

PROGRAM MODIFICATION PROPOSAL FORM

Name of Institution:

The Citadel, Military College of South Carolina

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 a new concentration in Tactical Performance and Resiliency to existing our Master of Science in Health, Exercise and Sport Science from the Department of Health and Human Performance in order to provide students with unique knowledge and skills to meet a rapidly growing workforce demand across the state and the nation.

Current Name of Program (include degree designation and all concentrations, options, and tracks):

Master of Science in Health, Exercise, and Sport Science

Proposed Name of Program (include degree designation and all concentrations, options, and tracks):

Master of Science in Health, Exercise, and Sport Science with a Concentration in Tactical Performance and Resiliency

Program Designation:

- | | |
|---|--|
| <input type="checkbox"/> Associate's Degree | <input checked="" type="checkbox"/> Master's Degree |
| <input 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:

May 2019

CIP Code: 310505

Current delivery site(s) and modes:

The Citadel Main Campus, Traditional/face-to-face

Proposed delivery site(s) and modes:

The Citadel Main Campus, Traditional/face-to-face

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

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Institutional Approvals and Dates of Approval:

- Department of Health and Human Performance: 09/07/2018
- School of Science and Mathematics: 09/07/2018
- Graduate Curriculum and Instruction Committee: 09/18/2018
- Faculty Senate: 9/21/2018
- Provost: 9/21/2018
- President and Board of Visitors: 9/28/2018

Background Information

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

Detailed description of proposed modification:

The Citadel's current M.S. in Health, Exercise, and Sport Science prepares graduates for a wide variety of health-related careers and/or terminal degree programs. The proposed concentration in Tactical Performance and Resiliency (TPR) will provide students who complete the concentration with learning experiences focused on improving the physical, mental, and spiritual fitness of tactical athletes (TAs) and their tactical units. TAs are defined as active duty military or paramilitary personnel (e.g. soldiers, police officers, fire fighters), veterans, or recreational athletes engaged in tactical-style competitions (e.g. Cross Fit Games, Ninja Warrior Competitions). Tactical units are entities comprised of a group of tactical athletes (e.g. S.W.A.T. team, Navy SEALs, basic training battalion/company, fire department company, or search and rescue team).

TAs requires highly specialized training programs to develop and maintain the unique physical, mental, and spiritual fitness required by their profession. For those training programs to be effective, individuals with comprehensive skills and knowledge about the unique demands placed upon TAs and tactical units must be the ones designing, delivering, and evaluating those programs. The proposed TPR concentration will provide students with the comprehensive skills, knowledge and experiences required to be valued experts in a burgeoning field. Those enrolled in the TPR concentration will complete 18 credit hours of coursework tailored to provide them knowledge, skills, and experiences specific to improving the resiliency of individual TAs and entire tactical units.

Target Audience:

The primary target audience for this program is individuals with a baccalaureate degree who are passionate about and interested in serving the individuals and institutions that protect and serve our state and nation. Primarily, these individuals will be located locally or regionally. Secondly, we expect to attract some students from outside the state our southeastern region. Although helpful, students need not necessarily have a Bachelor of Science degree in an exercise-related field. However, they must meet the minimum standards already in place for admission

into our Master of Science program in Health, Exercise, and Sport Science and must demonstrate a passion for and commitment to improving the physical, mental, and spiritual fitness of TAs and tactical units.

Centrality to Institutional Mission:

The core mission of The Citadel is to “educate and prepare graduates to become principled leaders in all walks of life by instilling the core values of The Citadel in a challenging intellectual environment.” To accomplish that mission, The Citadel has four institutional pillars, of which “fitness” is one. The Citadel provides cadets with academic and experiential learning programs to improve skills and knowledge for their own fitness and for taking a leadership role in the fitness of others. The program being proposed here extends The Citadel’s academic and experiential learning programs around fitness to a much broader audience, therefore increasing The Citadel’s ability to impact the readiness of members of our Armed Forces, police departments, and fire departments statewide, nationwide, and worldwide.

Relation to Strategic Plan:

The TPR concentration is a key element in a new initiative at the Citadel, The FREEDOM Center. FREEDOM is an acronym for **F**oundational **R**esearch and **E**ducation on **E**xercise, **D**isease, and **O**besity for **M**ilitary Readiness. The FREEDOM Center is a prominent part of the institution’s strategic plan. A key element of The FREEDOM Center is new, multidisciplinary curricular programs that bring together the fields of exercise science, public health, and national security. Therefore, the TPR concentration is perfectly aligned with The Citadel’s desire to advance The FREEDOM Center in its new strategic plan.

