

In Workflow

1. **U Program Review**
2. **1581 Committee Chair**
3. **1581 Head**
4. **KY Committee Chair**
5. **KY Dean**
6. **University Librarian**
7. **Provost**
8. **Registrar**
9. **Senate EPC**
10. Senate
11. U Senate Conf
12. Board of Trustees
13. IBHE
14. DMI

New Proposal

Date Submitted: Thu, 28 Mar 2019 20:33:21 GMT

Viewing: **: Kinesiology Minor, UG**

Approval Path

1. Fri, 29 Mar 2019 13:22:33 GMT
Kathy Martensen (kmartens): Approved for U Program Review
2. Fri, 29 Mar 2019 16:49:56 GMT
Kristi Carlson (carlso1): Approved for 1581 Committee Chair
3. Fri, 29 Mar 2019 18:33:25 GMT
Kim Graber (kgraber): Approved for 1581 Head
4. Mon, 01 Apr 2019 00:04:33 GMT
Reggie Alston (alston): Approved for KY Committee Chair
5. Mon, 01 Apr 2019 00:14:31 GMT
Reggie Alston (alston): Approved for KY Dean
6. Mon, 01 Apr 2019 00:19:24 GMT
John Wilkin (jpwilkin): Approved for University Librarian
7. Mon, 01 Apr 2019 13:30:16 GMT
Kathy Martensen (kmartens): Approved for Provost
8. Tue, 09 Apr 2019 15:42:28 GMT
Deb Forgacs (dforgacs): Approved for Registrar

Changes proposed by: Kristi Carlson

Proposal Type

This proposal is for a:

Minor

Proposal Title

Establish a Minor in Kinesiology in the Department of Kinesiology and Community Health,
College of Applied Health Sciences

Is this program an online version of an existing program?

No

Official Program Name

Kinesiology Minor, UG

Banner/Codebook Name

Program Code:

Effective Catalog Term

Fall 2019

Sponsor College

Applied Health Sciences

Sponsor Department

Kinesiology and Community Health

Sponsor Name

Dr. Naiman A. Khan

Sponsor Email

nakhan2@illinois.edu

College Contact

Dr. Ameila Mays Woods

College Contact Email

amywoods@illinois.edu

Is this program interdisciplinary?

No

Is this minor?

A Comprehensive study in a single discipline

Academic Level

Undergraduate

CIP Code

Program Description and Justification

Provide a *brief* description and justification of the program, including highlights of the program objectives, and the careers, occupations, or further educational opportunities for which the program will prepare graduates, when appropriate.

The Kinesiology Minor is directed toward students who are both inside and outside the College of Applied Health Sciences. Specifically, those interested in future careers in the Health Sciences. The Minor requirements include:

1. Completion of four required core courses (12 hours) to provide students with foundational knowledge about the broad range of the Kinesiology discipline.
2. A combination of required and elective courses (9 hours) to develop in-depth knowledge in at least one area of specialization.
3. Areas of specialization will include five sub-disciplines within Kinesiology:
 - A. The scientific study of the psychological and cognitive factors that are associated with participation and performance in sport, exercise and other types of physical activity (Exercise Psychology and Health Behavior)
 - B. Study of work output, energy transfer, and movement efficiency to better understand the influence of exercise on body systems to improve health and wellness (Exercise Physiology)
 - C. Learning, teaching and instruction in sport, physical education and related areas of physical activity (Teaching and Coaching Physical Activity)
 - D. Study of the structure and function of the mechanical aspects of movement during physical activity (Biomechanics)
 - E. Examine the interaction between physical activity and the individual from a variety of cultural and sociological perspectives (Cultural and Interpretive Studies).

Justification:

There has been considerable interest in the Kinesiology Minor for several years given that many students, regardless of their major, have broad interest in sport, exercise, and other physical activities and their benefits for wellness and health. Therefore, the Minor in Kinesiology would benefit students in all majors throughout campus.

