Proposal Date: 8/23/11

**College of Health and Human Services**

**Department of Kinesiology, Recreation and Sport**

**Proposal to Revise A Program**

**(Action Item)**

Contact Person: Scott Lyons, [scott.lyons@wku.edu](mailto:scott.lyons@wku.edu), 745.6035

**1. Identification of program:**

* 1. Current program reference number: 554
  2. Current program title: Exercise Science
  3. Credit hours: 55

**2. Identification of the proposed program changes:**

1. Elimination of the “six hours of upper-level major electives” (sub category 2 in iCap).

These will be replaced by EXS 310 (Kinesiology) and EXS 455 (Exercise and Aging). This will not alter the number of hours required for the major. **\*\*Note\*\*** EXS 310 is currently being proposed as an equivalent course to PE 310 so that we may offer it with the EXS prefix for our majors. Currently, it is only listed in the catalog as PE 310.

1. Adding EXS 498 (Capstone Research Experience) as an option for seniors to take

instead of completing EXS 496 (Internship). This will allow those students with a strong interest in research, as well as those desiring to pursue graduate studies in Exercise Physiology or a related field, to gain more applicable experience in a laboratory setting. Enrollment will be limited to 5 – 10 students per semester (no more than two per faculty member). This will not alter the number of hours required for the major.

1. Adoption of entry requirements for the Exercise Science program. Admission to the

Exercise Science program at Western Kentucky University will require the following:

1. Complete a minimum of 42-43 hours. At least one semester must have been completed at Western Kentucky University.
2. The following courses must be completed with a grade of “C” or higher:

EXS 122, EXS 223, EXS 296, FACS 111, SFTY 171, BIOL 131, CHEM 109 or CHEM 120/121, MATH 116, PSY 100, SOCL 100 or GERO 100

1. WKU and Cumulative grade point average of 2.5 or higher.
2. Submit all application materials by the required deadlines. All application materials must be received by the application date in order to be fully considered for entrance into the program. A complete application packet would include: 1) application, 2) pre-requisite coursework worksheet, and 3) resume. All 3 items should be completed and four (4) copies submitted to the program coordinator by:

For Fall Acceptance: July 1

For Spring Acceptance: November 1

**3. Detailed program description:**

**Current Program Proposed Program**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Prefix | # | Course Title | Hrs. |  | Prefix | # | Course Title | Hrs. |
| EXS | 122 | Found in Kinesiology | 3 |  | EXS | 122 | Found in Kinesiology | 3 |
| EXS | 223 | HRF – Exercise Science | 3 |  | EXS | 223 | HRF – Exercise Science | 3 |
| EXS | 296 | Practicum | 3 |  | EXS | 296 | Practicum | 3 |
| FACS | 111 | Human Nutrition | 3 |  | FACS | 111 | Human Nutrition | 3 |
| SFTY | 171 | Safety and First Aid | 1 |  | SFTY | 171 | Safety and First Aid | 1 |
|  |  |  |  |  | **EXS** | **310** | **Kinesiology** | **3** |
| EXS | 311 | Exercise Physiology | 3 |  | EXS | 311 | Exercise Physiology | 3 |
| EXS | 312 | Basic Athletic Training | 3 |  | EXS | 312 | Basic Athletic Training | 3 |
| EXS | 313 | Motor Learn and Control | 3 |  | EXS | 313 | Motor Learn and Control | 3 |
| EXS | 324 | Measurement and Eval | 3 |  | EXS | 324 | Measurement and Eval | 3 |
| EXS | 325 | Applied Exercise Phys | 3 |  | EXS | 325 | Applied Exercise Phys | 3 |
| EXS | 412 | Exercise Test and Presc | 4 |  | EXS | 412 | Exercise Test and Presc | 4 |
| EXS | 420 | Clinical Exercise Phys | 4 |  | EXS | 420 | Clinical Exercise Phys | 4 |
| EXS | 436 | Prin of Strength and Con | 3 |  | EXS | 436 | Prin of Strength and Con | 3 |
| EXS | 446 | Biomechanics | 4 |  | EXS | 446 | Biomechanics | 4 |
|  |  |  |  |  | **EXS** | **455** | **Exercise and Aging** | **3** |
| EXS | 496 | Internship | 6 |  | **EXS** | **496** | **Internship** |  |
|  |  | Major electives | 6 |  |  |  | **OR** |  |
|  |  |  |  |  | **EXS** | **498** | **Capstone Research Exp** | **6** |
|  |  |  |  |  |  |  |  |  |
| TOTALS |  | Credit Hours | 55 |  | TOTALS |  | Credit Hours | 55 |

**4. Rationale for the proposed program change:**

The rationale for eliminating the upper-level major electives in favor of simply requiring EXS 310 and EXS 455 is to create more consistency at the upper end of the major curriculum, and to add two classes to the program that the students need. EXS 310 was required in our program up until about four years ago, and should not have been dropped. Our students need the kinesiology course to strengthen their basic knowledge of the science of movement and functional anatomy. EXS 455 is being required as it is important for our students to be exposed to the role and importance of exercise as it relates to and is associated with the aging process. As our population continues to age, knowledge in this area for people in this or other related fields will become even more important. We could add these two courses to the major AND keep the electives, but that would add six hours to the major, and we do not want to put that added requirement on the students.

The rationale for adding EXS 498 as an option for some students to take in place of EXS 496 is simply to provide the opportunity for those students with a strong interest in research, as well as those desiring to pursue graduate studies in Exercise Physiology or a related field, to gain more applicable experience in a laboratory setting. Several students have requested this as an option, and we believe it will provide excellent preparation for graduate studies for those students with an interest in research.

