

BS IN KINESIOLOGY (PHYSICAL ACTIVITY AND WELLNESS)

In Workflow

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Approval Path

1. Fri, 12 Apr 2019 23:49:35 GMT
Rodney Imamura (rimamura): Approved for KHS Committee Chair
2. Tue, 16 Apr 2019 01:19:53 GMT
Katherine Jamieson (katherine.jamieson): Approved for KHS Chair
3. Tue, 07 May 2019 22:43:08 GMT
Kisun Nam (knam): Rollback to KHS Chair for HHS College Committee Chair
4. Thu, 19 Sep 2019 21:09:45 GMT
Michael Wright (wrightm): Approved for KHS Chair
5. Fri, 27 Sep 2019 20:36:40 GMT
Kisun Nam (knam): Rollback to KHS Chair for HHS College Committee Chair
6. Tue, 01 Oct 2019 20:23:02 GMT
Michael Wright (wrightm): Approved for KHS Chair
7. Tue, 01 Oct 2019 20:50:15 GMT
Kisun Nam (knam): Approved for HHS College Committee Chair
8. Tue, 01 Oct 2019 21:38:52 GMT
Mary Maguire (maguirem): Approved for HHS Dean

New Program Proposal

Date Submitted: Thu, 11 Apr 2019 01:04:19 GMT

Viewing: BS in Kinesiology (Physical Activity and Wellness)

Last edit: Fri, 27 Sep 2019 20:36:37 GMT

Changes proposed by: Andrea Becker (101053364)

Academic Group: (College)

Health & Human Services

Academic Organization: (Department)

Kinesiology and Health Science

Catalog Year Effective:

2020-2021 Catalog

NOTE: This degree major program will be subject to program review evaluation within six years after implementation.

Individual(s) primarily responsible for drafting the proposed degree major program:

Name (First Last)	Email	Phone 999-999-9999
Andrea Becker	andrea.becker@csus.edu	916-278-2637

Type of Program Proposal:

Concentration

Is this a pilot program?

No

Is this a Fast Track program?

No

Title of the Program:

BS in Kinesiology (Physical Activity and Wellness)

Designation: (degree terminology)

Bachelor of Science

Abstract of the proposal:

The Department of Kinesiology seeks to improve the quality of the curriculum and concentration options to enhance students' educational experiences and preparation for future career fields while also increasing progress toward degree completion.

Briefly describe the program proposal (new or change) and provide a justification:

The Department of Kinesiology seeks to improve the quality of the curriculum and concentration options to enhance students' educational experiences and preparation for future career fields while also increasing progress toward degree completion. These changes are being proposed in response to recent developments within the Department of Kinesiology:

1. The current curriculum is not in compliance with the Chancellor's EO 1071 mandate. It currently consists of three concentrations: Exercise Science, Physical Education, and Athletic Training. (NOTE: The issue with the Athletic Training concentration will be addressed in bullet point #4 below). The Exercise Science and Physical Education concentrations do not share a common core. As a result, the Department is requesting to elevate the Exercise Science concentration to its own major (see Exercise Science Program Proposal), which would put both areas in compliance and provide students with a BS in either Exercise Science or Kinesiology. The purpose of this proposal is to improve the quality of the curriculum within the pre-existing and remaining Kinesiology Major.

2. The elevation of Exercise Science to a BS degree solves the compliance issue between the Exercise Science and Physical Education concentrations. However, due to a previous clerical error, the remaining BS in Kinesiology only has one concentration in Physical Education with two emphases: one in Physical Education and one in Sport Studies. In a previously approved Form B, Physical Education and Sport Studies were specifically designated as two separate concentrations. However, when the program was electronically updated, Sport Studies was listed as an emphasis under Physical Education rather than its own concentration. As a result, we only have one concentration in Physical Education, which is not representative of the students in the Sport Studies emphasis in terms of the courses they take or the career paths they are pursuing such as athletic coaching, athletic administration, athletic training, corporate wellness, commercial fitness, and other physical activity related professions. To amend this issue, we are proposing a re-packaging of our current course offerings to develop concentrations that better serve students' academic and professional needs.