Additionally, students interested in pursuing postgraduate careers or training in the health sciences (e.g., medicine, physical therapy, occupational therapy, doctoral training etc.) are particularly likely to benefit from the Minor given that Kinesiology is concerned with various aspects of human movement and its implications for physical and psychological health.

To gauge the interest in a potential Minor in Kinesiology, our ad hoc committee disseminated a brief online survey to academic advisors in several units on campus. The survey items included questions regarding the respondent's campus affiliation and interest in a possible Minor in Kinesiology as well as potential areas of specialization among students in the respondent's unit. The survey was completed by 16 advisors across 10 units on campus including Community Health, Molecular and Cellular Biology, Student Services, General Studies, Psychology, Global Studies, Academic Affairs, Food Science and Human Nutrition, Undergraduate Affairs, and Computer Science. Respondents were asked to choose as many areas of specialization that would be of interest to their students. The respondents expressed enthusiasm for all areas of specialization with the Exercise Psychology and Health Behavior, Exercise Physiology, and Teaching and Coaching Physical Activity receiving the highest levels of interest.

Please include how the proposed minor requires some depth in the subject, but not as extensive as the major.

The proposed minor provides some depth in the subject, but not as extensive as the major. Students will gain foundational knowledge of Kinesiology through the required 12 hours, while also providing the opportunity to develop a deeper understanding of at least one specific sub-discipline through 9 hours of course work. These 21 hours will allow students to develop a knowledge base of the discipline, but is well short of the 58+ hours of kinesiology-related courses required of students enrolled in the major.

Is This a Teacher Certification Program?

No

Will specialized accreditation be sought for this program?

No

Enrollment

Will the department limit enrollment to the minor?

No

Describe how the department will monitor the admission to/enrollment in the minor.

The Department of Kinesiology will provide and coordinate at least two enrollment periods (Fall and Spring semesters) for the minor each academic year. Students will need to apply by the application due date by submitting a short application including their intent to minor, desired track, and minor completion plan, with an optional section for any additional information they would like to be considered. Initially, the program will be open to all undergraduates. If the minor develops in popularity beyond the Department's ability to administer it effectively, the Department will develop an application system with additional requirements. This is a common method used in AHS for assessing student interest in the program and ensuring that students who apply are in good academic standing.

Are there any prerequisites for the proposed minor?

No

Number of Students in Program (estimate)

Year One Estimate

10

5th Year Estimate (or when fully implemented)

50

Delivery Method

What is the program's primary delivery method?

Face-to-Face

Other than certification via the students' degree audits, is there any additional planned mechanism to award/honor successful completion of the minor?

No

Budget

Will the program or revision require staffing (faculty, advisors, etc.) beyond what is currently available?

No

Additional Budget Information

N/A

Attach File(s)

N/A

Resource Implications

Facilities

Will the program require new or additional facilities or significant improvements to already existing facilities?

No

Technology

Will the program need additional technology beyond what is currently available for the unit?

No

Non-Technical Resources

Will the program require additional supplies, services or equipment (non-technical)?

No

Resources

Library Resources

Describe your proposal's impact on the University Library's resources, collections, and services. If necessary please consult with the appropriate disciplinary specialist within the University Library.

There is no impact on library resources.

Instructional Resources

Will there be any reduction in other course offerings, programs or concentrations by your department as a result of this new program/proposed change?

No

Does this new program/proposed change result in the replacement of another program?

No

Does the program include any required or recommended subjects that are offered by other departments?

No

Financial Resources

How does the unit intend to financially support this proposal?

There are no foreseen budgetary implications to the proposed minor that should require

additional financial support. The impact on internal reallocations is expected to be minimal. It is anticipated that 30-50 students will enroll in the minor. An instructor was recently hired within the Department of Kinesiology, who will be responsible for advising students entering the minor, so no additional resources will be needed in that area. This instructor will be provided with adequate release time to allow for the number of students within the minor, which will be adjusted accordingly as the minor grows in popularity. We do not anticipate exceeding 50 students, however if the minor grows beyond the capacity of one advisor, we would decide at that time if an additional advisor is needed. Current resources including classrooms and staff are adequate to include the additional students. To accommodate the students in the minor we will also establish an earlier date for course enrollment. Further, we will reserve seats for students in the minor to facilitate enrollment.

