

**PROGRAM MODIFICATION PROPOSAL FORM**

Name of Institution: **Winthrop University**

Briefly state the nature of the proposed modification (e.g., adding a new concentration, extending the program to a new site, curriculum change, etc.):

**Adding Concentration in Athletic Training to B.S. Exercise Science program**

Current Name of Program (include degree designation and all concentrations, options, and tracks):  
**B.S. Exercise Science**

Proposed Name of Program (include degree designation and all concentrations, options, and tracks):  
**B.S. Exercise Science, B.S. Exercise Science with Concentration in Athletic Training**

Program Designation:

- |   |  |
|---|--|
| <input type="checkbox"/> Associate's Degree   | <input type="checkbox"/> Master's Degree   |
| <input checked="" type="checkbox"/> Bachelor's Degree: 4 Year   | <input type="checkbox"/> Specialist  |
| <input type="checkbox"/> Bachelor's Degree: 5 Year  | <input type="checkbox"/> Doctoral Degree: Research/Scholarship (e.g., Ph.D. and DMA) |
| <input type="checkbox"/> Doctoral Degree: Professional Practice (e.g., Ed.D., D.N.P., J.D., Pharm.D., and M.D.) |  |

Does the program currently qualify for supplemental Palmetto Fellows and LIFE Scholarship awards?

- Yes  
 No

If No, should the program be considered for supplemental Palmetto Fellows and LIFE Scholarship awards?

- Yes  
 No

Proposed Date of Implementation: **Fall 2020**

CIP Code: **31.0505**

Current delivery site(s) and modes:

**Winthrop University, traditional on campus with some online courses**

Proposed delivery site(s) and modes:

**Winthrop University, traditional on campus with some online courses**

Program Contact Information (name, title, telephone number, and email address):

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*Institutional Approvals and Dates of Approval:*

**Department of Physical Education, Sport, and Human Performance Approval -- 1/22/2019**  
**College of Education Curriculum Committee Approval -- 2/19/2019**  
**College of Education Faculty Assembly Approval -- 3/1/2019**  
**College of Education Dean Approval -- 3/2/2019**  
**University Committee on Undergraduate Curriculum Approval --- 3/24/2019**  
**University Academic Council Approval -- 4/5/2019**  
**Provost Approval - 1/30/2020**  
**President Approval – 1/30/2020**

### **Background Information**

*Provide a detailed description of the proposed modification, including target audience, centrality to institutional mission, and relation to strategic plan.*

The B.S. in Exercise Science (EXSC) program is being modified to add a concentration in Athletic Training. The concentration in the EXSC program is designed for students who want to continue into graduate study to become athletic trainers. The Commission on Accreditation of Athletic Training Education (CAATE) revised its standards in 2015 stating that CAATE accredited professional athletic training programs must result in the granting of a master's degree in athletic training; therefore, Winthrop's B.S. in Athletic Training will be phasing out, and no longer accepting new students beginning fall 2020. A new M.S. in Athletic Training (MSAT) has been approved by the university, and a new program proposal will be submitted to CHE in fall 2020. The proposed M.S. in Athletic Training program will provide a "3 + 2" option so students can complete the B.S. in Exercise Science with the Athletic Training concentration and continue into the two year M.S. in Athletic Training to complete degree requirements for both programs in five years.

The Athletic Training concentration consists of 31 credit hours that includes 500-level Athletic Training courses, a course in Sports Nutrition, along with 7 credit hours of natural science courses that fulfill general education requirements (PHYS 101 and 102 and CHEM 101). The courses in this concentration will replace select required and elective courses that other students in the major will take.

The target audience for this B.S. Exercise Science degree program are individuals who are interested in careers in the field of exercise science, and the Athletic Training concentration will expand the target audience to students interested in careers as licensed athletic trainers. Those students will be prepared to work with athletic teams at the secondary, collegiate, and professional levels, and in various health, industrial, and military settings where an increasing number of athletic trainers are employed.

This program supports Winthrop University's mission of *providing personalized and challenging undergraduate, graduate, and continuing professional education programs of national caliber with a context dedicated to public service to the nation and State of South Carolina.*

The proposed program also aligns with goal 1 and 2 of Winthrop's strategic plan--the Winthrop Plan.

