

Program Change Request

EP.26.090_FINAL

Approved by EP 02/02/2026

Date Submitted: 11/13/24 11:18 am

Viewing: **10KY0351BS : Kinesiology, BS**

Last approved: 05/05/22 11:57 am

Last edit: 02/05/26 9:15 am

Changes proposed by: Kristi Carlson

Catalog Pages Using
this Program

[Kinesiology, BS](#)

Proposal Type:

Major (ex. Special Education)

This proposal is for

a:

Revision

In Workflow

1. U Program Review
2. 1581-HK
Committee Chair
3. 1581-HK Head
4. KY Committee Chair
5. KY Dean
6. University Librarian
7. COTE Programs
8. Provost
9. Senate EPC
10. Senate
11. U Senate Conf
12. Board of Trustees
13. IBHE
14. HLC
15. Catalog Editor
16. DMI

Approval Path

1. 11/21/24 8:44 am
Donna Butler
(dbutler): Approved
for U Program
Review
2. 12/04/24 12:58 pm
Kristi Carlson
(carlso1): Approved
for 1581 Committee
Chair
3. 12/04/24 12:59 pm
Kristi Carlson
(carlso1): Approved
for 1581 Head
4. 01/07/25 3:04 pm

- Robbin King
(rlking10): Rollback
to 1581 Committee
Chair for KY
Committee Chair
5. 03/24/25 12:23 pm
Kristi Carlson
(carlo1): Approved
for 1581-HK
Committee Chair
6. 03/24/25 11:33 pm
Kim Graber
(kgraber): Approved
for 1581-HK Head
7. 04/11/25 11:46 am
Robbin King
(rlking10):
Approved for KY
Committee Chair
8. 04/11/25 11:48 am
Robbin King
(rlking10):
Approved for KY
Dean
9. 04/11/25 2:02 pm
Tom Teper (tteper):
Approved for
University Librarian
10. 04/11/25 2:41 pm
Suzanne Lee
(suzannel):
Approved for COTE
Programs
11. 04/29/25 12:18 pm
Brooke Newell
(bsnewell): Rollback
to 1581-HK
Committee Chair for
Provost
12. 09/23/25 11:12 am

- Kristi Carlson
(carlo1): Approved
for 1581-HK
Committee Chair
13. 09/23/25 9:55 pm
Kim Graber
(kgraber): Approved
for 1581-HK Head
14. 11/11/25 1:37 pm
Robbin King
(rlking10): Rollback
to 1581-HK Head for
KY Committee Chair
15. 11/12/25 2:12 am
Kim Graber
(kgraber): Approved
for 1581-HK Head
16. 11/14/25 8:19 am
Robbin King
(rlking10): Rollback
to 1581-HK
Committee Chair for
KY Committee Chair
17. 11/14/25 1:50 pm
Kristi Carlson
(carlo1): Approved
for 1581-HK
Committee Chair
18. 11/15/25 2:04 am
Kim Graber
(kgraber): Approved
for 1581-HK Head
19. 11/17/25 2:34 pm
Robbin King
(rlking10):
Approved for KY
Committee Chair
20. 11/17/25 2:35 pm
Robbin King
(rlking10):

Approved for KY

Dean

21. 12/02/25 2:11 pm

Tom Teper (tteper):

Approved for

University Librarian

22. 12/02/25 3:20 pm

Suzanne Lee

(suzannel):

Approved for COTE

Programs

23. 12/03/25 8:56 am

Brooke Newell

(bsnewell):

Approved for

Provost

History

1. May 5, 2022 by

Kristi Carlson

(carlo1)

Administration Details

Official Program
Name

Kinesiology, BS

Diploma Title

Sponsor College

Applied Health Sciences

Sponsor
Department

Health and Kinesiology

Sponsor Name

Dr. Kristi Carlson

Sponsor Email

carlo1@illinois.edu

College Contact

Dr. Steve Petruzzello ~~Kim Graber~~

College Contact
Email

petruzze@illinois.edu ~~kgraber@illinois.edu~~

College Budget

Suzanne Rinehart

Officer

College Budget srinehar@illinois.edu

Officer Email

If additional stakeholders other than the Sponsor and College Contacts listed above should be contacted if questions during the review process arise, please list them here.

