

UNIVERSITY CURRICULUM COMMITTEE

PROPOSAL FOR NEW ACADEMIC PLAN, PLAN CHANGE, OR PLAN DELETION

1. College Engineering and
Natural Sciences

2. Academic Unit Biological Sciences

3.
Academic
Plan
Name B.S. EXERCISE SCIENCE
(EXTENDED MAJOR)

4. Subplan (if
applicable)? _____

5. Effective Date FALL
2007

6. Is this proposal for a
:

☐ New Plan

☒ Plan Change

☐ Plan Deletion

☐ New Subplan

☐ Subplan

Change

☐ Subplan Deletion

7.

For Plan Changes, place the existing catalog text in this column. Please copy and paste the text directly from the <i>current</i> on line academic catalog: (http://www4.nau.edu/aio/AcademicCatalog/academiccatalogs.htm) <i>Be sure you include all catalog text that pertains to this plan change</i> We offer the B.S. in exercise science with two emphases: clinical exercise physiology and graduate and professional preparation. To earn this degree, you must complete at least 120 units of coursework, which we describe in the sections that follow: - At least 35 units of liberal studies requirements. Be aware that you may not use courses with an EXS prefix to satisfy these liberal studies requirements. Contact your department for information about liberal studies courses that are specific to this major. - at least 89 units of major requirements - elective courses, if needed, to reach an overall total of at least 120 units Be aware that some courses required for your degree may have prerequisites that you must also take. Check the courses in the appropriate subject. (You may be able to count these prerequisites toward your liberal studies or general elective credit.) Please note that you must complete NAU's diversity requirements by taking two 3-unit courses, one in ethnic diversity and one in global awareness. These courses may be used to meet other requirements within your academic plan if you choose them carefully. Click here for a list of the available diversity courses. Also be aware that NAU requires that at least 30 units of the courses you take for your degree must be upper-division courses (those numbered 300 and above). Finally, please note that you may be able to use some courses to meet more than one requirement; however, you must still meet the total of at least 120 units to graduate. Contact your advisor for details. MAJOR REQUIREMENTS As an exercise science major, you complete 89 units of common courses and emphasis requirements. Common Courses You must complete the following 71-74 units: - EXS 190, 334, 336, 337, 460, and 460L (14 units) - BIO 444C or EXS 514 (3-4 units)	Show the proposed changes in this column. Please BOLD the changes, to differentiate from what is not changing. <i>(Describe the changed requirements under headings that match those used in the left column. Please be aware that if the units are not totaled correctly, the catalog editor will adjust them accordingly.)</i> NO CHANGES MAJOR REQUIREMENTS As an exercise science major, you complete at least 89 units of common courses and emphasis requirements. Common Courses You must complete the following 72-75 units: EXS 190, 334, 336, 337, 460, and 460L (14 units)
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- HP 200 (3 units)
- NTS 256 (3 units)
- AT 200 (3 units)
- BIO 181:181L, 201, and 202 (12 units)
- CHM 151, 151L, 152, and 152L (9 units)
- CHM 230 or 235 (3-4 units)
- CHM 360 or 461 (3 units)
- MAT 125 (4 units)
- STA 270 or PSY 230 (3-4 units)
- PHY 111 and 111L
or PHY 161 and 161L (4 units)
- PHY 112 and 112L
or PHY 262 and 262L (4 units)
- ENG 302W or 305W, which meet NAU's junior writing requirement (3 units)

Please note that when you first come to NAU, we admit you as a pre-exercise science major. You may apply to become an exercise science major after completing 45 units of coursework with a grade point average of at least 3.0, including grades of C or better in CHM 151, 151L, 152, and 152L; BIO 201; PHY 111; MAT 125; and ENG 105. With the exercise science major predominantly leading to graduate and/or professional school, you are more likely to succeed in further study if you are able to meet these criteria.

EMPHASIS REQUIREMENTS

You must complete the following 15-18 units, depending on which emphasis you choose.

Clinical Exercise Physiology Emphasis.

You take 18 units of emphasis requirements, for a total of 89-92 units in your major:

- EXS 490 (3 units)
- EXS 408C (12 units)

(Please note that this internship requires outside placement and necessitates making arrangements at least six months before the internship begins.)

- EXS 465C, which meet NAU's senior capstone requirement (3 units)

Graduate and Professional Preparation Emphasis.

