

## Program Proposal for a minor

An outline of the necessary information is provided below. The completed proposal should be made available in an electronic form for review and approval.

### Program Proposal

1. *Name of the proposed minor.* – Health Promotion
2. *Name of the department(s) involved.* - Kinesiology
3. *Name of contact person(s).* – Dr. Frank Schabel / Dr. Greg Welk
4. *Need for the proposed minor.* - The broad-based health promotion area is an essential component to combat the negative health trends affecting our contemporary society. Obesity, inactivity, smoking, cardiovascular disease and diabetes are major health causes of morbidity and mortality, costing billions of dollars annually to our current and future health care systems. Health Promotion and Wellness programs need to be developed and utilized for human health and also reduce the tax burden within the new health care system. Students from several majors on campus, particularly Curriculum and Instruction and Human Development and Family Studies, have quite frequently completed a series of health studies courses of interest to them. In addition, students within the Department of Kinesiology who are in the Exercise Science and/or Health Fitness Management options are likely to use this minor to broaden their background in preparation for careers in the health-fitness industry, especially corporate wellness, or to enhance their preparation for physical therapy or medical school.
5. *Objectives of the proposed minor including the student learning outcomes and how the learning outcomes will be assessed.*  
Students will develop knowledge of basic health concepts and the application of those concepts in various settings, such as corporate fitness and public health agencies. Learning outcomes will be assessed through the individual courses required by the program.
6. *General description of the minor.*  
Students must receive a C- or better in all courses used to fulfill the requirements of this minor. Must include a minimum of 18 credits.

#### Required Classes (6 credits)

HS 110 – Personal and Consumer Health  
HS 380 – Worksite Health Promotion

#### 6-9 Credits from the following:

HS 215 – Drug Education  
HS 305 – Instructors First Aid  
HS 310 – Community and Public Health  
HS 350 – Human Diseases

3-6 credits from the following:

HS 430 - Community Health Program Development

KIN 467x - Physical Activity and Health Behavior Change

7. ***Relationship of the minor to other programs at Iowa State University.*** - The minor in Health Promotion is not directly related to or dependent on any other programs at ISU.

8. ***Relationship of the minor to the department's/college's/university's strategic plans.***  
As part of its land grant mission, Iowa State University seeks to provide students with a broad and diverse education to better meet the demands of the future. The proposed minor will encourage students to seek a broader academic perspective and several of the courses in this minor provide an important discussion of cultural and diversity issues.

9. ***Comparison of the proposed minor with:***

a. ***standards, if any, established by accrediting associations;*** None

b. ***similar programs at other universities.*** - Neither of the other regents universities, UNI or Iowa, has a minor in health promotion.

10. ***Program requirements, including:***

a. ***prerequisites for prospective students;*** Students applying for this minor should have completed 30 credits prior to their application.

b. ***language requirements;*** None

c. ***courses and seminars presently available for credit toward the program;***

H S 110. Personal and Consumer Health. (3-0) Cr. 3. F.S. Physical, mental, and social aspects of health as a basis for understanding and preventing health problems.

False and misleading advertising and effects of cultists and faddists on consumer health. Study of legislation and agencies concerned with consumer protection and health insurance.

H S 215. Drug Education. (3-0) Cr. 3. *Prereq: Psych 101 or 230.* Use and abuse of mood modifying substances in contemporary Society. Includes study of tobacco, alcohol, and other drugs.

H S 305. Instructor's First Aid and Cardio-pulmonary Resuscitation. (1-2) Cr. 2. S. *Prereq: 105, current Standard First Aid and Community CPR Certification.*

Discussion and practice of skills needed to teach first aid and cardiopulmonary resuscitation. ARC certification available.

H S 310. Community and Public Health. (3-0) Cr. 3. *Prereq: 110.* Introduction to community health problems, programs of prevention, environmental health agencies, and health services. Study of local, state, and national community health

agencies, their purposes and functions.

