



MEMORANDUM

TO: Faculty Senate

FROM: Dr. Susan Ross

DATE: 02/17/2021

SUBJECT: Curriculum Proposal #20-21-07

The purpose of this proposal is to request two changes to the existing Minor of Exercise Science:

- a. Deletion of PHED4400: Research Methods course (3-credit hours)
- b. Addition of PHED3360: Strength and Conditioning Theory and Practice (3-credit hours)

cc: Richard Stephens
Lori Schoonmaker
Stephanie Gabor
Laura Ransom
Dr. Julia M. dos Santos
Jan Kiger

CURRICULUM PROPOSAL (Submit one electronic copy to the Executive Director of Academic Programs by the second Tuesday of the month.)

Proposal Number:	#20-21-21
School/Department/Program:	School of Education, Health and Human Performance/ Department of Health and Human Performance/ Exercise Science
Preparer/Contact Person:	Dr. Julia M. dos Santos and Jan Kiger
Title of Degree Program	Minor in Exercise Science
Telephone Extension:	Dos Santos x3649, Kiger x4984
Date Originally Submitted:	November 24, 2020
Revision (Indicate date and label it Revision #1, #2, etc.):	Revision #1
Implementation Date Requested:	Fall 2021

- I. **PROPOSAL ABSTRACT.** Write a brief abstract, not exceeding 100 words, which describes the proposed changes.

The purpose of this proposal is to request two changes to the existing Minor of Exercise Science:

- a. Deletion of *PHED4400: Research Methods* course (3-credit hours)
- b. Addition of *PHED3360: Strength and Conditioning Theory and Practice* (3-credit hours)

- II. **DESCRIPTION OF THE PROPOSAL.** Provide a response for each letter, A-G, 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) Total hours deleted: 3
PHED 4400: Research Methods course (3-credit hours)

B. Addition of course(s) or credit(s) from program(s) Total hours added: 3
PHED 3360: Strength and Conditioning Theory and Practice (3-credit hours)

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

D. **Course Description Revision:** Include, as an appendix, a revised course description, written in complete sentences, suitable for use in the university catalog.
 There would be no significant change in the content of the course except for the deletion of *PHED 4400: Research Methods* and inclusion of *PHED 3360: Strength and Conditioning Theory and Practice* for obtaining a minor in Exercise Science.

E. **Course Changes:** Identify changes to existing courses such as changes to title, course number, learning outcomes, and elective or required status.
 N/A

- F. **Create a New Course(s)** information (if applicable): For each new course complete the following:
N/A
- 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.
No change in the number of hours required. See Appendix A

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.
N/A


- 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?

***PHED 3360: Strength & Conditioning Theory & Practice* better suits the scope of what we believe should be included in the minor in Exercise Science.**

IV. APPROVAL

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
School of Education, Health & Human Performance	Dr. Amanda Metcalf	

- 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.
- VI. ADDITIONAL COMMENTS.

**Exercise Science Minor
Current Program**

Degree Requirements

Core Curriculum Courses		
For students in this minor, list the courses satisfy both core curriculum and major requirements.		
Course Prefix & Number	Course Name	Credit Hours
PHED 1121	INTRODUCTION TO HUMAN MOVEMENT	2
PHED 2211	ANATOMY & PHYSIOLOGY	4
PHED 3312	PHYSIOLOGY OF EXERCISE	3
PHED 3313	BIOMECHANICS	3
PHED 3316	FITNESS ASSESSMENT	3
PHED 3318	SPORT SOCIAL PSYCHOLOGY	3
PHED 4400	RESEARCH METHODOLOGY	3
Total Hours required to the Minor		21

APPENDIX A
Exercise Science Minor
Proposed Program

Degree Requirements

Core Curriculum Courses		
For students in this minor, list the courses satisfy both core curriculum and major requirements.		
Course Prefix & Number	Course Name	Credit Hours
PHED 1121	INTRODUCTORY SEMINAR IN HUMAN MOVEMENT	2
PHED 2211	ANATOMY & PHYSIOLOGY	4
PHED 3312	PHYSIOLOGY OF EXERCISE	3
PHED 3313	BIOMECHANICS	3
PHED 3316	FITNESS ASSESSMENT	3
PHED 3318	SPORT SOCIAL PSYCHOLOGY	3
PHED 3360	STRENGTH & CONDITIONING THEORY & PRACTICE	3
Total Hours required to the Minor		21