- 1 Support inclusive excellence by expanding our impact on students and our communities through enrollment growth and increases in retention and graduation rates.
  - 1.1 Improve student success with new and refined co-curricular programs and services that emphasize measurable impacts on retention and graduation rates.

- 1.2 Enrich our academic program mix by developing new and innovative programs (degree programs, certificate programs, continuing education programs) and by refining existing academic programs to meet the emerging needs and interests of diverse student populations and the community.
- 2 Continually enhance the quality of the Winthrop experience for all students by promoting a culture of innovation, with an emphasis on global and community engagement.
  - 2.1 Develop new programs and enhance current ones that have the potential to be national models.
  - 2.2 Increase opportunities for students, faculty, and staff to interact with organizations in the community, with an emphasis on enhancing our impact in the surrounding community.

### **Assessment of Need**

*Provide an assessment of the need for the program modification for the institution, the state, the region, and beyond, if applicable.*

Winthrop University has had a very successful B.S. Athletic Training program for the past 16 years and, now that CAATE accreditation standards require athletic training preparation occur at the graduate level, the university is well positioned to offer the proposed new concentration in Athletic Training within the B.S. in Exercise Science program.

According to the U.S. Bureau of Labor Statistics, the employment outlook for athletic trainers is projected by the US Bureau of Labor Statistics to increase by 19% by 2028, a rate that is much faster than the average for all occupations. [5% is the average change rate in employment for all occupations 2018-2028; 10% for other healthcare practitioners and technical occupations.] Demand for athletic trainers is expected to increase as people become more aware of the effects of sports-related injuries, as sophisticated treatments in injury prevention and detection become available, and as the middle-aged and older populations remain active. Sports programs at all ages and for all experience levels will continue to create a demand for athletic trainers. Concussions and other complications experienced by child athletes is leading to more states requiring public secondary schools to employ athletic trainers as part of their sports programs. Since athletic trainers are usually the first responders when injuries occur, the demand for athletic trainers in school should continue to increase. In addition, insurance and workers' compensation costs have become a concern for many employers and insurance companies. Military bases now hire athletic trainers to help train and rehabilitate injured military personnel and create programs aimed at keeping injury rates down. <https://www.bls.gov/ooh/healthcare/athletic-trainers.htm#tab-6>

In South Carolina, the U.S. Bureau of Labor Statistics shows that there are 490 athletic trainers employed in the state in May 2018, indicating that SC is in the top 15 states with the highest concentration of jobs and location quotients in this occupation. <https://www.bls.gov/oes/current/oes299091.htm#st>

**Transfer and Articulation**

*Identify any special articulation agreements for the modified proposed program. Provide the articulation agreement or Memorandum of Agreement/Understanding.*

There are no special articulation agreements for this program modification. However, Winthrop University adheres to the Statewide Articulation Agreement of 86 courses approved by the South Carolina Commission on Higher Education for Transfer from two-to four-year institutions, and two-year institutions and institutions within the same system. Further, Winthrop University has a formal transfer agreements with York Technical College.

**Description of the Program**

Projected Enrollment						
Year	New Fall Headcount	Total Fall Headcount	New Spring Headcount	Total Spring Headcount	New Summer Headcount	Total Summer Headcount
2020	15	242	2	244		
2021	15	259	2	261		
2022	20	281	2	283		
2023	20	303	2	305		
2024	20	323	2	325		

*Explain how the enrollment projections were calculated.*

The B.S. in Exercise Science program typically admits 40-50 new students each academic year and graduates close to the same number annually. With the new concentration in Athletic Training and the B.S. in Athletic Training program not admitting new students as of fall 2020, 15 additional students are expected to enroll in the Exercise Science program and pursue the Athletic Training concentration. Typically the Athletic Training program will have a couple of students enter the program in the spring term and we expect that to continue with the new Athletic Training concentration. As prospective students interested in athletic training realize that athletic training undergraduate degree programs at Winthrop and across the country will no longer exist due to CAATE’s transition to graduate level preparation, we expect a slight increase in new Athletic Training concentration students in the B.S. in Exercise Science.

