

EP.26.093_FINAL

Approved by EP 02/02/2026

Program Change Request

New Proposal

Date Submitted: 11/13/24 11:34 am

Viewing: : **Kinesiology: Biobehavioral Health Science, BS**

Last edit: 02/05/26 9:37 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
(carlo1): 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 2:05 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
(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 2:13 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
(carlo1): 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: Biobehavioral Health 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

petruzze@illinois.edu

College Budget Officer Suzanne Rinehart

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

Marni Boppart, 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 Biobehavioral Health 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

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, Biobehavioral Health Science, within the major of Kinesiology. This concentration 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 a career as a behavioral interventionist or licensed therapist, and c) unique faculty expertise in the psychology of physical activity and health behavior.

The U.S. Bureau of Labor Statistics predicts that employment for mental health-related occupations is projected to grow 18% from 2022 to 2032, which is much faster than the average for all occupations. Each year, millions of Americans seek support for their mental health. Behavioral interventionists or licensed therapists often rely on exercise, nutrition, and related strategies to treat addiction and a wide variety of mental disorders. The degree in Kinesiology, which emphasizes the science of health through movement, can provide the foundation of learning for mental health-practitioners. A dual degree in Kinesiology and Psychology would ideally position students for a therapy-related career.

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 degree programs or direct entry into the workforce. Faculty discussions and a market analysis with Eduventures (<https://www.encoura.org/eduventures-research/>) indicated the need to include “Health” in the title of our concentrations to increase enrollments in this increasingly competitive landscape. Finally, strategic hiring yielded recruitment of faculty with expertise in psychology and health behavior, which provides the unique opportunity to market a concentration in this area.

Based on this solid justification, we propose a concentration in “Biobehavioral Health Science” for students interested in pursuing a career as a behavioral interventionist or licensed therapist. The courses in this concentration will emphasize anatomy, physiology, exercise psychology, health psychology, health behavior, cognition, obesity, sedentary behavior, psychophysiology, and health assessment.

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.

No

Program Features

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 informal surveys, we predict that 5% of students would enroll in the first year, but these numbers will rapidly increase due to demand for mental health specialists. 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

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

Kinesiology: Biobehavioral Health Science, BS 40 hours upper division sample plan:

HK 340 - 3 hours

HK 342 - 3 hours

HK 440 - 3 hours

HK 442 - 3 hours

Sum: 12 hours

9 hours Concentration Electives - options are primarily 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_Biobehavioral Health Science.docx](#)
[KIN - BS - Biobehavioral Health Science.xlsx](#)

Catalog Page Text - Overview Tab

Catalog Page Overview Text

The concentration in Biobehavioral Health Science (BHS) offers a sequenced course of study focused on exercise psychology, health psychology, and health behavior that will prepare students for careers as behavioral interventionists or licensed therapists.

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
fulfilled by HK 340	
Humanities & the Arts (6 hours)	6
Natural Sciences & Technology (6 hours)	6
fulfilled by HK 150 and any other course approved as Natural Sciences & Technology	
Social and Behavioral Sciences (6 hours)	6
fulfilled by HK 140 and HK 250	
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 HK 201 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

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 & 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
Concentration Requirements		12
HK 340	Social & Psychological Aspects of Physical Activity	3
HK 342	Health Behaviors and Cognition	3
HK 440	Exercise & Health Psychology	3
HK 442	Body, Culture & Society	3
Concentration Electives. Choose three of the following:		9
HK 242	Intro to Sport Psychology	3
HK 300	Health Behavior Theories and Applications	4
HK 341	Health Behaviors and Obesity	3
HK 402	Tech-Driven Health Intervention	3
HK 441	Physical Activity and Chronic Diseases	3
HK 443	Psychophysiology in Ex & Sport	3
HK 445	Sedentary Behavior and Health	3
HK 446	Physical Activity & Diverse Populations	3
HK 449	Health Assessment	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

Number of Students in Program (estimate)

Year One Estimate

6

5th Year Estimate (or when fully implemented)

Budget

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?

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

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

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.

HLC Section

Credit Hours

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

New Faculty Required

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

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

No

Institutional Funding

Please explain institutional funding for proposed program:

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

EP Documentation

EP Control Number EP.26.093

Attach Rollback/
Approval Notices

Non-EP Documentation

U Program Review
Comments

Rollback
Documentation and
Attachment

DMI Documentation

Attach Final [U Program Review Comments KEY 1284 Kinesiology Biobehavioral](#)
Approval Notices [Health Science, BS 10_9_2024.docx](#)
 [U Program Review Comments KEY 1284 Kinesiology Biobehavioral](#)
 [Health Science, BS 11_20_2024.docx](#)

Banner/Codebook
Name

Program Code:

Minor	Conc	Degree	
Code	Code	Code	Major Code

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 1:06 pm): Revised 40-hour rule in justification and Sample Sequence as suggested by U Program Review.

Laura Payne (lpayne) (12/09/24 9:33 am): This is a positive change! BBH is really relevant. I don't have any additional feedback

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 12:24 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 11:33 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.

Key: 1284