



EPC PROPOSAL FORM

Originating Academic Unit: Department of Kinesiology

Date Proposal Submitted: November 1, 2023

INSTRUCTIONS: Upon completing the form, submit the document with all appropriate signatures to the Office of the Provost *via* the Faculty Governance Manager at facgov@plu.edu.

DEADLINES:

To be considered for inclusion in the catalog for the following academic year complete proposals must be submitted no later than the dates as follows: **Type 3 - November 1. Type 2 - December 1. Type 1 - May 1.**

Early submission is encouraged for feedback and to ensure greater likelihood of timelines being met for inclusion.

For specifics on the processing of each type of proposal, read the [Educational Policies Committee Manual](#) in the PLU Faculty Handbook (Section III, Part VI), and the [Preparing EPC Proposals checklist](#), located on the documents and forms section of the Faculty Governance website.

PROPOSAL SUMMARY

Provide a summary of the proposal.

The Department of Kinesiology is proposing to eliminate three of its five currently offered minors. Specifically, this proposal will offer rationale and support for eliminating minors in Pre-Athletic Training, Personal Training, and Coaching. All three of these minors continue to be low enrolled (fewer than 15 students are currently enrolled in all three minors combined). Reducing the minor offerings would not reduce course offerings since the courses are still required in the undergraduate concentrations in Kinesiology. Therefore, student interests in these areas could still be met, through appropriate advising, without the minor(s). The remaining two minors (Kinesiology minor and Exercise and Sport Psychology minor) represent unique and specific knowledge areas, are typically highly enrolled minors, and serve students across campus, so this proposal will also outline why the department has chosen to continue offering these two minors while eliminating the other three minors.

TYPE OF PROPOSAL

Check all the appropriate boxes.

[] TYPE 1: NON-SUBSTANTIVE CHANGES [complete shaded sections and provide signatures]

Check boxes in this section for any changes that do not alter curricular components or requirements. Also complete Proposal Summary (above), a brief Statement of Rationale (below), Catalog/Curriculum Changes section (ahead), and provide chair/dean signatures on the final page.

- ☐ Change course number
- ☐ Change course title
- ☐ Delete course with no GenEd element, which is not part of by any other major/minor/concentration
- ☐ Add GenEd Element to existing course
- ☐ Prerequisite change within the academic unit only
- ☐ Catalog editorial change

[] TYPE 2: SUBSTANTIVE CHANGES [complete all sections, including signatures]

Submit completed form, including signatures. Be sure to check all boxes that apply.

- | | |
|--|---|
| <input type="checkbox"/> Change course description** | <input type="checkbox"/> Change a course's credit hours |
| <input type="checkbox"/> Add permanent GenEd course** | <input type="checkbox"/> Delete GenEd course |
| <input type="checkbox"/> Add permanent non-GenEd course** | <input type="checkbox"/> Revise curriculum** |
| <input type="checkbox"/> Change major requirement** | <input type="checkbox"/> Change minor requirement** |
| <input type="checkbox"/> Change grading type (e.g. P/F, letter grade) | <input type="checkbox"/> Change concentration requirement** |
| <input type="checkbox"/> Change prerequisite involving another unit's course | |
| <input type="checkbox"/> Other: _____ | |

☐ TYPE 3: CHANGES REQUIRING FACULTY ASSEMBLY APPROVAL *[complete all sections, including signatures]*

Note: These proposals require the approval of the Board of Regents in addition to the Faculty Assembly.

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> New Degree** | <input type="checkbox"/> New Major** | <input type="checkbox"/> New Minor** | <input type="checkbox"/> New Concentration** |
| <input type="checkbox"/> Eliminate Degree | <input type="checkbox"/> Eliminate Major | <input checked="" type="checkbox"/> Eliminate Minor | <input type="checkbox"/> Eliminate Concentration |
| <input type="checkbox"/> Add Certificate (non-Continuing Education)** | | | <input type="checkbox"/> Other: _____ |

** These changes/proposals require completion of the [EPC Curriculum Change Template](#) and a two-year course cycle. The noted Type 3 proposals also require attachment of an [Institutional Impact Evaluation Form](#).

