



Program Approval Form

For approval of new programs and deletions or modifications to an existing program.

More information is located on page 2.

Action Requested:

- Create New (SCHEV form required except for minors and certificates)
- Delete Existing
- Modify Existing (check all that apply)
 - Title (requires SCHEV approval except for minors, certificates)
 - Concentration (Add/Modify) Application Requirements
 - Degree Requirements Admission Standards
 - Other Changes: _____

Program Type: (check one)

- B.A. B.S. Minor
- Undergraduate Certificate
- M.A. M.S. Ph.D.
- Graduate Certificate
- Other: _____

| | | | |
|------------------------|---------------|--------------------|---------------------------------------|
| College/School: | CEHD/RHT | Department: | Exercise Science and Health Promotion |
| Submitted by: | Shane Caswell | Ext: | 3-4638 |
| | | Email: | scaswell |

Effective Term: Fall **Please note:** For students to start a new degree, minor, certificate or concentration, the program must be fully approved, entered into Banner, and published in the University Catalog.

Justification: (attach separate document if necessary)

See attachment

| | Existing | New/Modified |
|---|---|--|
| Program Title: | Exercise, Fitness and Health Promotion, MS | |
| Concentration Title(s): | | |
| Admissions Standards / Application Requirements: (Required only if different from those listed in the University Catalog) | | |
| Degree Requirements: (Consult University Catalog for models, attach separate document if necessary using track changes for modifications) | <p>Core (18 credit hours)</p> <ul style="list-style-type: none"> • EFHP 606: Foundations of Exercise, Fitness, and Health Promotion (3 credit hours) • EFHP 610: Advanced Exercise Physiology (3 credit hours) • EFHP 611: Fitness Assessment: Theory and Practice (3 credit hours) • EFHP 614: Advanced Exercise Nutrition (3 credit hours) • EFHP 618: Exercise and Sport Psychology (3 credit hours) • EFHP 623: Research Design and Statistical Reasoning (3 credit hours) | <p>Core (15 credit hours)</p> <ul style="list-style-type: none"> • EFHP 612 Scientific Foundations of Applied Kinesiology (3 credit hours) • EFHP 620 Research Methods for Applied Kinesiology (3 credit hours) • EFHP 613 Advanced Applied Biomechanics (3 credit hours) • EFHP 610 Advanced Exercise Physiology (3 credit hours) • EFHP 621 Statistical Methods for Applied Kinesiology (3 credit hours) <p>Electives within EFHP (9 credit hours) Select 3 courses from the following EFHP electives:</p> <ul style="list-style-type: none"> • EFHP 611 Fitness Assessment: Theory and Practice (3 credit hours) • EFHP 614 Advanced Exercise Nutrition (3 credit hours) • EFHP 618 Exercise and Sport Psychology (3 credit hours) • EFHP 660 Management of Exercise Fitness and Health Promotion Organizations (3 credit hours) • EFHP 680 Ethical Issues in Exercise, Fitness and Health Promotion (3 credit hours) • EFHP 522 Anatomy for the Athletic Trainer: Structure and Function of (3 credit hours) • EFHP 524 Physiology for the Athletic Trainer Including the Pharmacology of Sports Injuries (3 credit hours) |

| | |
|---|--|
| <p>General Electives (6 or 12 credit hours depending on option selected—see below) Electives can be fulfilled through either a thesis option (6 credits) or a nonthesis option (12 credit hours). Courses may be taken in the parent discipline supporting the student's area of emphasis, e.g., biology, history, psychology, sociology, etc., or from the major.</p> <p>Thesis (6 credit hours) or Non-thesis Option (12 credit hours) Students may select either a thesis or non-thesis/comprehensive examination option for completion of the MS EFHP degree. • EFHP 799: Thesis (6 credit hours) including oral defense <u>Or</u> Additional 6 credit hours of electives including a written comprehensive examination</p> | <p>credit hours) EFHP 526 Athletic Training Perspectives: Evaluation and Prevention of Sports Injuries (3 credit hours) EFHP 528 Advanced Athletic Training (3 credit hours) EFHP 550 Behavior Health Among Youth (3 credit hours) EFHP 616 Motor Behavior and Development (3 credit hours) EFHP 630 Exercise, Health, and Fitness Program Development (3 credit hours) EFHP 650 Scientific Principles of Motor Learning (3 credit hours) EFHP 599 Independent Study EFHP (3 credit hours)</p> <p>General Electives (6 credit hours) Students may select 2 courses from outside EFHP.</p> <p>Research Project (3 credit hours) or Thesis (3 credit hours) Option including EFHP 598 Special Topics (3 credit hours) Students must take: • EFHP 598 Special Topics (must register for 3 credits) And either: • EFHP 798 Project (must register for 3 credits); <u>or</u> EFHP 799 Thesis (must register for 3 credit hours)</p> |
| <p>TOTAL CREDITS REQUIRED:</p> <p>30</p> | <p>36</p> |

