

Program Proposal

1. Proposed interdepartmental program: Diet and Exercise
2. Proposed degrees: BS and MS degrees in Diet and Exercise
3. Departments involved: Department of Food Science and Human Nutrition (FSHN) and the Department of Health and Human Performance (HHP).
4. Contact person: Ruth Litchfield (litch@iastate.edu; 294-9484)
5. Need for the proposed program:

The objective of this proposal is to establish an education and training program in diet and exercise science. A BS and MS program in *Diet and Exercise* will be established to offer students advanced study in the theory and application of nutrition and exercise science. This degree program includes concurrent enrollment in the BS and MS with thesis program with the BS and MS degrees jointly awarded at the completion of the program. The unique, innovative structure of the program exemplifies the interdisciplinary nature of the program in that neither degree is awarded alone, but conjointly at the completion. This program will serve as a model for other interdisciplinary endeavors at the University.

Statistics from the Centers for Disease Control indicate that nutrition and exercise health habits contribute to 4 of the leading causes of death (heart disease, cancer, stroke, and diabetes). Overweight and obesity are a precursor and risk factor for many of the chronic diseases. National Health and Nutrition Examination Survey (NHANES) III data indicate that 60-65% of adult Americans are overweight and approximately half of these could be classified as obese. This represents a 6% increase in the prevalence of overweight and obesity in the past 3-4 years. More startling is the escalation of obesity among children and teens; over the past two decades, the number of overweight children and teens nearly doubled to 22%. The initial results of NHANES IV, currently in progress, estimate that 13% of children ages 6-11 are overweight, up from 11% in NHANES III (1988-1994). In 1998, 57% of Iowans were classified as overweight or obese and the state ranked as the 7th heaviest state in the country.

Despite the proven benefits of physical activity, more than 60% of American adults do not engage in levels of physical activity necessary to provide health benefits. For children, physical education in school will continue to be under pressure as schools concentrate on academics and experience financial constraints, discouraging life-long exercise habits. Physical activity levels will continue to decline, unless steps are taken to reverse this trend. Past trends and current data suggest that obesity and obesity-related diseases will likely continue to rise.

This epidemic of overweight and obesity has led to a significant increase in the prevalence of chronic diseases including obesity, Type 2 diabetes, cardiovascular disease,

and cancer. Consequently, there has been an increase in career opportunities for cardiac rehabilitation programs, health clubs, wellness centers, public and private clinics, community health programs, and preventive medicine programs. The Bureau of Labor Statistics projects that employment of dietitians and nutritionists will grow 15.2% between 2000 and 2010 as a result of increased emphasis on disease prevention through dietary habits.

A significant number of students in the Departments of FSHN and HHP have expressed interest in pursuing double majors/minors in nutrition and exercise science. This option has been problematic from the standpoint of course scheduling, availability of HHP courses for non-majors, and credit hours required (\approx 150-160). A similar program at Kansas State University (KSU) awards two BS degrees and consists of \approx 148-154 credit hours. Current enrollment in the KSU program is 86 students, or 58% (86/148) of the total undergraduate enrollment in the Department of Human Nutrition. However, the KSU program requires an additional 22 credits to meet Didactic Program in Dietetics (DPD) criteria for the students to be eligible for Dietetic Internships (DI) and become Registered Dietitians (RD). The proposed BS and MS program at ISU is unique in that it will award an advanced degree, and includes the DPD requirements in approximately the same number of credit hours.

A survey was sent to all undergraduate students in the Departments of FSHN and HHP during fall semester 2001 regarding the proposed program. Responses were as follows:

Yes, I am interested in the program 32 FSHN students 33 HHP students	65	34%
Yes, I would have been interested but am too far along in coursework	70	36%
No, I am not interested in the program	58	30%
Total Responses	193	100%

6. Objectives of the proposed program:

Student Outcomes

Graduates will:

- a. Demonstrate understanding and technical competency in the fundamental principles and concepts of nutrition and exercise science.
- b. Demonstrate proficiency in interpersonal communication and the ability to work successfully in teams to solve multidisciplinary problems.
- c. Effectively prepare and deliver technical information to food science/human nutrition and exercise science professionals as well as to the general public.
- d. Find, evaluate, and accurately interpret research literature.

- e. Critically evaluate information, including the ability to distinguish verifiable facts from value claims, detect bias, and identify sources of conflicts.
- f. Understand the dimensions of issues facing professionals in the field of nutrition and exercise science including ethical, cultural, and environmental components.
- g. Identify important health related interactions between dietary nutrients and exercise used to assess and design dietary and exercise programs for maintenance of optimal health.
- h. Evaluate and synthesize metabolic, dietary, and exercise research to devise advanced strategies in exercise and dietary intervention.
- i. Design, conduct, and interpret research.
- j. Apply theoretical information to solve practical problems.
- k. Submit a paper for publication in a peer-reviewed journal.