[Kristi Carlson, carlso1@illinois.edu, will handle all edits.](#)

Does this program have inter-departmental administration?

No

Effective Catalog Term

Effective Catalog Term Fall 2026

Effective Catalog 2026-2027

Proposal Title

Proposal Title (either Establish/Revise/Eliminate the Degree Name in Program Name in the College of XXXX, i.e., Establish the Bachelor of Science in Entomology in the College of Liberal Arts and Sciences, include the Graduate College for Grad Programs)

Revise the Bachelor of Science in Kinesiology in the College of Applied Health Sciences

Does this proposal have any related proposals that will also be revised at this time and the programs depend on each other? Consider Majors, Minors, Concentrations & Joint Programs in your department. Please know that this information is used administratively to move related proposals through workflow efficiently and together as needed. Format your response like the following "This BS proposal (key 567) is related to the Concentration A proposal (key 145)"

This is one part of a 6-part multi-element proposal including:

Kinesiology, BS (key 94)

Kinesiology: Teacher Education preK-12, BS (key 649)

Kinesiology: Health Sciences, BS (key 1283)

Kinesiology: Applied Exercise Science, BS (key 1285)

Kinesiology: Biobehavioral Health Science, BS (key 1284)

Dance, BA and Kinesiology, BS (key 1074)

Program Justification

Provide a brief description, using a numbered item list, of the proposed changes to the program.

1. All CHLH and KIN courses have a HK rubric, effective Fall 2024. This revision will reflect those changes.
2. The formatting of the POS, such as footnotes, and additional text (e.g., graduation requirements, university requirements, and general education requirements) has been modified to adhere to the campus General Education Template. CMN 111 and CMN 112 were also removed as specifically recommended courses that would meet the requirements of Composition I.
3. This proposal seeks to revise the core curriculum within the degree. This revision will reduce the courses required of the core. Specifically, four courses were removed from the core: CHLH 101/HK 111, KIN/HK 340, KIN/HK 352, KIN 355/HK 353). One course, HK 160, was added to the core. In addition, this proposal seeks to revise one existing concentration and establish three new concentrations, thereby allowing students more flexibility in creating a curriculum that will best prepare them for their future careers. Currently, we offer one concentration, Teacher Education K-12, which is optional for students. This proposal would require students to select a concentration for graduation (a concentration is not required for admittance). Additionally, the Teacher Education K-12 is being renamed to Teacher Education preK-12.
4. In the program of study table, removed the header of "Anatomy and Physiology" and moved that coursework just under the major requirements. Also removed elective Kinesiology courses requirement and correlate areas requirement.
5. Through this revision, we will also decrease the total hours for the program from 128 to 120. Four courses were removed from the core: CHLH 101/HK 111, KIN/HK 340, KIN/HK 352, KIN 355/HK 353). One course, HK 160, was added to the core. One additional hour of free electives was added to reach 120 hours.
6. Student learning outcomes were added under Program Features, as required for submission within the CIM system.
7. Under Program Features, it was noted that the major will now have transcribed concentrations.

Did the program content change 25% or more in relation to the total credit hours, since the most recent university accreditation visit? See the italicized text below for more details.

No

Provide the reasoning for why each change was necessary, using a corresponding numbered item list as it relates to the brief description numbered list above.

1. The Department of Kinesiology and Community Health became the Department of Health and Kinesiology, effective Fall 2024. The Department previously utilized 5 different rubrics (CHLH, HT, IHLT, KIN, and REHB). In order to promote a more cohesive Department, all courses with a CHLH, IHLT, KIN, and REHB rubric were transitioned to one rubric: HK. As the HT program is a separate graduate program, it was not included in this revision.
2. Per Office of the Provost General Education initiative for transparency and accessibility. The proposed Gen Ed requirements meet the standard established by the University.
3. This revision is warranted based on a) student interest and demand for specific career tracks within the Kinesiology degree, b) the need for more tailored courses to best prepare students for professional degree programs, and c) results from a market survey analysis. The Teacher Education K-12 is being renamed to Teacher Education preK-12 to align with new requirements of the Illinois State Board of Education (ISBE). As our content is appropriate for both elementary and prek students, this change will have no impact on program content.