** A course syllabus must be submitted with these course proposals.

STATEMENT OF RATIONALE

Provide a statement of rationale and/or other clarifications. Include information on student learning and outcomes and any General Education Program rationale.

The Department of Kinesiology is proposing to reduce the currently offered five minors to two. Specifically, the department is seeking to eliminate the Coaching minor, Personal Training minor, and Pre-Athletic Training minor.

Eliminating these three minors would increase curricular flexibility because some of the courses that are currently offered regularly could move to a semi-regular (biennial) offering based on faculty expertise, sabbatical leaves, etc. (e.g., KINS 324, KINS 334, KINS 360, KINS 361, KINS 411). Reducing our minor offerings would not eliminate courses taught in the Kinesiology curriculum nor would it prevent students with these academic interests from gaining the knowledge and requisite skills from these courses {as will be outlined below}.

Nuanced rationale for eliminating each specific minor is offered below:

Rationale for Eliminating the Pre-Athletic Training Minor:

In addition to low enrollment (n=4), the Department of Kinesiology does not currently offer coursework that is necessary for a specific minor in pre-athletic training at this time. For example, courses such as "Injury pathologies," "injury evaluations," "therapeutic modalities in athletic training," or "injury prevention techniques," are all courses that might be part of undergraduate curriculum that emphasizes or focuses on athletic training. Although certified athletic trainers and physical therapists have taught special topics courses in Kinesiology, at times, the department no longer has tenured, tenure track, or contingent faculty members trained in this area. As is, this minor does not prepare students for additional certifications; nor does it prepare them for graduate education in athletic training above and beyond the preparation they earn through undergraduate degrees in Kinesiology.

Rationale for Eliminating the Personal Training Minor:

As of Fall 2023, there are three students that have declared a minor in Personal Training, and this has been a consistently low enrolled minor for more than five years. This minor does not lead to any additional certifications. Students can still gain requisite knowledge in exercise prescription (KINS 383), fitness programming and delivery (KINS 280), nutrition, health, and performance (KINS 320), and applied training and conditioning (KINS 334) since these courses are offered as options for students to take during their undergraduate career in Kinesiology.

Rationale for Eliminating the Coaching Minor:

Although previously aligned with standards associated with quality coaching education programs, the current Coaching minor does not meet the newly updated accreditation standards for the National Committee for Accreditation of Coaching Education (NCACE). Current accreditation requirements are such that programs must meet seven core responsibilities and 42 standards as part of SHAPE America's National Standards for Sport Coaches in order to be certified as a NCACE program. In order to meet these needs, we would need to increase the number of courses and create more robust offerings, specifically, in program management, safe sporting environments, and ethics and liability. In addition, over half of the credit hours required for this minor overlap with another minor we offer in Exercise and Sport Psychology. With only five students currently enrolled in the Coaching minor whose interests could still be served through the Exercise and Sport Psychology minor, now is the time to eliminate this minor.

Faculty have chosen to retain the other two Kinesiology minors (Exercise and Sport Psychology and Kinesiology) because they both serve PLU students from other degree programs who might be interested in Kinesiology but cannot add a second academic major. In addition, the general Kinesiology minor allows students to select sixteen (16) credits any combination of Kinesiology courses. This degree program ensures that students who do not major in Kinesiology but might have an interest in personal training or coaching, in particular, could be advised on how to select and schedule coursework so that they could still learn related knowledge and develop the requisite skills that align with their interests. The Exercise and Sport Psychology minor offers content in a specific subdiscipline within Kinesiology

and provides social-psychological content that supports students' abilities to effectively practice in the field. It is a minor that continues to attract a significant number of students and boasts one of the highest enrollments for minors at PLU (historically, between 30-40 students; 33 students have declared this minor as of October 2023).

