



MEMORANDUM

TO: Faculty Senate

FROM: Susan Ross

DATE: 11/2/2021

SUBJECT: Curriculum Proposal # 21-22-03 Exercise Science

I recommend the approval of the attached Exercise Science Curriculum Proposal 21-22-03. The Exercise Science proposal seeks to add *PSYC 1101: Introduction to Psychology* to the Exercise Science major requirement. The major requirement is inclusive of the Exercise Physiology and Kinesiology Concentrations.

cc: Dianna Phillips
Lori Schoonmaker
Stephanie Gabor
Laura Ransom
Amanda Metcalf

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

Proposal Number: #21-22-03

School/Department/Program: College of Education, Health & Human
Performance/ Exercise Science

Preparer/Contact Person: Jan Kiger

Telephone Extension: X4984

Date Originally Submitted: 10-7-21

**Revision (Indicate date and label it
Revision #1, #2, etc.):** _____

Implementation Date Requested: Spring, 2022

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

This proposal adds *PSYC 1101: Introduction to Psychology* to the Exercise Science major. It has always been a requirement due to a pre-requisite requirement for *PHED 3318: Sports Social Psychology*.

- 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)

N/A

Total hours deleted. 0

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

PSYC 1101: Introduction to Psychology

Total hours added. 3

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

N/A

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

N/A

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

N/A

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

N/A

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.

2. Include, as an appendix, a course description, written in complete sentences, suitable for use in the college catalog.
 3. Include, as an appendix, a detailed course outline consisting of at least two levels.
 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.
- 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.

See Appendix A, B, C & D. There is a net gain of 3 credit hours to the Exercise Science degree. This course will satisfy both the major requirement and Social Science with Critical Thinking core curriculum requirement.

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?

This proposal is to clarify a student requirement for the major and thus assist with academic advising. This course has historically been a pre-requisite requirement for *PHED 3318: Sports Social Psychology*.

- 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
College of Education, Health & Human Performance	Dr. Amanda Metcalf	<i>Amanda Metcalf</i>

- 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.**

APPENDIX A
B.S. Degree in Exercise Science; Exercise Physiology Concentration
Current Program

Degree Requirements

Core Curriculum Courses (30-34 Credit Hours)		Credit Hours
First Year Seminar	SOAR 1100 or HONR 1100	1
Written Communication	ENGL 1101	3
Written Communication	ENGL 1102 (Recommended)	3
Oral Communication	COMM 2200, COMM 2201, or COMM 2202 (Recommended)	3
Mathematics	MATH 1430 or 1530 (Recommended)	3-4
Humanities	Any Course	3
Fine Arts	Any Course	3
Natural Science	CHEM 1101 or CHEM 1105 (Satisfied by Major Requirement)	X
Social Science	PSYC 1101 (Recommended)	3
Citizenship	History 1107, History 1108 or RECR 1141 (Recommended)	3
Global Awareness, Fitness & Wellness, Technology	PHED 1100 (Satisfied by Major Requirement)	X

Required Major Courses (40-41 Credit Hours)		
Course Prefix & Number	Course Name	Credit Hours
CHEM 1100 or CHEM 1105	General Chemistry or Chemical Principles	4-5
HLTA 1150	Introduction to Health Education	3
NUTR 1110 or NUTR 1145	Nutrition or Sports Nutrition	3
PHED 1100	Fitness & Wellness	2
PHED 1121	Introductory Seminar in Human Movement	2
PHED 2200	Accident Analysis & Emergency Care	2
PHED 2211	Anatomy & Physiology	4
PHED 3312	Physiology of Exercise	3
PHED 3313	Biomechanics	3
PHED 3314	Group Fitness	2
PHED 3316	Fitness Assessment & Exercise Prescription	3
PHED 3318	Sport Social Psychology	3
PHED 3360	Strength & Conditioning Theory & Practice	3
PHED 4420	Internship	3
Must choose a concentration (Exercise Physiology or Kinesiology)		

Exercise Physiology Concentration Required Courses(15 Credit Hours)		
Course Prefix & Number	Course Name	Credit Hours
PHED 1180	Medical Terminology	3
PHED 3315	Advanced Personal Training	3
PHED 3317	Clinical Applications of Exercise Physiology	3
PHED 4400	Research Methods	3
PHED 4410	Research Design	3

