Exercise Science Minor - 29

G. Program - New Minor

General Catalog Information

Department* Kinesiology and Health Promotion

Exact title of new minor (e.g. Evolutionary Biology Minor)* Exercise Science Minor

Program total units* 29

Description of Minor*

The purpose of the Exercise Science Minor is to prepare students for careers related to exercise, fitness, and health, such as personal trainer, health educator, exercise physiologist, or coach. Students who complete this minor will be eligible to take the American College of Sports Medicine (ACSM) Certified Exercise Physiologist and Clinical Exercise Physiologist certifications. The minor provides a solid foundation for further study in graduate-level programs or for pursuing professional certifications in the field.

Estimated number of students likely to enroll in this minor: 120 (non-KHP students can this minor as well)

List courses by subject area, catalog number, title, and units of credit to be required under the proposed aggregate.*

The courses below meet the Exercise Science Accreditation requirements.

KIN 3030/L: Exercise Physiology/Laboratory **(3 + 1)**

KIN 3520/A: Exercise Prescription and Fitness Testing **(reduced to 2 + 1)**

KIN 4410: Internship **(2)**

KIN 4580: Exercise Prescription and Fitness Testing for Diverse Populations **(2)**

MHR 3010: Principles of Management **(3)**

PSY 3326: Health Psychology **(3)**

BIO 1150/L: Basic Biology **(3+1)**

BIO 2340/L: Human Anatomy/Laboratory **(2 + 2)**

BIO 2350/L : Human Physiology/Laboratory **(3 + 1)**

BIO 2000/2L: Human Physiology/Laboratory **(3 + 1)**

State the aims of the proposed aggregate of courses.*

The main aims of the proposed aggregate of courses for this minor include:

- Develop expertise in exercise science
- Expand graduate school opportunities
- Meet accreditation requirements
- Professional certification preparation
- Increased exposure to Kinesiology and Health Promotion professions
- Promote interdisciplinary educational pursuits
- Extend reach to diverse student populations
- Promote scaffolding of knowledge

Justify the need for the proposed aggregate of courses.*

1. **Foundational knowledge**: An exercise science minor provides a solid foundation of knowledge in anatomy and physiology, exercise physiology, and other relevant areas. This foundational knowledge is essential for understanding how the body responds to exercise and for designing safe and effective exercise programs.
2. **Career opportunities**: The exercise science industry is growing, and there is an increasing demand for professionals with a background in exercise science. An exercise science minor can provide students with the knowledge and skills needed to pursue careers in fields such as personal trainer, health educator, exercise physiologist, coach, and more.
3. **Interdisciplinary perspective**: Exercise science draws on concepts from a variety of disciplines, including biology, psychology, and nutrition. An exercise science minor can provide students with a broader perspective and a more interdisciplinary approach to understanding the role of exercise in health and wellness.
4. **Personal benefits**: Studying exercise science can also have personal benefits, as students learn about the importance of exercise for their own health and wellbeing. This knowledge can help students make more informed decisions about their own exercise habits and promote a healthier lifestyle.
5. **Applied experience**: An exercise science minor typically includes practical experience, such as internships, which allows students to apply their knowledge in real-world settings. This experience can provide valuable skills and knowledge that can be used in future careers.

Overall, an exercise science minor can be a valuable addition to a student's academic program, providing foundational knowledge, career opportunities, interdisciplinary perspectives, personal benefits, and applied experience.

List new courses to be developed. You will need to submit separate course proposals for each new course.

List all present faculty members with rank, appointment status, highest degree earned, date and field of highest degree, and professional experience, who would teach in the proposed aggregate of courses.*

Dr. Edward Jo

Rank: Professor

Appointment status: Full-time

Highest degree earned: Ph.D.

Date and field of highest degree: 2013; Exercise Science

Professional experience:

- Consulting

Dr. Minhyuk Kwon

Rank: Associate Professor

Appointment status: Full-time

Highest degree earned: Ph.D.

Date and field of highest degree: 2015; Neuromuscular Control of Human Movement

Professional experience:

- 2016-2019 Postdoctoral Research Associate in Neuromuscular Physiology lab, Marquette University, Milwaukee, WI
- 2015-2016 Postdoctoral Research Fellow in Kansas Center for Autism Research and Training, University of Kansas, Lawrence, KS

Dr. Zakkoyya Lewis-Trammell

Rank: Associate Professor

Appointment status: Full-time

Highest degree earned: Ph.D.

Date and field of highest degree: 2017; Rehabilitation Sciences

Professional experience:

- Certified athletic trainer with over 900 hours of field experience (certified in 2013)
- Certified exercise physiologist (2016)
- Credentialed in exercise is medicine (2020)
- From 2016-2018 worked with Beachbody, LLC as the Fitness Research Manager conducting fitness assessments for exercise test group

Dr. Michael Liang

Rank: Professor

Rank: Professor

Appointment status: FERP

Highest degree earned: Ph.D.

Date and field of highest degree: 1974; Exercise Physiology

Professional experience:

- Director Wellness Center and Human Performance Lab, UMDNJ New Jersey, 1989-1993)
- Cardiac Rehabilitation Internship supervisor, Aurora University, IL 1983-1986)
- Director, Cardiac Rehabilitation Clinic and Exercise Testing Lab, Divine Redeemer Memorial Hospital, St. Paul, Mn 1975-1980
- Associate editor of Journal of Exercise & Organ Cross Talk)2022-present)
- Editorial Consultant, Journal of American Osteopathic Association (1991-1992)

Describe instructional resources (faculty, space, equipment, library volumes, etc.) needed to implement and sustain the proposed aggregate of courses.*

- Standard smart classrooms; audiovisual equipment, computer, and software
- KHP inventory equipment room
- KHP exercise physiology and biomechanics laboratory
- Scientific databases (e.g., SPORTDiscus, Web of Science, PubMed, ERIC)

List all additional resources needed including specific resource, cost, and source of funding.

- No additional resources are needed to support the launch of this minor.

The following fields are for integration purposes with the University Catalog (i.e. Acalog e-catalog). Please select Program and enter 'n/a' in Curriculum.

Program Type* (•) Program ( ) Shared Core

Curriculum*

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AY Proposal Submitted 2023-2024

AY Proposal Implemented

FOR ACADEMIC SENATE OFFICE USE ONLY

Senate Referral Number AP-012-234

Senate Report Number