



NEW PROGRAM PROPOSAL FORM

Sponsoring Institution(s): Stephens College

Program Title: Exercise Science

Degree/Certificate: Bachelor of Science

Options: None

Delivery Site(s): on Campus

CIP Classification: 31.0505

*CIP code can be cross-referenced with programs offered in your region on MDHE's program inventory highered.mo.gov/ProgramInventory/search.jsp

Implementation Date: August 2017

Cooperative Partners: None

*If this is a collaborative program, form CL must be included with this proposal

AUTHORIZATION:

Leslie Willey, Ph.D., Vice President for Academic Affairs

Name/Title of Institutional Officer

Signature

Date

Leslie Willey 3-29-17

Linda S. Sharp, Registrar

(573) 876-7277

Person to Contact for More Information

Telephone



STUDENT ENROLLMENT PROJECTIONS

Year	1	2	3	4	5
Full Time	20	38	56	72	90
Part Time	0	0	0	0	0
Total	20	38	56	72	90

Please provide a rationale regarding how student enrollment projections were calculated:

Based on similar programs in Missouri, we can anticipate an enrollment of 20 students per year into the program.

Provide a **rationale** for proposing this program, including **evidence of market demand and societal need supported by research**:

The purpose of the program is to prepare well-qualified pre-professionals who will serve the population of mid-Missouri and beyond in a variety of ways. Graduates of the program will care for individuals seeking assistance with a wide variety of health-related behaviors and issues. Graduates will also help educate individuals on those practices and policies to be adopted in an effort to increase the safety of various environments that are associated with health promotion activities throughout the community. Completion of the Exercise Science degree qualifies graduates to sit for several different certification examinations offered by professional organizations including the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA), and the American Council on Exercise (ACE).

The Exercise Science program's curriculum is primarily designed to prepare students for professional certification through the American College of Sports Medicine or the National Strength and Conditioning Association. Exercise Science also prepares students to enter graduate study in a wide variety of allied-health disciplines such as physician assistant, physical therapy, occupational therapy, and chiropractic studies. The academic foundation of exercise science is in physiology, bioenergetics, and movement anatomy and mechanics, with applications to exercise responses and adaptations, strength and conditioning, sport performance, and disease and injury. Courses include human anatomy and

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physiology, fitness instruction, exercise physiology, Stress Testing & Exercise Prescription, human movement studies, injury prevention and emergency management. The program requires an internship experience, and includes many hands-on opportunities in health and fitness initiatives and scientific research.

The education of new professionals in the health professions is in high demand. With an aging population, the need for additional healthcare workers in the United States has been well documented. The CDC recently published the following statements that emphasize the importance and relevance of adding new tracks to the Health Science offerings at Stephens College. "Healthcare is the fastest-growing sector of the U.S. economy, employing over 18 million workers" "Women represent nearly 80% of the healthcare work force." (<http://www.cdc.gov/niosh/topics/healthcare/>). The CDC is not the only organization documenting the fact that the employment outlook for health professionals is very good. The Center for Health Workforce Studies published recent findings of a study on employment trends. They report that despite the recent economic downturn, jobs in health care grew while jobs in other economic sectors declined. Between the years 2010 and 2020, jobs in the health care sector are projected to grow by 30%, which is more than twice the rate predicted for the general economy. These projections are consistent with findings from previous analyses of BLS projections. While total U.S. employment dropped by more than 2% between the years 2000 and 2010, health care employment grew more than 25% during that same time.

According to the U.S. Bureau of Labor Statistics, employment descriptions and projections for each of the healthcare specialties being proposed as new pre-professional tracks in the Health Sciences are as follows:

Exercise physiologists develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility. Entry into the field requires a Bachelor's degree. Employment of athletic trainers and exercise physiologists is projected to grow 19 percent from 2012 to 2022, faster than the average for all occupations. The median pay in 2012 was reported as \$42,690.