Assessment of Need

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

Institutional need for program:

The proposed program will enhance our existing M.S. program and will provide the most highly skilled professionals to meet the workforce demands outlined below in the job opportunities section.

Need for the State, Region ,and Country:

Impact of low physical fitness on military readiness and national security.

Currently 71% of young Americans cannot qualify for military service, in most cases because they are either too fat, or too physically unfit to serve¹. Among those who do qualify for military service, injuries sustained during Basic Combat Training have steadily risen, are now the most common reason for delayed graduation and/or attrition from basic training, and are predominantly due to low fitness². In 2007, the armed services spent roughly \$1.5 billion for obesity-related health care expenses and costs to replace unfit military personnel³. Recent research led by The Citadel, and performed in collaboration with the Arnold School of Public Health at USC, demonstrated that Army recruits from South Carolina are among the least physically fit and most likely to become injured as compared to

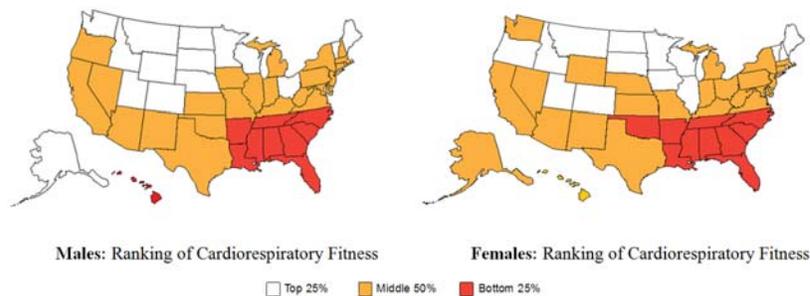
¹ Christeson W, Dawson Taggart A, Messner-Zidell S. *Too Fat to Fight: Retired Military Leaders Want Junk Food Out of America’s Schools*. Washington, DC: Mission Readiness. 2010.

² Boivin MR, Cowan DN, Packnett ER, et al. *Accession Medical Standards Analysis & Research Activity 2016 Annual Report*. Silver Spring, MD: Walter Reed Army Institute of Research; 2016

³ Voss, J. D., G. Pavela, and F. C. Stanford. 2018. Obesity as a threat to national security: The need for precision engagement. *International Journal of Obesity*. Published online March 9, 2018. doi: 10.1038/s41366-018-0060-y

recruits from other U.S. states⁴. As a “low fitness state” which can be seen in red the figure below, male and female recruits from South Carolina were 22% and 28% more likely to become injured as compared to recruits from “high fitness states.” Each injured recruit costs the U.S. Department of Defense an estimated \$31,000 (2005 US dollars)⁴. This issue of increased injury rate is compounded by the fact that South Carolina is a deeply patriotic state, ranking second nationally in the average number of military enlistees. Therefore, because recruits from South Carolina get injured at a higher rate, and because South Carolina provide a large number of recruits, in just a three-year period, the state of South Carolina cost the U.S. Department of Defense an estimated \$36,231,000.00.

Physical Fitness Levels of US Army Recruits Entering Basic Training from 2010-2013 (n=288,468)⁴



Additional impacts of low physical fitness on local, state, and national security.

The problem of low physical fitness of Army recruits highlighted above is just one example of the pervasive and troublesome nature of low physical fitness. The economic and tactical problems associated with low physical activity and low fitness extend to^{5,6}:

- All branches of the military
- All components of the military (active duty, guard, and reserve forces)
- Police departments, fire departments and other tactical units across the state and nation

Local, state, and national security extends beyond physical fitness.

In 2016 there were nearly 300,000 Active Duty Service Members diagnosed with a mental health disorder, representing a 20% increase in the prevalence of mental health disorders since 2005. The U.S. Armed Forces therefore recognized the need improve more than just the physical fitness of TAs and tactical units. The *Doctrine for the Armed Forces of the United States*⁵, released in July 2017, highlights the critical importance of “total force fitness” for all military branches and all military components (active duty, guard, and reserve forces). While not formally presented in such a document as the *Doctrine*, many other tactical entities outside the military also recognize the importance of training more than physical fitness. Currently, there are no colleges or universities in the country offering a formal education in TPR. The proposed TPR concentration will be the first program of its kind to meet the expressed need for professionals with knowledge, skills, and experiences across multiple dimensions of fitness.

