



**SOUTH DAKOTA BOARD OF REGENTS  
ACADEMIC AFFAIRS FORMS**

**Substantive Program Modification Form**

<b>UNIVERSITY:</b>	<b>SDSU</b>
<b>CURRENT PROGRAM TITLE:</b>	<b>Exercise Science (B.S.)</b>
<b>CIP CODE:</b>	<b>31.0599</b>
<b>UNIVERSITY DEPARTMENT:</b>	<b>Health &amp; Nutritional Sciences</b>
<b>UNIVERSITY DIVISION:</b>	<b>Education &amp; Human Sciences</b>

**University Approval**

*To the Board of Regents and the Executive Director: I certify that I have read this proposal, that I believe it to be accurate, and that it has been evaluated and approved as provided by university policy.*

Dennis D. Hedge

12/11/2018

Vice President of Academic Affairs or  
President of the University

Date

**1. This modification addresses a change in:**

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Total credits required within the discipline | <input type="checkbox"/> Total credits of supportive course work |
| <input checked="" type="checkbox"/> Total credits of elective course work        | <input type="checkbox"/> Total credits required for program      |
| <input type="checkbox"/> Program name  | <input type="checkbox"/> Existing specialization                 |
| <input type="checkbox"/> CIP Code  | <input type="checkbox"/> Other (explain below)                   |

**2. Effective date of change:** 2019-2020 Academic Year

**3. Program Degree Level:** Associate  Bachelor's  Master's  Doctoral

**4. Category:** Certificate  Specialization  Minor  Major

**5. If a name change is proposed, the change will occur:**

- On the effective date for all students
- On the effective date for students new to the program (enrolled students will graduate from existing program)

**6. Primary Aspects of the Modification:**

<i>Existing Curriculum</i>				<i>Proposed Curriculum (highlight changes)</i>			
Pref.	Num.	Title	Cr. Hrs	Pref.	Num.	Title	Cr. Hrs
<b>Systems General Education Requirements</b>				<b>Systems General Education Requirements</b>			
	<b>32-33</b>				<b>32-33</b>		
SGR 1 – Written Communication	6	ENGL 101 Composition I (3) ENGL 201 Composition II (3)	6	SGR 1 – Written Communication	6	ENGL 101 Composition I (3) ENGL 201 Composition II (3)	6
SGR 2 – Oral Communication	3	SPCM 101 Fundamentals of Speech	3	SGR 2 – Oral Communication	3	SPCM 101 Fundamentals of Speech	3
SGR 3 – Social Sciences/Diversity	6	PSYC 101 General Psychology (3) HDFS 210 Lifespan Development (3)	6	SGR 3 – Social Sciences/Diversity	6	PSYC 101 General Psychology (3) HDFS 210 Lifespan Development (3)	6
SGR 4 – Humanities and Arts/Diversity	6		6	SGR 4 – Humanities and Arts/Diversity	6		6
SGR 5 – Mathematics	3	MATH 102 College Algebra (3) (or higher)	3	SGR 5 – Mathematics	3	MATH 102 College Algebra (3) (or higher)	3
SGR 6 – Natural Sciences	8-9	CHEM 106 Chemistry Survey & Lab (3, 1)	8-9	SGR 6 – Natural Sciences	8-9	CHEM 106 Chemistry Survey & Lab (3, 1)	8-9

