New Program Proposal
Bachelor of Science in Exercise Science
Winthrop University

Summary

Winthrop University requests approval to offer a program leading to the Bachelor of Science in Exercise Science, to be implemented in Fall 2008.

The program was approved by the Winthrop Board of Trustees on February 22, 2008, and submitted to the Commission for review on February 29, 2008. The proposal was reviewed by the Advisory Committee for Academic Programs (ACAP) on March 20, 2008, and was approved unanimously without substantive comment.

Winthrop University currently offers a Wellness/Fitness concentration through the existing Bachelor of Science in Physical Education program. According to the proposal, this concentration no longer meets the needs of prospective students searching for an accredited program in Exercise Science because the Wellness/Fitness concentration is not accreditable. In addition, the current concentration does not adequately prepare graduates who wish to continue into a graduate program in one of the state's allied health programs. According to the proposal, the proposed program will meet the prerequisite requirements for students entering graduate programs in medicine, dentistry, physical therapy, occupational therapy, and physician assistant. In addition to preparing students for graduate education, the proposal states that graduates will be prepared to enter into a variety of health/fitness industry settings, including health clubs, hospitals, corporations, and medical and pharmaceutical sales. The proposal further states that South Carolina's position as a retirement destination increases the employment prospects for graduates trained in exercise science.

Four institutions in the state (Furman University, USC-Columbia, USC-Aiken, and Lander University) currently have an undergraduate program in Exercise Science. Winthrop states that the location of the program in the Rock Hill/Charlotte area and the lack of other programs in the area support the need for the proposed program. The proposal describes on-going discussions with York Technical College to create an articulation agreement specific to Exercise Science in which students could complete their first two years at York Technical College and enter the Exercise Science program as juniors. The proposal also emphasizes that the curriculum of the proposed major has been designed to meet the requirements for entry into related graduate programs at MUSC and USC-Columbia.

The admission requirements for the proposed Exercise Science program are consistent with those of the institution's Richard W. Riley College of Education. Students in the program will need to meet additional grade and course requirements to progress through the program. They will also need advisor and program approval both to enter the program and to be admitted to the required internship. The overall course of study will consist of 125 credit hours distributed in the following areas: General Education (45 credit hours), Exercise Science Core (51 credit hours), Scientific Foundations Core (14 credit hours), and Selectives (15 credit hours). The proposed program will require that five new courses be added to the institution's catalog: Exercise Physiology; Physical Activity, Nutrition, and Aging; Exercise and Health Promotion; Exercise Physiology Laboratory; and Exercise Testing and Prescription Laboratory. The proposal states that learning outcomes will be measured using the Knowledge, Skills, and Abilities (KSA) described in the American College of Sports Medicine *Guidelines for Exercise Testing and Prescription Seventh Edition* (2005). As students progress through the core courses, the institution will document success in 175 different elements of Knowledge, Clinical Proficiency, Abilities and Skills.

Enrollment in the proposed program is estimated to begin at 50 headcount (50 FTE) in Fall 2009 and increase to 61 headcount (61 FTE) in Fall 2014. This estimate is based on current enrollment in the Wellness/Fitness concentration and on student interest expressed at the admission's office over the last two years. If enrollment and program completion projections are met, the program will meet the Commission's productivity standards.

The program will require one new faculty member (.75 FTE), no new staff, and one (.25 FTE) new administrative person in the first five years of its implementation. The new faculty member will also serve as the director of the Exercise Science program.

The proposal states that a major goal of the proposed program is to achieve accreditation through the Commission on Accreditation of Allied Health Education Programs (CAAHEP) in the 2011-2012 academic year. The proposed program will be the only program accredited by CAAHEP in North or South Carolina and one of only ten in the nation.

The proposal presents a detailed comparison of library holdings among Furman, the College of Charleston, Radford University, Coastal Carolina and Winthrop. Winthrop's related holdings are generally comparable to or exceed these other institutions'. Like the other South Carolina institutions cited in the comparison, Winthrop has access to the PASCAL library database in addition to its institutional holdings. According to the proposal, Winthrop has invested over $176,000 in the last three years to upgrade its holdings in areas supporting Health and Physical Education. The proposal states that the library will budget approximately $10,647 to purchase new materials in support of the program in the first five years of implementation.

No additional facilities will be required for the proposed program. The proposal states that a substantial list of required new equipment will be purchased under the budget of the new Lois Rhame West Center and does not include new equipment costs in the new program costs table. Winthrop states that the equipment serves a dual purpose, supporting both the functions of the West Center and the proposed program, and was purchased within the budget of the Center.

New costs to the institution are estimated to begin at $1,850 in the first year of implementation, increasing to $53,978 in the second year and increasing further to $59,260 by the fifth year. Categories of new costs over the first five years of the program's implementation include program administration ($54,388), faculty salaries ($163,164), and library ($10,657). Total new costs for the first five years of program implementation are estimated to be $228,209. The proposal indicates that $10,000 a year will be received through a grant from a private donor.

Shown below are the estimated Mission Resource Requirement (MRR) costs to the state and new costs not funded by the MRR associated with implementation of the proposed program for its first five years. Also shown are the estimated revenues projected under the MRR and the Resource Allocation Plan as well as student tuition.

Year	Estimated MRR Cost for Proposed Program	Extraordinary (Non-MRR) Costs for Proposed Program	Total Costs	State Appropriation	Tuition	Total Revenue
Year 1	$54,443	$0	**$54,443**	N/A	$66,619	**$66,619**
Year 2	$85,553	$0	**$85,553**	$12,504	$104,687	**$117,191**
Year 3	$116,663	$0	**$116,663**	$19,649	$142,755	**$162,404**
Year 4	$163,328	$0	**$163,328**	$26,794	$199,857	**$226,651**
Year 5	$202,215	$0	**$202,215**	$37,511	$247,442	**$284,953**

These data demonstrate that if Winthrop University can meet the projected student enrollments and contain costs as they are shown in the proposal, the program will be able to cover new costs with revenues it generates in the first year of its implementation. The anticipated grant from a private donor is not reflected in the MRR table above.

In summary, Winthrop University is proposing a program leading to the Bachelor of Science degree in Exercise Science to begin in Fall 2008. The program will prepare graduates for work in varied settings and for advanced academic study in medicine, dentistry, and various allied health programs. The program will replace the institution's current concentration in Wellness/Fitness within the existing degree program in Exercise Science.

Recommendation

The staff recommends that the Committee on Academic Affairs and Licensing commend favorably to the Commission the program leading to the Bachelor of Science degree in Exercise Science at Winthrop University, to be implemented in Fall 2008, provided that no "unique cost" or other special state funding be required or requested, and provided further that the concentration in Wellness/Fitness in the program leading to the B.S. degree in Physical Education be terminated simultaneously with the approval and implementation of the Bachelor of Science program in Exercise Science.