



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

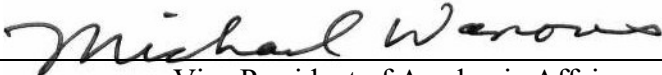
Substantive Program Modification Form

Use this form to request minor changes in existing programs (majors, minors, certificates, or specializations).

UNIVERSITY:	NSU
CURRENT PROGRAM DEGREE:	Bachelor of Science
CURRENT PROGRAM MAJOR/MINOR:	Human Performance
CURRENT SPECIALIZATION (If applicable):	
CIP CODE:	31.0501
UNIVERSITY DEPARTMENT:	Sports Sciences
BANNER DEPARTMENT CODE:	NHPE
UNIVERSITY COLLEGE:	School of Education
BANNER COLLEGE CODE:	5E

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.



 Vice President of Academic Affairs or
 President of the University

3/11/2024

 Date

1. This modification addresses a change in (place an "X" in the appropriate box):

- | | |
|--|---|
| <input type="checkbox"/> Total credits required within the discipline | <input type="checkbox"/> Total credits of supportive coursework |
| <input checked="" type="checkbox"/> Total credits of elective coursework | <input type="checkbox"/> Total credits required for the program |
| <input type="checkbox"/> Program name | <input type="checkbox"/> Existing specialization |
| <input checked="" type="checkbox"/> CIP Code | <input type="checkbox"/> Other (explain below) |
| <input type="checkbox"/> Modification requiring Board of Regents approval
<i>Must have prior approval from Executive Director or designee</i> | |

2. Effective date of change: 8/1/2024

3. Program Degree Level (place an "X" in the appropriate box):

Associate Bachelor's Master's Doctoral

4. Category (place an "X" in the appropriate box):

Certificate Specialization Minor Major

5. If a name change is proposed, the change will occur (place an "X" in the appropriate box):

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

Proposed new name: _____

Reminder: Name changes may require updating related articulation agreements, site approvals, etc.

Proposed CIP Code - 26.0908, Exercise Physiology & Kinesiology

6. Is the program being modified associated with a current articulation agreement?

Yes No

a. If yes, will the articulation agreement need to be updated with the partner institution following the approve of the program change? Please explain:

The Human Performance BS degree has an articulation agreement with Southeast Technical College. All courses will still be offered on a one- or two-year rotation, allowing the details of this agreement to be held. Only changes to plans of study will need to be made.

7. Primary Aspects of the Modification (add lines or adjust cell size as needed):

Existing Curriculum				Proposed Curriculum (highlight changes)			
Pref.	Num.	Title	Cr. Hrs.	Pref.	Num.	Title	Cr. Hrs.
PE	100	Activity Courses: Weight Training	1	PE	100	Activity Courses: Weight Training	1
PE	180	Foundations of HPER/A	2	PE	180	Foundations of HPER/A	2
PE	183	Professional Communications in HPER/A	3	PE	183	Professional Communications in HPER/A	3
PE	200	Professional Preparation: Fitness	1				

HLTH	240	Health & Fitness in Special Populations	3	HLTH	240	Health & Fitness in Special Populations	3
PE	250	Human Anatomy & Physiology	3	PE	250	Human Anatomy & Physiology	3
PE	250L	Human Anatomy & Physiology Lab	1	PE	250L	Human Anatomy & Physiology Lab	1
				HLTH	251	First Aid & CPR	1
PE	334	Behavioral and Social Science Issues in HPER/A	3				
PE	350	Exercise Physiology	3	PE	350	Exercise Physiology	3
				PE	350L	Exercise Physiology	1
				PE	372	Fitness Coaching & Administration	2
PE	395	Practicum	3	PE	395	Practicum	3
PE	400	Exercise Test & Prescription	3	PE	400	Exercise Test & Prescription	3
PE	410	Program Design for Strength & Conditioning	3	PE	410	Program Design for Strength & Conditioning	3
HLTH	422	Nutrition	3	HLTH	422	Nutrition	3
PE	440	Organization and Administration of HPER	3				
PE	451	Test & Measurements	2				
				PE	452	Motor Learning & Development	3
PE	454	Biomechanics	3	PE	454	Biomechanics	3
PE	457	Psychology of Human Performance	3	PE	457	Psychology of Human Performance	3
PE	459	Intro to Research Methods	3	PE	459	Intro to Research Methods	3
				PE	467	Event Planning & Facility Management	3
PE	482	Theory of Strength & Conditioning	3	PE	482	Theory of Strength & Conditioning	3
PE	496	Field Experience	3	PE	496	Internship or Undergraduate Research	3
IDL	190	Seminar	2	IDL	190	Seminar	2
EXERCISE FOR SPECIAL POPULATIONS EMPHASIS							
HLTH	251	First Aid & CPR	1				
PE	352	Adapted Physical Education	3				
		OR					
PE	379	Sport for Individuals with Disabilities	3				
PE	378	Assessment of Developmental and Adapted Physical Activities	3				
PE	452	Motor Learning & Development	3				
HEALTH PROMOTION EMPHASIS							
HLTH	103	Personal Health	2				
HLTH	201	ATOD Prevention Education	2				
HLTH	320	Community Health	3				
HLTH	400	Health Promotion & Advocacy	3				