3. For the BS in Kinesiology, we would like to re-package our course offerings into five concentrations: Physical Education Teacher Education, Athletic Coaching Education, Athletic Administration, Physical Activity and Wellness, and Athletic Care. All concentrations will share a common core (31 units), and then students will have the option to specialize in a concentration that consists of required classes and electives that better serve their needs. While the Physical Education students are already well-served because the curriculum is based on state standards, the remaining students (approximately 57% of those in the major) deserve better. The current Sport Studies emphasis is too broad and does not provide any electives that direct students toward their desired careers in athletic coaching, athletic administration, athletic training, corporate wellness, older adult fitness, or other physical activity related professions. For example, we currently have students in the Sport Studies emphasis who are doing internships in corporate wellness or athletic coaching, and the curriculum needs to be re-packaged to better support those students' needs. The lack of electives between both the Physical Education and Sport Studies students also poses a number of course conflicts that cause road blocks toward degree completion. This is the rationale for eliminating the Sport Studies emphasis and developing additional concentrations under the umbrella of Kinesiology to include: Physical Education Teacher Education, Athletic Coaching Education, Athletic Administration, Physical Activity and Wellness, and Athletic Care.

4. The current Athletic Training concentration within the Department of Kinesiology is in the process of being discontinued. According to the Commission on Accreditation of Athletic Training Education (CAATE), "Baccalaureate programs may not admit, enroll, or matriculate students into the athletic training program after the start of the fall term 2022" (<https://caate.net>). In order to be a CAATE accredited professional athletic training program, institutions must grant master's degrees in Athletic Training. While this is not a possibility for our department at this time, students interested in pursuing future careers in athletic training will still need a BS degree in Kinesiology or a related field. While the final cohort of students were admitted to our BS in Athletic Training program during the Fall 2018, there are many students still interested in pursuing this career pathway. Thus, we would like to develop a new concentration

called Athletic Care and reorganize the current electives to provide students with the necessary classes and training to continue on the path toward becoming an Athletic Trainer or other related professional in sport care.

5. In the last three years, the Department of Kinesiology hired five new faculty members in the areas of motor learning and control (1), exercise physiology (1), biomechanics (1), and sport and exercise psychology (2). All new faculty will contribute to the newly organized BS in Exercise Science and/or the BS in Kinesiology. To lend greater support for the re-organization of concentrations within the BS in Kinesiology, it is important to note that two of the above faculty members have particular expertise in Athletic Coaching and Athletic Administration. Both individuals have coached at the Division I level Intercollegiate level and one also coaches at the Olympic level. Providing a particular concentration that matches the needs of the students while also maximizing the expertise of the faculty will make us a significantly stronger department. This further supports our desire to include a concentration titled, Athletic Coaching Education. After consultation with the former and current chair of Recreation, Parks and Tourism Administration, we were also advised to include Athletic Administration as a Concentration versus an emphasis. This will provide students with a more clear distinction between athletic coaching and Administration, and also allow us to better track the students in each concentration.

6. To further support our justification for the newly proposed concentrations, we collected quantitative and qualitative data from current students in the Physical Education Concentration. More specifically, students (N=370) received an email with a link to a survey which asked questions about their desired career path as well as satisfaction levels and feedback regarding the current curriculum. Of the 370 students within the Physical Education Concentration, we achieved a 47% response rate (n=171). Table 1 presents students' interest in pursuing career paths related to the following areas:

Table 1. Students' desired career paths according to concentration

Physical Education Teacher Education = 43.27% of students (n=74)
 Athletic Coach or Athletic Administrator = 23.97% of students (n=41)
 Physical Activity and Wellness = 16.96% of students (n=29)
 Athletic Care = 14.62% of students (n=25)
 Other = 1.18% of students (n=2)

If the above numbers are representative of our Kinesiology student body, Table 2 provides an overview of the number of students we would anticipate in each concentration at the inception of the program in the Fall of 2020. What's particularly noteworthy is the diverse array of students' career interests despite the mislabeling of this concentration under the sole blanket of physical education. It is clear that students are interested in pursuing careers outside the realm of physical education, but they are currently stuck under that one umbrella with no options for alternative electives. The newly packaged program will provide students with more direct career pathways and will therefore garner greater numbers in future semesters.