You take 15-18 units of emphasis requirements, for a

- BIO 444C or EXS **414C** (3-4 units)
- **EXS 150 or HS 200 (3 units)**
- NTS 256 (3 units)
- ~~AT 200 (3 units)~~ (deleted)
- BIO 181,181L, **182,182L**, 201, and 202 (**16 units**)
- CHM 151, 151L, 152, and 152L (9 units)
- CHM 230 or 235 (3-4 units)
- CHM 360 or 461 (3 units)
- MAT 125 (4 units)
- STA 270 or PSY 230 (3-4 units)
- **PHY 111, 111L, 112, and 112L (8 units)**
or PHY 161, 161L, 262, and 262L (8 units)
- ENG 302W or 305W, which meet NAU's junior writing requirement (3 units)

~~Please note that when you first come to NAU, we admit you as a pre-exercise science major. You may apply to become an exercise science major after completing 45 units of coursework with a grade point average of at least 3.0, including grades of C or better in CHM 151, 151L, 152, and 152L; BIO 201; PHY 111; MAT 125; and ENG 105. With the exercise science major predominantly leading to graduate and/or professional school, you are more likely to succeed in further study if you are able to meet these criteria.~~

EMPHASIS REQUIREMENTS

You must complete the following **14-18** units, depending on which emphasis you choose.

Clinical Exercise Physiology Emphasis.

You take 18 units of emphasis requirements, for a total of **90-93** units in your major:

- EXS 490 (3 units)
- EXS 408C (12 units)

(Please note that this internship requires outside placement and necessitates making arrangements at least six months before the internship begins.)

total of 89 units in your major: • EXS 360 or 575 (3 units) • EXS 478 or 490 (3 units) • EXS 408C, 414C, 465C, 485C, or 497C, which meet NAU's senior capstone requirement (3 units) • 6-9 additional units of EXS coursework approved by your advisor GENERAL ELECTIVES Additional coursework is required, if, after you have met the previously described requirements, you have not yet completed a total of 120 units of credit. You may take these remaining courses from any academic areas, using these courses to pursue your specific interests and goals. We encourage you to consult with your advisor to select the courses that will be most advantageous to you. (Please note that you may also use prerequisites or transfer credits as electives if they weren't used to meet major, minor, or liberal studies requirements.)	• EXS 465C, which meets NAU's senior capstone requirement (3 units) Graduate and Professional Preparation Emphasis. You take 14-17 units of emphasis requirements, for a total of at least 89 units in your major: • EXS 360 or 575 (3 units) • EXS 478 or 490 (3 units) • EXS 408C, 414C*, 465C, 485C, or 497C, which meet NAU's senior capstone requirement (3 units) *NOTE: If EXS 414C is taken instead of BIO 444C, then EXS 414C cannot also satisfy the capstone requirement. • 5-8 additional units of EXS coursework approved by your advisor GENERAL ELECTIVES Additional coursework is required, if, after you have met the previously described requirements, you have not yet completed a total of 120 units of credit. You may take these remaining courses from any academic areas, using these courses to pursue your specific interests and goals. We encourage you to consult with your advisor to select the courses that will be most advantageous to you. (Please note that you may also use prerequisites or transfer credits as electives if they weren't used to meet major, minor, or liberal studies requirements.)
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8. For undergraduate plans, will this requirement be a student individualized plan*? ☒ no ☐ yes

*A Student Individualized Plan is an academic requirement that varies by student, such as the 15-unit BAiLS focus, for which coursework requirements are established by the student in consultation with the advisor.

If yes, the academic unit listed at the top of this form hereby takes responsibility for providing complete information about each student's individual requirements for the degree audit system.

9. For undergraduate plans, will a milestone** be used to:

- ☐ a. verify satisfactory completion of a non course requirement.
- ☐ b. indicate admission to a major.
- X c. will not be used.

**A Milestone is used to record noncourse requirements, such as the HRM 800-hour work experience requirement or admission to Business Major status.

If yes, the academic unit listed at the top of this form hereby takes responsibility for maintaining the milestone and keeping individual student records up to date.

10. Please list the Learning Outcomes of the Plan/Subplan (see degree major assessment webpage - <http://www4.nau.edu/assessment/main/degree/degree.htm>).