⁴ Bornstein, D., Grieve, G., Clennin, M., McLain, A., Whitsel, L., Beets, M., Hauret, K., Jones, B., Sarzynski, M. (2018). Which U.S. States Pose the Greatest Threats to Military Readiness and Public Health? Public Health Policy Implications for a Cross-Sectional Investigation of Cardiorespiratory Fitness, Body Mass Index, and Injuries Among US Army Recruits. *Journal of Public Health Management and Practice*. doi: 10.1097/PHH.0000000000000778

⁵ National Research Council. Physical fitness and musculoskeletal injury. In: Sackett P, Mavor S, eds. *Assessing Fitness for Military Enlistment: Physical, Medical, and Mental Health Standards*. Washington, DC: National Academies Press; 2006:66–108

⁶ Kodama S, Saito K, Tanaka S, et al. Cardiorespiratory fitness as a quantitative predictor of all-cause mortality and cardiovascular events in healthy men and women: a meta-analysis. *JAMA*. 2009;301(19):2024–2035



Job Opportunities for those with expertise in Tactical Personnel and Resiliency.

The federal government is deploying resources to improve the performance and resiliency of active duty members of the U.S. Armed Forces. As such, they will need professionals like those graduating from The Citadel’s proposed TPR concentration to meet the needs within those active duty components. However, South Carolina also requires graduates of the proposed TPR concentration considering it is the state’s responsibility to improve the performance and resiliency of military and paramilitary personnel within the state. For example, the South Carolina National Army National Guard (SCARNG) has been recognized for implementing its “Warrior Fitness Program.” This program is helping address the need to develop more resilient members of the SCARNG but is hampered by a lack of properly trained professionals to carry out their program. The Citadel has already informally partnered with the SCARNG and looks to formally deepen and broaden that partnership to serve the SCARNG’s 10,000 members. However, the need for expertise in TPR extends beyond the active duty, and beyond the military. The table below summarizes the employment opportunities for those with expertise in TPR across the state and nation.

Population	State	Nationally	Data Type and Source
Active Duty (Army)	11,838	472,000	SC and National (Governing.com)
Active Duty (Navy)	6,823	319,000	SC and National (Governing.com)
Active Duty (Marine Corps)	10,582	319,000	SC and National (Governing.com)
Active Duty (Air Force)	7,407	184,000	SC and National (Governing.com)
Active Duty (Coast Guard)	857	41,000	SC and National (Governing.com)
Total Active Duty Military	37,507	1,335,000	SC and National (Governing.com)
Reserve Forces (Army)	13,344		SC and National (Governing.com)
Reserve Forces (Navy)	604		SC and National (Governing.com)
Reserve Force (Marine Corps)	412		SC and National (Governing.com)
Reserve Force (Coast Guard)	145		SC and National (Governing.com)
Total Reserve Military	14,505	800,000	

Total Military	52,012	2,135,000	
Law Enforcement Officers	11,674	900,000	SC (US Bureau of Justice Statistics National (National Law Enforcement Officers Memorial Fund))
Firefighters (Professional)	8,010	1,160,450	SC (South Carolina Firefighters Association) National (National Fire Protection Association)
Emergency Medical Services	N/A	826,000	National (National Institute for Occupational Safety and Health)
Total Paramilitary	19,684	2,886,450	
Total Tactical Personnel	123,708	7,156,450	

Transfer and Articulation

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

The Citadel has an existing articulation agreement with the US Army Public Health Center for research in fitness and military readiness (attached). And as previously stated, we have an informal relationship with the SCARNG. Once the program is approved we anticipate developing agreements/MOU with military and paramilitary entities and localities to serve as both a pipeline for students and as internship sites and employment sites for students enrolled in the program. Examples of potential entities and localities include:

- US Army Training Center-Ft. Jackson
- MCRD Parris Island
- South Carolina National Guard
- Marine Corps Base Quantico
- Joint Base Charleston
- US Army Research Institute of Environmental Medicine
- Charleston City Police Department
- Charleston City Fire Department
- Ralph H. Johnson VA Medical Center

Description of the Program

Projected Enrollment						
Year	Fall Headcount		Spring Headcount		Summer Headcount	
	New	Total	New	Total	New	Total
2019	15	45	15	45	15	45
2020	20	50	20	50	20	50
2021	20	50	20	50	20	50
2022	20	50	20	50	20	50

Explain how the enrollment projections were calculated.