Table 2. Anticipated number of students for each concentration at inception (Fall 2020)

Physical Education Teacher Education (43.27%) = 160 anticipated students
 Athletic Coach or Athletic Administrator (23.97%) = 87 anticipated students
 Physical Activity and Wellness (16.96%) = 63 anticipated students
 Athletic Care (14.62%) = 54 anticipated students
 Other (1.18%) = 4 anticipated students

According to the qualitative feedback, many students are satisfied with the program for two major reasons. One, they appreciate the professors and advisors for their expertise, support, positivity, enthusiasm, willingness to accommodate student needs, and their focus on applying concepts to the real world. As one student quoted, "I am satisfied with the Kinesiology Program at Sac State because of all the amazing peers and teachers within the department", and another quoted, "My advisor and professors give us all kinds of opportunities to grow and make connections." Two, the students reinforced that those pursuing a career in Teaching Physical Education are being well served. One student quoted, "I am very satisfied with this program because I feel like I'll be prepared to be a physical education teacher at any level." However, as much as the physical education students are satisfied, there are many other students who's needs aren't being met, particularly within the Sport Studies emphasis that is currently within the Physical Education concentration. As one student stated, "It's a great program but could be better."

Students are dissatisfied with the program for three major reasons. One, they do not feel as though there are enough course offerings or electives. "[The Kinesiology Department] needs more class options for students. Luckily, I am a senior but for Juniors it's impossible to graduate on time." Two, students would like a course that provides an overview of the field of Kinesiology. More specifically, students said, "I feel like more information needs to be given before we declare as to what career options are available with each concentration", and "I would like to take a class that offers all the routes through the Kinesiology field because I do not know about all the [career] avenues." This reinforces the need for an Introduction to Kinesiology Course (See Form A), which is being proposed in conjunction with the re-packaging of our Kinesiology Program. Three, the current curriculum does not guide students toward their desired career paths. Students in the current Sport Studies emphasis reinforced this by saying, "There are many classes that have nothing to do with my career path. I will be graduating next semester and do not feel prepared" and "I feel as if I'm taking classes just to take classes."

The following quotes further support the need for concentrations that are strategically designed to provide students with a more specific and clear pathway toward their desired career.

- "I want to go into sports management and there are only one or two courses that really go into that in detail."
- "I didn't like the fact I had to take physical education curriculum when I don't want to be a PE teacher."
- "I am dissatisfied because I feel like a lot of the courses and teaching are directed to teaching and athletic training only. Coaching people are limited."
- "More sports management concentrated classes would be great."
- "Lots of classes involve coaching and focus on coaching when I'm looking into more of the physical activity portion of Sport Studies."

Taken together, the quantitative and qualitative feedback from students strongly reinforces the need to re-package the current curriculum into five concentrations under the umbrella of the BS in Kinesiology including: Physical Education Teacher Education, Athletic Coaching Education, Athletic Administration, Physical Activity and Wellness, and Athletic Care.

Objectives of the degree program:

The Bachelor of Science degree in Kinesiology provides students with a multi-disciplinary approach to the study of human movement, a strong foundation in the natural and social sciences, and the knowledge and skills necessary to prepare students for careers in fields such as physical education, athletic coaching, athletic administration, corporate wellness, commercial fitness, older adult fitness, and athletic training.

The BS in Kinesiology offers five concentrations designed to meet students' specific academic needs and career interests in the areas of Athletic Care, Athletic Coaching Education, Physical Activity and Wellness, Physical Education Teacher Education, and Athletic Administration.

The Physical Education Teacher Education concentration is designed to prepare students for a teaching career in physical education. Students who complete the program in physical education teacher education will have the breadth and depth of knowledge regarding developmentally appropriate physical education, and will take coursework for both subject matter content and pedagogy for teaching physical education at the K-12 level. Students who choose this option will then have the opportunity to attain their Single Subject Physical Education California Teaching Credential, an additional two semester program through the Department of Teacher Education at Sacramento State.