**Curriculum**

*Attach a curriculum sheet identifying the courses required for the program.*

The full catalog copy can be found on page 13 and 14.

**Curriculum Changes**

Curriculum Changes	
Courses Eliminated from Program (*See note below)	Courses Added to Program
HLTH 406 – Exercise & Health Promotion	NUTR 520 – Sport Nutrition
EXSC208 – Group Exercise Leadership	ATRN 151 – Foundations of Athletic Training

EXSC 231 – Scientific Foundations of Exercise	ATRN 201 - Observation & Skills
EXSC 481 – Application of Exercise Testing & Prescription	ATRN 301 - Observation & Skills
EXSC 484, 486 – Exercise Physiology II & Lab	ATRN 501 – Clinical Experience I
EXSC 492 or 493 – Certification Seminar	ATRN505 – Essential Clinical Skills for AT
EXSC 494 – Portfolio in Exercise Science	ATRN 515 - Emergency Aspects of AT
EXSC 496 – Internship in Exercise Science	ATRN 520 – Professional Practice in AT I: EBP
EXSC 511 – Physical Activity for Special & Aging Populations	ATRN 530 – Assessment & Management I
	ATRN535 – Assessment & Management II

\*No courses are eliminated from the B.S. in Exercise Science program. The courses indicated in the above table pertain only to students who pursue the Athletic Training concentration of the B.S. in Exercise Science—the courses that are new to the program to support the Athletic Training concentration (right column) and the program courses that will not be required for those pursuing the Athletic Training concentration but still required for those students who do not choose the Athletic Training concentration (left column).

**New Courses**

*List and provide course descriptions for new courses.*

Note: The following courses are offered at the 500 level due to the “3 + 2” model being adopted so that students who complete the Athletic Training concentration can matriculate into the planned M.S. in Athletic Training and complete all B.S. and M.S. degree and licensure requirements in five years.

**ATRN501 - Clinical Experience I**

This course is the introductory clinical experience for students admitted into the Athletic Training Program and provides opportunities for application of skills in a clinical setting. All experiences are obtained under the direct supervision of a certified athletic trainer. Emphasis will be on assessment, recognition, and management of injuries and conditions in an athletic population. This course may require participation in pre- and/or post-semester responsibilities that follow the competitive season of the sport(s) being covered in the assigned clinical setting.

**ATRN505 - Essential Skills for Athletic Training**

Lecture/demonstration/laboratory experiences designed to expose students to foundational techniques and skills required of athletic trainers. Topics include: taping, wrapping, bracing, posture assessment, gait assessment.

**ATRN515 - Emergency Aspects of Athletic Training**

Lecture/demonstration/guided laboratory experiences designed to expose the student to the advanced emergency care techniques and knowledge required of athletic trainers.

**ATRN520 - Professional Practice in Athletic Training I**

Lecture/discussion course designed to explore the role of research in the development of treatment and evaluation procedures in athletic training. Topics include: NATA Position Statements, types of research, and interpretation of research.

**ATRN530 - Assessment and Management I: Lower Extremity**

Lecture/demonstration/laboratory experiences designed to expose students to techniques and knowledge required of athletic trainers. Topics include lower extremity injury and condition evaluation and initial management.

**ATRN535 - Assessment and Management II: Upper Extremity, Head, and Neck**

Lecture/demonstration/laboratory experiences designed to expose students to techniques and knowledge required of athletic trainers. Topics include upper extremity, head, and neck injury and condition evaluation and initial management.

**Similar Programs in South Carolina offered by Public and Independent Institutions**

*Identify the similar programs offered and describe the similarities and differences for each program.*