We expect this new concentration will attract approximately 15 new students in its first year and 20 students a year in subsequent years.

Curriculum

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

Curriculum Changes

Courses Eliminated from Program	Courses Added to Program	Core Courses Modified
	TAPR 601 Introduction to Human Performance	
	TAPR 602 Psychological Resiliency for Tactical Athletes	
	TAPR 640 Tactical Strength and Conditioning	
	TAPR 645 Applied Principles of Behavior Change for Tactical Athletes	
	TAPR 695 Capstone Internship in Tactical Performance and Resiliency	

New Courses

List and provide course descriptions for new courses.

Introduction to Human Performance

This three credit hour course provides a study of fundamental concepts in human and exercise physiology as applied to programs for improving human performance. Theories, current research, and techniques for assessing human physiological responses to exercise, physical training, and health-related physical fitness for a wide spectrum of populations will be studied. Content will prepare students for professional certification as either a Certified Personal Trainer or Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association, depending upon the student's prior experience.

Psychological Resiliency for Tactical Athletes

This three credit hour course will provide students with foundational knowledge of psychology in the military and theoretical information on the interaction between physical and mental health as they relate to readiness and resiliency of military service members, veterans, law enforcement officers, firefighters, and other tactical personnel. This course will explore the meaning of readiness and resiliency, including the interconnectedness of mind, body, interpersonal, and spiritual fitness.

Tactical Strength and Conditioning

This three credit hour course provides a study of fundamental concepts in bioenergetics, biomechanics, and cardiopulmonary and skeletal muscle function and adaptation, as it relates to the physical conditioning, training, and physical fitness of tactical personnel. Current research, and laboratory techniques for assessing human physiological responses to exercise and training, will be studied. Topics to be covered include but are not limited to: testing and evaluating tactical populations, nutrition for tactical populations, and physiological issues related to fire and rescue, law enforcement, and military personnel. This course will include a 10 hour practicum to help students directly apply concepts learned in a real-world setting. Content will prepare students for professional certification as a Tactical Strength and Conditioning Facilitator from the National Strength and Conditioning Association.

Applied Principles of Behavior Change for Tactical Athletes

Through this three credit hour course students will develop a theoretical knowledge base and a repertoire of practical skills to support physical and mental fitness within military, veteran and paramilitary populations. In service of these goals, this course provides 1) an overview of general psychological principles of behavior change (e.g., behavioral, cognitive and motivational theories) that bridge the gap between physical and mental conditioning and 2) practical skills training in assessment and treatment planning to increase physical activity for the benefit of overall fitness, readiness and resilience among service members, veterans and paramilitary personnel. This course will include a 10 hour practicum to help students directly apply concepts learned in a real-world setting.

Capstone Internship in Tactical Performance and Resiliency

This six credit hour course is a supervised internship experience of 300 hours in a private or public sector host organization focused on performance and resiliency of tactical athletes, or veterans. Students will initially observe and shadow, but will ultimately actively participate in designing and/or delivering programs aimed at improving aspects of physical, mental, and/or spiritual performance and resiliency of tactical athletes and/or tactical units. Upon completion of the internship, students will present a comprehensive summary of the internship experience along with a formal evaluation from their internship coordinator.

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.

Program Name and Designation	Total Credit Hours	Institution	Similarities	Differences
M.S. in Exercise Science	39	University of South Carolina	Courses in: Exercise Physiology, Exercise Testing and Prescription, Research Methods, and Motor Control	Courses in: Personal Training/Strength and Conditioning, Psychological Resiliency, Nutrition, Tactical Strength and Conditioning, Applied Principles of Behavior Change for Tactical Athletes, Capstone Internship in Tactical Performance & Resiliency

Faculty

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.

No new faculty or administrative personnel are required to implement the program. Current faculty and administrative personnel within The Citadel's Department of Health and Human Performance and its Department of Psychology have the content expertise and the desire to implement the proposed Concentration in Tactical Performance and Resiliency.

