



DEPARTMENT OF
HIGHER EDUCATION &
WORKFORCE DEVELOPMENT

New Program Report

Date Submitted:

03/11/2022

Institution

St. Charles Community College

Site Information

Implementation Date:

8/13/2022 12:00:00 AM

Added Site(s):

Selected Site(s):

St. Charles Community College, 4601 Mid Rivers Mall Drive, St. Peters, MO, 63376

CIP Information

CIP Code:

310501

CIP Description:

A general program that focuses on activities and principles that promote physical fitness, achieve and maintain athletic prowess, and accomplish related research and service goals. Includes instruction in human movement studies, motivation studies, rules and practice of specific sports, exercise and fitness principles and techniques, basic athletic injury prevention and treatment, and organizing and leading fitness and sports programs.

CIP Program Title:

Health and Physical Education/Fitness, General

Institution Program Title:

AAS in Exercise Science

Degree Level/Type

Degree Level:

Associate Degree

Degree Type:

Associate in Applied Science

Options Added:

Collaborative Program:

N

Mode of Delivery

Current Mode of Delivery

Classroom

Student Preparation

Special Admissions Procedure or Student Qualifications required:
The program will have an open enrollment admissions requirement.



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Specific Population Characteristics to be served:

n/a

Faculty Characteristics

Special Requirements for Assignment of Teaching for this Degree/Certificate:

Faculty will need to possess either a Masters in Exercise or related field or a bachelors with significant relative experience in the field of exercise science. They will also need to maintain active certification with either the American College of Sports Medicine (ACSM) or the National Strength and Condition Association (NSCA).

Estimate Percentage of Credit Hours that will be assigned to full time faculty:

Approximately 66% of course credits will be taught by full-time faculty who are already employed with the college.

Expectations for professional activities, special student contact, teaching/learning innovation:

Beyond maintaining certification with ACSM or NSCA, faculty will be required to participate in all of SCC's faculty in-service activities and stay abreast of changes in the exercise science and educational fields.

Student Enrollment Projections Year One-Five

Year 1	Full Time: 42	Part Time: 18	
Year 2	Full Time: 49	Part Time: 21	
Year 3	Full Time: 56	Part Time: 24	Number of Graduates: 40
Year 4	Full Time: 63	Part Time: 27	
Year 5	Full Time: 70	Part Time: 30	Number of Graduates: 50

Percentage Statement:

100.00

Program Accreditation

Institutional Plans for Accreditation:

No program-level accreditation required.

Program Structure

Total Credits:

62

Residency Requirements:

Consistent with the college's residency requirements. No program level residency requirements.

General Education Total Credits:

16

Major Requirements Total Credits:

46

Course(s) Added

COURSE NUMBER	CREDITS	COURSE TITLE
see attached	0	see attached



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Free Elective Credits:

0

Internship or other Capstone Experience:

NA

Assurances

I certify that the program is clearly within the institution's CBHE-approved mission. The proposed new program must be consistent with the institutional mission, as well as the principal planning priorities of the public institution, as set forth in the public institution's approved plan or plan update.

I certify that the program will be offered within the proposing institution's main campus or CBHE-approved off-site location.

I certify that the program will not unnecessarily duplicate an existing program of another Missouri institution in accordance with 6 CSR 10-4.010, subsection (9)(C) Submission of Academic Information, Data and New Programs.

I certify that the program will build upon existing programs and faculty expertise.

I certify that the program can be launched with minimal expense and falls within the institution's current operating budget.

I certify that the institution has conducted research on the feasibility of the proposal and it is likely the program will be successful. Institutions' decision to implement a program shall be based upon demand and/or need for the program in terms of meeting present and future needs of the locale, state, and nation based upon societal needs, and/or student needs.

Contact Information

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Exercise Science AAS

Subject	Course	Title	Credits
General Education Requirements 16			
Mathematics	MAT 105, MAT 121, or MAT 157	Applied Mathematics, Intermediate Algebra, or College Statistics	3-4
Communication	ENG 101 or	English Composition I or	3
	ENG 102 or	English Composition II or	
	ENG 115	Technical Writing	
	COM 101 or	Introduction to Communications	3
	COM-110	Interpersonal Communications	
Social Science	HIS 101 or	U.S. History to 1877 or	3
	HIS 102 or	U.S. History Since 1877 or	
	HIS 103 or	African American History to 1877	
	HIS 104 or	African American History Since 1877	
	POL-101	American Government	
Natural Science	CHM 101	Introduction to Chemistry	3
	COL-101	College Success Seminar	1
Core Course Requirements (46)			
	EXS 100	Introduction to Exercise Science	3
	EXS 110	Introduction to Exercise Physiology	3
	EXS 200	Muscular Fitness Assessment/Program Design	2
	EXS 205	Flexibility and Balance Assessment/Program Design	2
	EXS 210	Cardiorespiratory Fitness Assessment/Program Design	2
	EXS 215	Weight Management and Motivation Assessment/Program Design	2
	EXS 220	Resistance Training and Recovery Techniques	3
	EXS 225	Cardiorespiratory Flexibility Training	3
	PHE 112	Weight Training I	1
	PHE 210	First Aid and Safety	2
	PHE 215 or	Personal Wellnes or	2
	PHE 243	Nutrition for Special Populations	
	PHE 220	Stress Management	3
	PHE 230	Healthful Living	3
	PHE 241 or	Principles of Human Nutrition or	3
	PHE 242	Introudction to Nutrition	
	PHE 275	Sport and Exercise Science Psychology	3
	CHM 103	Intro to Chemistry Lab	1
	BIO 250A/B	Human Anatomy & Physiology I	4
	BIO 251A/B	Human Anatomy & Physiology II	4
Total Credit Hours 62-63			