NOTE: All gray text boxes must be completed (even if you just put N/A into them), otherwise the committee must consider the form incomplete.

Contact person William R. Barfield, Ph.D.

Email address barfieldw@cofc.edu Phone 3-6746

1. Department: Health and Human Performance

2. Name of major: Exercise Science

3. Desired acronym: EXSC

4. CIP Code: 310505 (This code must be determined for new majors. The codes can be found at http://nces.ed.gov/ipeds/cipcode/. If you are not sure what code to use, please consult with the Institutional Research).

5. Total number of hours required for completion of major: 48

6. Semester and year in which new major will go into effect: Fall 2011

7. Justification for offering the major (consider the following):

   a) What are the goals and objectives of the major?

   Program Goals
   Goal 1: Prepare graduates with a strong academic foundation in the body of knowledge related to human movement, exercise, and physical activity. Our science-based curriculum will prepare students for careers in exercise science or for entry into graduate programs in exercise science and/or allied health, medicine, or dentistry professional programs.
   Goal 2: Serve the low-country and surrounding geographic area by involving our undergraduate students in exercise-related research and other activities that promote physical activity across the life span.
   Goal 3: Prepare graduates to develop and deliver individual and group exercise programs for prevention and treatment of diseases associated with a sedentary lifestyle.
   Goal 4: Prepare graduates to assess risk factors and develop strategies to combat health behaviors that are related to lifestyle-associated diseases and disorders.
   Goal 5: Provide graduates with the requisite skills to provide leadership in aiding clients to alter negative health and physical activity behaviors and facilitate positive lifestyle and health behavior changes across the lifespan.
   Goal 6: Prepare graduates to develop and deliver individual and group sport performance programs to enhance human performance in athletic competition for school-aged to senior athletes.

   b) How does the major support the liberal arts tradition of the College, including linkages with other disciplines?
Proposal for a New Major

The major in Exercise Science will continue to support the liberal arts tradition of the College of Charleston and linkages with other disciplines just as the concentration in exercise science has done for several years at the College. Among the seven Core Values of the College of Charleston is academic excellence, which we have fostered in our program over the years and will continue after we have a major in Exercise Science approved. Liberal arts education in the Core Values encourages intellectual curiosity and fosters each student's ability to think creatively and analyze, synthesize, apply and communicate knowledge from many sources. We are particularly proud of our contribution to this Core Value. The unique research opportunities Exercise Science curriculum provides for undergraduate students fosters the students abilities to be a critical, creative, objective, and discriminating thinker who is able to draw from many sources of information to make informed judgments, interpretations, and decisions.

8. Does the change include courses from other departments or programs? If yes, what department/program? Please contact the department chair/program director and request a note or email that they are aware of the proposed change and include that note with the proposal.
   No

9. Please explain any overlap with existing major.
   The proposed change is from an existing concentration in exercise science, under the Physical Education major, to a major in Exercise Science. The major will include coursework similar to the concentration, with some changes in the directed electives that the students can select. We will propose one new class, EXSC 444-Scientific Writing and Data Analysis (3)

10. Address potential shifts:

   a) Address potential enrollment pattern shifts in the department or college-wide related to the offering of this major.
   Please see the Projected New Enrollment Table below. We project between 7-8 new students in Exercise Science per year over the next 5 years.

   PROJECTED TOTAL ENROLLMENTS FOR 2010-2015

<table>
<thead>
<tr>
<th>YEAR</th>
<th>FALL Headcount</th>
<th>FALL Credit Hours</th>
<th>SPRING Headcount</th>
<th>SPRING Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010-2011</td>
<td>146</td>
<td>2190</td>
<td>146</td>
<td>2190</td>
</tr>
<tr>
<td>2011-2012</td>
<td>153</td>
<td>2325</td>
<td>153</td>
<td>2325</td>
</tr>
<tr>
<td>2012-2013</td>
<td>160</td>
<td>2400</td>
<td>160</td>
<td>2400</td>
</tr>
<tr>
<td>2013-2014</td>
<td>168</td>
<td>2475</td>
<td>168</td>
<td>2475</td>
</tr>
<tr>
<td>2014-2015</td>
<td>176</td>
<td>2640</td>
<td>176</td>
<td>2640</td>
</tr>
</tbody>
</table>

   b) Address potential shifts in staffing of the department as related to the offering of this major.
Proposal for a New Major

A visiting line in exercise science was converted to tenure line for fall 2010. In addition, we are writing a job description for a new position in exercise science for the fall of 2011. We are confident that our current and incoming faculty will be able to effectively mentor and instruct the additional students we anticipate attracting into this new major.

11. Requirements for additional resources made necessary by this major.

   a) Staff:  
       None  
   b) Budget:  
       None  
   c) Library:  
       None

12. List courses and requirements (including their prerequisites) for completion of this major. Provide any relevant additional information, for example include a typical schedule for a student to complete this major.