Program outcomes:

- 70% of the graduates of this program will secure placement in a supervised dietetics practice program.
- 75% of the graduates securing placement in a supervised dietetics practice program will successfully complete the national registration examination for dietitians on the first attempt.
- 65% of the graduates of this program will receive American College of Sports Medicine (ACSM) certification at the level of Health Fitness Instructor.
- 75% of the graduates of this program will secure employment in cardiac rehabilitation programs, health clubs, wellness centers, public and private clinics, community health programs, preventive medicine programs or related programs within 1 year of graduation.
- By year 5, this program will contribute 10 graduates to the pool of allied health professionals to provide health care in cardiac rehabilitation programs, health clubs, wellness centers, public and private clinics, community health programs, preventive medicine programs or related programs.

7. General description of the program:

The proposed academic program in *Diet and Exercise* is a BS and MS degree. Students will be concurrently enrolled in the BS and MS with thesis program and the degrees will be jointly awarded at the completion of the program. This program is truly an interdisciplinary program in that knowledge, skill, and competency cannot be achieved in either content area (FSHN or HHP) unless the complete program, including both the BS and MS degree, is completed in its entirety. The proposed program will be jointly administered by the Department of FSHN, within the Colleges of Agriculture and Family and Consumer Sciences, and the Department of HHP, within the College of Education.

The BS and MS program consists of 120.5-122.5 undergraduate credits and 38 graduate credits (4 of the credits are counted towards both degrees). University, college and departmental requirements will be addressed in the undergraduate and graduate coursework requirements. The program meets the DPD requirements for students to

pursue a DI and become an RD. The program also meets ACSM requirements for students to pursue certification at the level of Health Fitness Instructor. The program is designed to be completed in 5-6 years, depending on the student's selection of a major adviser and research area of interest pursued to complete the graduate degree.

Undergraduate degree preparation:

Students interested in the BS and MS in *Diet and Exercise* will be enrolled as freshmen in one of the appropriate program areas (dietetics or health and human performance) in the Departments of Food Science/Human Nutrition and Health/Human Performance. Students will be required to select a 'home' department, and in the case of FSHN students, a 'home' college. Due to the intense nature of the program, students will require immediate, reliable, and consistent academic advising. The Departments of FSHN and HHP each have designated undergraduate student advisers (FSHN 1 and HHP 2) that are responsible for academic advising to all freshmen students. These advisers will serve on the program's admission committee, and thus will be abreast of current program requirements, issues and concerns. The small number of advisers working with these students will provide reliable, consistent information. A designator within the existing registration system will be used to identify students interested in the program so that they will have access to courses in both curricula.

During the spring of the junior year, interested students will apply for admission to the BS and MS program. The spring of the junior year was chosen so that: 1. the admissions committee would be able to assess the students' performance in core coursework requirements, 2. and the students would not be assessed for graduate tuition until they are taking graduate coursework, which commences during their 4th year. Admissions will be due by March 1 of each year and students will be notified of their acceptance into the program by April 15 of each year. Admission to the program will be based upon:

- GPA (3.5 recommended)
- GRE (composite score of 1500 or verbal/quantitative score of 1100 recommended)
- Completion of required coursework
- 3 letters of recommendation
- letter of application stating professional goals and research area of interest

Students not accepted into the program will continue the coursework to complete an undergraduate degree in dietetics OR health and human performance. Coursework has been designed to facilitate a 4-year graduation date for those students not accepted into the program and electing to complete a single undergraduate degree.

For students electing to complete the undergraduate degree in dietetics, the fourth/senior year of undergraduate study would include 31 credits. The courses would include: 6 credits of humanities, 3 credits of social sciences, FS HN 203 (1 cr.), FS HN 361 (2 cr.), FS HN 362 (3 cr.), FS HN 403 (2 cr.), FS HN 411 (3 cr.), FS HN 461 (4 cr.), FS HN 464 (3 cr.), FS HN 480 (1 cr.), and HRI 392 (3 cr.).

For students electing to complete the undergraduate degree in health and human performance (Exercise Science option), the fourth/senior year would include 30 credits. The courses would include: Ex Sp 355 (3 cr.); Ex Sp 365 or 366 (3 cr.) Ex Sp 372 (3 cr.); Ex Sp 360 (3 cr.); 6 credits in 300-400 level Ex Sp courses; and R credit in Ex Sp 385; 6 credits in Soc 134 (3 cr.) and one other Social Science choice; 3 credits in Engl 302, Engl 314 or Sp Cm 312; 3 credits in computer sciences. Students would also be awarded a minor in nutrition.

