

Form NP

NEW PROGRAM PROPOSAL FORM

Sponsoring Institution(s): Maryville University

Program Title: Exercise Science

Degree/Certificate: B.S. in Exercise Science

Options: Three tracks: Pre-ATC, Wellness Management, and Personal Trainer

Delivery Site(s): Maryville University main campus

CIP Classification: 31.0505 (Please provide a CIP code)

Implementation Date: August 2016

Cooperative Partners: \_\_\_\_\_

Expected Date of First Graduation: May 2020

AUTHORIZATION

Dr. Mary Ellen Finch – VP, Academic Affairs Mary Ellen Finch 11-20-15

Name/Title of Institutional Officer	Signature	Date
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Dr. Chuck Gulas – Dean, College of Health Professions 314-529-9625

Person to Contact for More Information	Telephone
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## STUDENT ENROLLMENT PROJECTIONS

Year	1	2	3	4	5
Full Time	25	55	90	125	155
Part Time	0	0	0	0	0
Total	25	55	90	125	155

\*These numbers are based simply on the average number of graduates across programs with CIP code 31.0505. The number graduating seems to be hold at 40 or better students. This also assumes 100% retention, which given that such a number is not likely, actual recruitments would need to come in higher so attrite down to these numbers. This also assumes no part-time students, which is unlikely given life situations and if we accept transfer students into the program.

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PROGRAM STRUCTURE

A. Total credits required for graduation: 128  
 1) At least 30 hours must be earned at Maryville and 2) at least one half of the major must be taken at Maryville.

B. Residency requirements, if any: \_\_\_\_\_

A. General education: Total credits: 59

Courses (specific courses OR distribution area and credits):

Skills/Processes for Literacy				
15 credits	cr	Humanities 9 credits	cr	Social Science 12 credits
Science 17 credits	cr	Electives 6 credits	cr	
	cr		cr	
	cr		cr	
	cr		cr	

D. Major requirements: Total Credits: 69

Intro to Exercise Management	3	cr	Nutrition of Exercise Management	3	cr	Adapted Physical Activity	3
Care and Prevention of Injuries	3	cr	Health and Exercise Psychology	3	cr	Movement in Health and Exercise	3
Biomechanics / Kinesiology With Lab	7	cr	Personal and Community Health	3	cr	Practicum	6
Exercise Physiology I With Lab	4	cr	Exercise Testing and Prescription with Lab	4	cr	Capstone	3
Stress Management	3	cr	Fitness Management	3	cr	Plus 15-20 hours, depending on track selected	
Pharmacology	3						

E. Free elective credits: 6 Sum of C, D and E should equal A).  
 Program contains a 3-credit capstone and 6 credit practicum.

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

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G. Any unique features such as interdepartmental cooperation:

Program will be part of the Walker  
College of Health Professions  
Interprofessional Education Programs

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## PROGRAM CHARACTERISTICS AND PERFORMANCE GOALS

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Institution Name     Maryville University  
Program Name        Exercise Science  
Date   November 20, 2015

(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 preparation is required
- Characteristics of a specific population to be served, if applicable.  
[Click here to enter text.](#)

### 2. Faculty Characteristics

- Any special requirements (degree status, training, etc.) for assignment of teaching for this degree/certificate.  
Master's or Doctoral degree required
- 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 faculty teach 24 credit hours or 28 contact hours per academic year.
- Expectations for professional activities, special student contact, teaching/learning innovation.  
Full-time faculty are expected to participate in service, professional development, advising, and scholarship.

### 3. Enrollment Projections

- Student FTE majoring in program by the end of five years.  
155
- Percent of full time and part time enrollment by the end of five years.  
100% full time/ 0% part-time

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#### 4. Student and Program Outcomes

- Number of graduates per annum at three and five years after implementation.  
3 years-0 graduates, 5-year 50 graduates
- Special skills specific to the program.  
Exercise prescription and management for clients of all ages
- Proportion of students who will achieve licensing, certification, or registration.  
Advanced certification encouraged but 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.  
Anticipate 80% employment for those graduates seeking employment in the field.
- Transfer rates, continuous study.  
Anticipate 15-20% of students will choose to go on to graduate programs.

#### 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.**  
Graduation from an accredited program is not required for employment. The Program will meet accreditation standards.

#### 6. Alumni and Employer Survey

- Expected satisfaction rates for alumni, *including timing and method of surveys*.  
Exit interviews and 6 month follow-up. Anticipate 90% satisfaction.
- Expected satisfaction rates for employers, including timing and method of surveys.  
Annual employer survey and input from members of the Advisory Committee.  
Anticipate 90% satisfaction.

#### 7. Institutional Characteristics

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

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The Exercise Science Program is housed in the Walker College of Health Professions which contains a strong Doctor of Physical Therapy Program.

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Form PG – Program Characteristics and Performance Goals