## Existing Curriculum

## Proposed Curriculum (highlight changes)

Prof.	Num.	Title	Cr. Hrs	Prof.	Num.	Title	Cr. Hrs
AND				AND			
CHEM 108 Organic and Biochemistry & Lab (4, 1)				CHEM 108 Organic and Biochemistry & Lab (4, 1)			
OR				OR			
CHEM 112 General Chemistry I & Lab (3, 1)				CHEM 112 General Chemistry I & Lab (3, 1)			
AND				AND			
CHEM 114 General Chemistry II & Lab (3, 1)				CHEM 114 General Chemistry II & Lab (3, 1)			
<b>EHS College Requirements</b>			<b>4</b>	<b>EHS College Requirements</b>			<b>4</b>
EHS	119	EHS Seminar	2	EHS	119	EHS Seminar	2
EHS	319	Life, Love, and Money	2	EHS	319	Life, Love, and Money	2
<b>HNS Department Requirement</b>			<b>3</b>	<b>HNS Department Requirement</b>			<b>3</b>
HLTH	220	Social Determinants of Health	3	HLTH	220	Social Determinants of Health	3
<b>Major Requirements</b>			<b>60-63</b>	<b>Major Requirements</b>			<b>54-56</b>
BIOL	221-221L	Human Anatomy & Lab	4	BIOL	221-221L	Human Anatomy & Lab	4
BIOL	325-325L	Human Physiology & Lab	4	BIOL	325-325L	Human Physiology & Lab	4
CHRD	475	Wellness Counseling (2)	2-3	CHRD	475	Motivational Interviewing and Wellness Counseling (3)	3
OR				OR			
PSYC	417	Health Psychology (3)		PSYC	417	Health Psychology (3)	
EXS	350	Exercise Physiology	3	EXS	350	Exercise Physiology	3
EXS	354-354L	Prevention and Care of Athletic Injuries	2	EXS	354-354L	Prevention and Care of Athletic Injuries	2
EXS	367	Health and Human Performance	3	EXS	367	Health and Human Performance	3
EXS	380	Professional Development	1	EXS	380	Professional Development	1
EXS	400-400L	Exercise Testing and Prescription & Lab	3	EXS	400-400L	Exercise Testing and Prescription & Lab	3
				EXS	420	Group Exercise & Facility Management	3
EXS	450	Clinical Exercise Physiology	3	EXS	450	Clinical Exercise Physiology	3
EXS	454-454L	Biomechanics & Lab	3	EXS	454-454L	Biomechanics & Lab	3
EXS	455	EGC & Clinical Stress Testing	3	EXS	455	EGC & Clinical Stress Testing	3
EXS	480	Certification Exam Preparation	1	EXS	480	Certification Exam Preparation	1
EXS	494	Internship	1	EXS	494	Internship	1
EXS	496	Field Experience	3	EXS	496	Field Experience	3
HLTH	445	Epidemiology	3	HLTH	445	Epidemiology	3
HLTH	479	Health Promotion Program & Evaluation	2	HLTH	479	Health Promotion Program & Evaluation	2
HLTH/ HSC	200	Complementary and Alternative Health Care (3)	3	HLTH/ HSC	200	Complementary and Alternative Health Care (3)	3
OR				OR			
HLTH/ HSC	230	Stress Management (3)		HLTH/ HSC	230	Stress Management (3)	
HLTH/ HSC	250-250L	Preprofessional First Aid/CPR & Lab (2)	2 - 4	HLTH/ HSC	250-250L	Preprofessional First Aid/CPR & Lab (2)	2 - 4
OR				OR			
HLTH/ HSC	364-364L	Emergency Medical Technician & Lab (4)		HLTH/ HSC	364-364L	Emergency Medical Technician & Lab (4)	
HNS	490	Seminar	1	HNS	490	Seminar	1
NURS	201	Medical Terminology	1	NURS	201	Medical Terminology	1
NURS	323	Pathophysiology	3	NURS	323	Pathophysiology	3
NUTR	225	Nutrition for Exercise & Sport	3	NUTR	225	Nutrition for Exercise & Sport	3
NUTR	315	Human Nutrition	3	NUTR	315	Human Nutrition	3
PE	395	Practicum	3	PE	395	Practicum	3
<b>Electives</b>			<b>17-21</b>	<b>Electives</b>			<b>24-27</b>
<b>Summary of Credits in Exercise Science (B.S.)</b>							
<b>System General Education Requirements</b>			<b>32-33</b>	<b>System General Education Requirements</b>			<b>32-33</b>
<b>EHS College Requirements</b>			<b>4</b>	<b>EHS College Requirements</b>			<b>4</b>
<b>HNS Department Requirements</b>			<b>3</b>	<b>HNS Department Requirement</b>			<b>3</b>
<b>Major Requirements</b>			<b>60-63</b>	<b>Major Requirements</b>			<b>54-56</b>

<i>Existing Curriculum</i>				<i>Proposed Curriculum (highlight changes)</i>			
Pref.	Num.	Title	Cr. Hrs	Pref.	Num.	Title	Cr. Hrs
<b>Electives</b>			<b>17-21</b>	<b>Electives</b>			<b>24-27</b>
Total number of hours required for major			60-63	Total number of hours required for major			54-56
Total number of hours required for degree			120	Total number of hours required for degree			120

## 7. Explanation of the Change:

The Department of Health and Nutritional Sciences has reviewed the Exercise Science major. The following changes have been identified:

- NUTR 225 Nutrition for Exercise & Sport (3 cr.) was removed from the major requirements. This course will be a suggested elective. The Exercise Science major is the preferred 3+2 undergraduate major for the graduate level Athletic Training program. Reducing the major requirements by three credits will allow the 3+2 Athletic Training students to stay within 120 credits.
- PE 395 Practicum (3 cr.) will be replaced by EXS 420 Group Exercise and Facility Management (3 cr.). PE 395's course title did not accurately reflect the course content. The student learning outcomes are focused on group exercise instruction and fitness facility management. The programs accreditation review suggested the course title should be modified to showcase the skills and abilities students will gain within the course.
- CHRD 475 Wellness Counseling will increase from 2 to 3 credits and the title will change to Motivational Interviewing and Wellness Counseling. These changes will allow for more content and added opportunity for skill demonstration, which reflect the needs of the different programs who have students taking the course.
- PSYC 417 is being removed as an alternative to CHRD 475 to have more consistency for assessment purposes. All of the knowledge, skills and abilities that are required for the program are covered in CHRD 475. PSYC 417 will remain as a suggested elective for students.
- HLTH/HSC 200 Complementary and Alternative Health Care (3 cr.) and HLTH/HSC 230 Stress Management (3 cr.) were removed. Based on the changes to CHRD 475 Wellness Counseling and changes in the Knowledge, Skills and Abilities required through their accreditation this requirement is no longer needed.
- HNS 490 Seminar will be removed from the curriculum. The student learning objectives from this course have been distributed in other courses throughout the curriculum.