H S 350. Human Diseases. (3-0) Cr. 3. *Prereq: 110 and Biol 255, 256.* Discussion of disease process and ill-health in the twentieth century. Emphasis on epidemiology, prevention, treatment, and the understanding of the etiology of communicable and non-communicable diseases.

H S 380. Worksite Health Promotion. (3-0) Cr. 3. *Prereq: KIN 258, 366, FS HN 167.* The design and implementation of worksite health promotion programs and the benefits these programs have for both employees and employers. Review of various health risk appraisals and planning theory-based incentive programs designed to promote positive lifestyles.

H S 430. Community Health Program Development. (3-0) Cr. 3. F. *Prereq: 380.* Techniques of needs assessment, program design, administration, and evaluation of community health education programs in various settings.

KIN 467X Advanced analysis of theoretical health behavior models and their application to physical activity and health behavior. Includes practical techniques, tools and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations

***d. proposed new courses or modifications of existing courses;***

No new courses are planned or needed for this minor.

***e. implications for related areas within the university.*** The implementation of this minor should have a positive impact on other departments in the university by providing a structured program for both Kinesiology and other students to achieve knowledge in the areas of health and health promotion that will allow them to enhance their career opportunities.

***10. General description of the resources currently available and future resource needs, in terms of:***

***a. faculty members;*** All courses will be covered by current faculty or lecturers.

***b. effects of the new courses on the work load of the present staff;*** The addition of the proposed course will not add to the work load of current staff.

***c. research facilities;*** Not required

***d. library facilities (journals, documents, etc.) in the proposed area;*** The ISU has an excellent set of resources to support the areas of health and health promotion.

***e. supplies, field work, student recruitment, etc.*** No field experiences or internships are required for this minor.

***11. Describe the needs for new resources and/or reallocated resources. Attach to the program proposal memos from the department chair(s), the college dean(s), and other appropriate persons, agreeing to the allocation of new resources and/or the reallocation of resources.***

Considering the number of students anticipated for the proposed minor, it is unlikely that the department will need any new or reallocated resources.

***12. Attach to the program proposal, letters of support, recommendations, and statements when appropriate:***

***a. from programs at the other Regents universities;***

***b. from programs and departments at ISU which are associated with the proposed program or have an interest in the proposed program.***

***14. If the new program is interdisciplinary, a governance document should be created and submitted to the Associate Provost for Academic Programs. Indicate here that it has been completed.***

## **Program Proposal for a minor**

An outline of the necessary information is provided below. The completed proposal should be made available in an electronic form for review and approval.

### **Program Proposal**

13. *Name of the proposed minor.* – Exercise Science

14. *Name of the department(s) involved.* - Kinesiology

15. *Name of contact person(s).* – Holly Lipsey, Undergraduate Program Coordinator

16. *Need for the proposed minor.* - Currently, the Department of Kinesiology offers minors in Dance, Athletic Coaching, and Sport and Culture. These are highly focused minors. None link to our primary mission of promoting health and well being by creating and disseminating knowledge about physical activity and healthy living to improve lives. The Exercise Science minor being proposed is designed with a strong focus on applied knowledge of physical activity, exercise, fitness, and health that contributes to healthy behaviors. Students from several majors on campus, particularly Food Science and Human Nutrition, Biology, and Pre-Professional programs in Liberal Arts and Sciences, have frequently completed a series of courses of interest to them in the Kinesiology Department. The Exercise Science minor would provide structure for those students seeking a more applied perspective of kinesiology and health. In addition, students within the Department of Kinesiology who are in the Community and Public Health option are likely to use this minor to broaden their background in preparation for careers, especially corporate wellness and fitness, or to enhance their preparation for professional school.

17. *Objectives of the proposed minor including the student learning outcomes and how the learning outcomes will be assessed.*

Depending on the choices students make from the course lists, students will be able to develop basic and advanced knowledge in biomechanics, exercise physiology and fitness, exercise psychology, and fitness programming. Upper level courses will provide information on the application of the various concepts to settings, such as health-fitness organizations and other aspects of the fitness industry. Learning outcomes will be assessed through the individual courses required by the program.