Graduate program:

- a. Upon admission to the graduate program, the student will be required to select a 'home' department based on his/her primary area of interest – nutrition or exercise science.
- b. The home department's expectations and resources available to graduate students will apply to the student (i.e. teaching assistant requirements, scholarships, travel expenses to professional meetings).
- c. Within the home department, the student will be assigned a major professor according to the student's area of research interest. As a fully admitted graduate student, he/she will be eligible for a graduate student assistantship. While graduate assistantships are not expected nor guaranteed for these students, they are eligible to accept graduate assistantships. Financial support of the graduate student will be at the discretion of the major professor and student. While the intent of the program is timely completion of an MS degree (5-6 years), acceptance of a graduate assistantship will likely extend the length of the program. The DOGE of the home department will administer the requirements of the program and supervise the Programs of Study (POS).

Students interested in pursuing a PhD are encouraged to work closely with their major professors and departmental DOGEs. These students will be strongly encouraged to include graduate level biochemistry and physiology in their POSs.

Students choosing to 'opt out' of the program after acceptance into the program, have the option to complete a single undergraduate degree in dietetics OR health and human performance (as outlined above for those students not accepted into the program). If graduate coursework has been completed, the student will be allowed to apply this coursework to either of the undergraduate programs as appropriate. Students will receive individualized counseling from the undergraduate academic advisers and DOGE's in each department (FSHN and HHP) to provide guidance and assistance in applying the graduate coursework to the undergraduate degree options, outlining remaining coursework required to complete the undergraduate degree options, and assist them in choosing between the two undergraduate degree programs.

Governance of the program:

The DOGEs of the Nutrition and Exercise and Sport Science graduate programs will serve as co-chairs of the admission committee. A five-member admission committee will consist of:

- an undergraduate academic adviser from each department (FSHN and HHP)
- a faculty member from one department (FSHN and HHP) to be rotated bi-annually

After admission to the program:

- a. The student will be required to select a ‘home’ department based on his/her primary area of interest – nutrition or exercise science.
- b. The home department’s expectations and resources available to graduate students will apply to the student (i.e. teaching assistant requirements, scholarships, travel expenses to professional meetings).
- c. Within the home department, the student will be assigned a major professor and all responsibilities/requirements of the home department will apply to the student.

8. Comparison with similar programs at other universities:

While there are a few programs that have combined nutrition and exercise science, none has been identified that incorporate a BS or MS format.

- Kansas State University
 - BS degrees in human nutrition and kinesiology
 - 148-154 credit hours
- Auburn University
 - MS degree in Nutrition and Food Science – Sports Nutrition option
 - 30 credit hours
- Colorado State University
 - MS degree in Food Science and Nutrition – Interdisciplinary Studies in Exercise Science and Nutrition
 - 30 credit hours
- Montana State University
 - MS degree in Health and Human Development - Exercise and Nutrition Emphasis
 - 37 credit hours
- Texas Women’s University
 - MS degree in Exercise and Sports Nutrition
 - 39 credit hours
- Virginia Tech
 - MS degree in Nutrition in Sports and Chronic Disease
 - 30 credit hours
- University of Iowa
 - MPH degree – Nutrition and Exercise Focus

- 42 credit hours

Each of these graduate programs requires the entering student to have a BS in nutrition, exercise physiology, biology, or related field with coursework in math, biological sciences, chemistry, and in many cases, food, nutrition and exercise science.

9. Program requirements:

a. Prerequisites for prospective students: undergraduate enrollment in dietetics or exercise/sport science; admission criteria outlined in #7.

b. Language requirements: None

c. Courses and seminars presently available for credit:

<u>Communications</u>	<u>Credits</u>
English 104	3
English 105	3
Library 160	.5
Speech Communications 212	3
Career Opportunities (Ex Sp 385)	R
TOTAL	9.5

Math

Select from Math 140, 142, 165 or 181	3-4
Select from Stat 101, 104, 226	3-4
TOTAL	6-8

Physical Sciences

Chemistry 163	4
Chemistry 163 Lab	1
Chemistry 231	3
Chemistry 231 Lab	1
Physics 106 or 111	4
TOTAL	13

Biological Sciences

Zoology 255	3*
Zoology 256	3*
Zoology 256 Lab	1*
Biology 201	3
Biology 202	3
Microbiology 201	2
Biochemistry 301	3
TOTAL	18