Total Core Curriculum Hours	30-34 (Minimum 30)
Total Pre-Major	0
Total Required Major Courses	55-56
Total Electives (If applicable)	0
Total Free Electives - Clinical Concentration	30-35
TOTAL CREDIT HOURS	120

APPENDIX B
B.S. Degree in Exercise Science; Kinesiology Concentration
Current Program

Degree Requirements

Core Curriculum Courses (30-34 Credit Hours)		Credit Hours
First Year Seminar	SOAR 1100 or HONR 1100	1
Written Communication	ENGL 1101	3
Written Communication	ENGL 1102 (Recommended)	3
Oral Communication	COMM 2200, COMM 2201, or COMM 2202 (Recommended)	3
Mathematics	MATH 1430 or 1530 (Recommended)	3-4
Humanities	Any Course	3
Fine Arts	Any Course	3
Natural Science	CHEM 1101 or CHEM 1105 (Satisfied by Major Requirement)	X
Social Science	PSYC 1101 (Recommended)	3
Citizenship	History 1107, History 1108 or RECR 1141 (Recommended)	3
Global Awareness, Fitness & Wellness, Technology	PHED 1100 (Satisfied by Major Requirement)	X

Required Major Courses (40-41 Credit Hours)		
Course Prefix & Number	Course Name	Credit Hours
CHEM 1100 or CHEM 1105	General Chemistry or Chemical Principles	4-5
HLTA 1150	Introduction to Health Education	3
NUTR 1110 or NUTR 1145	Nutrition or Sports Nutrition	3
PHED 1100	Fitness & Wellness	2
PHED 1121	Introductory Seminar in Human Movement	2
PHED 2200	Accident Analysis & Emergency Care	2
PHED 2211	Anatomy & Physiology	4
PHED 3312	Physiology of Exercise	3
PHED 3313	Biomechanics	3
PHED 3314	Group Fitness	2
PHED 3316	Fitness Assessment & Exercise Prescription	3
PHED 3318	Sport Social Psychology	3
PHED 3360	Strength & Conditioning Theory & Practice	3
PHED 4420	Internship	3
Kinesiology Concentration Required Courses (11 Credit Hours)		
PHED 2240	Outdoor Leisure Activities	2
PHED 3310	Motor Behavior	3
PHED 3350	Physical Activity & Fitness Education	3
RECR 2220	Program Planning	3

Kinesiology Concentration Electives (9 Credit Hours)

Must complete three courses from the following list.

Course Prefix & Number	Course Name	Credit Hours
PHED 2243	Teaching Team Passing Sports	3
PHED 2244	Teaching Wall-Net Sports	3
PHED 2246	Teaching Striking/Target Sports	3
BSBA 2204	Principles of Marketing	3
BSBA 2209	Principles of Management	3
Must choose a minor (15-24 Credit Hours)		

Total Core Curriculum Hours	30-34 (Minimum 30)
Total Pre-Major	0
Total Required Major Courses	51-52
Total Electives (If applicable)	9
Total Free Electives	1-15
Total Required Minor Courses	15-24
TOTAL CREDIT HOURS	120

APPENDIX C
B.S. Degree in Exercise Science; Exercise Physiology Concentration
Proposed Program

Degree Requirements

Core Curriculum Courses (30-34 Credit Hours)		Credit Hours
First Year Seminar	SOAR 1100 or HONR 1100	1
Written Communication	ENGL 1101	3
Written Communication	ENGL 1102 (Recommended)	3
Oral Communication	COMM 2200, COMM 2201, or COMM 2202 (Recommended)	3
Mathematics	MATH 1430 or 1530 (Recommended)	3-4
Humanities	Any Course	3
Fine Arts	Any Course	3
Natural Science	CHEM 1101 or CHEM 1105 (Satisfied by Major Requirement)	X
Social Science	PSYC 1101 (Satisfied by Major Requirement)	X
Citizenship	History 1107, History 1108 or RECR 1141 (Recommended)	3
Global Awareness, Fitness & Wellness, Technology	PHED 1100 (Satisfied by Major Requirement)	X