The Athletic Coaching Education concentration provides students with knowledge and practical experience in supporting careers in athletic and community settings, athletic coaching, mental performance enhancement, and community and youth physical activity and sport programs. Students will also be eligible to earn a Coaching Certification from the American Sport Education Program (ASEP), which is required to coach at the high school level in the state of California (as mandated by the California Interscholastic Federation). This concentration also prepares students for advanced study in athletic coaching, administration, and other sport-related programs (e.g., sport psychology, sport sociology). Note: *The ASEP coaching certification does not fulfill the requirements for a Single Subject Physical Education California Teaching Credential. To be eligible for the teaching credential, students should meet the requirements for the Physical Education Teacher Education Concentration.

The Athletic Administration concentration helps prepare students for future careers in the business of sports at the amateur, collegiate, and professional levels. The curriculum provides students with knowledge in the multiple sub-disciplines of Kinesiology as well as foundational business skills and hands-on experience in one or more areas of athletic administration including leadership, marketing, law, finance, and event planning. Students will also develop stronger communication, critical thinking, and problem-solving skills.

The Physical Activity and Wellness concentration provides students with knowledge and practical experience in supporting careers in areas such as personal training, fitness center management, commercial and corporate wellness, and older adult fitness. It will also prepare students for advanced studies in sport and exercise psychology or other physical activity related programs.

The Athletic Care concentration is designed to provide students with the basics in injury evaluation, immediate care, rehabilitation, and injury prevention. Students in this concentration will develop knowledge and practical skills to pursue advanced study and future careers in athletic training, sports medicine, and other paramedical areas. Upon completion of the degree, students are also encouraged to pursue a teaching credential.

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
 Knowledge of human cultures and the physical and natural world
 Integrative learning
 Personal and social responsibility
 Intellectual and practical skills

Will this program be required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

Please attach the Smart Planner roadmap:

KINS_4_Year_Plan_PhysicalActivity_Wellness_9_2_19.docx

Catalog Description:

Units required for Major: 59-60

Total units required for BS: 120

Program Description

The Bachelor of Science degree in Kinesiology provides students with a multi-disciplinary approach to the study of human movement, a strong foundation in the natural and social sciences, and the knowledge and skills necessary to prepare students for careers in fields such as physical education, athletic coaching, athletic administration, corporate or commercial wellness, older adult fitness, athletic training, and other physical activity related professions.

The BS in Kinesiology offers five concentrations designed to meet students' specific academic needs and career interests in the areas of Physical Education Teacher Education, Athletic Coaching Education, Athletic Administration, Physical Activity and Wellness, and Athletic Care.

The **Physical Activity and Wellness Concentration** provides students with knowledge and practical experience in supporting careers in areas such as personal training, fitness center management, commercial and corporate wellness, and older adult fitness. It will also prepare students for advanced studies in sport and exercise psychology or other physical activity related programs.

Note: Additional units may be required to meet the Sacramento State foreign language requirement.

Admission Requirements: Course prerequisites and other criteria for admission of students to the degree major program, and for their continuation in it.

Minimum Grade Requirement

All courses listed must be completed with a grade of "C" or better.

Program Requirements: (If new courses are being created as part of a new program, it will be useful to propose courses first.)

Program Requirements

Code	Title	Units
Required Lower Division (8 Units)		
BIO 25	Human Anatomy and Physiology I	4
BIO 26	Human Anatomy and Physiology II	4
Required Upper Division (23 Units)		
KINS 101	Introduction to Kinesiology	2
KINS 134	History and Philosophy of Physical Education and Sport	3
KINS 137	Sociology Of Sport	3
KINS 138	Sport Pedagogy	3
KINS 150	Exercise and Sport Physiology	3
KINS 151D	Applied Kinesiology and Biomechanics	3
KINS 158	Motor Learning and Control	3
KINS 160	Sport and Exercise Psychology	3
Concentration Requirements (28-29 Units)		
Select one of the following five areas of concentration:		28 - 29
Athletic Administration		
Athletic Care		
Athletic Coaching Education		
Physical Activity and Wellness		
Physical Education Teacher Education		
Total Units		59-60