Chiropractors treat patients with health problems of the neuro-musculoskeletal system, which includes nerves, bones, muscles, ligaments, and tendons. They use spinal adjustments, manipulation, and other techniques to manage patients' health concerns, such as back and neck pain. To practice a Doctoral or professional degree is required. Doctor of Chiropractic programs typically take four (4) years to complete beyond the Bachelor's degree. Employment of chiropractors is projected to grow 15 percent from now until 2022, faster than the average for all occupations. People across all age groups are increasingly becoming interested in chiropractic care, because chiropractors use nonsurgical methods of treatment and do not prescribe drugs. The median pay in 2012 was reported as \$66,160.

Occupational therapists treat injured, ill, or disabled patients through the therapeutic use of everyday activities. They help these patients develop, recover, and improve the skills needed for daily living and working. A Master's degree is required to practice. Employment of occupational therapists is projected to grow 29 percent from now until 2022, much faster than the average for all occupations. Occupational

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therapy will continue to be an important part of treatment for people with various illnesses and disabilities, such as Alzheimer's disease, cerebral palsy, autism, or the loss of a limb. The median pay in 2012 was reported as \$75,400.

Physical therapists, sometimes called PTs, help injured or ill people improve their movement and manage their pain. These therapists are often an important part of rehabilitation and treatment of patients with chronic conditions or injuries. To practice a Doctoral or professional degree is required. Employment of physical therapists is projected to grow 36 percent from 2012 to 2022, much faster than the average for all occupations. Demand for physical therapy services will come from the aging baby boomers, who are staying active later in life. In addition, physical therapists will be needed to treat people with mobility issues stemming from chronic conditions, such as diabetes or obesity. The median pay in 2012 was reported as \$79,860.

U.S. Bureau of Labor Statistics, 2012. Retrieved November 3, 2015 from <http://www.bls.gov/ooh/healthcare/home.htm>

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PROGRAM STRUCTURE

A. Total credits required for graduation: 120

B. Residency requirements, if any: 7 semesters

C. General education: Total credits: 31

Courses (specific courses OR distribution area and credits):

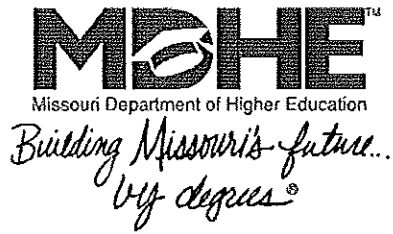
Course Number	Credits	Course Title
ENG 107	3	COMPOSITION I
ENG 109	1	RESEARCH
ARTS	3	ARTS ARRAY
HIS	3	HISTORY ARRAY
INT	3	INTERCULTURAL ARRAY
LIT	3	LITERATURE ARRAY
MAT	3	QUANTITATIVE ANALYSIS
NSC	3	NATURAL SCIENCE
SOPH	3	SOPHOMORE SEMINAR
WST	3	WOMENS STUDIES
GLS	3	GLOBAL ETHICS

D. Major requirements: Total credits: 54

Course Number	Credits	Course Title
BHS 117	1	Careers in Health & Helping Profession
BHS 110	3	Stress Management
BHS 212	3	Health Behavior
BHS 225	3	Introduction to Nutrition
BHS 275	3	Health Psychology
BHS 312	3	Health Program Management
BHS 330	3	Research Methods
BHS 481	3	Seminar in Health Science
BHS 489	6	Health Science Capstone/Internship
BIO 201	3	Human Movement Science
BIO 320	4	Human Anatomy & Physiology I
BIO 321	4	Human Anatomy & Physiology II
EXS 217	3	First Aid & Injury Care
EXS 332	3	Exercise Physiology
EXS 333	3	Stress Testing and Exercise Prescription
EXS 375	3	Health Fitness Management
EXS 460	3	Exercise & Special Populations

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E. Free elective credits:

35

(Sum of C, D, and E should equal A.)

F. Requirements for thesis, internship or other capstone experience:

The program requires an internship experience, and includes many hands-on opportunities in health and fitness initiatives and scientific research. Stephens will have an opportunity to promote internships at many sites with national reputations such as the Cooper Clinic and several major Division I sports environments. The Exercise Science curriculum also features a required internship, an associated seminar, and research exposures that provide students opportunities for advanced study in a variety of subtopics within the discipline.