There are numerous reasons for adopting entry requirements for the Exercise Science program. Our majors, upon graduation, enter a number of different fields (fitness management, strength and conditioning, cardiac and/or pulmonary rehabilitation, medical fitness, etc), several of which require a professional certification in addition to their college degree. These certifications, such as the fitness or the clinical tracks offered by the American College of Sports Medicine, or the certified strength and conditioning specialist exam, offered by the National Strength and Conditioning Association, are very rigorous, and students with poor academic performance **do not pass** these exams. Also, a substantial percentage of our students aspire to attend either physical therapy school, occupational therapy school, or a physician assistant program upon graduation. While a 2.5 will not gain them acceptance into any of these programs, at least they will still be within “striking distance” of being able to get their GPA above the 3.0 threshold, so they can at least get consideration (in our experience, however, usually a 3.5 GPA or higher is necessary for acceptance to these programs, considering their competitive nature). Also, implementing the 2.5 GPA minimum for acceptance will bring the Exercise Science program in line and consistent with the two other programs in our department with entry requirements (physical education and sport management). Finally, those students who desire to pursue graduate studies in exercise physiology or a related field will need at least a GPA of 2.5 to gain acceptance into any graduate program. To reinforce further this final point, consider a student who graduates with a 2.2 GPA and who happens to get a job as a technician in a cardiac rehab facility (a job which may or may not require a certification). To advance above the level of technician in that field, a graduate degree is absolutely necessary. This student will not have the GPA to get into a graduate program.

The need for creating this “pre-exercise science” program and adopting entry requirements is necessary if we want to continue to, as we currently do, keep the best interests of our students in mind. We are not being fair to them if we allow them to continue to progress through our program, graduate with below average competency, and thus not be able to parlay their college education into a meaningful career.

**5. Proposed term for implementation:** Fall 2012

**6. Dates of prior committee approvals:**

KRS Department: Oct.3, 2011

CHHS Undergraduate Curriculum Committee October 31, 2011

Undergraduate Curriculum Committee \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

University Senate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Attachment: Program Inventory Form**

September 15, 2010

**College of Health and Human Services**

**Department of Public Health**

**Proposal to Create a New Course**

**(Action Item)**

Contact Person: John B. White, PhD; [john.white@wku.edu](mailto:john.white@wku.edu); 5-5867

**1. Identification of proposed course:**

* 1. Course prefix and number: PH 472
  2. Course title: Illicit Drug Policy in the US
  3. Abbreviated course title: Illicit Drug Policy in the US
  4. Credit hours: 3
  5. Type of course: Lecture
  6. Prerequisites/corequisites: PH 100 or PH 165 or Permission of Instructor
  7. Course catalog listing: Examination of illicit drug policy in the United States and its intended and unintended outcomes. Topics include the history of illicit drug policy, current trends in drug policy enforcement, drug use and abuse, and proposed alternative policies.

**2. Rationale:**

* 1. Reason for developing the proposed course: No course offered at Western examines illicit drug policy in the US. Most courses can be divided into those that cover pharmacology of discipline specific licit drugs or those that consider illicit drug use behavior, not the larger policy issues regulating both approaches
  2. Projected enrollment in the proposed course: 20
  3. Relationship of the proposed course to courses now offered by the department: This expands on the drug taking behavior studied in PH 100 (Personal Health) and in even greater detail in PH 165 (Drug Abuse). It also provides the legal context for drug prevention programs covered in PH 382 (Peer Health Education) and PH 467 (Drug Abuse Education).
  4. Relationship of the proposed course to courses offered in other departments: This course would extend courses such as SOCL 309 (Social Deviance) and SOCL 233 (Alternatives to Confinement) which consider how society defines drug taking behavior and punishes the behavior, respectively. Other courses, such as those covering pharmacology of drugs (NURS 329, 429, & 315; & DH 206) emphasize licit drugs specific to treatment of clinical illness and not the policies defining the difference between licit and illicit drugs and the effect of these policies. Forensic Chemistry (CHEM 430) emphasizes the detection of both licit and illicit compounds and does not deal with the policies that motivate detection efforts.
  5. Relationship of the proposed course to courses offered in other institutions: neither University of Kentucky nor University of Louisville offer illicit drug policy courses. Neither do the other regional Universities.

**3. Discussion of proposed course:**

* 1. Course objectives:

Students will:

* Differentiate between federal and state illicit drug policies
* Describe major alternative strategies for illicit drug policies
* Discuss the origins of America’s current illicit drug polices
* Relate illicit drug policy to their personal experience
  1. Content outline:
* History of US Illicit Drug Policy
* Intended Effects of Illicit Drug Policy
* Unintended Effects of Illicit Drug Policy
* State Innovations in Illicit Drug Policy
* Alternate Approaches to Illicit Drug Policy
  1. Student expectations and requirements: Students will be assessed through some mix of examination, discussion board, reaction paper, project, or other methods as determined by instructor.
  2. Tentative texts and course materials: No text required. The course will use online resources (Lindesmith, DEA, etc) and readings.

**4. Resources:**

* 1. Library resources: See attached bibliography and library resources form.
  2. Computer resources: Blackboard, particularly the discussion board and content management sections.

**5. Budget implications:**

* 1. Proposed method of staffing: Existing staff can provide instruction in this course.
  2. Special equipment needed: None.
  3. Expendable materials needed: None.
  4. Laboratory materials needed: None.

**6. Proposed term for implementation:** Summer 2012

**7. Dates of prior committee approvals:**

Public Health Department \_\_\_\_\_10/04/11\_\_\_\_\_\_

CHHS Curriculum Committee Oct. 31, 2011

Undergraduate Curriculum Committee \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

University Senate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Attachment: Bibliography, Library Resources Form**, **Course Inventory Form**