

TO: UAH Curriculum Committee

FROM: Shannon L. Mathis, Ph.D., Kinesiology Department

DATE: October 15, 2016

SUBJECT: Curriculum Changes for Department of Kinesiology, Exercise Science Concentration

**Background information**

The purpose of this proposal is to align courses in the Exercise Science Concentration to achieve accreditation from the Committee on Accreditation of Allied Health Education Programs (CAAHEP) in the Exercise Sciences. The proposed changes will strengthen the concentration, capitalize on expertise of our new faculty member, and provide depth and breadth of experiences to students. The proposed changes would be effective in the fall of 2017.

**Academic justification**

To improve student success in upper level courses, we have developed a new freshman level course that will fill an identified gap in the student's knowledge of information. Our goal is to improve the content in freshman and sophomore level courses to provide a foundation of knowledge for success in our upper level courses.

**Student need and demand**

There are 150 Exercise Science degree seeking students with a wide range of interests. The proposed curriculum will provide the depth of knowledge needed across all areas of exercise science while providing the breadth of course offerings for students with specific career goals.

**Listing of courses with credit hour requirements**

See attachment.

**Facility requirements**

The Exercise Physiology Lab houses updated equipment to enhance student learning with a hands on experience using a metabolic system, high speed treadmill, and clinical cycle ergometers.

**Outline of Changes**

1. Charger Foundations
  - a. One credit hour addition for FYE
2. Multi-Discipline (Pre-Professional)
  - a. Addition of BYS 320, Medical Terminology is included with instructor and Department Chair approval
    - i. Exercise Science students enroll in this course for graduate school or pre-professional applications or for job requirements
  - b. Removal of CM 231, Foundations of Communication
    - i. Communication techniques specific to the field will be learned in KIN 290 and 452
  - c. Removal of PSYL, Elementary Statistics Lab

- i. Practical experience analyzing data using SPSS will be gained in KIN 457 and 452
- 3. Kinesiology Major Core (12 hours)
  - a. Included to define a common core for three Kinesiology concentrations
- 4. Exercise Science Concentration (43 hours)
  - a. Addition of KIN 210, 315, 352, 460, 463
    - i. Necessary components to achieve a departmental goal of accreditation from the Committee on Accreditation of Allied Health Education Programs (CAAHEP).
  - b. Developed new course, KIN 290, Exercise Techniques and Leadership
    - i. We identified a gap in knowledge of students in upper level courses. This course fills in missing information needed to increase student success.
  - c. Removal of KIN 371, Adapted Fitness, and KIN 420, Wellness Coaching
    - i. These courses are identified as having large overlap of information with other required courses and are not aligned with industry standards
- 5. Kinesiology Electives (3 hours)
  - a. Elective hours decreased from 15 to three in order to align with standards in the College of Education
- 6. Remove physical fitness test requirement for graduation
  - a. The fitness test requirement does not align with accreditation standards from CAAHEP

**OFFICE OF ACADEMIC AFFAIRS**  
**PROGRAM APPROVAL FORM**



Undergraduate     Graduate     New Program     Program Change

College: College of Education

Department: Kinesiology

Program Type:  Major     Minor     Track     Certificate     Cluster     Option

Total Credit Hours: 122

Effective Date: August 1, 2017

Is the new program or change in existing program part of an accreditation requirement? *If so, please explain.*    Yes     No

Does this course involve academic units external to the originating college? *If so, deans of all colleges involved must sign this form.*    Yes     No

**Attach a detailed description of proposed program to include the following:** background information, academic justification, student need and demand, listing of courses with credit hour requirements or deletions, facility requirements, and any other pertinent information.