18. *General description of the minor.*

Students must receive a C- or better in all courses used to fulfill the requirements of this minor. Must include a minimum of 17 credits.

#### Required Class (8 credits)

KIN 258 – Fitness and Conditioning

KIN 358 – Physiology of Exercise

KIN 366 – Exercise Psychology

#### 3-6 Credits from the following set of 300-level courses:

KIN 220 – Basic Athletic Training

KIN 259 – Leadership Techniques for Fitness

KIN 266 – Advanced Strength Training and Conditioning

KIN 345 – Management of Health Fitness Programs  
KIN 360 - Sociology of Sport and Exercise  
KIN 365 - Sport Psychology

3-6 Credits from the following set of 400-level courses:

KIN 458 – Principals of Fitness Assessment  
KIN 462 – Medical Aspects of Exercise  
KIN 467X – Exercise and Health Behavior Change

19. ***Relationship of the minor to other programs at Iowa State University.*** - The minor in Exercise Science is not directly related to or dependent on any other programs at ISU.

20. ***Relationship of the minor to the department's/college's/university's strategic plans.***

As part of its land grant mission, Iowa State University seeks to provide students with a broad and diverse education to better meet the demands of the future. The proposed minor will provide students with opportunities to get experience in exercise science and possibly contribute to broad departmental and college goals of promoting healthy lifestyles. The minor also is consistent with the increased interest on health within ISU.

21. ***Comparison of the proposed minor with:***

- a. ***standards, if any, established by accrediting associations;*** None
- b. ***similar programs at other universities.*** - Both of the other regents universities, UNI and Iowa, have a minor focused on general kinesiology but this minor would provide a more specific experience in exercise science. The addition of this minor at ISU should not have any effect on programs at either UNI or Iowa, since a minor is typically an add-on program students use to broaden their career options. This minor will not create inefficiency through duplication of programs at the other regents universities.

10. ***Program requirements, including:***

- a. ***prerequisites for prospective students;*** Students applying for this minor should have completed 30 credits prior to their application.
- b. ***language requirements;*** None
- c. ***courses and seminars presently available for credit toward the program;***

Kin 258. Physical Fitness and Conditioning. (1-3) Cr. 2. F.S. *Prereq: Kinesiology and health majors only.* Development of personal fitness using a variety of conditioning and exercise techniques such as aerobics, weight training, and aquatic fitness. Introduction to acute and chronic responses to exercise, and the role of exercise in health promotion and weight management. Credit for only one of the following courses may be applied

toward graduation: Kin 163, 258.

Kin 259. Leadership Techniques for Fitness Programs. (1-3) Cr. 2. F.S. *Prereq:* 258. Development of exercise leadership skills for a variety of activities. Includes planning, promotion, and teaching techniques for developing fitness in others using a variety of exercise modalities including aerobics, weight training, and aquatic fitness.

Kin 266. Advanced Strength Training and Conditioning. (1-2) Cr. 2. F.S. *Prereq:* 258, 259. This course is designed to enhance the student's current level of knowledge and expertise to an advanced level in the area of strength training and conditioning. The course will prepare students interested in taking the National Strength and Conditioning Association Certified and Conditioning Specialist's exam. The course will focus on the assessment and implementation of training programs with strong emphasis on the areas of resistance training, metabolic training, flexibility, reaction time, speed, and agility.

Kin 345. Management of Health-Fitness Programs and Facilities. (3-0) Cr. 3. F.S. Application of management concepts to the fitness industry, e.g., understanding customers, marketing, program management, financial management, legal issues, and evaluation and planning.

Kin 355. Biomechanics. (2-2) Cr. 3. F.S. *Prereq:* *Phys 106 or 111*. Mechanical basis of human performance; application of mechanical principles to exercise, sport and other physical activities. Non-major graduate credit.