Social Sciences

Psychology 101	3
Psychology 230	3
TOTAL	6

Humanities

Choose 6 credits including ethics/international perspectives	6
<ul style="list-style-type: none">• Select 3 credits from humanities courses.• Select 3 credits of ethics from an approved list (If the ethics course selected is not on the humanities list, 3 additional credits of humanities must be taken.)• ADDITIONAL REQUIREMENTS Students must fulfill the U.S. Diversity and International Perspectives requirements by choosing three credits of coursework from each of the university-approved lists. Courses selected from these lists may also be used to fulfill other course requirements. FS HN 463 is on both lists; therefore, it can be used to fulfill one (but not both) of these requirements.	
TOTAL	6

Exercise Science and Dietetics

Orientation (Ex Sp 255 or FS HN 110)	1
FS HN 167 Introductory Nutrition	3
FS HN 214 Scientific Study of Food	5
FS HN 265X Nutrition for Active and Healthy Lifestyles	3
FS HN 360 Advanced Human Nutrition and Metabolism	3
FS HN 403 Food Laws and Regulations	2
FS HN 411 Experimental Study of Food	3
FS HN 463 Community Nutrition	3
FS HN 561 Disease and Medical Nutrition Therapy I	4**
FS HN 466 Nutrition Education and Counseling Methods	3
HRI 380/380L Quantity Food Production	5
HRI 392 Food Service Systems Management II	3
HS 110 Personal and Consumer Health	3
Ex Sp 358 Physiology of Exercise	3
Ex Sp 220 Basic Athletic Training	2
Ex Sp 258 Physical Fitness and Conditioning	2
Ex Sp 259 Leadership Techniques for Fitness Programs	2
Ex Sp 345 Management of Health-Fitness Programs and Facilities	3
HS 380 Worksite Health Promotion	3
Ex Sp 462 Medical Aspects of Exercise	3
Choose one of the following:	3
Ex Sp 355 Biomechanics	
Ex Sp 360 Sociology of Sport and Exercise	
Ex Sp 366 Exercise Psychology	
Ex Sp 372 Motor Control and Learning Across the Lifespan	
TOTAL	62

Total Undergraduate hours	120.5 – 122.5
----------------------------------	----------------------

<u>Graduate Courses</u>	<u>Credits</u>
Ex Sp 500 Research Methods	3
Ex Sp 505 Research Lab Techniques	2
Ex Sp 551 Advanced Exercise Physiology II	3
Ex Sp 558 Physical Fitness-Principles, Programs and Evaluation	3
FS HN 553 Advanced Macronutrient Metabolism	3
FS HN 561 Disease and Medical Nutrition Therapy I	4**
FS HN 562 Assessment of Nutritional Status	3
FS HN 564 Disease and Medical Nutrition Therapy II	3
FS HN 581 Seminar	1
Choose one of the following:	3
Ex Sp 550 Advanced Exercise Physiology I	
Ex Sp 570X Physical Activity Assessment for Health Related Research	
FS HN 554 Advanced Micronutrient Metabolism	
Statistics 401	4
Thesis	6
Total Graduate hours	38

*Due to a planned reorganization of the life sciences, these courses will be listed with a different designator and possibly a different number in the 2005-2007 catalog.

**Course counting toward BS and MS degrees. Policy states, “Students in concurrent degree programs may apply, subject to Program of Study committee approval, up to 6 credits of major or nonmajor graduate credit courses used to fulfill the requirements for a Bachelor’s degree to a Master’s degree program of study.

10. General description of resources currently available:

a. Faculty members:

Faculty in both departments are welcome and encouraged to participate in the proposed program. The Departments, FSHN and HHP, collectively have 59 tenured and tenure-track faculty members available to work with students accepted into this program.

b. Effects of new courses on work load of present staff:

Only one new course will be added as a result of the proposed program. This course will be offered through FSHN (FS HN 265X). A faculty member has already been identified and is interested in offering this course. Although new faculty hires are not required for this program, a reallocation of faculty resources will be needed. Admission into the program has been limited to 15 students annually to prevent overextending existing faculty resources. Reallocation of

faculty resources will also be needed for administering the program, reviewing applicants, etc.

UNDERGRADUATE

This degree will not bring an influx of new students. However, some of the best students from HHP and from FSHN will select this joint program. Thus, at the undergraduate level the program is not likely to involve any more students and classes than already exist and are taught in the two current programs. The program at the undergraduate level is simply an identification of quality students early that can be attracted to the joint degree.

GRADUATE

At this level there will likely be an increase in MS students who will be doing a thesis (about 6-8 per department per year). However, it will not influence the number of MS students to which TAs/RAs are given. Unless additional resources (internal or external) are provided, a set number of TAs are available for masters students. Students from this joint program are likely to be very competitive for them; thus many will get TAs or get picked up on grants/contracts. Again however, the overall number of MS students is not likely to increase because only a specific number of masters' students are admitted based on how many faculty are willing to take and advise. Other quality students that don't get admitted or get GAs here will simply choose to go elsewhere because they can get GAs at other places. In fact, that is already the case in our masters programs.