The Department of Health and Kinesiology formed an Undergraduate Curriculum Review Task Force in August 2021 to review our degrees. Based on a survey sent to current students pursuing the degree in Kinesiology, the majority (64%) were either very satisfied or extremely satisfied by the courses. However, the majority expressed interest in the development of career tracks (94%) or concentrations (78%) within the major. Students commented on the need for more tailored and sequenced courses to best prepare them for the rigors of professional degree programs. Faculty discussions and our work with Eduventures Research (<https://www.encoura.org/eduventures-research/>) also indicated the need to include “Health” in the title of our concentrations to increase enrollments in this increasingly competitive landscape.

According to the Employment Projections 2022-2032 document released in September 2023, “The health care and social assistance sector is projected to not only grow most rapidly of any sector, but it is also projected to create about 45% of all the projected job gains from 2022 to 2032.” This is primarily due to the need to provide caregiving and therapy services to the rapidly growing aged population. Physical therapists, occupational therapists, medical doctors, physician assistants, athletic trainers, nurse practitioners, and other health practitioners are required to fill this need. Approximately 74% of current students pursuing the degree in Kinesiology anticipate entering one of these occupations. Although our student success rate for entry into competitive professional programs is very high, some students do not possess the skills or prerequisites or are interested in alternative careers, including careers in fitness, biobehavioral therapy, or physical education teaching/coaching. Therefore, it is essential to provide appropriate career tracks and support for current and incoming students.

Based on this solid justification, we propose to revise the core curriculum and also establish and/or revise the following 4 concentrations within the Kinesiology BS program: 1) Health Sciences, 2) Applied Exercise Science, 3) Biobehavioral Health Science, and 4) Teacher Education preK-12. The first three concentrations listed above will require four complementary, advanced-level courses, along with three advanced-level elective courses that are consistently offered each academic year, for a total of 21 hours that are specific to the concentration. The remaining concentration, Teacher Education preK-12, requires 48 hours of concentration-specific courses. This revision to the Kinesiology degree program was unanimously approved by the faculty in December 2022. While this curriculum revision has taken longer than expected, the faculty continue to be supportive of these curriculum revisions and look forward to implementing them as soon as possible. Faculty members have been kept informed throughout the process, most recently receiving an update at the start of the semester.

4. To make information easier for students to understand, we listed all major requirements in one area, rather than breaking them into different categories. Because students are now required to select a concentration, the elective Kinesiology courses requirement and correlate area requirements are no longer needed. Students will now select a specific concentration and meet the requirements of that concentration.

5. Reducing the total hours required for graduation will make degree attainment more feasible and economical for students.

6. Student learning outcomes were added under Program Features, as required for submission within the CIM system.

7. Because a transcribed concentration is now required for graduation, under Program Features, it was noted that the major will now have transcribed concentrations.

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 other courses/subjects outside of the sponsoring department impacted by the creation/revision of this program? If Yes is selected, indicate the appropriate courses and attach the letter of support/acknowledgement.

Yes

Courses outside of the sponsoring department/interdisciplinary departments:

CMN 111 - Oral & Written Comm I

CMN 112 - Oral & Written Comm II

Please attach any [Kinesiology BS, CMN 111 & 112.pdf](#)
letters of support/
acknowledgement
for any
Instructional
Resources.
Consider faculty,
students, and/or
other impacted
units as
appropriate.

Program Features

Academic Level Undergraduate

Does this major
have transcribed
concentrations? Yes ~~No~~

Concentrations

Will you admit to
the concentration
directly? No

Is a concentration
required for
graduation? Yes

What is the longest/maximum time to completion of this program?
4 years

What are the minimum Total Credit Hours required for this program?

120 ~~128~~ hours

CIP Code 310505 - Exercise Science and Kinesiology.

Is this program part of an ISBE approved licensure program?

No

Will specialized accreditation be sought for this program?

No

Does this program prepare graduates for entry into a career or profession that is regulated by the State of Illinois?

No

Program of Study

Provide detailed information (course rubrics, numbers, and credit hours) of how a student could obtain 40 credit hours of upper-division coursework.

