



Central Christian College of Kansas

OFFICE OF THE CHIEF ACADEMIC OFFICER

FORM A04 – PROPOSAL FOR A CHANGE IN AN EXISTING PROGRAM

Date: 02/19/2024

This Application is for: Degree X Major Emphasis
 Concentration Minor Certificate

Delivery Method of New Program: X Residential Hybrid (Residential/Online) Online
(Check all that apply)

Name of Individual Making Request: Tricia Pimentel

Title of the Program: Exercise Science

Sponsoring Department: Sport Science and Health Proposed Start Date: 2024-2025 year

This form, along with supporting documentation addressing the points outlined below, is required *before* the program can be considered for initial review.

Complete only those sections that relate to the proposed change(s).

1. **Description:** I would like to add SP-SH 325 Principles of Strength and Conditioning and SP-SH 420 Exercise Prescription for special populations to the core courses for the Exercise Science degree. Along with this, I want to remove the Exercise Science Major Electives from the degree audit.
2. **Rationale:** In completing the quadrennial review, it was brought to my attention that the Principles of Strength and Conditioning and Exercise Prescription courses needed to be added to our requirements. Adding in these courses takes away the need for the elective course. Making this change brings us up to date with other Colleges and Universities.
3. **Mission Alignment:** This change will help prepare all Exercise Science students to help special populations. This will prepare our students to help those in need.
4. **Department Alignment:** This enhances the following program outcomes: 1. Utilize written and verbal communication skills to effectively communicate with clients and other health care professionals, 2. Identify current and future healthcare needs and promote exercise and healthy lifestyles, 3. Design individualized exercise needs assessments and develop personalized exercise prescriptions for individuals of different races, abilities, and genders.
5. **Assessment Plan:** The changes will be assessed through the Tigers Survey and students grades for the course. I also plan on routinely checking other programs to ensure ours is up to date.
6. **Comparative Description:**

Current Core course requirement:

- NS-BI 204 Human Anatomy and Physiology I with lab
- NS-BI 205 Human Anatomy and Physiology II with lab
- NS-BI 245 Basic Nutrition with Lab
- NS-CH 102 General Chemistry with lab
- SP-SH 201 First Aid
- SP-SH 202 Introduction to PE, Sport and Fitness
- SP-SH 308 Exercise Physiology
- SP-SH 310 Kinesiology
- SP-SH 311 Biomechanics
- SP-SH 395 Practicum
- SP-SH 415 Exercise Testing, Evaluation and Prescription
- SP-SH 491 Sport Science Seminar
- SP-SH 495 Internship
- SP-SM 425 Administration in Sport and Fitness
- SS-PY 400 Sport and Exercise Psychology

Major Elective: choose one of the following

SP-SH 203 Care and Treatment of Athletic Injuries

SP-SH 312 Adaptive Physical Education

SP-SH 320 Measurement and Evaluation in Health and Physical Education

Proposed Core Course Requirements:

NS-BI 204 Human Anatomy and Physiology I with lab

NS-BI 205 Human Anatomy and Physiology II with lab

NS-BI 245 Basic Nutrition with Lab

NS-CH 102 General Chemistry with lab

SP-SH 201 First Aid

SP-SH 202 Introduction to PE, Sport and Fitness

SP-SH 308 Exercise Physiology

SP-SH 310 Kinesiology

SP-SH 311 Biomechanics

SP-SH 325 Principles of Strength and Conditioning

SP-SH 395 Practicum

SP-SH 415 Exercise Testing, Evaluation and Prescription

SP-SH 420 Exercise Prescription for Special Populations

SP-SH 491 Sport Science Seminar

SP-SH 495 Internship

SP-SM 425 Administration in Sport and Fitness

SS-PY 400 Sport and Exercise Psychology

- 7. **Documentation:** Proposal for new courses SP-SH-325 Principles of Strength and Conditioning and SP-SH 420 Exercise Prescription for Special Populations

Division/Dept. Approval:

Division Chair

Date

Chief Academic Officer Approval:

Chief Academic Officer

Date

Higher Learning Commission Verification:

- Substantive Change Application Required
- Notification Only
- No Action Required

Chief Academic Officer

Date

Signature blocks are to be completed in order as outlined by Table 1.1: Academic Proposal Resource Chart as it stands in the Faculty Handbook.

<p>General Education Committee:</p> <ul style="list-style-type: none"> <input type="radio"/> Action Required <input type="radio"/> Notification Only <input type="radio"/> No Action Required <p>_____ Date of minutes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A 	<p>Academic Affairs and Assessment Committee:</p> <ul style="list-style-type: none"> <input type="radio"/> Action Required <input type="radio"/> Notification Only <p>_____ Date of minutes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A 	<p>Faculty Senate:</p> <ul style="list-style-type: none"> <input type="radio"/> Action Required <input type="radio"/> Notification Only <p>_____ Date of minutes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Approve <input type="checkbox"/> Reject <input type="checkbox"/> N/A
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<p>President's Cabinet:</p> <ul style="list-style-type: none"><input type="radio"/> Action Required<input type="radio"/> Notification Only<input type="radio"/> No Action Required <hr/> <p>Date of minutes</p> <ul style="list-style-type: none"><input type="checkbox"/> Approve<input type="checkbox"/> Reject<input type="checkbox"/> N/A	<p>Board of Trustees:</p> <ul style="list-style-type: none"><input type="radio"/> Action Required<input type="radio"/> Notification Only<input type="radio"/> No Action Required <hr/> <p>Date of minutes</p> <ul style="list-style-type: none"><input type="checkbox"/> Approve<input type="checkbox"/> Reject<input type="checkbox"/> N/A	<p>Status</p> <div data-bbox="938 149 1317 283" style="border: 1px solid black; border-radius: 10px; height: 64px; width: 233px;"></div> <hr/> <p>Date</p>
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