

# Form NP

## NEW PROGRAM PROPOSAL FORM

**Sponsoring Institution(s):** Lindenwood University

**Program Title:** Human Performance

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**Degree/Certificate:** Master of Science in Human Performance

**CIP Classification:** 310505

**Implementation Date:** August 2010

**Expected Date of First Graduation:** May 2012

### AUTHORIZATION

Jann Weitzel/ VP for Academic Affairs

Name/Title of Institutional Officer	Signature	Date
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Jann Weitzel, Ph.D.	636-949-4846	
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Person to Contact for More Information	Telephone	
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# Form PG

## PROGRAM CHARACTERISTICS AND PERFORMANCE GOALS

Institution Name \_\_\_\_\_ Lindenwood University \_\_\_\_\_

Program Name \_\_\_\_\_ Master of Science in Human Performance \_\_\_\_\_

Date \_\_\_\_\_ August 2010 \_\_\_\_\_

### Student Preparation

Student admissions procedure will follow the same as Lindenwood University Graduate and Evening Admissions requirements with 2 modifications. Students entering the M.S. in Human Performance will need a 3.0gpa, and those that do not meet this requirement will be interviewed by the Health and Fitness Sciences Department faculty to finalize the admissions process.

### Faculty Characteristics

Full time faculty teaching in this area will have a minimum of master's degree teaching a total of 27 credit hours a year, 12 each semester with 3 over the summer. All faculty members will have a degree in the allied health area. Each full time faculty will also be advising students in the graduate and/or undergraduate area.

### Enrollment Projections

Projection for enrollment is 37 at the 5 year mark. It will consist of 35 full-time students and 2 part time enrollments at the end of 5 years.

### Student and Program Outcomes

The program is aligned to the ACSM Knowledge, Skills and Abilities (KSA's) from the Health and Fitness Specialist and Exercise Specialist area. In this 2 year program in Master of Science in Human Performance, we will have 15 graduates at the end of a 3 year period and 30 graduates at the end of a 5 year period.

Students gain knowledge to make athletes and non-athletes perform better, whether it is recreation or competitive. These students will be qualified to set for their certification through American College of Sports Medicine (ACSM) in Certified Personal Trainer, Health and Fitness Specialist or Exercise Specialist; through National Strength and

Conditioning Association (NSCA) in Certified Personal Training or Certified Strength and Conditioning Specialist; or through National Academy of Sports Medicine (NASM) in Certified Personal Training. Students who take any of these exams will match or go above the national average pass rate for each certification.

Due to the hands-on experiences in their education they will have additional skills and contacts to raise them above other competitors for employment opportunities.

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#### Program Accreditation

At this point, there is not plan for accreditation. There are very few colleges following accreditation guidelines.

#### Alumni and Employer Survey

Each student will have an exit interview during their last semester at Lindenwood University. Three and 5 year surveys will be sent out to each student.

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## PROGRAM STRUCTURE

A. Total credits required for graduation: \_\_\_\_\_ 37 \_\_\_\_\_

B. Residency requirements, if any: \_\_\_\_\_ None \_\_\_\_\_

C. General education: Total credits: \_\_\_\_\_ None \_\_\_\_\_

D. Major requirements: Total credits: \_\_\_\_\_ 37 \_\_\_\_\_

HP 51000      Advanced Strength Training 3cr.

HP 52000      Nutrition for Performance 3cr.

HP 52500      Performance Psychology 3cr.

HP 53000      Orthopedic Injury Pathology and Exercise 3cr.

HP 53500      Advanced Exercise Testing and Prescription 4cr.

HP 54200      Statistical Analysis 3cr.

HP 55000      Research Methods 3cr.

HP 57000      Neuromuscular Pathology and Prescription 3cr.

HP 57500      Cardiovascular and Pulmonary Pathology and Prescription 3cr.

HP 58000      Chronic Disease Pathology and Prescription 3cr.

HP 65000      Thesis 6cr. OR    2 courses of elective courses:

HP 53600 Psychology and Sociology of Physical Education

HP 53700 Community Health

HP 53800 Program Implementation

HP 54100 Internship

HP 54300 Biomechanics

HP 54400 Foundations of Therapeutic Recreation

HP 54500 Recreation Administration and Risk Management

HP 54600 Program Planning, Marketing and Leadership

E. Free elective credits: \_\_\_None\_\_\_\_\_ (Sum of C, D, and E should equal A.)

F. Requirements for thesis, internship or other capstone experience: Thesis, 6 Cr.

Research project with IRB approval and standard 5 chapters.

G. Any unique features such as interdepartmental cooperation:

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Cross-reference courses with Recreation Leadership, Exercise Science and Counseling departments.

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## STUDENT ENROLLMENT PROJECTIONS

Year	1	2	3	4	5
Full Time	10	15	20	30	35
Part Time	0	1	1	2	2
Total	10	16	21	32	37