Because of these points, additional resources are not required for this program. A group of quality students are simply being targeted and tracked into this program earlier than normally would happen.

c. Research facilities

Existing faculty laboratories and research centers will support research of graduate students enrolled in the program. Centers and research/facilities within the Departments of FSHN and HHP include:

- CDFIN – Center for Designing Foods to Improve Nutrition
 - Designing New Foods
 - Modifying Food Consumption
 - Nutrient Bioavailability, Metabolism and Utilization
 - Food Components
 - Policy Alternatives and Implications
 - Animal Facilities
 - Analytical Laboratories
 - Mass Spectrometry Lab
 - Community Nutrition Unit
 - Human Metabolic Unit
 - Sensory Evaluation Unit
- CCUR – Center for Crop Utilization and Research
 - Soybean Utilization Research

Corn Utilization Research
New Food Products & Processes
Industry Incubator Program
New Industrial Products and Processes
Developing Agricultural Substitutes for Petrochemicals
Fermentation Facility
Test Kitchen and Sensory Lab
Crop Products Pilot Plant
Pilot Plant Equipment
Art and Artist In Residence

- NASA Food Technology Commercial Space Center
Collaborates with each of the centers/facilities listed above
- Biomechanics Laboratory
Peak Motus motion analysis system, including both video and real-time modules
Advanced Mechanical Technology, Inc.(AMTI) force platforms
Biopac Systems Inc. EMG system
Cybex II isokinetic dynamometers
Exeter Research Impact Tester
- Exercise Physiology and Biochemistry Laboratory
Lode Excalibur electrically braked ergometers
High speed treadmills
Computer controlled graded exercise testing systems
Biodex muscle strength testing apparatus
Computerized body composition analysis
Computer controlled metabolic measurement systems
Exercise Biochemistry lab equipped for measurements of chemical composition of blood, urine, and tissue samples collected during or after exercise.
Minnesota impedance cardiograph
Hokanson plethysmograph system
Dinamap
Finapres
12 station Keiser pneumatic strength training system
Treadmills (Lifestride, Woodway, Trotter, Quinton)
Cross-country ski machine (Nordic-Track)
Cycle ergometers (Lifecycles, Tectrix, Schwinn)
Stair-steppers (Versaclimber,Lifestep, Tectrix, Stairmaster)
Rowers (Concept II)

d. Library facilities

This inter-disciplinary program draws upon journals and books shared by the existing programs, which are well-represented in the ISU library collection. No new library resources will be required.

- e. Supplies, student recruitment, etc.

The proposed program will be coordinated and administered by the Departments of FSHN and HHP. These departments will provide staff support to the proposed academic program as part of their current educational mission. No additional financial resources are required for the program.

Student recruitment will be through the Departments of FSHN and HHP consistent with current recruitment practices. Results of the student survey reported in #4 indicate significant interest in the program by the current student population. Heightened public awareness and interest in the areas of nutrition and exercise provide outreach and engagement opportunities for faculty to disseminate information about the program.

Supporting Letters re:

Allocation/Reallocation of Resources

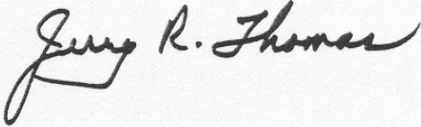
IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

College of Education
Department of Health
and Human Performance
235 Barbara E. Forker
Building
Ames, Iowa 50011-1160

June 23, 2003

RE: BS/MS Proposal in Diet and Exercise

The Department of Health and Human Performance will reallocate appropriate resources in support of this new program. This involves undergraduate advising, faculty teaching, and graduate faculty advising.

A handwritten signature in black ink that reads "Jerry R. Thomas". The signature is written in a cursive style with a large initial "J".

Jerry R. Thomas
Chair and Professor

IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

Department of Food Science
and Human Nutrition
2312 Food Sciences Building
Ames, Iowa 50011-1061
515 294-3011
FAX 515 294-8181

Date: June 27, 2003

To: Ruth Litchfield, Ph.D., RD, LD
133 MacKay Hall

From: Dr. Diane F. Birt, Department Head
Food Science & Human Nutrition
2312 Food Sciences Bldg.



RE: Proposed "Diet and Exercise" Program

The Department of Food Science and Human Nutrition enthusiastically supports the addition of the BS/MS Diet and Exercise Program.

