

104: BS in Fitness Programming and Management

Table of Contents

SUBSTANTIVE CURRICULAR CHANGE FOR ROUTINE REVIEW	1
PROGRAM CHARACTERISTICS AND PERFORMANCE GOALS	1
1. Student Preparation	2
2. Faculty Characteristics	2
3. Enrollment Projections	2
STUDENT ENROLLMENT PROJECTIONS	2
5. Program Accreditation.....	3
6. Program Structure	4
Program Change Proposal	6
Viewing: BS in Fitness Programming and Management	6
Change Justification:	8
Major Program Requirements	9
Approval Path.....	15

SUBSTANTIVE CURRICULAR CHANGE FOR ROUTINE REVIEW

When finished, please save and email to umacademicaffairs@umsystem.edu

Sponsoring Institution:

Program Title: Fitness Programming and Management

Degree/Certificate:

If other, please list:

Options:

Delivery Site: Online

CIP Classification:

Implementation Date: 8/10/2022

PROGRAM CHARACTERISTICS AND PERFORMANCE GOALS

Although all of the following guidelines may not be applicable to the proposed program, please carefully consider the elements in each area and respond as completely as possible in the format below.

Quantification of performance goals should be included wherever possible.

1. Student Preparation

- Any special admissions procedures or student qualifications required for this program which exceed regular university admissions, standards, e.g., ACT score, completion of core curriculum, portfolio, personal interview, etc. Please note if no special preparation will be required. N/A
- Characteristics of a specific population to be served, if applicable. N/A

2. Faculty Characteristics

- Any special requirements (degree status, training, etc.) for assignment of teaching for this degree/certificate. Online teaching certificate, MS degree or higher in related field (exercise science, kinesiology, etc.)
- Estimated percentage of credit hours that will be assigned to full time faculty. Please use the term "full time faculty" (and not FTE) in your descriptions here. 100% of credit hours taught will be assigned to MU faculty within the various departments of the courses offered.
- Expectations for professional activities, special student contact, teaching/learning innovation. N/A

3. Enrollment Projections

- Student FTE majoring in program by the end of five years. 150 Students enrolled in the FPM BS degree
- Percent of full time and part time enrollment by the end of five years. 75% (full-time) vs. 25% (part-time)

STUDENT ENROLLMENT PROJECTIONS

YEAR	1	2	3	4	5
Full Time	13	28	55	80	150
Part Time	6	12	35	40	50
Total	17	40	90	120	200

4. Student and Program Outcomes

- Number of graduates per annum at three and five years after implementation.
30 at three years, 50 at 5 years
- Special skills specific to the program.
A undergraduate Bachelor of Science in Fitness Programming and Management prepares students to work with individuals to improve athletic performance and optimize health across the lifespan. Students acquire the knowledge and skills in exercise technique analysis, individual and team exercise programming, and performance indicators beyond physical health. Fitness Programming and Management will prepare students for a career in strength and conditioning, personal training, and corporate wellness.

Students will be prepared to sit for national certifications from the National Strength and Conditioning Association (NSCA): Certified Strength and Conditioning Specialist (CSCS), Certified Personal Trainer (CPE), Certified Special Population (CSPS) and Tactical Strength and Conditioning Facilitator (TSAC-F). Students may also be prepared for certifications through the American College of Sport Medicine (ACSM).

- Proportion of students who will achieve licensing, certification, or registration. Not required
- Performance on national and/or local assessments, e.g., percent of students scoring above the 50th percentile on normed tests; percent of students achieving minimal cut-scores on criterion-referenced tests. Include expected results on assessments of general education and on exit assessments in a particular discipline as well as the name of any nationally recognized assessments used.
N/A
- Placement rates in related fields, in other fields, unemployed.
Not yet determined but expectations are comparable to other exercise and fitness degrees.
- Transfer rates, continuous study.
Due to the recentness of the FPM degree program these number have not yet been determined.

5. Program Accreditation

- Institutional plans for accreditation, if applicable, including accrediting agency and timeline. If there are no plans to seek specialized accreditation, please provide rationale.
The Fitness Programming and Management degree is currently under review for the Education Recognition Program through the NSCA and is seeking accreditation through the NSCA for the 2023-2024 academic year.

