### Packet Contents

#### 1.1 Summary

#### Program Modification

1.4 Exercise Science, B.S. major
- Medical Fitness emphasis
- Fitness Leadership and Promotion emphasis

1.7 Signatures
BSU Curriculum Forms

Form 1

Curriculum Modification Summary

College: Health Sciences and Human Ecology
Department: Human Performance, Sport, & Health
Proposer: Christel Kippenhan
Proposer’s position: Professor

Describe the modification(s) you propose, and how it (/they) will work to students' advantage. (This description and explanation will be included in Curriculum Report packets forwarded to the Faculty Senate.):

Change the required hours for PHED 4970 Internship: Exercise Science from 1-6 credits to 2-6 credits.
(1) 30 hours (1 credit) are not enough for students to get hands-on experiences; the minimum amount of hours that some facilities require for the experience to even qualify as internship is more than 30 hours and tends to equate to at least 2 credits. (2) Benchmark research at other MinnState University indicated that the minimum number or credits required for the internship in Exercise Science was 2+ credits. The adjustment for the internship credits, therefore, would bring our program in line with the programs of the other MinnState Universities.

Modifications proposed (specify number of each):
   _______Course Modification(s) (form 2)
   _______New Course(s) (form 3)
   _______Course Drop(s) (form 4)
   _______Program Modification(s) (form 5)
   _______New Program(s) (form 6)
   _______Program Drop(s) (form 7)

The modifications affect (check):
   _______Liberal Education
   _______Undergraduate Curriculum
   _______Graduate Curriculum
   _______Teacher Licensure Program(s)
BSU Curriculum Forms

Form 5

Program Modification Form

Program to be modified: Exercise Science Major

List all proposed change(s): increase the required minimum amount of internship credits from 1 credit to 2 credits;

Reason(s) for the change(s): (1) 30 hours (1 credit) are not enough for students to get hands-on experiences; the minimum amount of hours that some facilities require for the experience to even qualify as internship is more than 30 hours and tends to equate to at least 2 credits. (2) Benchmark research at other MinnState University indicated that the minimum number or credits required for the internship in Exercise Science was 2+ credits. The adjustment for the internship credits, therefore, would bring our program in line with the programs of the other MinnState Universities.

Note: In order to avoid hidden prerequisites, if a course is being dropped from this program (but not from the entire curriculum), please check for which remaining courses may include this dropped course as a prerequisite. Course prerequisites may be found in the online catalog (http://www.bemidjistate.edu/academics/catalog/). Remedies for hidden prerequisites may be found under Curriculum Forms at (http://www.bemidjistate.edu/faculty_staff/faculty_association/forms/).

Note: If a course from another department/program was either added to or dropped from this program, please notify the chair/coordinator of that course's department/program and indicate the following: The course’s home department/program was notified of the addition or dropping of their course(s) on _______ (date) by __________________ (mail, email, or phone).

Please check one of the items below:

_______ No comments were received from other programs or departments within one week of the notification.

_______ Comments were received within one week of the notification, and are attached.

Note: If this is a joint program, the signatures of both department chairs (and both deans, if different colleges) must be provided.

Alert: Attach a copy of the current program showing the marked changes. Please copy the current program from the online catalog (http://www.bemidjistate.edu/academics/catalog/) and paste it into Word. Then use either the Track Changes feature under Tools, or the underline and strikethrough Font feature under Format. (Please note that the Track Changes feature may be easily switched on and off by holding down the Ctrl+Shift+E keys.)
Current Program

Exercise Science, B.S. major Medical Fitness Emphasis

Required Credits: 65
Required GPA: 2.25

I REQUIRED COURSES

COMPLETE THE FOLLOWING COURSES:

- BIOL 1211 Introductory Biology I (4 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

SELECT 1 COURSE:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 Physics I (5 credits)

II REQUIRED EMPHASIS

A. Medical Fitness Emphasis

- BIOL 1300 Medical Terminology (2 credits)
III EMPHASIS ELECTIVES

SELECT 3 COURSES (7-15 CREDITS) FROM THE FOLLOWING WITH CONSULTATION WITH YOUR ADVISOR.

NOTE: HLTH 3710 may not be used as an elective with the Medical Fitness emphasis.

- BIOL 1212 Introductory Biology II (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
  or CHEM 2212 Principles of Chemistry II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- PHYS 1102 General Physics II (4 credits)
  or PHYS 2102 Physics II (5 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- NRSG 3000 OR HIGHER (2-6 CREDITS)

IV REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:

- PHED 4970 Internship (1-12 credits)
Proposed Program
Exercise Science, B.S. major - Medical Fitness emphasis

Required Credits: 65
Required GPA: 2.25

I REQUIRED COURSES

COMPLETE THE FOLLOWING COURSES:

- BIOL 1211 Introductory Biology I (4 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

SELECT 1 COURSE:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 Physics I (5 credits)

II REQUIRED EMPHASIS

A. Medical Fitness Emphasis

- BIOL 1300 Medical Terminology (2 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
  or STAT 3660 Statistics for the Health Sciences (3 credits)
III EMPHASIS ELECTIVES

SELECT 3 COURSES (7-15 CREDITS) FROM THE FOLLOWING WITH CONSULTATION WITH YOUR ADVISOR.