   The proposed syllabus for EXSC 444-Scientific Writing and Data Analysis is included as part of the new course form.

   Professional Core (24 cr)

   EXSC 201-Intro to Health & Human Performance (3 cr)  
   HEAL 216-Personal & Community Health (3 cr)  
   EXSC 210-Concepts in Fitness Assessment and Exercise Prescription (3 cr)  
   EXSC 330-Kinesiology (3 cr) (pre-requisite PEHD 201 and BIOL 202)  
   EXSC 340 Exercise Physiology and Lab (4 cr) (Pre-requisite PEHD 201 and BIOL201)  
   PEHD 458-Organ & Admin in Health and Human Performance (3 cr) (Pre-requisite PEHD 201)  
   EXSC 433-Research Design & Analysis (3 cr) (Pre-requisite MATH 104 PEHD 201, PEHD 330 and PEHD 340)  
   EXSC 498-Capstone in Ex Sci (2 cr) (PEHD 433)

   Directed Electives list (select eight-24 cr)
   All are 3 cr except for PEHD 439
   PEHD 235 Motor Learning  
   ATEP 365 General Medical Conditions in Athletics  
   ATEP 430 Therapeutic Exercise  
   ATEP 437 Therapeutic Modalities  
   HEAL 333 Sports and Exercise Nutrition (Pre-requisite BIOL201)  
   HEAL 390 Chronic & Communicable Diseases  
   HEAL 442 Healthy Aging  
   PEHD 355 Sport Psychology  
   PEHD 401 Independent Study
Proposal for a New Major

PEHD 438 Advanced Topics in Resistance Training and Conditioning (Pre-requisite BIOL 201/202, PEHD 340)
PEHD 439 Advanced Topics in Exercise Physiology (Pre-requisite PEHD 340) (4 cr)
PEHD 440 Biomechanics (Pre-requisite PEHD 201, BIOL 201, Biol 202, PHYS 101)
EXSC 444 Scientific Writing and Data Analysis

Cognate (12 cr)
Chem 111-Principles of Chemistry & Lab
Physics 101-Introductory Physics & Lab
Chem 112 or Phys 102

Sample Exercise Science Student Schedule

Freshman
Fall
ENGL 110-Intro to Academic Writing
HIST 101 or 103, JWST 210
PSYC 103-Intro to Psychology
Foreign Language
BIOL 111 and Lab-Intro to Cell Biol
17 hrs

Spring
HIST 102 or 104, JWST 215
Humanity
Foreign Language
BIOL 112 and Lab-Evolut & Funct
HEAL 216-Personal/Comm Health
16/33 hrs

Sophomore
Fall
BIOL 202 and Lab-Human Anatomy
Foreign Language
EXSC 201-Intro to Health/Human Perf
Humanity
Directed Elective (from list)
16 hrs

Spring
BIOL 201 and Lab-Human Physio
EXSC 210-Concepts in Fitness
MATH 111-Pre-Calculus
Foreign Language
PSYC 311-Developmental Psych
16/65 hrs

Junior
Fall
Humanity
Directed Elective (from list)
EXSC 330-Kinesiology
PHYS 101 and Lab
Directed Elective (from list)
16 hrs

Spring
EXSC 340 and Lab-Exercise Physio
MATH 104-Elementary Statistics
PEHD 458-Organ & Admin in PE
CHEM 111 and Lab
Directed Elective (from list)
17/98 hrs

Senior
Fall
EXSC 433-Research Design & Analysis
Cognate
Directed Elective (from list)

Spring
EXSC 498-Capstone in Ex Sc
Humanity
Directed Elective (from list)
Proposal for a New Major

Directed Elective (from list)                     Directed Elective (from list)

13 hrs                                          11/122 hrs

Proposed Directed Electives – students select 8 directed electives with the assistance of their departmental advisor.
Proposal for a New Major

13. Signature of Department Chair (s) or Program Director(s):

________________________________________  Date: ________________
________________________________________  Date: ________________

14. Signature of Dean of School:

________________________________________  Date: ________________
________________________________________  Date: ________________

15. Signature of Provost:

________________________________________
Date: ________________

16. Signature of Curriculum Committee Chair:

________________________________________
Date: ________________

17. Signature of Budget Committee Chair:

________________________________________
Date: ________________

18. Signature of Academic Planning Committee Chair:

________________________________________
Date: ________________

19. Signature of Faculty Senate Secretary:

________________________________________
Date Approved by Senate: ________________

Completed form should be sent by the Faculty Senate Secretary to the Registrar. After implementation, information concerning the passed course and program changes will be provided by the Registrar to all faculty and staff on campus.