Kin 358. Physiology of Exercise. (2-2) Cr. 3. F.S. *Prereq:* *Biol 255, 255L, 256 and 256L*. Physiological basis of human performance; effects of physical activity on body functions. Non-major graduate credit.

Kin 360. Sociology of Sport and Exercise. (3-0) Cr. 3. F.S. *Prereq:* *Soc 134 and one of Stat 101, 104 or 226/326, or Kin 471*. Sport and exercise as social systems and as institutions related to other institutions such as the polity, the economy, mass media, and education.

Kin 365. Sport Psychology. (3-0) Cr. 3. F.S. *Prereq:* *Psych 101 or Psych 230*. Psychological factors that influence performance in sport settings. The influence of personality, anxiety, motivation, social factors, and psychological skills training.

Kin 366. Exercise Psychology. (3-0) Cr. 3. F.S. *Prereq:* *Psych 101 or Psych 230*. Psychological theories for understanding and predicting health-oriented exercise behavior. Psychological and psychobiological responses to exercise. Psychological interventions for increasing exercise participation and adherence rates.

KIN 458. Principles of Fitness Assessment and Exercise Prescription. (3-2) Cr. 4. F.S. *Prereq:* 358. Physiological principles of physical fitness; design and administration of fitness programs; testing, evaluation, and prescription; cardiac risk factor modification.

Kin 462. Medical Aspects of Exercise. (3-0) Cr. 3. F.S. *Prereq:* 358. The role of exercise in preventive medicine. Impact of exercise on various diseases, and the effect of various medical conditions on the ability to participate in vigorous exercise and competitive sports. Principles of exercise testing and prescription for individuals with these conditions. Environmental and nutritional aspects of exercise.

KIN 467X Physical Activity and Health Behavior Change (3-0) Cr 3. Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations

*d. proposed new courses or modifications of existing courses;*

No new courses are planned or needed for this minor.

*e. implications for related areas within the university.* The implementation of this minor should have a positive impact on other departments in the university by providing a structured program for both Kinesiology and other students to achieve knowledge in the areas of health and health promotion that will allow them to enhance their career opportunities.

**22. General description of the resources currently available and future resource needs, in terms of:**

*a. faculty members;* All courses will be covered by current faculty or lecturers.

*b. effects of the new courses on the work load of the present staff;* The addition of the proposed course will not add to the work load of current staff.

*c. research facilities;* Not required

*d. library facilities (journals, documents, etc.) in the proposed area;* The ISU has an excellent set of resources to support the areas of health and health promotion.

*e. supplies, field work, student recruitment, etc.* No field experiences or internships are required for this minor.

**23. Describe the needs for new resources and/or reallocated resources. Attach to the program proposal memos from the department chair(s), the college dean(s), and other appropriate persons, agreeing to the allocation of new resources and/or the reallocation of resources.**

Considering the number of students anticipated for the proposed minor, it is unlikely that the department will need any new or reallocated resources.

**24. Attach to the program proposal, letters of support, recommendations, and statements when appropriate:**

*a. from programs at the other Regents universities;*



*b. from programs and departments at ISU which are associated with the proposed program or have an interest in the proposed program.*

*14. If the new program is interdisciplinary, a governance document should be created and submitted to the Associate Provost for Academic Programs. Indicate here that it has been completed.*

## Program Proposal for a minor

An outline of the necessary information is provided below. The completed proposal should be made available in an electronic form for review and approval.