Will the unit need to seek campus or other external resources?

No

Attach letters of support

LOS_TB_2.pdf

Letter of Support for Kinesiology Minor from Justine Karduck.pdf

Letter of Support for Kinesiology Minor from Katelyn Talbott.pdf

Program Regulation

Describe how the program is aligned with or meets licensure, certification, and/or entitlement requirements, if applicable.

Not applicable

Is the career/profession for graduates of this program regulated by the State of Illinois?

No

Program of Study

An undergraduate minor should consist of at least 16 — and no more than 21 hours — of course work, with at least six hours of 300- or 400- level courses. Except clearly remedial offerings, prerequisite courses within the sponsoring unit count towards the total; prerequisite courses outside the sponsoring unit do not count toward this total. The unit sponsoring the minor and that unit's college may set educationally necessary prerequisites for eligibility for the minor within these constraints. Does this proposal meet these criteria?

Yes

All proposals must attach the new or revised version of the Academic Catalog program of study entry. Contact your college office if you have questions.

For new programs, attach Program of Study

Kinesiology Minor Program of Study.pdf (see attached)

Catalog Page Text

Catalog Page Text: Description of program for the catalog page. This is not official content, it is used to help build the catalog pages for the program. Can be edited in the catalog by the college or department.

The Kinesiology Program is committed to the study and research of human movement in all its dimensions. Undergraduate study focuses on exercise stress, movement efficiency, and fitness; the social, cultural, and psychological aspects of participation in physical activity and sport; coordination, control and skill physical activity; physical growth, development, and body form throughout the lifespan; the effects of therapeutic techniques of kinesiology upon recovery from physical injury; and the instructional process of teaching/coaching of physical activity and sport.

The curriculum combines a comprehensive liberal arts and sciences education with in-depth study in a particular area of specialization. The program of study provides knowledge and understanding essential for human movement and sport careers in either public or private agencies. The hours required for graduation include prescribed courses for all students as well as requirements determined by the various areas of emphasis selected by the student. Teaching and research emphasize hands-on learning through the use of technology and modern laboratory equipment. Graduates find employment in a variety of fields including teaching-related occupations, corporate fitness, coaching, and athletic training. Many students continue their education and become certified K-12 physical education teachers, physical therapists, physicians, exercise physiologists, and sports psychologists.

Statement for Programs of Study Catalog

Please see attached Appendix A: Minor in Kinesiology Program of Study.

DMI Documentation

Attach Final Approval Notices

Attached Document

Justification for this request

Program Reviewer Comments

Kathy Martensen (kmartens) (Tue, 05 Mar 2019 23:14:19 GMT):Rollback: Hi Kristi, concentrations cannot/do not exist at the minor level, only at the major level. The way this is being proposed, then, it would actually need to be 5 different minors to enable the 5 paths students can take. How do you wish to proceed? Thanks! –Kathy

Appendix A

KINESIOLOGY MINOR UNDERGRADUATE

STATEMENT FOR PROGRAMS OF STUDY CATALOG:

The Kinesiology Program is committed to the study and research of human movement in all its dimensions. Undergraduate study focuses on exercise stress, movement efficiency, and fitness; the social, cultural, and psychological aspects of participation in physical activity and sport; coordination, control and skill physical activity; physical growth, development, and body form throughout the lifespan; the effects of therapeutic techniques of kinesiology upon recovery from physical injury; and the instructional process of teaching/coaching of physical activity and sport.