Required Major Courses (43-44 Credit Hours)		
Course Prefix & Number	Course Name	Credit Hours
CHEM 1100 or CHEM 1105	General Chemistry or Chemical Principles	4-5
PSYC 1101	Introduction to Psychology	3
HLTA 1150	Introduction to Health Education	3
NUTR 1110 or NUTR 1145	Nutrition or Sports Nutrition	3
PHED 1100	Fitness & Wellness	2
PHED 1121	Introductory Seminar in Human Movement	2
PHED 2200	Accident Analysis & Emergency Care	2
PHED 2211	Anatomy & Physiology	4
PHED 3312	Physiology of Exercise	3
PHED 3313	Biomechanics	3
PHED 3314	Group Fitness	2
PHED 3316	Fitness Assessment & Exercise Prescription	3
PHED 3318	Sport Social Psychology	3
PHED 3360	Strength & Conditioning Theory & Practice	3
PHED 4420	Internship	3
Must choose a concentration (Exercise Physiology or Kinesiology)		

Exercise Physiology Concentration Required Courses(15 Credit Hours)		
Course Prefix & Number	Course Name	Credit Hours
PHED 1180	Medical Terminology	3
PHED 3315	Advanced Personal Training	3
PHED 3317	Clinical Applications of Exercise Physiology	3
PHED 4400	Research Methods	3
PHED 4410	Research Design	3

Total Core Curriculum Hours	30-34 (Minimum 30)
Total Pre-Major	0
Total Required Major Courses	58-59
Total Electives (If applicable)	0
Total Free Electives	27-35
TOTAL CREDIT HOURS	120

APPENDIX D
B.S. Degree in Exercise Science; Kinesiology Concentration
Proposed Program

Degree Requirements

Core Curriculum Courses (30-34 Credit Hours)		Credit Hours
First Year Seminar	SOAR 1100 or HONR 1100	1
Written Communication	ENGL 1101	3
Written Communication	ENGL 1102 (Recommended)	3
Oral Communication	COMM 2200, COMM 2201, or COMM 2202 (Recommended)	3
Mathematics	MATH 1430 or 1530 (Recommended)	3-4
Humanities	Any Course	3
Fine Arts	Any Course	3
Natural Science	CHEM 1101 or CHEM 1105 (Satisfied by Major Requirement)	X
Social Science	PSYC 1101 (Satisfied by Major Requirement)	X
Citizenship	History 1107, History 1108 or RECR 1141 (Recommended)	3
Global Awareness, Fitness & Wellness, Technology	PHED 1100 (Satisfied by Major Requirement)	X

Required Major Courses (43-44 Credit Hours)		
Course Prefix & Number	Course Name	Credit Hours
CHEM 1100 or CHEM 1105	General Chemistry or Chemical Principles	4-5
PSYC 1101	Introduction to Psychology	3
HLTA 1150	Introduction to Health Education	3
NUTR 1110 or NUTR 1145	Nutrition or Sports Nutrition	3
PHED 1100	Fitness & Wellness	2
PHED 1121	Introductory Seminar in Human Movement	2
PHED 2200	Accident Analysis & Emergency Care	2
PHED 2211	Anatomy & Physiology	4
PHED 3312	Physiology of Exercise	3
PHED 3313	Biomechanics	3
PHED 3314	Group Fitness	2
PHED 3316	Fitness Assessment & Exercise Prescription	3
PHED 3318	Sport Social Psychology	3
PHED 3360	Strength & Conditioning Theory & Practice	3
PHED 4420	Internship	3
Kinesiology Concentration Required Courses (11 Credit Hours)		
PHED 2240	Outdoor Leisure Activities	2
PHED 3310	Motor Behavior	3
PHED 3350	Physical Activity & Fitness Education	3
RECR 2220	Program Planning	3

Kinesiology Concentration Electives (9 Credit Hours)		
Must complete three courses from the following list.		
Course Prefix & Number	Course Name	Credit Hours
PHED 2243	Teaching Team Passing Sports	3
PHED 2244	Teaching Wall-Net Sports	3
PHED 2246	Teaching Striking/Target Sports	3
BSBA 2204	Principles of Marketing	3
BSBA 2209	Principles of Management	3
Must choose a minor (15-24 Credit Hours)		

Total Core Curriculum Hours	30-34 (Minimum 30)
Total Pre-Major	0
Total Required Major Courses	54-56
Total Electives (If applicable)	9
Total Free Electives	1-15
Total Required Minor Courses	15-24
TOTAL CREDIT HOURS	120