

# Program Change Request

EP.26.092\_FINAL

Approved by EP 02/02/2026

## New Proposal

Date Submitted: 11/13/24 11:38 am

Viewing: : **Kinesiology: Applied Exercise Science,**

**BS**

Last edit: 02/05/26 9:28 am

Changes proposed by: Kristi Carlson

### 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 8:45 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 1:00 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 12:24 pm  
Kristi Carlson  
(carlso1): Approved  
for 1581-HK  
Committee Chair  
6. 03/24/25 11:37 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 2:03 pm  
Tom Teper (tteper):  
Approved for  
University Librarian  
10. 04/11/25 2:42 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 11:13 am

Kristi Carlson  
(carlso1): 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 2:13 am  
Kim Graber  
(kgraber): Approved  
for 1581-HK Head  
16. 11/14/25 8:21 am  
Robbin King  
(rlking10): Rollback  
to 1581-HK  
Committee Chair for  
KY Committee Chair  
17. 11/14/25 1:50 pm  
Kristi Carlson  
(carlso1): Approved  
for 1581-HK  
Committee Chair  
18. 11/15/25 2:07 am  
Kim Graber  
(kgraber): Approved  
for 1581-HK Head  
19. 11/17/25 2:35 pm  
Robbin King  
(rlking10):  
Approved for KY  
Committee Chair  
20. 11/17/25 2:36 pm  
Robbin King  
(rlking10):

Approved for KY  
Dean  
21. 12/02/25 2:12 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

## Proposal Type

Proposal Type: Concentration (ex. Dietetics)

## Administration Details

Official Program Name	Kinesiology: Applied Exercise Science, BS		
Diploma Title	Bachelor of Science in Kinesiology		
Sponsor College	Applied Health Sciences		
Sponsor Department	Health and Kinesiology		
Sponsor Name	Kristi Carlson		
Sponsor Email	carlso1@illinois.edu		
College Contact	Steve Petruzzello	College Contact	
		Email	
	petruzzze@illinois.edu		
College Budget Officer	Suzanne Rinehart		

College Budget      [srinehar@illinois.edu](mailto: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](mailto:carlso1@illinois.edu)

Marni Boppart, [mboppart@illinois.edu](mailto:mboppart@illinois.edu)

Does this program have inter-departmental administration?

No

### **Effective Catalog Term**

Effective Catalog      Fall 2026

Term

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)

Establish the Concentration in Applied Exercise Science in 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**

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Provide a brief 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.

This proposal seeks to develop a new concentration, Applied Exercise Science, within the major of Kinesiology. This request is warranted based on a) student interest and demand for specific career tracks within the Kinesiology degree, and b) the need for more tailored courses to best prepare students for professional degree programs.

The U.S. Bureau of Labor Statistics predicts that employment of fitness trainers and instructors is projected to grow 14% from 2022 to 2032, which is much faster than the average for all occupations. This is primarily due to continued emphasis on exercise to combat obesity and the interest in baby boomers to remain active and prevent disease. In addition, employers increasingly recognize the benefits of health and fitness programs for their employees. The degree in Kinesiology, which emphasizes the science of health through movement, forms the foundation of learning for fitness professionals, personal trainers, strength and conditioning coaches, and clinical exercise physiologists.

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 in the degree program. However, the majority expressed interest in the development of career tracks (94%) or concentrations (78%) within the major. Students commented on the need for tailored and sequenced courses that would best prepare them for professional certification exams and direct entry into the workforce after graduation. Faculty discussions and our work with Eduventures Research (<https://www.encoura.org/eduventures-research/>) indicated the need to offer a concentration uniquely dedicated to students interested in a career in fitness and nutrition, health promotion, behavior change, and/or exercise physiology.

Based on this solid justification, we propose a concentration in “Applied Exercise Science” for students interested in pursuing a fitness- or exercise-focused career. The courses in this concentration will emphasize anatomy, physiology, fitness testing, exercise prescription, strength and conditioning, nutrition, coaching strategies, health assessment, and facility management.

## Instructional Resources

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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:

RST 340 - Facility Management in RST

Please attach any [Letter of Support\\_RST\\_Santos.pdf](#)  
letters of support/  
acknowledgement  
for any  
Instructional  
Resources.  
Consider faculty,  
students, and/or  
other impacted  
units as  
appropriate.