Faculty and Administrative Personnel				
Rank and Full or- or Part-time	Citadel Department	Academic Degrees, Institution (Major)	Courses Taught Relevant to Program	Other Qualifications and Relevant Professional Experience (e.g., licensures, certifications, years in industry, etc.)
Professor - FT	Health and Human Performance	Ph.D., Oregon State University (Health and Human Performance)	<ul style="list-style-type: none"> • Applied Exercise Physiology • Nutrition • Research Methods • Exercise Testing & Prescription • Capstone Internship 	<ul style="list-style-type: none"> • Expertise in traumatic brain Injury in military and sport populations • Assistant Provost for Research and Policy • Established researchers in area of applied exercise physiology
Associate Professor - FT	Health and Human Performance	Ph.D., University of South Carolina (Physical Education Pedagogy)	<ul style="list-style-type: none"> • Analysis of Movement Performance • Capstone Internship 	<ul style="list-style-type: none"> • Extensive experience in managing student internships • 12 years of post-secondary teaching experience
Assistant Professor - FT	Health and Human Performance	Ph.D., University of South Carolina (Exercise Science)	<ul style="list-style-type: none"> • Intro Human Performance • Applied Exercise Physiology • Analysis of Movement Performance • Advanced Analysis of Movement Performance • Research Methods • Strength and Conditioning • Exercise Testing and Prescription • Capstone Internship 	<ul style="list-style-type: none"> • Formerly certified strength and conditioning specialist, personal trainer, and corrective exercise specialist • Over 15 years successfully owning and managing commercial performance enhancement center for sport and tactical athletes • National leader in researching the impact of low fitness on military readiness and national security • 5 years of experience developing and managing student internships
Assistant Professor - FT	Health and Human Performance	Ph.D., East Tennessee State University (Sport Physiology and Performance)	<ul style="list-style-type: none"> • Intro Human Performance • Tactical Strength & Conditioning 	<ul style="list-style-type: none"> • Certified Strength and Conditioning Specialist • Tactical Strength and Conditioning Facilitator • Sport Performance Coach

			<ul style="list-style-type: none"> • Applied Exercise Physiology • Analysis of Movement Performance • Advanced Analysis of Movement Performance • Exercise Testing and Prescription 	<ul style="list-style-type: none"> • Over 10 years of applied strength and conditioning experience with sport and tactical athletes. • Accomplished researcher in the areas of performance in sport and tactical athletes
Assistant Professor - FT	Health and Human Performance	M.D., Spartan Health Sciences University (Medicine)	<ul style="list-style-type: none"> • Intro Human Performance • Nutrition • Applied Exercise Physiology 	<ul style="list-style-type: none"> • A Medical Doctor with over nine years of experience in teaching, with specialized training in applied anatomy and physiology, and neuroscience
Assistant Professor - FT	Health and Human Performance	Ph.D., University of South Carolina (Physical Education Motor Development)	<ul style="list-style-type: none"> • Intro Human Performance • Tactical Strength & Conditioning • Applied Exercise Physiology • Analysis of Movement Performance • Advanced Analysis of Movement Performance 	<ul style="list-style-type: none"> • Certified Strength and Conditioning Specialist • Tactical Strength and Conditioning Facilitator • 10 plus year fitness industry experience as Personal Trainer • Certified Athletic Trainer since 2003, with expertise in injury prevention and rehabilitation
Assistant Professor - FT	Health and Human Performance	Ph.D., Michigan State University (Kinesiology and Exercise Physiology)	<ul style="list-style-type: none"> • Applied Exercise Physiology • Nutrition • Research Methods • Exercise Testing and Prescription 	<ul style="list-style-type: none"> • Award winning teacher from Michigan State University • Extensive research experience in designing and delivering obesity and physical activity interventions
Assistant Professor - FT	Psychology	Ph.D., Boston University (Clinical Psychology)	<ul style="list-style-type: none"> • Psychological Resiliency for Tactical Athletes • Behavior Change for Tactical Athletes 	<ul style="list-style-type: none"> • Extensive experience clinical and research psychology with military service-members and veterans • Clinical, teaching and research expertise in mental health disorders including Posttraumatic Stress Disorder and substance use disorders • Clinical, teaching, and research expertise in the role of social support for improving mental health disorders
Administrative Assistant - FT	Health and Human Performance	M.S., Strayer University (Management/Project Management)	N/A	<ul style="list-style-type: none"> • Well-demonstrated effectiveness at managing the needs of an academic department

Resources

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

Library Resources: \$10,000 in new library resources

Equipment: The program will use existing program equipment

Facilities: The program will use existing program facilities

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, the proposed program concentration in TPR is expected to increase enrollment in existing M.S. in Health, Exercise and Sport Science, and to offset a loss in M.S. students to M.S. programs in Athletic Training.

