

Program Planning Summary  
B. S. in Exercise Science



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John W. Rosa  
Lieutenant General, USAF (Retired)  
President



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Samuel M. Hines, Jr.  
Brigadier General, SCM  
Provost and Dean of the College

Program Planning Summary  
B. S. Exercise Science  
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The Citadel proposes to change the name and CIP code of its existing degree program, B.S. in Physical Education with a Concentration in Health and Wellness (131314 CIP Code) to B.S. in Exercise Science (CIP Code 260908, Exercise Physiology ).

**Designation of undergraduate programs as four- or five-year programs;**

The B.S. in Exercise Science (CIP Code 260908, Exercise Physiology) will follow the current curriculum of the B.S. in Physical Education with a Concentration Health and Wellness (131314 CIP Code), a four-year program requiring 129 credit hours.

**Designation of Science, Technology, Engineering, and Math (STEM) programs, healthcare programs, and Math/Science teacher education programs as qualified for supplemental Palmetto Fellows Scholarship and LIFE Scholarship awards;**

The B.S. in Exercise Science (CIP Code 260908, Exercise Physiology) will qualify for supplemental Palmetto Fellows Scholarship and LIFE Scholarship awards.

**Proposed date of implementation;**

It is proposed that this change in degree designation be effective with the fall of 2012.

**Justification of need for the proposed program;**

In the early 1990s, when the Concentration in Health and Wellness was added to the B.S. in Physical Education, the students seeking this degree were still preparing themselves for careers, in the main, in teaching physical education and coaching at the secondary level. This is no longer the case. Currently, there are 140 students majoring in the Health and Wellness Concentration, and these students are being prepared for graduate education and leadership positions in health and allied health professions, public and private health agencies, and the wellness and fitness industry. The B. S. in Physical Education with a Concentration in Health and Wellness no longer fairly or adequately describes the degree program pursued by the students in the Health and Wellness Concentration, and this proposal seeks to correct that misrepresentation.

**Anticipated program demand and productivity;**

The current B.S. in Physical Education programs have consistently attracted substantial numbers of majors, and we anticipate that with more appropriately named degree programs, the number of majors will only increase. Enrollment in the Health and Wellness Concentration has been consistently strong:

Data on the B.S. in Physical Education with Concentration in Health and Wellness

	Majors	Degrees Awarded
2011-12	140	
2010-11	134	29
2009-10	125	21
2008-09	104	16
2007-08	97	14
2006-07	96	13
2005-06	62	15

Currently, we have 140 students majoring in the Health and Wellness Concentration. Under the proposed degree designation change, the B.S. in Exercise Science would have 140 majors at this time.

**Assessment of extent to which the proposed program duplicates existing programs in the state;**

The Citadel's programs in Physical Education have thrived for decades in close proximity with similar programs at the College of Charleston, and the College of Charleston has recently been approved to offer the B.S. in Exercise Science (CIP Code 260908, Exercise Physiology). The CHE has recognized that while these programs are in close physical proximity, the student bodies being served by these two state institutions are dramatically different, and that duplication is not an issue.

**Relationship of the proposed program to existing programs at the proposing institution;**

Through required core curriculum courses, students pursuing this major are exposed to practically every academic area provided at The Citadel. In addition, students pursuing this degree will be required to complete Microcomputer Applications, Genetics, Microbiology, Environmental Science, Human Sexuality, and a number of additional Approved Electives from other areas including Statistics, Sociology, Psychology, and Health Sciences.

**Relationship of the proposed program to other institutions via inter-institutional cooperation;**

All courses are provided on campus at The Citadel

**Outline of curriculum;**

The curriculum for the B.S. in Exercise Science will be the same as is now provided for the B.S. in Physical Education with Concentration in Health and Wellness. This complete course of study is provided as Attachment A.

**Total costs associated with implementing the proposed program (general estimates).**

Because this proposal only changes the degree designation, there will be no new costs.

Current Costs of B.S. in Physical Education with a Concentration in Health and Wellness are estimated as follows:

1. Faculty
  - a. 4 FTE required for exercise science program
    - i. 2 Assistant Professors (*with 48 credit hours total, 12 in spring and 12 in fall for each professor*)
    - ii. 1 Associate Professor/Department Head (*with 12 credit hours total, 6 in fall and 6 in spring*)
    - iii. 1 Assistant Professor (Position advertised and hire date effective August 2012) (*with 24 credit hours total, 12 in fall and 12 in spring*)
  - b. 3 Adjuncts required for exercise science program
    - i. 1 adjunct teaching 5 courses (*2 fall classes and 3 spring classes with 0 credit hours total*)
    - ii. 1 adjunct teaching 4 courses (*12 credit hours, 6 in fall and 6 in spring*)
    - iii. 1 adjunct teaching 2 courses (*6 credit hours, 3 in fall and 3 in spring*)
    - iv. 1 adjunct teaching 1 course (*3 credit hours in spring*)
  - c. 5 Graduate Assistants
    - i. Teaching combined 27 sections of RPED classes in fall (*0 credit hours*)
    - ii. Teaching combined 23 sections of RPED classes in spring (*0 credit hours*)
2. Administration
  - a. 1.5 FTE required to service this program
3. Operating/Facility Costs