For the reasons listed above, retaining two minors and eliminating three minors will ensure we are able to continue meeting students' diverse interests in the field of Kinesiology while reducing current curricular constraints.

CATALOG/CURRICULUM CHANGES

Current Catalog Language:

Kinesiology

The primary mission of the Department of Kinesiology is to provide quality academic professional preparation for undergraduate students in areas related to the study of human movement, especially as it supports the pursuit of lifelong physical activity and well being (i.e., health & fitness education, recreation, exercise science, pre-physical therapy, pre-athletic training and health & fitness management). We strive to prepare future leaders who will positively impact the health behaviors of individuals and of society through the education and promotion of life-sustaining and life-enhancing pursuits.

The successful completion of our majors demands a strong integration of the liberal arts and sciences with thorough professional preparation in light of respective state and national standards, accrediting bodies and certification programs. Internship experiences are an integral element of all majors in the department and allow for students to further develop and apply their education and training in real world, professional settings. In addition, we provide a diverse array of physical activity instruction for students as part of the General Education Program Element (GenEd) Requirements of the University.

The goals of these classes are to: (a) develop in each student a fundamental respect for the role of physical activity in living, including the assessment of physical condition and the development of personally designed, safe, effective and functional fitness programs with attention to lifetime activities, and (b) to expose students to a diversity of physical activities and experiences in a manner which enhances understanding of their educational, social, spiritual, ethical and moral relevance. Our programs provide opportunities for all participants to develop and apply a knowledge base regarding physical activity and psychomotor and behavioral skills, which encourages the development of lifelong health and wellness.

The department offers two degree programs: the Bachelor of Arts Degree in Kinesiology (B.A.K.) with teacher certification option, and the Bachelor of Science Degree in Kinesiology (B.S.K.) which offers two different pre-professional concentrations: exercise science and pre-physical therapy. Students completing these degrees often go on for further graduate study in physical therapy, sport psychology, athletic training, exercise science, recreation, public health etc., or enter into professions such as teaching, personal training, promotions and management, youth programming, coaching and other areas and do so in diverse settings such as schools, private health clubs, nonprofit agencies, corporations, professional sport teams, youth clubs, hospitals, parks and recreation departments and health departments, among others.

In addition, five distinct minors can be used to complement majors within the department, or can be pursued by majors outside the department in areas of personal or professional interest. These minors are coaching, exercise and sport psychology, kinesiology (general studies), personal training, and pre-athletic training.

Residency Requirements

- At least 32 credits of all majors must be taken in residency at PLU, and at least 16 of those must be taken from within the Department of Kinesiology.
- At least eight semester hours for all minors must be taken in residency at PLU and within the Department of Kinesiology.
- At least eight semester hours applied toward a kinesiology minor must be earned independently from the kinesiology major requirements.

Minors

- **Coaching**

20 semester hours

- KINS 314: Team Building for High Performance Teams (4)
- KINS 320: Nutrition, Health, and Performance (4)
- KINS 334: Applied Training and Conditioning (2)
- KINS 361: Coaching Practicum (2)
- KINS 390: Applied Exercise and Sport Psychology (4)
- KINS 411: Coaching Effectiveness (4)
- Valid CPR and First Aid card required

- **Exercise and Sport Psychology**

20 semester hours

- KINS 366: Health Psychology (4)
- KINS 386: Social Psychology of Sport and Physical Activity (4)
- KINS 390: Applied Exercise and Sport Psychology (4)
- 4 semester hours from:
 - KINS 314: Team Building for High Performance Teams (4)
 - KINS 315: Body Image (4)
 - KINS 324: Physical Activity and Lifespan (4)
 - KINS 411: Coaching Effectiveness (4)
 - BIOL 444: Neurobiology (4)
- 4 semester hours from:
 - PSYC 310: Personality Theories (4)
 - PSYC 320: Development Across the Lifespan (4)
 - PSYC 330: Social Psychology (4)