<b>Similar Programs in South Carolina offered by Public and Independent Institutions</b>				
<b>Program Name and Designation</b>	<b>Total Credit Hours</b>	<b>Institution</b>	<b>Similarities</b>	<b>Differences</b>
Exercise Science, B.S.	122	College of Charleston	Offers similar courses in motor learning, exercise physiology and lab, special populations, exercise psychology, biomechanics, administration, research methods, group exercise leadership	Separate courses in cardiovascular and neuromuscular components of exercise; kinesiology course; no athletic training; separate public health interdisciplinary B.S.
Exercise Science, B.S.	120	University of South Carolina Columbia	Offers similar courses in physical activity and health, exercise physiology, biomechanics, strength and conditioning, motor learning, psychology of physical activity, special populations	Offers courses in principles of epidemiology, exercise and immunology; areas of emphasis in motor learning; offers M.S. Athletic Training stand-alone program.
Exercise and Sports Science, B.S.	122-124	University of South Carolina Aiken	Offers similar courses in motor learning, exercise physiology and lab, special populations, exercise psychology and behavior, group exercise leadership, exercise prescription	Offers courses in sports nutrition, electrocardiography, biomechanics/kinesiology; offers concentrations in fitness management, basic sciences, and allied health; no athletic training program.
Exercise and Sports Science, B.S.	120	University of South Carolina Upstate	Offers similar courses in exercise physiology and lab, biomechanics, group fitness, exercise prescription, strength and conditioning, special populations	Offers courses in athletic injuries, sport nutrition, advanced strength and conditioning; additional concentration in pre-physical therapy.
Exercise Science, B.S.	122	Lander University	Offers similar courses in exercise physiology and lab, special populations, exercise psychology, biomechanics, exercise prescription	Offers courses in history/philosophy of physical activity, clinical exercise physiology; no additional concentrations.
Kinesiology, B.S.	126	Anderson University	Offers similar courses in motor learning, exercise physiology and lab, Exercise Testing and Prescription, Exercise Psychology,	Offers courses in athletic injuries; additional concentrations offered in athletic training, exercise specialist, and pre-physical therapy.

Kinesiology, B.S.	125	Charleston Southern University	Offers a similar blended 3+2 model with an athletic training concentration; offers similar courses in motor learning, exercise physiology and lab, special populations, exercise psychology, biomechanics, research methods, strength and conditioning	Additional concentrations offered in clinical exercise physiology and strength and conditioning; no administration course.
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*State whether new faculty, staff or administrative personnel are needed to implement the program modification; if so, discuss the plan and timeline for hiring the personnel. Provide a brief explanation of any personnel reassignment as a result of the proposed program modification.*

With available Exercise Science and Athletic Training faculty in place, this program modification will not initially require additional full-time faculty, but adjunct faculty may be needed as the program enrollments increase. No new staff or administrative personnel will be required.

### **Resources**

*Identify new library, instructional equipment and facilities needed to support the modified program.*

#### **Library Resources:**

No additional resources are needed. Current library resources associated with the B.S. Athletic Training program are sufficient for this program concentration. Those include multiple databases and journal subscriptions. The department has a dedicated library representative who regularly assesses library needs associated with the fields of exercise science and athletic training and recommends new acquisitions for the library.

#### **Equipment:**

No additional or specialized equipment is needed for the exercise science program or the new athletic training concentration. The university has a new exercise science lab with state-of-the-art equipment and the athletic training program has sufficient equipment to support the new athletic training concentration. The College of Education also has technology-enhanced classrooms and an existing Instructional Technology Center that serves all of its programs.

#### **Facilities:**

The Exercise Science program has a new lab in the Lowenstein Building in a newly renovated complex that is part of a Rock Hill-Winthrop collaboration referred to as Knowledge Park. The lab has approximately \$200,000 in new equipment that will allow faculty to serve a growing number of Exercise Science majors. The current BS in Athletic Training program has dedicated academic space in the Winthrop Coliseum and in the Lois Rhame West Center. These facilities will serve Exercise Science majors enrolled in the Athletic Training concentration. Students in the Athletic Training concentration also have access for observations in the existing Athletic Training Clinics that are administered by the Department of Intercollegiate Athletics and the Department of Physical Education, Sport, and Human Performance.