We endorse the proposed allocation/reallocation of Food Science and Human Nutrition Department resources for the Diet and Exercise Program to be added under the joint direction of the Department of Food Science and Human Nutrition and the Department of Health and Human Performance.

In particular, FSHN anticipates that approximately 50% of our department faculty (15-20 faculty members) will work in part with the proposed 15 students that are anticipated to be in this program. The new course (FSHN 265X) has been added and taught for the first time as a result of the proposed program and we anticipate continuing to offer this course. No other new hires will be required. FSHN will participate with HHP to provide existing faculty members to administer the program, review applicants, etc. and we will participate with HHP so that existing support personnel assist with these duties as possible.

FSHN faculty members work closely with four ISU centers (CDFIN, CCUR, NASA Commercial Food Technology Space Center and NIH Center for Research on Dietary Botanical Supplements). Graduate research related to this program will be able to use resources existing in these centers when the scope of their research is appropriate to the center.

Copies; Jerry Thomas, HHP Chair
Nancy Holcomb, FSHN Administrative Assistant

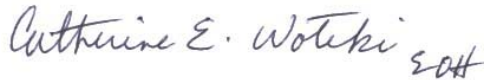
IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

College of Agriculture
Academic Programs
134 Curtiss Hall
Ames, Iowa 50011-1050
515 294-6614
FAX 515 294-5334

July 1, 2003

To Whom It May Concern:

The purpose of this memo is to give my approval for the reallocation of resources in the Department of Food Science and Human Nutrition as described in the program proposal for the interdepartmental B.S. and M.S. degree programs in Diet and Exercise (Question # 10) and in the "Additional Resource Needs" section of the Regent's Questionnaire. Please contact me if additional clarification is needed.

Handwritten signature of Catherine E. Woteki in cursive, with the initials "EWH" written at the end.

Catherine E. Woteki, Dean
College of Agriculture
Iowa State University

IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

College of Family and
Consumer Sciences
Office of the Dean
122 MacKay Hall
Ames, Iowa 50011-1120
515 294-5980
FAX 515 294-6775
E-mail cbmeeks@iastate.edu
cfcscan@iastate.edu

June 23, 2003

To whom it may concern:

I am very supportive of the proposed degree programs: BS and MS degree in Diet and Exercise. The two Departments have worked closely together to maximize use of resources. The limited number of students is based on resources, not demand. This is a well thought out proposal and the authors have worked closely with Drs. Jerry Thomas and Diane Birt in its preparation. The College of Family and Consumer Sciences strongly supports these new degrees.

Sincerely,



Carol B. Meeks
Dean

IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

College of Education
Office of the Dean
E262 Lagomarcino Hall
Ames, Iowa 50011-3190
515 294-7003
FAX 515 294-9725
coeduc@iastate.edu

July 8, 2003

RE: Support letter for proposed B.S./M.S. in Diet and Exercise

The College of Education supports the proposed new degree, B.S./M.S. in Diet and Exercise developed jointly by the Department of Health and Human Performance (College of Education) and the Department of Food Science and Human Nutrition (College of Family and Consumer Sciences). These two Departments work effectively together and have numerous students who have expressed and interest in this program. Students will benefit greatly from this interdisciplinary degree. The College of Education Curriculum Committee and I support this proposal.

Sincerely,



Walter H. Gmelch
Dean and Professor

Letters of Support

IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

College of Education
Department of Health
and Human Performance
235 Barbara E. Forker
Building
Ames, Iowa 50011-1160

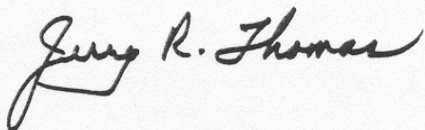
May 2, 2002

Dr. Ruth Litchfield
Department of Food Science and Human Nutrition
Iowa State University
220 McKay Hall
Campus

Dear Dr. Litchfield:

The faculty in HHP are fully supportive of the proposed B.S./M.S. joint degree in Diet and Exercise between our Department and yours. We have reviewed all the materials and courses and believe this offers an outstanding option for students. A survey of our undergraduate majors indicated a substantial number would select this joint degree plan if it were available.

Best regards,



Jerry R. Thomas
Chair and Professor

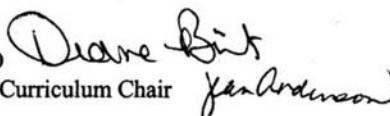
IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

Department of Food Science
and Human Nutrition
220 MacKay Hall
Ames, Iowa 50011-1120
515 294-4436
FAX 515 294-6193

April 19, 2002

TO: Sedahlia Crase, College of Family and Consumer Sciences Curriculum Chair
Brad Skaar, College of Agriculture Curriculum Chair

FROM: Diane Birt, FSHN DEO
Jean Anderson, FSHN Curriculum Chair



RE: BS/MS in Diet and Exercise proposed by FSHN and HHP

The Department of Food Science and Human Nutrition (FSHN) faculty and the FSHN Curriculum Committee have discussed the proposal to establish a joint BS/MS in Diet and Exercise. A formal written vote was completed on the proposal on February 20; the vote was favorable. HHP also voted favorably on the proposal. Dialogue has continued between FSHN and HHP with the result of enthusiastic support of the proposal.