No

Financial Support

Estimated Sources of Financing for the New Costs						
Category	1st	2nd	3rd	4th	5th	Total
Tuition Funding	162,000	216,000	216,000	216,000	216,000	1,026,000
Program-Specific Fees						
Special State Appropriation						
Reallocation of Existing Funds						
Federal, Grant, or Other Funding						
Total	162,000	216,000	216,000	216,000	216,000	1,026,000
Estimated New Costs by Year						
Category	1st	2nd	3rd	4th	5th	Total
Program Administration and Faculty and Staff Salaries	46,500	85,500	85,500	85,500	85,500	388,500
Facilities, Equipment, Supplies, and Materials						
Library Resources	10,000	10,000	10,000	10,000	10,000	50,000
Other (specify)						
Total	56,500	95,500	95,500	95,500	95,500	438,500
Net Total (i.e., Sources of Financing Minus Estimated New Costs)	105,500	120,500	120,500	120,500	120,500	587,500

Budget Justification

No new faculty, staff or administrative personnel are needed to implement the program. Therefore, an average of \$5,000 per course plus fringe was used to calculate the instructional cost. Additionally, 10% of the program coordinators salary was attributed to the program cost.

Evaluation and Assessment

Program Objectives	Student Learning Outcomes Aligned to Program Objectives	Methods of Assessment
<p>Establish The Citadel and the State of South Carolina as leaders in developing a highly unique curricular program aimed at improving resiliency of tactical athletes.</p>	<p>Through academic curricula and internships, provide students with skills, knowledge, and experiences in Tactical Performance and Resiliency so that they are fully-prepared to serve tactical athletes and tactical units across the state and the nation.</p> <ol style="list-style-type: none"> 1. Demonstrate skills in critical thinking, quantitative and qualitative reasoning, and persuasive written and oral communication. 2. Analyze essential concepts in anatomy, physiology, biomechanics, and bioenergetics as they relate to human performance in general and tactical populations. 3. Analyze essential concepts and principles of nutrition as they relate to health and human performance in general and tactical populations. 4. Apply concepts of human physiological performance testing as they relate to general and tactical populations, and specific physiological tasks. 5. Gain knowledge of psychology, mental and spiritual health of warfighters, firefighters, law enforcement officers and other first responders. 6. Apply concepts and principles of health and human performance to the development of strength and conditioning programs that will improve the readiness and resiliency of warfighters, firefighters, law enforcement 	<ul style="list-style-type: none"> • Direct assessments (written papers, tests, presentations, portfolios, and projects) assessed against established rubrics. • Success rate in passing certification exams • Quantity and quality of internship programs • Job placement rate after graduation

	officers and other first responders.	
Tie curricular programs to research and community outreach programs aimed at improving resiliency of tactical athletes	<p>Involve students in tactical performance and resiliency research being conducted by Citadel faculty.</p> <p>Involve students in community outreach programs aimed at improving resiliency of tactical athletes.</p>	<ul style="list-style-type: none"> • Report on quantity and quality of student engagement in research. • Report on number of conference presentations made by students and/or faculty. • Report on number of scientific papers published with student involvement. • Report on quantity and quality of student engagement in community outreach programs.
Employ graduates into military and paramilitary units across the state and nation		<ul style="list-style-type: none"> • Track the number of students employed in military and paramilitary units across the state. • Track the number of students employed in military and paramilitary units across the country. • Estimate the total number of Tactical Athletes being served by program graduates at the state and national levels.

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.** This program will prepare students for 4 professional certifications, as follows:
1. *Certified Personal Trainer*, National Strength and Conditioning Association
 2. *Certified Strength and Conditioning Specialist*, National Strength and Conditioning Association
 3. *Tactical Strength and Conditioning Facilitator*, National Strength and Conditioning Association

4. *Certified Corrective Exercise Specialist*, National Academy of Sports Medicine

No

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

Content and materials from the *Introduction to Human Performance* course will prepare students for the Certified Personal Trainer and/or Certified Strength and Conditioning Specialist Certifications. Content and materials from the *Tactical Strength and Conditioning* course will prepare students for Tactical Strength and Conditioning Facilitator Certification. Content and materials from the *Advanced Analysis of Movement Performance for Prevention and Treatment of Injuries* will prepare students for the Corrective Exercise Specialist Certification.

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