G. Any unique features such as interdepartmental cooperation:

The Exercise Science program will work very closely with Health Science, Biology, and the Health Information Administration programs. Coursework will be shared whenever possible. Research methods courses will be offered jointly and students will be encouraged to participate in activities together as part of our inter-professional education efforts.



PROGRAM CHARACTERISTICS AND PERFORMANCE GOALS

Institution Name Stephens College
Program Name Exercise Science
Date March 27, 2017

(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.
No special admissions criteria
- Characteristics of a specific population to be served, if applicable.
This program will attract students who are interested in healthcare fields as well as personal trainers and as nutritionists. The demand for this type of major appears to be very high. According to the National Research Center for College and University Admissions, 30% of 2015 high school graduates in the four-state region that includes Northwest Missouri selected a major in a health sciences field. This shows that this is not only true nationally but also here in Missouri as well.
<http://www.nwmissouri.edu/media/news/2015/10/23/regentsrecap.htm> Retrieved 10/29/2015

2. Faculty Characteristics

- Any special requirements (degree status, training, etc.) for assignment of teaching for this degree/certificate.
Terminal degree in Exercise Physiology, Health, Athletic Training or a closely-related discipline. Certification by ACSM (C-EP) or NSCA (CSCS)
- 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.
Full time = 12 credit hours per semester
- Expectations for professional activities, special student contact, teaching/learning innovation.

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Faculty are expected to balance innovative pedagogy, high contact, experiential learning and advising.

3. Enrollment Projections

- Student FTE majoring in program by the end of five years.
90 with each student counting as 1.0 FTE
- Percent of full time and part time enrollment by the end of five years.
100% full time – Residential program.

4. Student and Program Outcomes

- Number of graduates per annum at three and five years after implementation.
0 at 3 years (it is a 4 year program) 17 – 20 per year at year 5 and thereafter
- Special skills specific to the program.
Prepared to pass certified exercise physiologist exam (ACSM) or certified strength and conditioning specialist exam (NSCA)
- Proportion of students who will achieve licensing, certification, or registration.
National average is approximately 65%
- 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.
No data available
- Placement rates in related fields, in other fields, unemployed.
National assessments for Exercise Science include the: certified exercise physiologist exam (ACSM) and the certified strength and conditioning specialist exam (NSCA)
- Transfer rates, continuous study.
The Residential programs average transfer rate is 45.7%.

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 a rationale.**

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Plan to request accreditation services after year 2 of the program through the Commission on Accreditation of Allied Health Education Programs (CAAHEP)

6. Alumni and Employer Survey

- Expected satisfaction rates for alumni, *including timing and method of surveys*. Anticipate graduate satisfaction rates between 95 – 100% based on national averages for this discipline. Surveys developed by the accrediting agency will be administered as exit instruments upon graduation and as follow up two years post graduation.
- Expected satisfaction rates for employers, including timing and method of surveys. Anticipate employer satisfaction rates between 95-100% based on national averages for this discipline. Surveys generated by the accrediting agency will be sent to employers of undergraduates as part of the accreditation process and as part of the annual review of accredited programs. These will be sent electronically. The satisfaction rate is typically very high, but the return rate is very low with employers across the nation increasingly becoming less willing to provide feedback as the climate become more litigious.

7. Institutional Characteristics

- Characteristics demonstrating why your institution is particularly well-equipped to support the program.

Historically committed to meeting the changing needs of women, Stephens College prepares students to become leaders and innovators in a rapidly changing world. Stephens engages lifelong learners in an educational experience characterized by intellectual rigor, creative expression and professional practice, in an environment supported by accomplished faculty and dedicated alumnae. Graduates of Stephens are educated in the liberal arts, professionally prepared and inspired by our tradition of the Ten Ideals as core values that enrich women's lives.

Stephens College provides education to women in an environment that is very nurturing. Students who elect to major in Exercise Science at Stephens will be provided a strong scientific background by well-qualified faculty dedicated to educating women. All classroom and lab experiences will be supervised by a faculty member with expertise in the area of instruction. Students will have personal attention throughout the learning and advising processes. Advising will be conducted by program faculty who understand how to guide students to appropriate post graduation experiences whether that be employment or graduate education.

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