Faculty	\$159,972 (does not include hiring for fall 2012)
Adjunct	\$ 20,575
Graduate Assistants	\$ 7,000
Administration	\$ 40,965
Telephone	\$ 800
Copier Costs	\$ 1,000
Office Supplies	\$ 600
Computer and software	\$ 3,000
Equipment purchases	\$ 2,000
Facility Supplies	<u>\$ 1,900</u>
Total	\$237,812

Attachment A

**HEALTH, EXERCISE AND SPORT SCIENCE**  
**Professional Track — Health and Wellness**

**First Semester**

FRESHMAN YEAR

Composition and Literature.....	ENGL 101	3 (3,0)*
History of Western or World Civilization.....	HIST	3 (3,0)
Introduction to Health, Exercise, Sport Science and Physical Education.....	PHED 101	3 (3,0)
General Biology I.....	BIOL 101	3 (3,0)
General Biology I Laboratory.....	BIOL 111	1 (0,2)
Contemporary Health Foundations.....	RPED 250	2 (2,0)
First Year Seminar.....	ORTN 101	1 (2,0)
+1st Year Basic ROTC.....		

SOPHOMORE YEAR

Major British Writers.....	ENGL 201	3 (3,0)
Human Anatomy and Physiology I.....	BIOL 317	3 (3,0)
Human Anatomy and Physiology I Laboratory.....	BIOL 327	1 (0,2)
Elementary Mathematical Modeling.....	MATH 104	3 (3,0)
First Aid and CPR.....	RPED 113	0 (0,1)
Elective.....		3 (3,0)
**Approved Elective.....		3 (3,0)
+2nd Year Basic ROTC.....		
Sophomore Seminar.....	LDRS 201	1 (1,0)

JUNIOR YEAR

Physical Science (Chemistry or Physics).....		4 (3,2)
A Modern Language.....		3 (3,0)
Developmental Psychology.....	PSYC 202	3 (3,0)
Biomechanical Kinesiology.....	PHED 314	3 (3,0)
Physiology of Exercise.....	PHED 319	4 (3,2)
+1st Year Advanced ROTC.....		

SENIOR YEAR

A Modern Language.....		3 (3,0)
First Aid and Emergency Care.....	HLED 400	3 (3,0)
**Approved Elective.....		3 (3,0)
+2nd Year Advanced ROTC.....		

\*Represents semester credit, lecture, and laboratory hours, in that order.

\*\*Approved Electives are determined by the professional track selected, Health/Wellness or Sports Management/Administration. A complete list of Approved Electives is available in the section of this catalog on Department of Health, Exercise and Sport Science.  
 +ROTC hours (credit, lecture, and/or lab) may vary each semester by military department; however, the total hours which may be applied toward graduation requirements may not exceed 16 semester hours

**HEALTH, EXERCISE AND SPORT SCIENCE**  
**Professional Track — Health and Wellness**  
**Second Semester**

**FRESHMAN YEAR**

Composition and Literature.....	ENGL 102	3 (3,0)
History of Western or World Civilization.....	HIST	3 (3,0)
Learning Theory and Methodology.....	PHED 102	3 (2,2)
Social Science Core Course.....		3 (3,0)
Foundations of Fitness and Exercise.....	RPED 251	2 (2,0)

+1st Year Basic ROTC.....

**SOPHOMORE YEAR**

English, American, or World Literature.....	ENGL	3 (3,0)
Human Anatomy and Physiology II.....	BIOL 318	3 (3,0)
Human Anatomy and Physiology II Laboratory.....	BIOL 328	1 (0,2)
Finite Mathematics.....	MATH 105	3 (3,0)
Care and Prevention of Athletic Injuries.....	PHED 202	3 (3,0)
Accommodating Persons with Disabilities within Sport and Physical Activity.....	PHED 203	3 (3,0)
Required Physical Education.....	RPED	0 (0,1)

+2nd Year Basic ROTC.....

**JUNIOR YEAR**

Measurement and Evaluation.....	PHED 305	3 (3,0)
Physical Science (Chemistry or Physics).....		4 (3,2)
Informative Speaking.....	ENGL 205	3 (3,0)
A Modern Language.....		3 (3,0)
Drug and Substance Abuse.....	HLED 302	3 (3,0)
Elective.....		3 (3,0)

+1st Year Advanced ROTC.....

**SENIOR YEAR**

Nutrition.....	HLED 401	3 (3,0)
A Modern Language.....		3 (3,0)
Administration of Health, Exercise, Sport Science and Physical Education.....	PHED 404	3 (3,0)
**Approved Elective.....		3 (3,0)
Directed Field Experience.....	PHED 406	3
Senior Seminar in Health, Exercise, Sport Science and Physical Education.....	PHED 421	1 (1,0)

+2nd Year Advanced ROTC.....

HOURS REQUIRED FOR GRADUATION: 129 plus the credit hours from successful completion of RPED 250, RPED 251, and all required ROTC courses.