The curriculum combines a comprehensive liberal arts and sciences education with in-depth study in a particular area of interest. The program of study provides knowledge and understanding essential for human movement and sport careers in either public or private agencies. The hours required for graduation include prescribed courses for all students as well as requirements determined by the various areas of emphasis selected by the student. Teaching and research emphasize hands-on learning through the use of technology and modern laboratory equipment. **Graduates find employment in a variety of fields including teaching-related occupations, corporate fitness, coaching, and athletic training. Many students continue their education and become certified K-12 physical education teachers, physical therapists, physicians, exercise physiologists, and sports psychologists.**

REQUIREMENTS

The course requirements for the minor will be 21 hours. This will include a combination of foundational courses (12 hours) that all students will be required to take followed by 9 hours within an area of specialization. The foundational courses will enable students to acquire knowledge about the broad range of the field (i.e., cell to society) and introduce them to the different sub-disciplines. The areas of specialization are necessary to provide students the opportunity to gain deeper knowledge in their preferred area of interest. Thus, students would be asked to complete three courses from one of the areas of specialization. At least 6 hours will be advanced (300 or 400) level courses, meeting the requirement for minors. These areas of specialization will be non-transcripted; thus, students will not receive a grade point average (GPA) based on the area selected, minimizing the monitoring needed for transcript purposes. Further, students will be allowed to enroll in courses outside their areas as needed based on advisor approval, allowing greater flexibility for completion of the minor and progress to degree completion.

Foundational/Required Courses for a Minor in Kinesiology:

Courses	Required Foundational Courses	Hours
KIN 160	Introduction to Kinesiology	3
KIN 122	Physical Activity and Health	3
KIN 140	Social Science of Human Movement	3
KIN 201	Physical Activity Research Methods	3

Beyond the foundation courses, students will have the choice of different pre-selected course tracks comprised of two required courses (6 hours) and a choice of electives (3 hours) that will satisfy the requirements of one of the five areas of specialization.

Areas of Specialization Core Requirements

Specialization Area	Courses	Hours
Exercise Psychology and Health Behavior	<u>Required</u>	
	KIN 340: Sociology and Psychology of Physical Activity	3
	KIN 448: Exercise and Health Psychology	3
	<u>Electives</u> (choice of at least 1 course)	
	KIN 247: Introduction to Sport Psychology	3
	KIN 443: Psychophysiology in Exercise and Sport	3
	KIN 447: Psychology of Sport Performance	3
KIN 474: Tech-Driven Health Intervention	3	
Exercise Physiology	<u>Required</u>	
	KIN 150: Bioscience of Human Movement	3
	KIN 352: Bioenergetics of Movement	3
	<u>Electives</u> (choice of at least 1 course)	
	KIN 451: Skeletal Muscle Physiology	3
	KIN 452: Clinical & Applied Exercise Physiology	3
	KIN 453: Nutrition for Performance	3
KIN 470: Exercise Endocrinology	3	
Teaching and Coaching Physical Activity	<u>Required</u>	
	KIN 361: Curriculum in Grades K-6	3
	KIN 362: Curriculum in Grades 7-12	3
	<u>Electives</u> (choice of at least 1 course)	
	KIN 360: Adapted Physical Education	3
	KIN 363: Instructional Strategies in Physical Education	3
	KIN 369: Coaching Strategies	3
KIN 460: Technology & Pedagogical Kinesiology	3	

Biomechanics	<u>Required</u> KIN 355: Biomechanics of Human Movement KIN 457: Motor Learning & Control <u>Electives</u> (choice of at least 1 course) KIN 259: Motor Development and Control KIN 473: Skill Acquisition Strategies	3 3 3 3
Cultural and Interpretive Studies	<u>Required</u> KIN 249: Sport and Modern Society KIN 346: Case Study: Endless Summer <u>Electives</u> (choice of at least 1 course) KIN 401: Measure & Evaluation in Kinesiology KIN 442: Body, Culture & Society KIN 473: Skill Acquisition Strategies	3 3 3 3 3



Gay Miller, PhD, DVM
Chair, Senate Committee on Educational Policy
Office of the Senate
228 English Building, MC-461

Dear Dr. Miller,

I would like to offer my support of the Department of Kinesiology and Community Health's proposal to establish an undergraduate minor in Kinesiology. I believe the minor has intellectual merit and would be of interest to undergraduate students in Molecular and Cellular Biology.

