. Degree in Exercise Science  
 Proposed Program

<b>Required Major Courses</b>			<b>HRS</b>
*CHEM	1101	General Chemistry	4
		Or	
*CHEM	1105	Principles of Chemistry	5
HLTA	1150	Intro to Health	3
FOSM	1150	Sports Nutrition	3
		or	
FOSM	1110	Nutrition	3
PHED	1100	Fitness & Wellness	2
PHED	1121	Intro. To Human Movement	2
PHED	2211	Anatomy & Physiology	4
PHED	2216	Group Fitness	2
PHED	2218	Advanced Personal Training	3
PHED	2200	Accident Analysis	2
PHED	3312	Physiology of Exercise	3
PHED	3313	Biomechanics	3
PHED	3316	Fitness Assessment & Ex. Presc.	3
PHED	3317	Clinical Applications of Ex. Physiology	3
PHED	3318	Sports Social Psychology	2
PHED	4400	Research Methods	3
PHED	4410	Research Design	3
PHED	4420	Exercise Science Internship	3
		Total	48 - 49

**TOTAL HOURS FOR MAJOR (and minor if required) 48 - 49**

<b>Required General Studies Courses (example text highlighted)</b>		
Attribute IA – Critical Analysis		3
	Any Course from IA (ENGL 1108 Recommended)	
Attribute IB – Quantitative Literacy		3
	Any course from IB	
Attribute IC – Written Communication		3
	Any Course from IC (ENGL 1104 Recommended)	
Attribute ID – Teamwork		3
	Any course from ID (RECR 1141 Recommended)	
Attribute IE – Information Literacy		X
	Any Course from IE (ENGL 1108 or EDUC 2201 Recommended)	
Attribute IF – Technology Literacy		3
	Any course from IF (EDUC 2201 Recommended)	
Attribute IG – Oral Communication		3
	COMM 2200 or 2201 or 2202	

Attribute III – Citizenship		3
	Any Course from III	
Attribute IV – Ethics		X
	COMM 2200 or 2201 or 2202	
Attribute V – Health		2
	PHED 1100	
Attribute VI – Interdisciplinary		3
	Any Course from VI	
Attribute VIIA – Arts		3
	Any course from VIIA	
Attribute VIIB – Humanities		3
	Any course from VIIB	
Attribute VIIC – Social Sciences		3
	Any course from VIIC (PSYC 1101 or SOCY 1110 Recommended)	
Attribute VIID - Natural Science		4-5
	CHEM 1101 or 1105 (Major/Required Course)	
Attribute VIII – Cultural Awareness		3
	Any Course from VIII	
Additional General Studies hours		X
<b>TOTAL GENERAL STUDIES HOURS</b>		<b>42 - 43</b>
<b>TOTAL FREE ELECTIVES</b>		<b>28 - 30</b>
<b>TOTAL HOURS</b>		<b>120</b>

March 9, 2015

To: FSU Faculty Senate

From: General Studies Committee, James Matthews, Chair

Re: BIOL 1180 & 1181

The General Studies committee's approval of new courses is dependent on an examination of course outcomes and GS mapping. A review of the proposals for BIOL 1180/1181 shows that their course outcomes and the accompanying mapping to General Studies are the same as those for HLCA 1170/1171, the Pierpont courses they are intended to replace. Given that the prefix and number changes here do not affect those areas, the committee accepts the replacement of HLCA 1170/1171 with BIOL 1180/1181 for General Studies purposes.