- **Kinesiology (General Studies)**

16 semester hours of FTWL/KINS coursework

A maximum of six FTWL activity course hours (FT) may count toward the kinesiology minor and at least four semester hours in the minor must be earned in KINS courses at the 300-400 level. KINS 360, 361, 490, 495, and 499 may not be taken toward the general studies minor. Students with majors in the Department of Kinesiology are not eligible to earn the kinesiology general studies minor.

- **Personal Training**

20 semester hours

- KINS 280: Fitness and Recreation Programming and Delivery (4)
- KINS 320: Nutrition, Health, and Performance (4)
- KINS 334: Applied Training and Conditioning (2)
- KINS 360: Professional Practicum (2)
- KINS 383: Exercise Testing and Prescription (4)

- KINS 390: Applied Exercise and Sport Psychology (4)
 - Valid CPR and First Aid card required
 - **Pre-Athletic Training**
18 semester hours
 - Must be a declared major in Kinesiology (B.S.K.) or have departmental approval.
 - KINS 320: Nutrition, Health, and Performance (4)
 - KINS 326: Adapted Physical Activity (4)
 - KINS 360: Professional Practicum (2)
 - KINS 380: Exercise Physiology (4)
 - KINS 486: Applied Biomechanics and Kinesiology (4)
 - Valid CPR and First Aid Card
-

Proposed Catalog Language: (note changes in **Blue Bold** and ~~Blue Strikeout~~)

Kinesiology

The primary mission of the Department of Kinesiology is to provide quality academic professional preparation for undergraduate students in areas related to the study of human movement, especially as it supports the pursuit of lifelong physical activity and well being (i.e., health & fitness education, recreation, exercise science, pre-physical therapy, pre-athletic training and health & fitness management). We strive to prepare future leaders who will positively impact the health behaviors of individuals and of society through the education and promotion of life-sustaining and life-enhancing pursuits.

The successful completion of our majors demands a strong integration of the liberal arts and sciences with thorough professional preparation in light of respective state and national standards, accrediting bodies and certification programs. Internship experiences are an integral element of all majors in the department and allow for students to further develop and apply their education and training in real world, professional settings. In addition, we provide a diverse array of physical activity instruction for students as part of the General Education Program Element (GenEd) Requirements of the University.

The goals of these classes are to: (a) develop in each student a fundamental respect for the role of physical activity in living, including the assessment of physical condition and the development of personally designed, safe, effective and functional fitness programs with attention to lifetime activities, and (b) to expose students to a diversity of physical activities and experiences in a manner which enhances understanding of their educational, social, spiritual, ethical and moral relevance. Our programs provide opportunities for all participants to develop and apply a knowledge base regarding physical activity and psychomotor and behavioral skills, which encourages the development of lifelong health and wellness.

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In addition, **five the department supports two distinct minors. The Exercise and Sport Psychology minor is available to both Kinesiology majors and non-majors.** ~~distinct minors can be used to complement majors within the department, or can be pursued by majors outside the department in areas of personal or professional interest. These minors are coaching, exercise and sport psychology, kinesiology (general studies) minor is open to non-majors only, personal training, and pre-athletic training.~~

Residency Requirements

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- ~~KINS 360: Professional Practicum (2)~~
- ~~KINS 383: Exercise Testing and Prescription (4)~~

- ~~KINS 390: Applied Exercise and Sport Psychology (4)~~
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~~18 semester hours~~

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- ~~KINS 320: Nutrition, Health, and Performance (4)~~
- ~~KINS 326: Adapted Physical Activity (4)~~
- ~~KINS 360: Professional Practicum (2)~~
- ~~KINS 380: Exercise Physiology (4)~~
- ~~KINS 486: Applied Biomechanics and Kinesiology (4)~~
- ~~Valid CPR and First Aid Card~~