Kinesiology, BS 40 hours upper division sample plan:

Minimum 12 hours Concentration Requirements - options are 300 or 400 level

9 hours Concentration Electives - options are 300 or 400 level

The remaining 19 hours can be chosen from additional upper-division HK electives, the general education requirement, or Free Electives. The attached sample sequence has over 30 hours of free electives after accounting for all program requirements, including the general education and LOTE requirements.

Revised programs [Sample Sequence_KIN_BS.docx](#)
 [Side by Side_Kinesiology_BS Revised.xlsx](#)

Catalog Page Text - Overview Tab

Catalog Page Overview Text

Statement for
Programs of Study
Catalog

Graduation Requirements

Minimum hours required for graduation: 120 hours.

University Requirements

Minimum of 40 hours of upper-division coursework, generally at the 300- or 400-level. These hours can be drawn from all elements of the degree. Students should consult their academic advisor for additional guidance in fulfilling this requirement.

The university and residency requirements can be found in the Student Code (§ 3-801) and in the Academic Catalog. ~~Requirements Including~~

General Education Requirements

~~The Kinesiology Program requires that General Education requirements must be selected from the Campus General Education course list.~~

Follows the campus General Education (Gen Ed) requirements. Some Gen Ed requirements may be met by courses required and/or electives in the program.

<u>Composition I</u>	<u>4-6</u>
<u>Advanced Composition</u>	<u>3</u>
<u>Humanities & the Arts (6 hours)</u>	<u>6</u>
<u>Natural Sciences & Technology (6 hours)</u>	<u>6</u>
<u>fulfilled by HK 150 and any other course approved as Natural Sciences & Technology</u>	
<u>Social and Behavioral Sciences (6 hours)</u>	<u>6</u>
<u>fulfilled by HK 140 and HK 250</u>	
<u>Cultural Studies: Non-Western Cultures (1 course)</u>	<u>3</u>
<u>Cultural Studies: US Minority Culture (1 course)</u>	<u>3</u>
<u>Cultural Studies: Western/Comparative Cultures (1 course)</u>	<u>3</u>
<u>Quantitative Reasoning (2 courses, at least one must be Quantitative Reasoning I)</u>	<u>6-10</u>
<u>fulfilled by HK 201 and any other course approved as Quantitative Reasoning I</u>	
<u>Language Requirement (Completion of the third semester or equivalent of a language other than English is required)</u>	<u>0-15</u>
Elective Kinesiology Courses	12

~~All courses must be at the 200, 300, or 400 level.~~

~~At least six or more hours must be at the 400 level.~~

~~Correlate Area Studies~~

~~Students select a standardized correlate that will prepare them for further education toward their career goals (at least 18 hours).~~ **18**

~~Total Hours~~ **128**

Major Requirements **29**

HK 125 Orientation to Health & Kinesiology **1**

HK 140 Social Sci of Human Movement **3**

HK 150 Bioscience of Human Movement **3**

HK 154 Physical Activity, Nutrition, and Health **3**

HK 160 Foundations and Careers in Kinesiology **3**

HK 201 Health Sciences Research Methods **3**

HK 250 Motor Development and Control **3**

MCB 244 Human Anatomy & Physiology I **5**
& MCB 245 and Human Anat & Physiol Lab I

MCB 246 Human Anatomy & Physiology II **5**
& MCB 247 and Human Anat & Physiol Lab II

Required Concentration. Choose one below:

Health Sciences **21**

Applied Exercise Science **21**

Biobehavioral Health Science **21**

Teacher Education preK-12 **48**

Total Hours **120**

~~The prescribed courses prepare the student for upper division study and may be used to satisfy General Education requirements provided they are on the appropriate General Education list. Specifically required General Education courses are listed below. Kinesiology Program Guided Electives~~

~~Communication Arts~~

~~Composition I and an approved speech performance course; or CMN 111 and CMN 112~~ **6-7**