Department Chair: Beth N. Quicke    Grad. Council: \_\_\_\_\_

College Dean: Beth N. Quicke    Graduate Dean: \_\_\_\_\_

College Curriculum Committee: [Signature]

Undergrad Curriculum Cmte: \_\_\_\_\_    Provost: \_\_\_\_\_

**Acknowledgements from other units:**

Department Chair: [Signature]    College Dean: [Signature]

**Charger Foundations**

FYE	1
Fresh Comp	6
Fine arts	3
Literature	3
CM 113	3
HUM/Art/Lit	3
MA 110 or (112/113 or 115)	3
BYS 119	4
CH 101/105 or 121/125	4
History	3
PY 101	3
PY 201	3
History/Sociology/Behavioral Sci	3
<b>Total</b>	<b>42</b>

**Multi-Discipline (Pre-Professional)**

PH 101	General Physics I	4
BYS 215	Human A&P I	4
BYS 216	Human A&P II	4
PSY 300	Elementary Statistics	3
BYS 320	Medical Terminology	3
BYS 402	Kinesiology/Biomechanics	4
<b>Total</b>		<b>22</b>

**Kinesiology Major Core**

KIN 240†	Health and Wellness Concepts	3
KIN 260	Foundations of Kinesiology	3
KIN 455	Motor Learning	3
KIN 457	Measurement and Evaluation in Physical Activity	3
<b>Total</b>		<b>12</b>

**Exercise Science Concentration**

KIN 210†	Athletic Injury Prevention and Care	3
KIN 290*	Exercise Techniques and Leadership	3
KIN 300	Nutrition for Fitness and Sport	3
KIN 315†	Strength Training and Conditioning	3
KIN 327	Intro to Exercise Physiology	3
KIN 328	Intro to Exercise Physiology Lab	1
KIN 351	Exercise Testing & Prescription	3
KIN 352	Testing and Prescription for Special Populations	3
KIN 440	Management of Sport and Physical Education	3
KIN 451	Research in Exercise Science I	3
KIN 452	Research in Exercise Science II	3
KIN 460	Special Topics in Exercise Science I	3
KIN 463	Psychology of Sport	3
KIN 490†	Exercise Science Internship	6
<b>Total</b>		<b>43</b>

**Kinesiology Electives††: Choose one of the following**

KIN 361	Teaching Team Sports	3
KIN 363	Teaching Fitness and Wellness	3
KIN 370	Adapted Physical Education	3
KIN 445	Principles of Coaching	3
KIN 461	Special Topics in Exercise Science II	3
<b>Total</b>		<b>3</b>

\*Denotes new course offering; †Denotes course change

††Pre-health professional students may substitute Kinesiology elective hours with course requirements for professional schools.

**Total**

Charger Foundations	42
Multi-Discipline	22
Kinesiology Core	12
Concentration	43
Electives	3
<b>Total 122</b>	

**Outline of Changes**

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### Suggested Four Year Schedule

<b>First Year</b>					
1 <sup>st</sup> Semester Fall	Hrs		2 <sup>nd</sup> Semester Spring	Hrs	
FYE	1		Freshman Composition II	3	
Freshman Composition I	3		HY 103, 104, 221, or 222	3	
ARH 100, 101, 103, ARS 160, TH 122, or MU 100	3		CM 113	3	
BYS 119	4		CH 101/105 or 121/125	4	
MA 110 or MA 112 or MA 115	3		KIN 240	3	
<b>Total</b>	14		<b>Total</b>	16	
<b>Second Year</b>					
1 <sup>st</sup> Semester Fall	Hrs		2 <sup>nd</sup> Semester Spring	Hrs	
BYS 215/215L	4		BYS 216/216L	4	
PY 101	3		PY 201	3	
EH 207 or EH 208	3		Humanities/Fine Arts/Lit	3	
KIN 210	3		History/Social Behavior Sci	3	
KIN 290	3		KIN 260	3	
<b>Total</b>	16		<b>Total</b>	16	
<b>Third Year</b>					
1 <sup>st</sup> Semester Fall	Hrs		2 <sup>nd</sup> Semester Spring	Hrs	
PY 300	3		BYS 320	3	
PH 101	4		KIN 315	3	
KIN 300	3		KIN 351	3	
KIN 327/328	4		KIN 455	3	
			KIN 361, 363, 370, 445, 461	3	
<b>Total</b>	14		<b>Total</b>	15	
<b>Fourth Year</b>					
1 <sup>st</sup> Semester Fall	Hrs		2 <sup>nd</sup> Semester Spring	Hrs	
KIN 352	3		KIN 452	3	
KIN 451	3		KIN 440	3	
KIN 457	3		KIN 460	3	
BYS 402	4		KIN 490 Internship	6	
KIN 463	3				
<b>Total</b>	16		<b>Total</b>	15	