6. Program Structure

- A. Total credits required for graduation: 120
- B. Residency requirements, if any: N/A
- C. General education: Total credits: Minimum total: 37

Courses (specific courses OR distribution area and credits)

Course Number	Credits	Course Title
STAT 1200	3	Introductory Statistical Reasoning
ENGLSH 1000	3	Writing and Rhetoric
First writing intensive course	3	
American History or Government	3	MO State Law requirement
BIO_SCI 1010	3	General Principles and Concepts of Biology
PTH_AS 2201	3	Human Anatomy Lecture
Physical Science with lab	1+	
NEP 1034	3	Introduction to Human Nutrition
Social/Behavioral Science courses	6	
COMMUN 1200	3	Public Speaking
Humanities	3	
2000+ level Humanities	3	

- D. Major requirements: Total credits: 40

Course Number	Credits	Course Title
NEP 1034	3	Introduction to Human Nutrition
NEP 1340	3	Introduction to Exercise and Fitness
MPP 3500	3	Sports Performance Physiology
FPM 2130	3	Exercise Techniques
FPM 3130	3	Exercise Techniques II
FPM 3250	3	Foundations of Movement in Exercise
FPM 4440	3	Fitness Programming
FPM 4550	1, 3 or 6	Internship in Fitness Programming Management
Supporting Electives	6	Selection from an approved list of options
Health Professions Electives	12	Selection from courses within the School of Health Professions

- E. Free elective credits: 20
(sum of C, D, and E should equal A)
- F. Requirements for thesis, internship or other capstone experience:
All FPM students are required to enroll in FPM 4550 Internship in Fitness Programming and Management and accumulate 6 credit hours.
- G. Any unique features such as interdepartmental cooperation:
The FPM degree requires standard interdepartmental cooperation.

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Program Change Proposal

Date Submitted: Wed, 13 Apr 2022 16:25:41 GMT

Viewing: **BS in Fitness Programming and Management**

Program Status:

Status: If you are proposing to inactivate this academic program, change the status using the dropdown to Inactive. Otherwise, leave as active and note your changes on the rest of the form below.

Active

Program Characteristics:

Campus:

University of Missouri - Columbia

Type of Program:

Bachelors

Emphasis Areas: Do you have plans at this point to have emphasis areas to go with this degree?

No

Specify program level:

Undergraduate

Program Title: List the exact name of the program. If a degree, include the abbreviation for the degree (i.e. BA, BS, MS, PhD). If a minor, graduate minor, certificate or graduate certificate, include this first in the program title. If an emphasis, first list the parent degree title (i.e. BA in Undergraduate Studies), followed by "with Emphasis in", followed by the emphasis title.

How it is listed here is what will display on the transcript (and diploma if a degree).

Program Title:

BS in Fitness Programming and Management

College(s) or School(s) offering the program: Select the college or school offering the program. If more than one, use the green plus sign to add rows for listing additional colleges, and use the green arrows to list the primary unit at the top.

College	
1	Health Professions

Unit(s) offering the program: Select the unit offering the program. If more than one, use the green plus sign to add rows for listing additional units, and use the green arrows to list the primary unit at the top. Only units currently offering programs are in the list. See the blue help bubble for instructions if unit is not listed.

Units (Departments, Divisions, etc.)	
1	Physical Therapy

Total credits required for graduation/completion:

120

Mode of Program Delivery: Select the option below which best fits the program.

E-Learning Program – 100% of the program requirements are completed online. May have proctored exams for courses.

CIP Code: Use the "Find" link to search the government database for applicable CIP Code. 26.0908 - Exercise Physiology and Kinesiology.

Fit with University Mission and Other Academic Programs:

Collaboration within the state:

Collaboration: Are there plans to collaborate with existing complementary programs on campus, across the UM System, and/or in the state?

No

Feasibility: Describe if collaboration is even feasible.

Not currently feasible.

Change Justification:

Term effective: Select the term these changes are to be effective.

Spring 2022

Justification for changes:

Program update

The original intent and mission of the FPM program remain unchanged since its approval by the MDHE. The scope of the curriculum, program objectives, and student competencies remain consistent. In the program proposal, the listed coursework reflected what was envisioned by the faculty developing the program; however, the core FPM courses had not yet been created at the time of the original submission, and specific course names and course content listed reflected thoughts at that time on how to meet the mission of FPM.

Consistent with the original proposal, the main mission of this program remains preparing students for a career in fitness, teaching exercise, and potentially having a career in strength and conditioning as a strength coach. Thus, the course names and curriculum organization were updated based on the recommendations of the National Strength and Conditioning Association (NSCA), the leading professional organization in this area. These changes were required for FPM to receive the NSCA Education Recognition Program (ERP) status, which it recently did. Moreover, the changes are also necessary to be eligible to receive final NSCA Program Accreditation, which the program is working toward. FPM has always intended to prepare students to pass the NSCA Certified Strength and Conditioning Specialist (CSCS) certification. NSCA is moving towards an accreditation model so that students that sit for this exam must have a bachelor's from an accredited program. FPM program faculty are working closely with the NSCA so that this program will meet accreditation criteria, and these curriculum changes are part of this effort

Change due to accreditation: Are the changes you are proposing precipitated by a change in the rules and requirements of your accrediting agency?

No

Relevant Documentation:

If you have any additional documentation supporting your proposal, attach those items here. Once files are selected, they will be listed in the Files To Be Uploaded box. Once the proposal is saved, they will be listed in the Uploaded Files box.