~~Advanced Composition (KIN 340 fulfills requirement)~~ **3**

~~Quantitative Reasoning I & II~~

From the approved campus list (KIN 201 fulfills QRII requirement)		6
Humanities and Arts		
From the approved campus list		6
Behavioral and Social Sciences		
KIN 140	Course KIN 140 Not Found (Social Science)	3
KIN 259	Course KIN 259 Not Found (Behavioral Science)	3
Natural Sciences		
KIN 150	Course KIN 150 Not Found (Life Science)	3
Coures from the approved campus physical science list		3
Cultural Studies (may be completed through other categories)		
From Western Cultures approved campus list		3
From Non-Western Cultures approved campus list		3
From U.S. Minority Cultures approved campus list		3
Language Other Than English		0-15
Completion through the third level of the same language in high school or college		
Anatomy and Physiology		
MCB 244 & MCB 245	Human Anatomy & Physiology I and Human Anat & Physiol Lab I	5
MCB 246 & MCB 247	Human Anatomy & Physiology II and Human Anat & Physiol Lab II	5
Kinesiology and Community Health Department Core		
CHLH 101	Course CHLH 101 Not Found	3
KIN 122	Course KIN 122 Not Found	3
Kinesiology Core Requirements		
KIN 125	Course KIN 125 Not Found	1
KIN 140	Course KIN 140 Not Found (Gen Ed)	3
KIN 150	Course KIN 150 Not Found (Gen Ed)	3
KIN 201	Course KIN 201 Not Found (Gen Ed)	3
KIN 259	Course KIN 259 Not Found (Gen Ed)	3

KIN 340	Course KIN 340 Not Found (Gen Ed)	3
KIN 352	Course KIN 352 Not Found	3
KIN 355	Course KIN 355 Not Found	3

Corresponding Degree BS Bachelor of Science

Program Regulation and Assessment

Plan to Assess and Improve Student Learning

Illinois Administrative Code: 1050.30(b)(1)(D) Provision is made for guidance and counseling of students, evaluations of student performance, continuous monitoring of progress of students toward their degree objectives and appropriate academic record keeping.

Are the learning outcomes for the program listed in the Academic Catalog?

Yes

Student Learning Outcomes

Content Knowledge: Students will learn and engage with significant theories, models, themes, and ideas within the health and/or kinesiology disciplines.

Critical Thinking and Discovery: Students will explore and analyze scientific findings to promote inquiry, generate evidence-based solutions, and create new ideas within health and/or kinesiology disciplines.

Awareness and Understanding: Students will be exposed to and engage with a holistic perspective related to the diverse socioeconomic, behavioral, sociocultural, biological, environmental, philosophical, ethical and historical factors that influence health and/or kinesiology.

Programming and Assessment: Students will apply evidence-based practices in developing, implementing, and assessing programs and interventions related to health promotion, physical activity adoption and adherence, and the prevention and management of diseases.

Leadership and Engagement: Through a variety of applied learning opportunities, students will demonstrate leadership and effective communication skills, showcase an appreciation of and commitment to health and well-being as they develop and sustain productive relationships and work for the common good at local, national, and global levels. ~~The course will be monitored each semester via ICES scores, and will be monitored annually to ensure it continues to meet General Education requirements.~~

Did you make any revisions to the learning outcomes you copied and pasted from the current academic catalog?

Yes

Describe how, when, and where these learning outcomes will be assessed.

Describe here:

Identify faculty expectations for students' achievement of each of the stated student learning outcomes. What score, rating, or level of expertise will signify that students have met each outcome? Provide rating rubrics as necessary.

Explain the process that will be implemented to ensure that assessment results are used to improve student learning.

Program

Description and

Requirements

Attach Documents

Delivery Method

This program is
available:

On Campus - Students are required to be on campus, they may take some online courses.

Admission Requirements

Desired Effective Fall 2025

Admissions Term

Is this revision a change to the admission status of the program?

No

Provide a brief narrative description of the admission requirements for this program. Where relevant, include information about licensure requirements, student background checks, GRE and TOEFL scores, and admission requirements for transfer students.

Enrollment

Describe how this revision or phase down/elimination will impact enrollment and degrees awarded. If this is an elimination/phase down proposal include the plans for the students left in the program.