## Program Features

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Academic Level      Undergraduate

Is this program part of an ISBE approved licensure program?

No

Will specialized accreditation be sought for this program?

No

Additional concentration notes (e.g., estimated enrollment, advising plans, etc.)

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. Based on our preliminary surveys, we predict that 18% of students will choose the AES concentration. Each student will meet with an assigned advisor twice per year to design a plan of study. 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.

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

No

## Program of Study

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

Kinesiology: Applied Exercise Science, BS 40 hours upper division sample plan:

HK 350 - 3 hours

HK 352 - 3 hours

HK 354 - 3 hours

HK 454 - 3 hours

Sum: 12 hours

9 hours Concentration Electives - all 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 30 hours of free electives after accounting for all program requirements, including the general education and LOTE requirements.

Attach Program of Study related information here.

[Sample Sequence KIN\\_BS\\_Applied Exercise Science.docx](#)  
[KIN - BS - Applied Exercise Science.xlsx](#)

## Catalog Page Text - Overview Tab

## Catalog Page Overview Text

The concentration in Applied Exercise Science (AES) offers a sequenced course of study focused on exercise testing, exercise prescription, and nutrition that will prepare students for careers as fitness professionals, personal trainers, strength and conditioning coaches, and clinical exercise physiologists.

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.

#### **General Education Requirements**

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

Composition I	4-6
Advanced Composition	3
Humanities & the Arts (6 hours)	6
Natural Sciences & Technology (6 hours)	6
fulfilled by <a href="#">HK 150</a> and any other course approved as Natural Sciences & Technology	
Social and Behavioral Sciences (6 hours)	6
fulfilled by <a href="#">HK 140</a> and <a href="#">HK 250</a>	
Cultural Studies: Non-Western Cultures (1 course)	3
Cultural Studies: US Minority Culture (1 course)	3
Cultural Studies: Western/Comparative Cultures (1 course)	3
Quantitative Reasoning (2 courses, at least one must be Quantitative Reasoning I)	6-10
fulfilled by <a href="#">HK 201</a> and any other course approved as Quantitative Reasoning I	

Language Requirement (Completion of the third semester or equivalent of a language other than English is required)

0-15

### Major Requirements

<u>HK 125</u>	Orientation to Health & Kinesiology	1
<u>HK 140</u>	Social Sci of Human Movement	3
<u>HK 150</u>	Bioscience of Human Movement	3
<u>HK 154</u>	Physical Activity, Nutrition, and Health	3
<u>HK 160</u>	Foundations and Careers in Kinesiology	3
<u>HK 201</u>	Health Sciences Research Methods	3
<u>HK 250</u>	Motor Development and Control	3
<u>MCB 244</u> & <u>MCB 245</u>	Human Anatomy & Physiology I and Human Anat & Physiol Lab I	5
<u>MCB 246</u> & <u>MCB 247</u>	Human Anatomy & Physiology II and Human Anat & Physiol Lab II	5

### Concentration Requirements

<u>HK 350</u>	Fitness Testing and Ex Prescription	3
<u>HK 352</u>	Bioenergetics of Movement	3
<u>HK 354</u>	Musculoskeletal Anatomy	3
<u>HK 454</u>	Physiological Basis of Strength & Conditioning	3

### Concentration Electives. Choose three courses from the following:

<u>HK 340</u>	Social & Psychological Aspects of Physical Activity	3
<u>HK 353</u>	Biomechanics of Human Movement	3
<u>HK 362</u>	Coaching Strategies	3
<u>HK 438</u>	Mechanisms of Exercise & Sport Injury	3
<u>HK 446</u>	Physical Activity & Diverse Populations	3
<u>HK 449</u>	Health Assessment	3
<u>HK 452</u>	Clin & Applied Ex Physiology	3
<u>HK 453</u>	Nutrition for Performance	3
<u>HK 459</u>	Physical Activity Across the Lifespan	3
<u>RST 340</u>	Facility Management in Recreation, Sport and Tourism	3

Experiential Learning Course ([HK 351](#), [HK 360](#), [HK 390](#), [HK 391](#), [HK 472](#), [HK 495](#))