Having a minor would be a great way for our pre-health students to show some intentionality to their college education as they are applying to professional school.

Sincerely,

A handwritten signature in black ink that reads "Timothy Bowers".

Timothy Bowers, MS
Molecular and Cellular Biology
Undergraduate Instructional Program Office
200 Burrill Hall
407 South Goodwin Avenue
Urbana, IL 61801
Phone: 217-333-6774
t-bowers@illinois.edu

UNIVERSITY OF ILLINOIS
AT URBANA-CHAMPAIGN

Campus Center for Advising & Academic Services

Division of General Studies
807 S. Wright Street, Floor 5
Champaign, IL 61820



Gay Miller, PhD, DVM
Chair, Senate Committee on Educational Policy
Office of the Senate
228 English Building, MC-461

Dear Dr. Miller,

I would like to offer my support of the Department of Kinesiology and Community Health's proposal to establish an undergraduate minor in Kinesiology. In working with current students, I have had students ask about a minor in Kinesiology to pair with their major of interest to better prepare them for interests in pre-health. I know there will be many more students who explore during their time in the Division of General Studies who would benefit from various tracks of the minor.

Sincerely,

A handwritten signature in blue ink that reads "Katelyn Talbott".

Katelyn Talbott, MS
Academic Advisor
Division of General Studies
Illini Union Bookstore, Floor 5
807 S. Wright Street
Champaign, IL 61820
217-333-4710
ktalbott@illinois.edu



Gay Miller, PhD, DVM
Chair, Senate Committee on Educational Policy
Office of the Senate
228 English Building, MC-461

Dear Dr. Miller,

I am delighted to offer my strongest support of the Department of Kinesiology and Community Health's proposal to establish an undergraduate minor in Kinesiology. As the Director of the Didactic Program in Dietetics and Clinical Assistant Professor in Food Science and Human Nutrition, I can attest to the interest in basic education in Kinesiology among our students. Considering the scientific overlap between the health behaviors of diet and physical activity, the opportunity to obtain a minor in Kinesiology would be an asset for our students who plan to embark on careers as practitioners in Dietetics and Nutritional Sciences. Further, given the variety of areas of specialization offered by the proposed minors program (i.e., Exercise Psychology and Health Behaviors, Exercise Physiology, Teaching and Coaching Physical Activity, Biomechanics, Cultural and Interpretive Studies), we anticipate that our students interested in the Kinesiology minor will have the opportunity to select the coursework that meets their specific interests within the Kinesiology discipline. I appreciate your consideration of this proposal and if you have any further questions about how the Kinesiology minor would be mutually beneficial for both the Departments of Food Science and Human Nutrition and Kinesiology and Community Health, please do not hesitate to reach out to me.

Best Regards,

A handwritten signature in black ink that reads 'Justine Karduck'.

Justine Karduck, MS, RDN, LDN, CDE
Director of the Didactic Program in Dietetics
Clinical Assistant Professor
Ph.D. Candidate, Human Nutrition
Department of Food Science and Human Nutrition
345 Bevier Hall, MC-182
905 S. Goodwin Ave
Urbana, IL 61801
Phone 217-300-0181, fax 217-265-0925
karduck@illinois.edu
<http://fshn.illinois.edu/concentration/dietetics>

UNIVERSITY OF ILLINOIS
AT URBANA-CHAMPAIGN

Office of the Provost and Vice Chancellor for Academic
Affairs

Swanlund Administration Building
601 East John Street
Champaign, IL 61820



April 1, 2019

Gay Miller, Chair
Senate Committee on Educational Policy
Office of the Senate
228 English Building, MC-461

Dear Professor Miller:

Enclosed is a proposal from the College of Applied Health Sciences to establish the undergraduate minor in Kinesiology.

Sincerely,

A handwritten signature in cursive script that reads 'Kathryn A. Martensen'.

Kathryn A. Martensen
Assistant Provost

Enclosures

c: R. Alston
R. King
K. Graber
A. Woods
A. Edwards
E. Stuby