Approval Signatures

Department _____ Date _____ College/School _____ Date _____

If this program may impact another unit or is in collaboration with another unit at Mason, the originating department must circulate this proposal for review by those units and obtain the necessary signatures prior to submission. Failure to do so will delay action on this proposal.

| Unit Name | Unit Approval Name | Unit Approver's Signature | Date |
|-----------|--------------------|---------------------------|------|
| | | | |
| | | | |

For Graduate Programs Only

Graduate Council Member _____ Provost Office _____ Graduate Council Approval Date _____

Justification

Proposal by Exercise, Fitness and Health Promotion (EFHP) Program for Program Revision:

EFHP proposes revising the program by changing core courses, electives and project/thesis requirements as well as increasing the total hours to 36.

Rationale for program revision

The goal of EFHP has been using exercise to promote both fitness and health. To remain current with research and best professional practices, EFHP now recognizes kinesiology as the science of movement and exercise. Therefore, the revised program goal will be using applied kinesiology to promote fitness and health. Accordingly, the aims of this proposal are to:

- 1) Establish the need for EFHP curricular revision;
- 2) Present an overview of desired curricular changes;
- 3) Summarize and justify the removal, revision, renaming, and addition of courses in EFHP; and
- 4) Provide individual revised or newly developed course syllabi for approval.

See page 2 of this proposal for greater detail on these aims.

Appropriateness to the mission of the School and the core values of the College

The revised EFHP goal is consistent with the School's goal: "...providing rewarding learning experiences, conducting and disseminating exemplary scholarship, and preparing professionals committed to service." Likewise, the proposed revisions to EFHP will "... prepare scholars and practitioners in disciplinary-specific content, theory, research and ethical professional practice." It also exemplifies the College's core value: research-based practice.

Nature of the potential audience (including the ramifications of such additions or revisions for other RHT and GSE programs)

The revised EFHP program will continue to prepare professionals in exercise science, biomechanics, strength and conditioning, and athletic training. The updated EFHP curriculum will ensure that we are graduating "research savvy" practitioners possessing the knowledge and ability to apply evidence-based best practices in their respective professional fields.

The impact of the proposal

The EFHP program has potential to become a nationally recognized advanced graduate program of study. To establish an upward trajectory, EFHP must revise the existing curriculum so it can be capable of exceeding professional and accreditation standards.

Approximate timing for implementation

The implementation of revisions to EFHP will be effective Fall of 2011.

NEED FOR EFHP CURRICULAR REVISION

The following section of the proposal will discuss the rationale for revision to the existing EFHP curriculum.

Evolving Professional Demands

Kinesiology, most simply defined, is the study of human movement. To capitalize our location, resources, and faculty expertise the revised EFHP program will take a science-based applied kinesiological perspective toward the fields of biomechanics, strength and conditioning, and athletic training. This approach focuses on the application of evidenced-based scientific principles to preserve and enhance human movement in all settings and populations. Similar to other science and health professional advanced graduate programs, students graduating from the EFHP program are legally and ethically responsible remain current within their field. However, the EFHP program of study has not been meaningfully updated in over a decade. As the science of human performance and sports medicine are rapidly evolving so must the MS EFHP evolve to ensure that students are adequately prepared to enter the workplace and best serve society.

SUMMARY AND JUSTIFICATION OF PROPOSED CURRICULAR REVISIONS

The EFHP program proposes several revisions to the existing curriculum. Revisions consist of the following:

- 1) Updating of required core courses and electives,
- 2) Optimizing course sequencing, and
- 3) Replacing the comprehensive examinations with a project option

Nearly all changes to the EFHP curriculum consist of updating existing courses. Where absolutely necessary new courses have been developed. With these revisions minor changes to course titles have been made where appropriate. The following provides a description of each proposed change followed by a brief justification.