### Program Proposal

1. *Name of the proposed minor.* – Kinesiology
2. *Name of the department(s) involved.* - Kinesiology
3. *Name of contact person(s).* – Holly Lipsey, Undergraduate Program Coordinator
4. *Need for the proposed minor.* – Currently, the Department of Kinesiology offers minors in Dance, Athletic Coaching, and Sport and Culture. These are highly focused minors. None address the diverse multidisciplinary perspectives (e.g., mechanical, neuromotor, physiological, psychosocial) upon which the study of physical activity, exercise, and human movement is based. The Kinesiology minor being proposed is comprised of a series of core kinesiology courses that provide a student with disciplinary knowledge of physical activity and its impact on health, society, and quality of life. Students from several majors on campus, particularly Food Science and Human Nutrition, Biology, and Pre-Professional programs in Liberal Arts and Sciences, have frequently completed a series of courses of interest to them in the Kinesiology Department. The Kinesiology minor would provide structure for those students seeking preparation in the kinesiology discipline to broaden their knowledge of the role of physical activity and fitness in health and to strengthen their preparation for graduate school or professional programs linked to health care.
5. *Objectives of the proposed minor including the student learning outcomes and how the learning outcomes will be assessed.*  
The Kinesiology minor will provide preparation in those areas designated by the American Kinesiology Association as representing the discipline of Kinesiology. Learning outcomes will be assessed through the individual courses required by the program.
6. *General description of the minor.*  
Students must receive a C- or better in all courses used to fulfill the requirements of this minor. Must include a minimum of 15 credits.  
  
Required Classes—15 credits  
  
(3 cr.) KIN 355 – Biomechanics  
(3 cr.) KIN 358 – Physiology of Exercise  
(3 cr.) KIN 360 – Sociology of Sport  
(3 cr.) KIN 365 or 366 – Exercise Psychology / Sport Psychology  
(3 cr.) KIN 372 – Motor Control
7. *Relationship of the minor to other programs at Iowa State University.* - The minor in Kinesiology is not directly related to or dependent on any other programs at ISU.

**8. Relationship of the minor to the department's/college's/university's strategic plans.**

As part of its land grant mission, Iowa State University seeks to provide students with a broad and diverse education to better meet the demands of the future. The proposed minor will encourage students to seek a broader academic perspective and several of the courses in this minor provide an important discussion of cultural and diversity issues.

**9. Comparison of the proposed minor with:**

- a. standards, if any, established by accrediting associations;** None
- b. similar programs at other universities.** - Both of the other regents universities, UNI and Iowa, have a minor focused on general kinesiology. The addition of a minor at ISU should not have any effect on programs at either UNI or Iowa, since a minor is typically an add-on program students use to broaden their career options. This minor will not create inefficiency through duplication of programs at the other regent's universities.

**10. Program requirements, including:**

- a. prerequisites for prospective students;** Students applying for this minor should have completed 30 credits prior to their application. This minor is only available to students outside the Department of Kinesiology.
- b. language requirements;** None
- c. courses and seminars presently available for credit toward the program;**

Kin 355. Biomechanics. (2-2) Cr. 3. F.S. *Prereq: Phys 106 or 111.* Mechanical basis of human performance; application of mechanical principles to exercise, sport and other physical activities. Nonmajor graduate credit.

Kin 358. Physiology of Exercise. (2-2) Cr. 3. F.S. *Prereq: Biol 255, 255L, 256 and 256L.* Physiological basis of human performance; effects of physical activity on body functions. Nonmajor graduate credit.

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Kin 366. Exercise Psychology. (3-0) Cr. 3. F.S. *Prereq: Psych 101 or Psych 230.* Psychological theories for understanding and predicting health-oriented exercise behavior. Psychological and psychobiological responses to exercise. Psychological interventions for increasing exercise

participation and adherence rates.

Kin 372. Motor Control and Learning Across the Lifespan. (2-2) Cr. 3. F.S. *Prereq: Psych 101 or Psych 230, Biol 255, 256.* Introduction to major concepts of neuromotor control, behavioral motor control and motor learning in the child, adult and older adult, with emphasis on the adult system.

***d. proposed new courses or modifications of existing courses;***

No new courses are planned or needed for this minor.

***e. implications for related areas within the university.*** The implementation of this minor should have a positive impact on other departments in the university by providing a structured program for students to achieve knowledge in the discipline of Kinesiology that will allow them to enhance their career and graduate school opportunities.

