

EP.26.094_FINAL

Approved by EP 02/02/2026

Program Change Request

New Proposal

Date Submitted: 11/13/24 11:15 am

Viewing: : Kinesiology: Health Sciences, BS

Last edit: 02/05/26 9:44 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 8:44 am
Donna Butler
(dbutler): Approved
for U Program
Review
2. 12/04/24 12:59 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 3:05 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 11:32 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. 04/18/25 2:14 pm
Tom Teper (tteper):
Approved for
University Librarian
10. 04/18/25 3:07 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 11:14 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 1:38 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 8:20 am
Robbin King
(rlking10): Rollback
to 1581-HK
Committee Chair for
KY Committee Chair
17. 11/14/25 1:51 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: Health Sciences, 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

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 Health Sciences 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, Health Sciences, within the major of Kinesiology. This request 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) a market survey analysis demonstrating increased interest in degrees with "Health" in the title.

The U.S. Bureau of Labor Statistics predicts that jobs in the health sciences are expected to increase 15% by 2032. 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. The degree in Kinesiology, which emphasizes the science of movement, forms the foundation of learning for physical therapists, occupational therapists, medical doctors, physician assistants, athletic trainers, nurse practitioners, and other health practitioners. Approximately 74% of current students pursuing the degree in Kinesiology anticipate entering one of these occupations.

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.

Based on this solid justification, we propose a concentration in "Health Sciences" for students interested in pursuing a health science-related career. The courses in this concentration will emphasize anatomy, physiology, biomechanics, motor development and control, sport injury, rehabilitation, biological basis for health and disease, 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 our preliminary surveys, we predict that the majority of students (74%) will choose the Health Sciences 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

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

Kinesiology: Health Sciences, BS 40 hours upper division sample plan:

HK 352 - 3 hours

HK 353 - 3 hours

HK 354 - 3 hours

HK 457 - 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_HS.docx](#) [KIN - BS - HS.xlsx](#)

Catalog Page Text - Overview Tab

Catalog Page Overview Text

The concentration in Health Sciences (HS) was designed for students majoring in Kinesiology who have an interest in graduate or professional degree programs in physical therapy, occupational therapy, medicine, nursing, physician assistant, or other health-oriented careers. This concentration offers a sequenced course of study focused on human movement and rehabilitation but also provides students with flexibility to take courses in which they are interested, or which may be required for admittance to graduate or professional degree programs. While requirements will vary by program, it is important to note that additional coursework will be required for admittance to most graduate or professional degree programs. Students are encouraged to work closely with their advisors when designing their academic programs. For more information on health sciences and/or pre-health resources and opportunities at Illinois, please visit: Pre-Health at Illinois | The Career Center | UIUC.

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 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

<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 352</u>	Bioenergetics of Movement	3
<u>HK 353</u>	Biomechanics of Human Movement	3
<u>HK 354</u>	Musculoskeletal Anatomy	3
<u>HK 457</u>	Motor Learning & Control	3
Concentration Electives. Choose three courses from the following:		
<u>HK 340</u>	Social & Psychological Aspects of Physical Activity	3
<u>HK 438</u>	Mechanisms of Exercise & Sport Injury	3
<u>HK 441</u>	Physical Activity and Chronic Diseases	3
<u>HK 446</u>	Physical Activity & Diverse Populations	3
<u>HK 449</u>	Health Assessment	3
<u>HK 450</u>	Integrative Biology of Exercise	3
<u>HK 455</u>	Exercise Endocrinology	3
<u>HK 458</u>	Rehabilitation Biomechanics	3
<u>HK 459</u>	Physical Activity Across the Lifespan	3
Experiential Learning Course (<u>HK 351</u> , <u>HK 360</u> , <u>HK 390</u> , <u>HK 391</u> , <u>HK 472</u> , <u>HK 495</u>)		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

85

5th Year Estimate (or when fully implemented)

485

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 the following: The Library already acquires material for this area, including online and print books and journals, as well as relevant databases. The current proposal has an anticipated 5 year enrollment growth to 485 from 85 in the first year, which may require additional resources in online format so that material can be widely available to students. AHS has invested time and personnel in developing Open Educational Resources for classes in the past, and may want to find opportunities to continue that practice for programs with large enrollments. The Library should be notified if there is high demand for resources that needs to be addressed.

HLC Section

Credit Hours

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

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.26.094

Attach Rollback/
Approval Notices

Non-EP Documentation

U Program Review

Comments

Rollback

Documentation and
Attachment

DMI Documentation

Attach Final
Approval Notices [U Program Review Comments KEY 1283 Kinesiology Pre-Health Professions, BS 10_9_2024.docx](#)

[U Program Review Comments KEY 1283 Kinesiology Pre-Health Professions, 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 8:40 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 1:11 pm): Revised Program of Study and Sample Sequence as suggested by U Program Review.

Laura Payne (lpayne) (12/09/24 9:31 am): I agree with the suggestion revisions by U Program review and have no other feedback.

Robbin King (rlking10) (01/07/25 3:05 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 11:35 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 1:38 pm): Rollback: Rolling back

Robbin King (rlking10) (11/14/25 8:20 am): Rollback: Rolling back for edits.

Key: 1283