## Bachelor of Science in Kinesiology Exercise Science Concentration

Exercise Science is a biology, chemistry, and physics based science-oriented concentration in the Department of Kinesiology. Graduates will be eligible for career opportunities as an Exercise Physiologist, Cardiac Rehabilitation, Strength and Conditioning Coach, Personal Trainer, Corporate Wellness, or Athletic Coach. Exercise Science is a natural transition to obtaining a degree in a health professional field such as Physical Therapy, Occupational Therapy, or Physician Assistant. Students will be prepared to take certification exams that are often required by employers.

	Hrs	Sem		Hrs	Semester
<b>Charger Foundations</b>			<b>Pre-Professional Courses</b>	22	
<b>Freshman Composition</b>	6		PH 101 General Physics I		
EH 101 Freshman Composition I			BYS 215 Human A&P I		
EH 102 Freshman Composition II			BYS 216 Human A&P II		
<b>Humanities and Fine Arts</b>	3		PY 300 Elementary Statistics		
ARH 100, 101, 103, ARS 160, TH 122, or MU 100			BYS 320 Medical Terminology		
<b>Literature</b>	3		BYS 402 Kinesiology/Biomechanics		
EH 207 and/or EH 208			<b>Kinesiology Major Core Courses</b>	12	
<b>Humanities</b>	3		KIN 240 Health and Wellness Concepts		
CM 113			KIN 260 Foundations of Kinesiology		
<b>2nd Humanities/Fine Arts/Literature</b>	3		KIN 455 Motor Learning		
WLC Courses			KIN 457 Measurement and Eval in PA		
<b>Mathematics: Choose one*</b>	3		<b>Exercise Science Concentration Courses</b>	43	
MA 110 Finite Mathematics			KIN 210 Athletic Injury Prevention & Care		
MA 112 Precalculus Algebra			KIN 290 Exercise Techniques & Leadership		
MA 113 Precalculus Trigonometry			KIN 300 Nutrition for Fitness and Sport		
<b>Natural Sciences</b>	8		KIN 315 Strength Training & Conditioning		
BYS 119 Principles of Biology			KIN 327 Intro to Exercise Physiology		
CH 101-105 Intro to Chemistry and Lab			KIN 328 Intro to Exercise Physiology Lab		
<b>History</b>	3		KIN 351 Exercise Testing & Prescription		
HY 103, 104, 221, or 222			KIN 352 Test & Rx for Special Populations		
<b>Social &amp; Behavioral Sciences</b>	6		KIN 440 Management of Sport and PE		
PY 101 and 201			KIN 451 Research in Exercise Science I		
<b>History, Social &amp; Behavioral Sci</b>	3		KIN 452 Research in Exercise Science II		
ECN 142 or 143 or GS 200 OR			KIN 460 Special Topics in Exercise Sci I		
GY 105 or 110 OR			KIN 463 Psychology of Sport		
PSC 101 or 102 or 260 OR			KIN 490 Exercise Science Internship		
SOC 100 or 105 or 150			<b>Kinesiology Electives†: Choose one</b>	3	
FYE	1		KIN 361 Teaching Team Sports		
			KIN 363 Teaching Fitness and Wellness		
			KIN 370 Adapted Physical Education		
			KIN 445 Principles of Coaching		
			KIN 461 Special Topics in Exercise Sci II		
			<b>Total Hours</b>	<b>122</b>	

\* KIN requirement is MA 110 or above. PT/OT requirements are MA 112/113 or 115

Pre-health professional students may substitute Kinesiology elective hours with the additional course requirements for professional schools. Pre-PT students will enroll in BYS 120, CH 123, and PH 102. These courses meet requirements for PT schools in AL. Pre-OT students will enroll in PY 102, BYS 120, PY 433. These courses meet requirements for OT schools in AL.