The assessment plan for exercise science is on file. The proposed changes will not alter the learning outcomes of the academic plan.

11. Justification for proposal. Please indicate how past assessments of student learning prompted proposed changes.

As part of our reorganization to Biology, exercise science needs to add BIO 182 and the lab to be consistent with the other biology majors. This adds 4 hours to the major requirements. To accommodate this addition, we have deleted AT 200 and moved it to the list of major electives that students may take. Based on faculty and student input, we believe that AT 200, while a good course, is the best choice to move to the elective list. Also, based on student and faculty input, we believe that EXS 150, The Art and Science of Human Movement, should be offered as an alternative to HS 200, Health Principles. These courses cover many of the same topics, with EXS 150 placing more of an emphasis on exercise. The program director (AT) and chair (HS) of the affected programs have given their assent to these changes.

The elimination of the pre-exercise science major was approved last year.

12. If this academic plan/subplan will require additional faculty, space, or equipment, how will these requirements

be satisfied?

None will be required.

13. Will this academic plan/subplan affect other majors, liberal studies course offerings, plans/subplans, curricula, or enrollment at NAU?

If so, attach supporting documentation from the affected departments/units and college dean.

This change will affect HS and AT. Support emails from the directors of those programs are attached.

14. Will present library holdings support this academic plan/subplan?

Yes, this does not change the need for library support as all courses are currently in hand.

Certifications

Department Chair/ Unit Head (if appropriate)

Date

Chair of college curriculum committee

Date

Dean of college

Date

For committee use only

For University Curriculum Committee

Date

Action taken: _____ approved as submitted _____ approved as modified

Note: Submit original to associate provost's office. That office will provide copies to the college dean, department chair, and Academic Information Office after approval.

Date: Tue, 10 Jan 2006 14:40:18 -0700
From: Debbie Craig <Debbie.Craig@NAU.EDU>
Subject: RE: AT 200
To: 'Richard Coast' <Richard.Coast@NAU.EDU>

I will support this change, Dick. You have my approval. Just keep me updated on when/if this change goes into affect.

Thank you!

- Debbie

Debbie I. Craig, PhD, ATC, LAT
Program Director, Athletic Training Education Program
Northern Arizona University
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fax: (928)523-4315
email: Debbie.Craig@nau.edu

-----Original Message-----

From: Richard Coast [<mailto:Richard.Coast@NAU.EDU>]
Sent: Tuesday, January 10, 2006 2:22 PM
To: Debbie.Craig@NAU.EDU
Subject: AT 200

Hi Debbie:

As we discussed earlier, I am emailing you to get your approval for a program change in the EXS major. It is our request to make AT 200 an EXS elective, meaning that Exercise Science majors can use AT 200 as one of 2-3 major electives that they can take to complete their degree. We believe that some of our students will still want to take AT 200 out of either personal or professional interest. It will also allow students who begin as AT majors, but may transfer to EXS, to not lose that credit if they transfer.

Any time we make a program change that effects another program, we need to get the approval of the programs affected. All you need to do is respond in the affirmative to this email. If you have any questions, though, please do not hesitate to ask.

Thanks,
Dick

J. Richard Coast, Ph.D.
Professor of Exercise Science
Department of Biological Sciences
Northern Arizona University
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Flagstaff, AZ 86011-5640
Ph: (928) 523-8018
Fax: (928) 523-4315
Email: Richard.Coast@nau.edu

Revised 09/05

Date: Wed, 04 Jan 2006 08:45:50 -0700
From: John Sciacca <John.Sciacca@NAU.EDU>
Subject: Re: HS200
To: Richard Coast <Richard.Coast@NAU.EDU>

I fully support allowing your students to take either HS 200 or EXS 150 to meet the major requirement.

Thank you for asking for my feedback.

At 02:27 PM 1/3/2006, you wrote:
John:

Last fall, the EXS committee voted to request a change to their program. This change involves Health Sciences, so I am contacting you requesting your approval of this program change.

We currently require HS 200, Health Principles, for the Exercise Science major. We also offer EXS 150, The Art and Science of Human Movement, which has some similarities to HS 200, but all with an emphasis on exercise. Our requested program change will allow students to take either HS 200 or EXS 150 to meet the major requirement.

Your approval of this change will be appreciated. If needed, I will be glad to discuss it with you further at any time.

Thanks,
Dick

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