Our faculty believes the proposed BS/MS will be of interest to our students and will provide new and innovative research and study opportunities for both faculty and students. The program will utilize existing faculty and courses. We believe that students who receive this degree will be important members of the health and wellness movement across Iowa and the USA. Students who complete the program will be eligible to become Registered Dietitians and will receive other certifications specific to Exercise Science.

We look forward to participating in this important new program and thank you for approving this program that will be of interest to students pursuing careers in health and wellness.

IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

College of Family and Consumer Sciences
Department of Human Development
and Family Studies
1086 LeBaron Hall
Ames, Iowa 50011-1120
515 294-6316
FAX 515 294-2502
<http://www.fcs.iastate.edu/hdfs>

August 27, 2002

To Whom It May Concern:


This letter is in support of the proposed interdepartmental program in diet and exercise, leading to the BS/MS in Diet and Exercise. In our country of overweight, under exercised citizens, what combination could fit the bill better? We can no longer operate these separate parts as if one did not impact the other. It is about diet, food, calories, nutrients; but it is also about movement, exercise, burning what we eat, using our bodies.

This proposal was very well received when it came before the curriculum committee in the College of Family and Consumer Sciences. The group was extremely enthusiastic about this newfound interdepartmental and intercollege linkage; it not only makes sense in the world with our citizenry, it makes the best use of resources that have diminished. We need to look for avenues to join our minds and our resources to enhance the education of our students, and this does precisely that. Not only does it link the areas of study and their respective faculty and resources, but it also links the student's previous course work (that accumulated for the B.S.) to fit with that work needed for an advanced degree, the M.S. I have not seen a package in a while which does better what we say we ought to do. The objectives of the program are clearly stated in terms of the overall goals and objectives of both departments, located in two separate colleges.

This is a well-conceived and well-written proposal. It makes use of resources already in place. It is creative and original in that no other program offers the BS/MS and it is well supported not only by those involved, but by many others at the university.

If I can be of further assistance, please feel free to contact me.

Sincerely,



Sedahlia Jasper Crase, Ph.D., Professor
Human Development and Family Studies
Chair of College Curriculum Committee
College of Family and Consumer Sciences

IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

College of Agriculture
Academic Programs
134 Curtiss Hall
Ames, Iowa 50011-1050
515 294-6614
FAX 515 294-5334

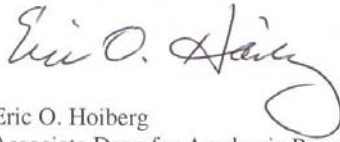
May 16, 2002

Jean Anderson
Department of Food Science and Human Nutrition
2312 Food Sciences Building

Dear Professor Anderson:

I am pleased to report that the College of Agriculture Curriculum Committee unanimously passed the proposal for the BS/MS program in Diet and Exercise to be jointly administered by the Departments of Food Science and Human Nutrition and Health and Human Performance. A subsequent vote by the faculty in the College of Agriculture yielded a better than 95 percent approval for the new program. If further documentation is required from our college, please let me know.

Sincerely,



Eric O. Hoiberg
Associate Dean for Academic Programs



Department of Human Nutrition
212 Justin Hall
Manhattan, KS 66506 -1407
785-532-5508
Fax: 785-532-3132

May 1, 2002

Dr. Ruth Litchfield
Dept of Food Science and Human Nutrition
Iowa State University
220 MacKay Hall
Ames, IA 50011-1120


Dear Dr. Litchfield;

I recently had the opportunity to review the outline of your proposed Diet and Exercise curriculum that gives a combined BS/MS degree. As a Department Head with one of the largest undergraduate programs in nutrition and exercise in the United States, I take a special interest in this proposal. In my opinion, this proposed curriculum is right on target. Our curriculum allows a student to obtain two BS degrees, one in human nutrition and one in kinesiology. Your proposed program goes the extra step and allows for a graduate level degree and thesis which is novel and exciting. With the increased epidemic on overweight and obese individuals at record rates, the proposed program is logical and of national significance.