UM Substantive Curricular Change Form_FPM BS.docx

Program Curriculum:

Program Structure

Accelerated Program: Does this change proposal include a new accelerated option within an existing program(s)?

No

Dual Degree: Does this change proposal include a new dual degree option with existing programs?

No

Program Requirements: Describe all requirements for the program. This content will be displayed in the Program Requirements area of the online University Catalog.

Program Requirements:

Major Program Requirements

This program is designed as a 100% online degree program leading to a BS in Fitness Programming and Management and requires a minimum of 120 total credit hours to complete. Student are prepared and encouraged (but not required) to take national certification exams from the National Strength and Conditioning Association (NSCA).

Students earning a Bachelor of Science in Fitness and Program Management are required to complete all [University general education](#), [University graduation](#) and degree requirements, including selected foundational courses, which may fulfill some University general education requirements.

Students earning a Bachelor of Science in Fitness and Program Management must earn a C- (or higher) in FPM 2130, FPM 3130, FPM 3250, FPM 4440, and FPM 4550.

If you are planning to transfer courses (including AP credit) and would like information on how they apply to a degree program(s), you can email MUSHPadvising@missouri.edu for general recommendations.

Students are admissible to transfer into this program with a 2.0 cumulative GPA and are directly admissible as a freshman when you meet the University admissions requirements.

Program Requirements (Displayed with Changes)

<u>BIO SC 1010</u>	General Principles and Concepts of Biology	3
<u>COMMUN 1200</u>	Public Speaking	
or <u>AGSC COM 2220</u>	Verbal Communication in Agriculture, Food and Natural Resources	
<u>PTH AS 2201</u>	Human Anatomy Lecture	3
Physical Science Course		1+
<u>STAT 1200</u>	Introductory Statistical Reasoning	3
Major Core Requirements		
<u>FPM 2130</u>	Exercise Techniques ^	3
<u>FPM 3130</u>	Exercise Techniques II ^	3
<u>FPM 3250</u>	Foundations of Movement in Exercise ^	3
<u>FPM 4440</u>	Fitness Programming ^	3
<u>FPM 4550</u>	Internship in Fitness Programming Management ^	1, 3 or 6
<u>MPP 3500</u>	Sports Performance Physiology	3
<u>NEP 1034</u>	Introduction to Human Nutrition	3
<u>NEP 1340</u>	Introduction to Exercise and Fitness	3
Supporting Electives (6 Hours)		

<u>BIO SC 2150</u>	Genetic Diseases	3
<u>ESC PS 4115</u>	Human Learning	3
<u>ESC PS 4200</u>	Positive Psychology	3
or <u>ESC PS 4200H</u>	Positive Psychology - Honors	
<u>NEP 1111</u>	Personal Health and Wellness	3
<u>NEP 1310</u>	Food and Cultures of the World	3
<u>NEP 1485</u>	Career Exploration in Exercise Science	1
<u>NEP 2010</u>	Everyday Nutrition: Principles of Fresh, Healthy, and Sustainable Cooking	3
<u>NEP 2380</u>	Diet Therapy for Health Professionals	3
<u>NEP 2450</u>	Nutrition Throughout the Life Span	3
<u>NEP 2460</u>	Eating Disorders	3
<u>NEP 3420</u>	Role of Inactivity in Chronic Diseases	3
<u>NEP 3450</u>	Activity Throughout the Lifespan	3
<u>NEP 3550</u>	Corporate, Community, and Personal Fitness	3
<u>PRST 2281</u>	Business of Sport and Recreation	3
<u>PRST 4100</u>	Ethics and Diversity	3
<u>SOCIOL 3430</u>	The Sociology of Sport	3

Supporting Health Professions Coursework (12 Hours)

PROGRAM REQUIREMENTS (After Changes)