Concentration in Physical Activity and Wellness

Code	Title	Units
Required Concentration Courses		
KINS 99	Exercise for Healthy Living	2
KINS 120	Strength and Conditioning	3
KINS 132	Planning, Designing and Managing a Fitness Center	3
KINS 136	Sport And Aging	3
KINS 149	Professional Activities of Health and Skill Related Fitness	3
KINS 194A	Assigned Field Experience in Kinesiology ¹	2
Electives (12 Units)		
Select four or more of the following:		12
KINS 110	Women and Sport	
KINS 121	Peak Performance Through Psychological Skills	
KINS 122B	Cardiopulmonary Resuscitation	
KINS 144	Analysis of Weight Training & Muscular Fitness	
KINS 152B	Exercise Physiology of Women	
KINS 152C	Prolonged Exercise	
KINS 156	Care Of Athletic Injuries	
KINS 165	Theory of Coaching	

KINS 166	Ethics, Inclusion and Equity in Coaching	
GERO 100	Aging Issues in Contemporary America	
GERO 121	Strategies for Optimal Aging	
GERO 122	Managing Disorders in Elders	
NUFD 10	Nutrition And Wellness	
NUFD 113	Nutrition And Metabolism	
NUFD 120	Practical Application in Sports Nutrition	
PSYC 137	Stress Management	

Total Units		28
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General Education ¹

Code	Title	Units
Area A: Basic Subjects (9 Units)		
A1 - Oral Communication		3
A2 - Written Communication		3
A3 - Critical Thinking		3
Area B: Physical Universe and Its Life Forms (9 Units)		
B1 - Physical Science		3
B2 - Life Forms		3
B3 - Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5) ²		0
B4 - Math Concepts		3
B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements. ²		0
Area C: Arts and Humanities (12 Units)		
C1 - Arts		3
C2 - Humanities		3
C1/C2 - Area C Course		3
C1/C2 - Area C Course - Take upper-division course to complete Area & upper division requirements.		3
Area D: The Individual and Society (12 Units)		
Area D Course		3
Area D Course		3
Area D Course		3
Area D Course - Take upper-division course to complete Area & upper division requirements.		3
Area E: Understanding Personal Development (3 Units)		
Area E Course		3

Total Units		45
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¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).

Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

² Required in Major; also satisfies GE.

Graduation Requirements ¹

Code	Title	Units
Graduation Requirements (required by CSU) (6 Units)		
American Institutions: U.S. History		3
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI) ²		0
Graduation Requirements (required by Sacramento State) (12 Units)		
English Composition II		3
Race and Ethnicity in American Society (RE)		3
Foreign Language Proficiency Requirement ²		6

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).

Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

² Required in Major; also satisfies Graduation Requirement.

³ If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/wll/flgr/>

Attach the results of a formal survey in the geographical area to be served indicating demand for individuals who have earned the proposed degree and evidence of serious student interest in majoring in the proposed program:

Student_Interest_In_Concentrations.docx

Provide justification for any discrepancies between national/statewide/professional manpower surveys and local findings:

The demand for this concentration already exists within our current Kinesiology program. The results of this survey are consistent with other Kinesiology programs within the CSU system. Some examples of similar programs include Cal State East Bay, San Jose, Long Beach, Fresno, Fullerton, San Francisco, Los Angeles, and Northridge.

For graduate programs, the number of declared undergraduate major and the degree production over the preceding years of the corresponding baccalaureate program:

N/A

Professional uses of the proposed degree major program:

The Physical Activity and Wellness concentration provides students with knowledge and practical experience in supporting careers in areas such as personal training, fitness center management, commercial and corporate wellness, and older adult fitness. It will also prepare students for advanced studies in sport and exercise psychology or other physical activity related programs.

The expected number of majors in:

1st Year Enrollment:

314

3rd Year Enrollment:

344

5th Year Enrollment:

380

1st Year Graduates:

33

3rd Year Graduates:

50

5th Year Graduates:

57

Reviewer Comments:

Kisun Nam (knam) (Tue, 07 May 2019 22:43:08 GMT):Rollback: Committee approved the form with pending changes. Please refer to the discussion during meeting. Committee members from the department will provide the detailed changes to the chair/author. Once re-submitted, the chair may approve the proposal immediately.

Kisun Nam (knam) (Fri, 27 Sep 2019 20:36:40 GMT):Rollback: Rolled back per request.

Key: 449