I find that the course matter listed at the undergraduate level to be rigorous but balanced in terms of both nutrition and exercise. The same applies for the graduate level courses. The proposed curriculum is not for everyone, however, as it is demanding in subject matter and expertise, as it should be for such a program.

I wish you success in obtaining approval for this unique contribution to the education of the next generation of nutritionists and exercise scientists.

Sincerely,


Denis M Medeiros, PhD, RD
Professor and Head

May 15, 2002

Ruth Litchfield, Ph.D., R.D., L.D.
Dept. of Food Science & Human Nutrition
Iowa State University
220 MacKay Hall
Ames, IA 5011-1120

Dear Dr. Litchfield:

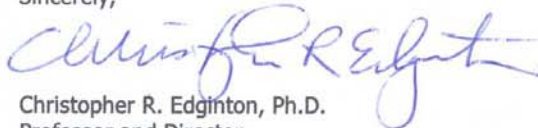
Dr. Nancy Hamilton, Coordinator, Physical Education Division, School of Health, Physical Education & Leisure Services and I have reviewed the proposal from the Department of Food Science and Human Nutrition and the Department of Health and Human Performance at Iowa State University to offer a BS/MS program in Nutrition and Exercise Science. Your proposal is well developed and reflects careful consideration of the future needs of professionals with academic preparation in this combined area.

We support this development as it compliments our current curriculum developments within the Physical Education Division of the School of Health, Physical Education & Leisure Services at the University of Northern Iowa. We are proposing an exercise science emphasis in our Physical Education major. Your proposal will not duplicate the intent of our efforts here at the University of Northern Iowa. We assume that many of the courses that you have proposed are already a part of the inventory of the two collaborating units and that the program reflects a unique blend of the two disciplines.

It may be appropriate for our units to visit with one another in the very near future to align our programmatic efforts in such a way as to insure that our curriculums are complimentary to one another. Invariably, some of the coursework required to provide the basic curriculum in human performance at each of the institutions will be similar. However, this does not diminish the need for new and innovative curricular programs that serve the emerging needs of the people of Iowa.

Should you need to contact me, I can be reached at (319) 273-2840 [work], (319) 268-1276 [home] or by email at Christopher.Edginton@uni.edu.

Sincerely,



Christopher R. Edginton, Ph.D.
Professor and Director

CRE/llm
C: Jerry Thomas, Iowa State University
John Somervill, University of Northern Iowa

THE UNIVERSITY OF IOWA



April 26, 2002

Ruth Litchfield, PhD, RD, LD
Dept of Food Science and Human Nutrition
Iowa State University
220 MacKay Hall
Ames, IA 50011-1120


Dear Dr. Litchfield,

It is with great enthusiasm that we endorse the BS/MS program in nutrition and exercise science at Iowa State University. The program does not conflict with our University of Iowa, College of Public Health, Department of Epidemiology focus in nutrition and exercise MPH program. Our program is designed for the practitioners who want to do translational research involving exercise and diet in a public health setting.

Please refer questions to Dr. Jack Barnette at 319-335-8905 or Dr. Linda Snetselaar at 319-384-5011.

Sincerely,


Jack Barnette, PhD


Linda Snetselaar, PhD, RD, LD

May 23, 2003

Jerry R. Thomas
Professor and Chair
Department of Health and Human Performance
Iowa State University
Ames, IA 50011

Dear Professor Thomas:

I have read your proposal for the BS/MS in diet and exercise and shared it with appropriate faculty in my department. We believe this is an excellent program that will be very attractive to students throughout Iowa and beyond. In focus, the program reflects our own vision of the future for this area. Were we to expand in that direction, however, our focus would be more toward the social science dimension. Thus the program does not overlap with any current programs in Health and Sport Studies or any in HSS for the near future. However it does appear to me that there may be some overlap with programs in the College of Public Health whom I assume you have already contacted.

Best of luck with this exciting new program.

Susan Birrell
Professor and Chair
Department of Health and Sport Studies
University of Iowa
Iowa City, IA 52242

June 3, 2003

Jerry R. Thomas
Chair and Professor
Department of Health and Human Performance
Iowa State University
Ames, IA 50011

Dear Dr. Thomas:

The faculty in the Department of Exercise Science at The University of Iowa have reviewed your proposal for a joint B.S./M.S. degree in Diet and Exercise, and I am pleased to report to you that we have no objections or concerns related to the proposal. To my knowledge, the proposed program represents a new interdisciplinary approach which is currently not available at The University of Iowa. I have also discussed this with Dean Barnette in the College of Public Health, and he concurs with our approval.

Regards and best wishes.

Sincerely,

Jerry A. Maynard, Ph.D.
Chair and Professor, Department of Exercise Science
Professor, Orthopaedic Surgery

JAM/bd