The degree in KIN is the most highly enrolled program in HK, with 115 new freshman and 658 students total in 2023. Our program continues to grow each year and the addition of concentrations will be highly attractive to prospective students and may therefore increase enrollment and degrees awarded. Based on our preliminary surveys, we predict that the majority of students (74%) will choose the Health Sciences concentration, followed by Applied Exercise Science (18%), Biobehavioral Health Science (5%), and then Teacher Education preK-12 (3%). Each student will meet with an assigned advisor twice per year to design a plan of study. During their first year, students will be required to take HK 160 (Foundations and Careers in Kinesiology) as part of the core curriculum, which will assist in choosing a concentration.

Current students will be given the option of completing their current curricular requirements or enrolling in one of the new/revised concentrations and completing the associated requirements.

Estimated Annual Number of Degrees Awarded

Year One Estimate

5th Year Estimate (or when fully implemented)

What is the matriculation term for this program?

Fall

Budget

Are there budgetary implications for this

No

revision?

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

No

Additional Budget
Information

Attach File(s)

Financial Resources

How does the unit intend to financially support this proposal?

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

No

Attach letters of
support

What tuition rate do you expect to charge for this program? e.g, Undergraduate Base Tuition, or Engineering Differential, or Social Work Online (no dollar amounts necessary)

[Undergraduate Kinesiology Differential](#)

Are you seeking a change in the tuition rate or differential for this program?

No

Faculty Resources

Please address the impact on faculty resources including any changes in numbers of faculty, class size, teaching loads, student-faculty ratios, etc.

This revision builds on an existing program so no major changes are anticipated with regard to faculty resources. Our current faculty size is sufficient to absorb any potential changes to class size, teaching loads, and/or student-faculty ratios.

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.

The proposal was shared with the Library's Applied Health Sciences subject specialist who indicated that the Library already acquires material for this area, including online and print books and journals, as well as relevant databases. The current proposal has no impact on library resources and services. If the program expands beyond the anticipated 5 year growth, the need for Library resources should be revisited with Library personnel.

EP Documentation

EP Control Number EP.26.090

Attach Rollback/
Approval Notices

Non-EP Documentation

U Program Review
Comments

Rollback
Documentation and
Attachment

DMI Documentation

Attach Final [U Program Review Comments KEY 94 Kinesiology, BS 10_9_2024.docx](#)

Approval Notices [U Program Review Comments KEY 94 Kinesiology, BS 11_20_2024.docx](#)

Banner/Codebook

Name

BS:Kinesiology -UIUC

Program Code: 10KY0351BS

Minor	Conc	Degree	BS
Code	Code	Code	Major
			Code

0351

Senate Approval
Date

Senate Conference
Approval Date

BOT Approval Date

IBHE Approval Date

HLC Approval Date

DOE Approval Date

Effective Date:

Program Reviewer

Comments

Brooke Newell (bsnewell) (10/09/24 8:33 am): U Program Review Comments attached in DMI Documentation section

Brooke Newell (bsnewell) (10/09/24 8:39 am): Rollback: Per request of Kristi

Brooke Newell (bsnewell) (11/20/24 8:55 am): U Program Review Comments attached in DMI Documentation section.

Kristi Carlson (carlo1) (11/25/24 12:28 pm): Justification, Program of Study, and Sample Sequence were revised to address all comments from U Program Review.

Laura Payne (lpayne) (12/09/24 9:48 am): It is still not clear why CMN 111 and 112 are being removed. Please provide a specific reason as indicated by the U Program Review.

Robbin King (rlking10) (01/07/25 3:04 pm): Rollback: Rolling back - Please address committee comments here and in the email sent separately.

Kristi Carlson (carlo1) (03/24/25 12:23 pm): All comments/suggestions have been addressed. A document has been shared with the AHS Ed Pol committee to show all changes and/or responses to comments.

Wesley Wilson (wjwilson) (04/10/25 11:22 am): No additional comments.

Brooke Newell (bsnewell) (04/29/25 12:18 pm): Rollback: Per email discussion with Kristi, Steve, and Robbin.

Robbin King (rlking10) (11/11/25 1:37 pm): Rollback: Rolling back

Robbin King (rlking10) (11/14/25 8:19 am): Rollback: Rolling back for edits.

Key: 94