Core Revisions

- 1) Remove *EFHP 606 Foundations of Exercise, Fitness, and Health Promotion* from the curriculum
 - a. The content of this course more appropriate for the *MS Sport and Recreation Studies program*.
- 2) Add the course, *EFHP 612 Scientific Foundations of Applied Kinesiology*, to the core
 - a. This will require revising and re-titling existing *EFHP 612 Scientific Foundations Health and Fitness*
 - b. The revised course focuses on the shared scientific underpinnings for evidenced-based practices among the human movement sciences.
 - c. Provides students an opportunity to be exposed to possible research ideas and to investigate and formulate potential research topics.
- 3) Remove *EFHP 623 Research Design and Statistical Reasoning (3 credit hours)*
 - a. It is necessary to remove this course because it will be replaced by two existing courses that will be added to the core: EFHP 620 and EFHP 621 (see below).
- 4) Add *EFHP 620 Research Methods for Applied Kinesiology*
 - a. This will require revising and re-titling existing *EFHP 620 Research Design in Exercise and Health*
 - b. The revised course focuses on scientific methods of inquiry among the human movement sciences
- 5) Add *EFHP 621 Statistical Methods for Applied Kinesiology*
 - a. Revised and re-title existing *EFHP 621 Elements in Statistical Reasoning*
 - b. The revised course focuses on methods of analysis with special emphasis on techniques commonly used among the human movement sciences
- 6) Add the new course, *EFHP 613 Advanced Applied Biomechanics*
 - a. Course focuses on advanced study of the application of mechanical principles to the movement of biological systems with emphasis kinetic and kinematic concepts and how they apply to the qualitative and quantitative assessment of human movement.
- 7) Remove *EFHP 618 Exercise and Sport Psychology* from the core
 - a. This course will now serve as an elective in the EFHP program
- 8) Remove *EFHP 614 Advanced Exercise Nutrition* from the core
 - a. This course will now serve as an elective in the EFHP program

Comprehensive Examination Policy Revisions

To facilitate the development of “research savvy” practitioners the revised EFHP program will not include a comprehensive examination option. All students will be required to complete a research project or a thesis.

Revised EFHP Program

Core Courses

| | | |
|-----------|---|---|
| EFHP 612§ | Scientific Foundations of Applied Kinesiology | 3 |
| EFHP 620§ | Research Methods for Applied Kinesiology | 3 |
| EFHP 613§ | Advanced Applied Biomechanics | 3 |
| EFHP 610§ | Advanced Exercise Physiology | 3 |
| EFHP 621§ | Statistical Methods for Applied Kinesiology | 3 |

Total Required Core Credit Hours = 15

Electives within MS EFHP program

Students must select 3 courses from the following existing EFHP electives: 9

| | | |
|----------|---|---|
| EFHP 611 | Fitness Assessment: Theory and Practice | 3 |
| EFHP 614 | Advanced Exercise Nutrition | 3 |
| EFHP 618 | Exercise and Sport Psychology | 3 |
| EFHP 660 | Management of Exercise Fitness and Health Promotion Organizations | 3 |
| EFHP 680 | Ethical Issues in Exercise, Fitness and Health Promotion | 3 |
| EFHP 522 | Anatomy for the Athletic Trainer: Structure and Function of | 3 |
| EFHP 524 | Physiology for the Athletic Trainer Including the Pharmacology of Sports Injuries | 3 |
| EFHP 526 | Athletic Training Perspectives: Evaluation and Prevention of Sports Injuries | 3 |
| EFHP 528 | Advanced Athletic Training | 3 |
| EFHP 550 | Behavior Health Among Youth | 3 |
| EFHP 616 | Motor Behavior and Development | 3 |
| EFHP 630 | Exercise, Health, and Fitness Program Development | 3 |
| EFHP 650 | Scientific Principles of Motor Learning | 3 |
| EFHP 599 | Independent Study EFHP | 3 |

Note: No changes to electives. All above mentioned electives exist in current EFHP course inventory

General Electives 6

Students may select 2 courses from outside EFHP:

Total Required Elective Credit Hours = 15

Research Project or Thesis

| | | |
|----------|---|---|
| EFHP 598 | Special Topics (must register for 3 credits) | 3 |
| | And | |
| EFHP 798 | Project (must register for 3 credits) | 3 |
| | Or | |
| EFHP 799 | Thesis (student must register for 3 credit hours) | 3 |

Total Project or Thesis Credit Hours = 6

Grand Total Credit Hours = 36