OR							
HLTH	420	K-12 Methods of Teaching Health	3				
				Sports Science Electives (choose 3)			
				HLTH	320	Community Health	3
				PE	334	Social & Behavioral Issues in HPER/A	3
				PE	352	Adapted Physical Education	3
				PE	354	Prevention and Care of Athletic Injuries	3
				PE	355	Philosophies, Concepts, and Contemporary Issues in Coaching	3
				PE	378	Therapeutic Exercise and Assessment for Special Populations	3
				PE	379	Sport for Individuals with Disabilities	3
				HLTH	400	Health Promotion & Advocacy	3
				PE	450	Clinical Exercise Physiology	3
				PE	463	Neuromuscular Exercise Physiology	3
				PE	464	Advanced Biomechanics Lab Techniques	3
Total number of hours required for major, minor, or specialization			54	Total number of hours required for major, minor, or specialization			64
Total number of hours required for major, minor, or specialization – Exercise for Special Populations Emphasis			10				
Total number of hours required for major, minor, or specialization – Health Promotions Emphasis			10				
Total number of hours required for the degree			64				64

8. Explanation of the Change:

The proposed curriculum aligns with CAAHEP Standards for Exercise Sciences education. We added PE 350L for hands-on exercise science application, reintegrated PE 452 to meet CoAES standards for diverse population knowledge. PE 467 & PE 372 replaced PE 440 for better alignment with CoAES standards (Domain IV & Domain VIII). Emphasis reduction and elective inclusion allow students to tailor their education to specific interests, ensuring a comprehensive curriculum meeting CAAHEP standards. Additionally, changing the CIP code from physical education to exercise physiology and kinesiology better aligns to the curriculum, the accreditation, and the landscape of the field, emphasizing the importance of scientific inquiry and technological applications.

Justification for the CIP Code change: A shift from the general physical education CIP code of 31.0501 to the Exercise Physiology and Kinesiology CIP code 26.0908 for Human Performance, BS is warranted to reflect the true nature of the curriculum, alignment to the field and its

increasingly interdisciplinary focus. The Human Performance curriculum aligns with the modern emphasis on evidence-based practices, data-driven decision-making, and technological advancements. This transition acknowledges the integration of biomechanics, physiology, and exercise science with cutting-edge technologies and analytical methods, fostering a more comprehensive and research-oriented approach. By adopting the 26.0908 CIP code, the curriculum can attract a broader range of students, position graduates for diverse and innovative career paths, and reinforce the academic rigor necessary for addressing complex challenges in human performance and well-being.

The following similar institutions use the 26.0908 CIP code for their undergraduate programs in exercise science, kinesiology, or human performance.

- Briar Cliff University in Sioux City, Iowa
- Central College in Pella, Iowa
- Minnesota State University, Mankato in Mankato, MN
- University of Mary in Bismark, ND

The justification for the presented curriculum is grounded in its alignment with the Commission on Accreditation of Allied Health Education Programs (CAAHEP) Standards and Guidelines for the Accreditation of Educational Programs in Exercise Sciences. The incorporation of an exercise physiology lab enriches the program by facilitating hands-on application of foundational concepts in exercise science, enhancing students' practical skills. Reintroducing PE 452 *Motor Learning & Development* to the core curriculum reflects a commitment to meeting CoAES standards related to knowledge of diverse populations, specifically the ability to prescribe and implement exercise programs for a wide range of individuals, including older adults, youth, and pregnant women.

Substituting PE 467 *Event Planning & Facility Management* and PE 372 *Fitness Coaching & Administration* for PE 440 *Organization and Administration of HPER/A* is a strategic move because PE 467 and PE 372 are better aligned with CoAES standards in domains related to risk management and professional responsibilities, ensuring that students are equipped with the necessary competencies for success in the field.

Furthermore, the inclusion of elective courses within the major allows students to tailor their education to their unique interests within exercise science, whether that involves specializing in working with special populations or delving deeper into biomechanics. This curriculum comprehensively prepares students to meet and exceed the rigorous standards established by CAAHEP for educational programs in the exercise sciences. It is a well-thought-out and balanced curriculum that ensures students are equipped with the knowledge and skills necessary to excel in the field of exercise science.

For substantial modifications requiring Board approval, complete the items below. References to external sources should be documented with a footnote (including web addresses where applicable).

9. Date of approval from the Executive Director or designee.

10. Identify the program modification requested.

11. Provide justification for the desired modification.

12. Would the requested modification require a change to the catalog description and/or the program learning outcomes? If so, describe.
13. Indicate the number of students currently enrolled in the program.
14. Describe the real impact on students.
15. Describe the real impact to the university.
16. Describe any cost associated with the program modification.
17. Describe any risks and unintended consequences associated with the program modification.
18. Would this modification be effective for current and future students or only students who enroll following the change?