NOTE: HLTH 3710 may not be used as an elective with the Medical Fitness emphasis

- BIOL 1212 Introductory Biology II (4 credits)
- CHEM 1112 General Chemistry II (4 credits) 
  or CHEM 2212 Principles of Chemistry II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- PHYS 1102 General Physics II (4 credits) 
  or PHYS 2102 Physics II (5 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- NRSG 3000 OR HIGHER (2-6 CREDITS)

IV REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:

COMPLETE 2-6 CREDITS OF THE FOLLOWING COURSE, UP TO 6 CREDITS:

- PHED 4970 Internship (1-12 credits)
Current Program

Exercise Science, B.S. major Fitness and Leadership Promotion Emphasis

Required Credits: 67
Required GPA: 2.25

I REQUIRED COURSES

COMPLETE THE FOLLOWING COURSES:

- BIOL 1211 Introductory Biology I (4 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

SELECT 1 COURSE:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 Physics I (5 credits)
II REQUIRED EMPHASIS

Fitness Leadership and Promotion Emphasis

- BUAD 3361 Marketing (3 credits)
  or PHED 3600 Sport Marketing (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- HLTH 4410 Health Programming (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)

SELECT 1 COURSE:

- PHED 4409 Sport Business Management (3 credits)
- PHED 3509 Sport Event Management (2 credits)
- PHED 3519 Sport Facility Management (2 credits)

III EMPHASIS ELECTIVES

SELECT 2 COURSES (4-11 CREDITS) FROM THE FOLLOWING WITH CONSULTATION WITH YOUR ADVISOR.

- BIOL 1212 Introductory Biology II (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
  or CHEM 2212 Principles of Chemistry II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PHYS 1102 General Physics II (4 credits)
  or PHYS 2102 Physics II (5 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- NRSG 3000 OR HIGHER (2-6 CREDITS)

IV REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:

- PHED 4970 Internship (1-12 credits)
Proposed Program

Exercise Science, B.S. major Fitness and Leadership Promotion Emphasis

Required Credits: 67 68
Required GPA: 2.25

I REQUIRED COURSES

COMPLETE THE FOLLOWING COURSES:

- BIOL 1211 Introductory Biology I (4 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3300 Nutrition (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3190 Athletic Training (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PHED 4920 Directed Group Study (1 credit)

SELECT 1 COURSE:

- CHEM 1111 General Chemistry I (4 credits)
- CHEM 2211 Principles of Chemistry I (4 credits)

SELECT 1 COURSE:

- PHYS 1101 General Physics I (4 credits)
- PHYS 2101 Physics I (5 credits)
II REQUIRED EMPHASIS

Fitness Leadership and Promotion Emphasis

- BUAD 3361 Marketing (3 credits)
  or PHED 3600 Sport Marketing (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- HLTH 4410 Health Programming (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)

SELECT 1 COURSE:

- PHED 4409 Sport Business Management (3 credits)
- PHED 3509 Sport Event Management (2 credits)
- PHED 3519 Sport Facility Management (2 credits)

III EMPHASIS ELECTIVES

SELECT 2 COURSES (4-11 CREDITS) FROM THE FOLLOWING WITH CONSULTATION WITH YOUR ADVISOR.

- BIOL 1212 Introductory Biology II (4 credits)
- CHEM 1112 General Chemistry II (4 credits)
  or CHEM 2212 Principles of Chemistry II (4 credits)
- ENGL 2150 Technical Writing (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- PHYS 1102 General Physics II (4 credits)
  or PHYS 2102 Physics II (5 credits)
- PSY 1100 Introductory Psychology (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)
- NRSG 3000 OR HIGHER (2-6 CREDITS)

IV REQUIRED PRACTICAL EXPERIENCE

COMPLETE THE FOLLOWING COURSE, UP TO 6 CREDITS:
COMPLETE 2-6 CREDITS OF THE FOLLOWING COURSE, UP TO 6 CREDITS:

- PHED 4970 Internship (1-12 credits)
BSU Curriculum Forms

Form 8
Updated: 09.18.15

Signatures

B. Christel Kippenhan / Professor / Feb, 21, 2018
Proposer / Title / Date

James White / Dept. of Human Perf., Health & Sport / Feb. 21, 2018
Chair or Director / Department or Program / Date
Note: "All departmental recommendations [on curriculum] must be reviewed and approved by the department's faculty."--IFO/MnSCU Master Agreement

At this point, packet goes to Records Office/Curriculum Coordinator to be logged in to the Curriculum Proposal Progress Grid.

James Barta / Health Sciences and Human Ecology / 3.2.18
Dean / College / Date

Note: If proposal is sent back to the Proposer, please notify the Curriculum Coordinator. If approved, packet goes to Academic Affairs Office.