#### **Impact on Existing Programs**

*Will the proposed program impact existing degree programs or services at the institution (e.g., course offerings or enrollment)? If yes, explain*

Yes

No

**Financial Support**

<b>Estimated Sources of Financing for the New Costs</b>						
<b>Category</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>Total</b>
Tuition Funding	135,711	135,711	175,626	175,626	175,626	798,300
Program-Specific Fees	11,730	11,730	15,180	15,180	15,180	69,000
Special State Appropriation						
Reallocation of Existing Funds						
Federal, Grant, or Other Funding						
<b>Total</b>	147,441	147,411	190,806	190,806	190,806	867,300

<b>Estimated New Costs by Year</b>						
<b>Category</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>Total</b>
Program Administration and Faculty and Staff Salaries			5,100	5,100	5,100	15,300
Facilities, Equipment, Supplies, and Materials	200	200	400	400	400	1,600
Library Resources						
Other (specify)	11,730	11,730	15,180	15,180	15,180	69,000
Institutional Overhead	54,284	54,284	70,250	70,250	70,250	319,320
<b>Total</b>	66,214	66,214	90,930	90,930	90,930	405,220
<b>Net Total</b> (i.e., Sources of Financing Minus Estimated New Costs)	81,227	81,227	99,876	99,876	99,876	462,080

**Budget Justification**

*Provide a brief explanation for all new costs and sources of financing identified in the Financial Support table.*

Tuition funding is calculated by \$7,653 in-state tuition plus \$330 university fees per semester for 17 students in years 1 and 2 and 22 students in years 3-5. Program-specific fees totaling \$690 were calculated for the number of students in years 1-5.

With the existing Exercise Science and Athletic Training faculty available to teach the program with the new Athletic Training faculty, no new full-time faculty will be needed to support the program with the new concentration, especially since the existing B.S. in Athletic Training program will be phasing out and the planned M.S. in Athletic Training program will not begin until fall 2022. As enrollments increase one to two classes may need to be taught by adjunct faculty (\$2,550 per course). Existing College of Education administrators (dean, associate deans, and department chair) and existing support staff will be able to provide the needed support for the B.S. in Exercise Science with the new Athletic Training concentration.

Program-specific supplies and materials, along with Exercise Science certification costs, will be purchased using the \$690 per student course fees and is listed in the other costs.

The Institutional Overhead cost is calculated at 40% of the Tuition revenue and represents the amount allocated to the general operation of the University – utilities, maintenance, administration, etc.

### Evaluation and Assessment

Evaluation and Assessment		
Program Objectives	Student Learning Outcomes Aligned to Program Objectives	Methods of Assessment
EXSC students gain knowledge, skills, and abilities to prepare for employment of post-baccalaureate education.	<ul style="list-style-type: none"> <li>• Define the physical, psychological and social components of Exercise Science</li> </ul>	<ul style="list-style-type: none"> <li>• Internship and/or clinical evaluations</li> <li>• PESH Department Oral Communication Rubric</li> <li>• PESH Department Written Communication Rubric</li> <li>• Course based assessments</li> </ul>
EXSC students can apply discipline specific concepts in a client setting	<ul style="list-style-type: none"> <li>• Graduates will assess individual clients and use that information to design optimal individual programs that include the application of teaching techniques</li> <li>• Graduates will be able to assess individual clients' physical, social and affective needs and abilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Final Project rubric</li> <li>• Practical Skills rubric</li> <li>• Internship and/or clinical evaluations</li> </ul>
EXSC students develop discipline specific assessment techniques.	<ul style="list-style-type: none"> <li>• Graduates will design optimal individual programs according to their client's physical, social and affective needs and abilities</li> </ul>	<ul style="list-style-type: none"> <li>• Final Project rubric</li> <li>• Practical Skills rubric</li> <li>• Internship and/or clinical evaluations</li> </ul>

	<ul style="list-style-type: none"><li>• Graduates will instruct and motivate clients on their performance of exercise skills.</li></ul>	
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*Will any the proposed modification impact the way the program is evaluated and assessed? If yes, explain.*

- Yes  
 No

*Will the proposed modification affect or result in program-specific accreditation? If yes, explain; and, if the modification will result in the program seeking program-specific accreditation, provide the institution's plans to seek accreditation, including the expected timeline.*

- Yes  
 No

*Will the proposed modification affect or lead to licensure or certification? If yes, identify the licensure or certification.*

- Yes  
 No

*Explain how the program will prepare students for this licensure or certification.*

Not applicable.