<u>BIO SC 1010</u>	General Principles and Concepts of Biology	3
<u>COMMUN 1200</u>	Public Speaking	
or <u>AGSC COM 2220</u>	Verbal Communication in Agriculture, Food and Natural Resources	
<u>PTH AS 2201</u>	Human Anatomy Lecture	3
Physical Science Course		1+
<u>STAT 1200</u>	Introductory Statistical Reasoning	3
Major Core Requirements		
<u>FPM 2130</u>	Exercise Techniques ^	3
<u>FPM 3130</u>	Exercise Techniques II ^	3
<u>FPM 3250</u>	Foundations of Movement in Exercise ^	3
<u>FPM 4440</u>	Fitness Programming ^	3
<u>FPM 4550</u>	Internship in Fitness Programming Management ^	1, 3 or 6
<u>MPP 3500</u>	Sports Performance Physiology	3
<u>NEP 1034</u>	Introduction to Human Nutrition	3
<u>NEP 1340</u>	Introduction to Exercise and Fitness	3
Supporting Electives (6 Hours)		
<u>BIO SC 2150</u>	Genetic Diseases	3
<u>ESC PS 4115</u>	Human Learning	3
<u>ESC PS 4200</u>	Positive Psychology	3
or <u>ESC PS 4200H</u>	Positive Psychology - Honors	
<u>NEP 1111</u>	Personal Health and Wellness	3
<u>NEP 1310</u>	Food and Cultures of the World	3
<u>NEP 1485</u>	Career Exploration in Exercise Science	1
<u>NEP 2010</u>	Everyday Nutrition: Principles of Fresh, Healthy, and Sustainable Cooking	3
<u>NEP 2380</u>	Diet Therapy for Health Professionals	3
<u>NEP 2450</u>	Nutrition Throughout the Life Span	3
<u>NEP 2460</u>	Eating Disorders	3
<u>NEP 3420</u>	Role of Inactivity in Chronic Diseases	3
<u>NEP 3450</u>	Activity Throughout the Lifespan	3
<u>NEP 3550</u>	Corporate, Community, and Personal Fitness	3
<u>PRST 2281</u>	Business of Sport and Recreation	3
<u>PRST 4100</u>	Ethics and Diversity	3
<u>SOCIOL 3430</u>	The Sociology of Sport	3

Supporting Health Professions Coursework (12 Hours)

Any coursework offered by a department within the School of Health Professions may count toward this requirement.

^Courses must be completed with a grade of C- or higher to count toward the BS in FPM degree.

Program Requirements Change:

Significant changes were made to the program requirements.

Courses outside your School/College: Outside of general education requirements or electives, indicate all of the academic units from whose course(s) you are newly adding to or removing from the program requirements.

Agriculture, Food and Natural Resources
Arts & Science
Business
Education & Human Development

Admission Requirements: Describe any special admission procedures or qualifications required for this program which exceed regular university admission standards (ACT score, completion of core curriculum, portfolio, interview, etc) and provide a rationale. Indicate if no special qualifications are required.

No special qualifications are required over and above general admission standards.

Accreditation:

Plans to apply: Do you plan to apply for program specific accreditation?

No

Provide brief explanation:

No subject specific accreditation available for this field of study.

Catalog Information:

Information provided in this section is used to automatically populate program information in the online university catalog when published each year in June.

Catalog year for changes: For all changes being made to the program, indicate the catalog year in which the changed information should begin to display.

2022-23

Approval Path

1. Thu, 14 Apr 2022 19:15:02 GMT
Carla Whitney (whitneycm): Approved for Form Check
2. Fri, 15 Apr 2022 18:16:12 GMT
Jacqueline Beary (bearyj): Approved for Initial Prov Rvw
3. Fri, 15 Apr 2022 18:22:39 GMT
Kyle Gibson (gibsonk): Approved for PH_THR Chair
4. Thu, 21 Apr 2022 15:26:02 GMT
Jill Diener (dienerjs): Approved for HP Stu Srv AD
5. Fri, 22 Apr 2022 20:28:30 GMT
Cody Baggett (baggettj): Approved for HP Stu Srv
6. Fri, 17 Jun 2022 14:36:23 GMT
Kelly Stephens (stephenska): Approved for HP CC Chair
7. Fri, 17 Jun 2022 15:43:37 GMT
Stephanie Reid Arndt (reidarndts): Approved for HP Dean
8. Fri, 17 Jun 2022 16:41:53 GMT
Carla Whitney (whitneycm): Approved for Workflow Rvw
9. Mon, 01 Aug 2022 15:39:54 GMT
Nicole Monnier (monniern): Approved for A&S Dean
10. Sun, 14 Aug 2022 20:09:34 GMT
Joyce Albright (albrightj): Approved for BUS Dean Ugrd
11. Mon, 15 Aug 2022 14:23:15 GMT
Bryan Garton (gartonb): Approved for CAFNR Dean
12. Tue, 16 Aug 2022 15:16:25 GMT
Jennifer Fellabaum-Toston (fellabaumje): Approved for EDUC Dean
13. Fri, 16 Sep 2022 21:49:15 GMT
Amy Simons (simonsa): Approved for UCC
14. Mon, 19 Sep 2022 20:39:13 GMT
Jimmy Spain (spainj): Approved for VPUGS Rvw
15. Sat, 24 Sep 2022 22:39:28 GMT
Alexandra Socarides (socaridesa): Approved for Provost
16. Wed, 28 Sep 2022 17:42:58 GMT
Zandra Kent (zlkhd4): Rollback to Provost for UM
17. Thu, 29 Sep 2022 20:43:49 GMT
Jacqueline Beary (bearyj): Approved for Provost
18. Fri, 30 Sep 2022 18:13:29 GMT
Zandra Kent (zlkhd4): Approved for UM