Maximum of 6

**Total Hours****120**

## Program Relationships

Corresponding  
Program(s):

Corresponding Program(s)
Kinesiology, BS

## 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.*

#### 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.

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

Describe here:

Student learning outcomes will be assessed through each course. Both formative and summative assessments, such as quizzes, exams, projects, or assignments, will be used throughout the courses to determine student comprehension of the material. Practical learning experiences such as lab activities, opportunities to engage in research, and applied practices experiences will be integrated throughout the curriculum to allow students to apply the material and improve their skills in communication and leadership. Graduating seniors will also participate in an exit survey which will provide information on the extent to which students feel they were prepared with regard to the stated learning outcomes.

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.

To signify that students have met the outcomes, they will be expected to meet or exceed a 3.0 GPA.

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

The outcomes from each course (including grades and feedback such as FLEX evaluations) will be utilized to assess each course and make adjustments as needed to improve the course quality and student experience. Each instructor will utilize this information to reflect upon and evaluate the effectiveness of their course, and to determine where improvements are needed. Students will receive ongoing feedback from their instructors about the extent to which they are demonstrating competencies, which will help promote student success in achieving and demonstrating the expected outcomes.

In addition, program staff will meet each term to discuss student performance in the classroom and any adjustments that need to be made to enhance success. Program staff will conduct regular program reviews, incorporating assessment data alongside faculty and student feedback. The team will identify any specific areas to enhance student learning, such as gaps in particular skills, knowledge areas, or learning outcomes.

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.

## Enrollment

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Number of Students in Program (estimate)

Year One Estimate	20	5th Year Estimate (or when fully implemented)
		120

## Budget

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

No

Additional Budget Information

Attach File(s)

## Financial Resources

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How does the unit intend to financially support this proposal?

This concentration will be an addition to an already established major in Kinesiology. All of the necessary resources are already available. No additional funding will be needed.

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

No

Attach letters of support

## Faculty Resources

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

Since the required classes already exist and are being taught by current faculty, this revision will have no impact on faculty resources.

## Library Resources

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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 so there is no anticipated impact.

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## HLC Section

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### Credit Hours

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Existing or repackaged curricula (Courses from existing inventory of courses):	Number of Credit Hours:	120
100		Percent of Total:
Revised or redesigned curricula (Courses for which content has been revised for the new program):	Number of Credit Hours:	0
		Percent of Total:
0		
New curricula (Courses developed for the new program that have never been offered):	Number of Credit Hours:	0
		Percent of Total:
0		
Total Credit Hours of the Program:	Number of Credit Hours:	120
100		Percent of Total:

### New Faculty Required

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Will new faculty expertise or new faculty members be needed to launch this program?

No

Please explain

existing coverage:

The proposed program builds on the framework of our existing undergraduate program. All courses are already established and being taught by existing faculty members.

### **Additional Funds**

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Will the proposed program require a large outlay of additional funds by the institution?

No

### **Institutional Funding**

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Please explain institutional funding for proposed program:

The proposed program builds on the existing undergraduate program. No additional funding is needed.

### **EP Documentation**

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EP Control Number    EP.26.092

Attach Rollback/  
Approval Notices

### **Non-EP Documentation**

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U Program Review

Comments

Rollback

Documentation and

Attachment

### **DMI Documentation**

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Attach Final                    [U Program Review Comments KEY 1285 Kinesiology Applied Exercise](#)  
Approval Notices                [Science, BS 10\\_9\\_2024.docx](#)  
                                      [U Program Review Comments KEY 1285 Kinesiology Applied Exercise](#)  
                                      [Science, BS 11\\_20\\_2024.docx](#)

Banner/Codebook

Name

Program Code:

Minor Code	Conc Code	Degree Code	Major Code
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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 (carlso1) (11/25/24 1:02 pm):** Revised Program of Study and Sample Sequence as requested by U Program Review.

**Laura Payne (lpayne) (12/09/24 9:35 am):** Each of these revisions seem similar to each other in structure - thus I have nothing further than what the U Program Review committee requested.

**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 (carlso1) (03/24/25 12:24 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 11:30 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 8:21 am):** Rollback: Rolling back for edits.