Additional information for courses:

Are there courses that can be repeated for credit because of variable content? ☐ Yes, ? Times ☐ No [Default is 'no.' Note that does not exclude a student's option to repeat a course for a better grade to replace the initial one.]
 [If yes, the parameters must be clear in course description]

Grade Type: ☐ Standard Letter ☐ Pass/Fail

Anticipated Enrollment:

Course Syllabus Attached**: ☐ Yes ☐ No

**Required for new courses, and other proposals as indicated above.

Does the proposal include the addition to a course(s) of one or more General Education Program elements (GenEd)?

☐ Yes (Check the appropriate boxes below)

If more than one course is proposed, make sure the proposal makes clear which GenEd elements, if any, are proposed for each course.

☒ No

☐ International Honors (100-level) H1
☐ International Honors (300-level) H3

☐ International Honors (200-level) H2

☐ FYEP 101 FW
☐ FYEP 102 FD
☐ Academic Study of Religion RL
☐ Engaging the Natural World NW
☐ Examining Self and Society ES
☐ Quantitative Reasoning QR

☐ Fitness and Wellness FT
☐ Global Engagement GE
☐ Creative Expression CX
☐ Interpreting Text IT
☐ Exploring Values and Worldviews VW
☐ Culminating Experience SR

Do you want to apply an attribute from the previous GenEd? (MR, A, C, AR, LT, SO, RC, RG, NS, SM, PH)

☒ No

☐ Yes, _____

NOTE: Submissions will be forwarded to the Core Curriculum Committee for its review and recommendation.

Diversity courses have specific learning objectives that must be included in the syllabus.

- ☐ If your proposal contains a change in course number and/or title and/or course elimination, by checking the box to the left, you are giving permission to the Registrar's Office to make changes to the catalog sections of academic units affected by the change.

STAFFING & BUDGETARY IMPLICATIONS

Has this proposal been formally approved by at least 2/3 of the full-time teaching faculty in your academic unit?

☒ Yes

☐ No (Indicate why the proposal is being forwarded to EPC)

Does this proposal impact any other academic unit?

☐ Yes (List below and indicate if 2/3 of the full-time faculty in that area support the proposal and include evidence of support)

☒ No

Does this proposal require the commitment of new or substantially different support services (e.g., Library acquisitions, Information and Technology Services, Wang Center)?

☐ Yes (Explain and indicate if support services have been consulted)

☒ No

Explain how the proposed change(s) will be staffed. Please note any impacts to regular general education offerings from your program (e.g., FYEP, IHON, and/or other courses that meet general education requirements). Revised 2-Year Course Cycle must be attached.

There are no proposed changes to staffing in Kinesiology. This revised curriculum would offer curricular flexibility with fewer courses needing to be offered as multiple sections each semester.

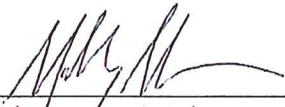
Are special budgetary arrangements and funding required? If "no", explain how the proposed changes will be integrated without added personnel or budgetary requirements.

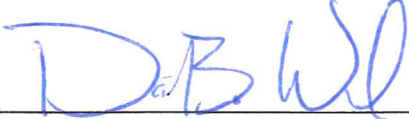
☐ Yes (Explain what types of support will be used to meet the budgetary requirements of the proposed change(s). Include the source(s) of funding, percentage of costs covered, and time frame covered.)

☒ No

NOTE: Budgetary considerations will be reviewed/approved by Dean and Provost.

REQUIRED SIGNATURES

 MALLORY MANN 10/30/23
Dept. Chair/Program Chair/Assoc. Dean (Print name and signature) (Date)

 David Ward 10/31/23
Dean (Date)

Provost (Date) ☐ Forwarded with Endorsement
☐ Forwarded with Reservations