***10. General description of the resources currently available and future resource needs, in terms of:***

***a. faculty members;*** All courses will be covered by current faculty or lecturers.

***b. effects of the new courses on the work load of the present staff;*** The addition of the proposed course will not add to the work load of current staff.

***c. research facilities;*** Not required

***d. library facilities (journals, documents, etc.) in the proposed area;*** The ISU has an excellent set of resources to support the areas of health and health promotion.

***e. supplies, field work, student recruitment, etc.*** No field experiences or internships are required for this minor.

***11. Describe the needs for new resources and/or reallocated resources. Attach to the program proposal memos from the department chair(s), the college dean(s), and other appropriate persons, agreeing to the allocation of new resources and/or the reallocation of resources.***

Considering the number of students anticipated for the proposed minor, it is unlikely that the department will need any new or reallocated resources.

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***a. from programs at the other Regents universities;***

***b. from programs and departments at ISU which are associated with the proposed program or have an interest in the proposed program.***

***14. If the new program is interdisciplinary, a governance document should be created and submitted to the Associate Provost for Academic Programs. Indicate here that it has been completed.***

The CHS Curriculum Committee approved the three minors from Kinesiology on March 5, 2010, with three separate votes of 7-0. The three minors were included in the Curriculum Report which was voted on by the faculty with a 43-0 vote which ended on Nov. 3, 2010.

I will ask Dean White to send you a letter of support as well.

Thank you for your assistance in getting these minors through the curriculum.

Roger

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Roger A. Smith, Ph.D.

Professor, Educational Leadership and Policy Studies N232B Lagomarcino Hall

Iowa State University Ames, IA 50011

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

From: Martin, Philip [KIN]

Sent: Monday, November 15, 2010 8:55 AM

To: Hendrich, Suzanne [FSHNSH]; Schabel, Frank E [KIN]; Welk, Gregory [KIN]

Cc: White, Pamela J [HS AD]; Smith, Roger A [EL PS]

Subject: RE: Approval of Kinesiology dept related minors

As per faculty meeting minutes, on March 25, 2010, Kinesiology faculty voted on motions to establish minors as follows (a yes vote reflects support for the motion to establish minor):

Kinesiology minor: 16 yes, 1 no, 0 abstain Health Promotion minor: 17 yes, 0 no, 0 abstain Exercise Science minor: 16 yes, 0 no, 1 abstain

Let me know if you need other information.

Phil

Philip E. Martin, Ph.D.

Professor and Chair

Department of Kinesiology

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fax: (515) 294-8740

web: <http://www.kin.hs.iastate.edu/>

From: White, Pamela J [HS AD] [pjwhite@mail.iastate.edu]  
Sent: Monday, November 15, 2010 3:42 PM  
To: Smith, Roger A [EL PS]; 'shendric@iastate.edu'  
Subject: Re: Approval of Kinesiology dept related minors

Dear Suzanne

I fully support the approval of the programs listed below.

Sincerely  
Pamela J. White  
Dean, College of Human Sciences



**From:** Abelson, A. G [C I]  
**Sent:** Thursday, April 29, 2010 2:18 PM  
**To:** Hendrich, Suzanne [FSHNH]  
**Subject:** Re: kinesiology minors

Suzanne – The minors were approved, including the special grade requirements.

Geoff

On 4/22/10 1:11 PM, "Hendrich, Suzanne [FSHNH]" <[shendric@mail.iastate.edu](mailto:shendric@mail.iastate.edu)> wrote:

These minors are being sent to Academic Standards and Admissions Committee for their approval due to special course grade requirements. Once that approval is gained, I will forward them to Faculty Senate Executive Board, then to Fac Sen. This will happen early next fall semester.

Suzanne Hendrich, PhD  
Chair, Academic Affairs Council  
Professor, Food Science and Human Nutrition  
220 MacKay  
Iowa State University  
Ames, IA 50011-1123  
515-294-4272  
FAX 515-294-6193  
[shendric@iastate.edu](mailto:shendric@iastate.edu)