*If the program is an Educator Preparation Program, does the proposed certification area require national recognition from a Specialized Professional Association (SPA)? If yes, describe the institution's plans to seek national recognition, including the expected timeline.*

- Yes  
 No

Bachelor of Science in Exercise Science  
Department of Physical Education, Health and Human Performance  
Richard W. Riley College of Education

<b>General Education Courses</b>		<b>Semester Hours</b>
ACAD 101	Principles of the Learning Academy	1
<b>Shared Skills and Proficiencies</b>		
<b>Writing and Critical Thinking</b>		
WRIT 101	Composition	3
HMXP 102	The Human Experience: Who Am I?	3
CRTW 201	Critical Reading, Thinking, & Writing	3
<b>Oral Communication</b>		
	Select from approved List	3
<b>Technology</b>		
CSCI 101 & 3 from 101A, B, C, F, or P	Intro to Comp & Info Processing	3
<b>Intensive Writing</b>		
PESH 381	Research Methods in Phys. Act. & Sport Mgmt	0
<b>Constitution Requirement</b>	Select from approved list	0-3
<b>Physical Activity</b>		
	Met in major with PESH 102	0
<b>Introducing Students to Broad Disciplinary Perspectives</b>		
<b>Global Perspectives</b>	Select from approved list	3
<b>Historical Perspectives</b>	Select from Approved List	3
<b>Social Science</b>	Select from approved list	3
	PSYC 101 General Psychology	3
<b>Humanities and Arts</b>	Select from approved list	6
<b>Quantitative Skills and Natural Science</b>		
<b>Quantitative Skills</b>	Select from approved list	3-4
<b>Natural Science</b>	Met in major with BIOL 220/222 and CHEM 105 or PHYS 101/102 and CHEM 101	0
<b>Subtotal</b>		<b>37-41</b>
<b>Exercise Science Core</b>		
EXSC 101	Introduction to Exercise Science	1
EXSC 208	Group Exercise Leadership	2
EXSC 231	Scientific Foundations in Exercise Science	2
EXSC 382	Biomechanics	3
EXSC 384	Exercise Physiology	3
EXSC 385	Exercise Physiology Lab	1
EXSC 401	Psychology of Sport and Physical Activity	3
EXSC 465	Strength and Conditioning	3
EXSC 480	Exercise Testing and Prescription	3
EXSC 492	Cert. Seminar in Exercise Science: Exercise Physiologist <b>or</b>	
EXSC 493	Cert. Seminar in Exercise Science: Strength & Conditioning	2
EXSC 501	Administration of Sport & Phys Ed Programs	3

## Agenda Item 3a

HLTH 300	Personal and Community Health	3
HLTH 406	Exercise and Health Promotion	3
PESH 102	Weight Training	1
PESH 201	First Aid and CPR	1
PESH 242	Motor Learning	3
PESH 381	Research Methods in Phys. Act. & Sport Mgmt.	3
Electives		0-7

**40-47 credit hours****Scientific Foundation Core**

BIOL 213 or BIOL 307	Anatomy & Physiology I or Anatomy	4
BIOL 214 or BIOL 308	Anatomy & Physiology II or Human Physiology	4
NUTR 221	Human Nutrition	3

**11 credit hours****Exercise Science Courses (if selecting the regular program)**

BIOL 220/222	Principles of Cell & Molecular Biology & Lab	4
CHEM 105	General Chemistry I	3
EXSC 481	Application of Exercise Testing and Prescription	1
EXSC 484	Exercise Physiology II	3
EXSC 486	Exercise Physiology II Lab	1
EXSC 494	Portfolio in Exercise Science	1
EXCS 496	Internship in Exercise Science	9
EXCS 511	Physical Activity for Special & Aging Populations	3

**25 credit hours****Athletic Training Concentration Courses**

ATRN 151	Foundations of Athletic Training	3
ATRN 201	Observations and Skills	1
ATRN 301	Observations and Skills	1
ATRN 501	Clinical Experience I	2
ATRN 505	Essential Clinical Skills	2
ATRN 515	Emergency Aspects	2
ATRN 520	Professional Practice I	2
ATRN 530	Assessment and Management I	4
ATRN 535	Assessment and Management II	4
CHEM 101	Applying Chemistry to Society	3
NUTR 520	Sport Nutrition	3
PHYS 101/102	Every Day Physics & Lab	4

**31 credit hours****TOTAL CREDIT HOURS****120**