

Cover/Signature Page - Abbreviated Template/Abbreviated Template with Curriculum

Institution Submitting Request: *University of Utah*

Proposed Title: *Fitness and Wellness Specialist*

Currently Approved Title: *Fitness Leadership*

School or Division or Location: *College of Health*

Department(s) or Area(s) Location: *Exercise and Sport Science*

Recommended Classification of Instructional Programs (CIP) Code¹ (for new programs):

Current Classification of Instructional Programs (CIP) Code (for existing programs): *31.0505*

Proposed Beginning Date (for new programs):

Institutional Board of Trustees' Approval Date:

Proposal Type (check all that apply):

Regents' General Consent Calendar Items	
<i>R401-5 OCHE Review and Recommendation; Approval on General Consent Calendar</i>	
SECTION NO.	ITEM
5.1.1 <input type="checkbox"/>	Minor*
5.1.2 <input type="checkbox"/>	Emphasis*
5.2.1 <input type="checkbox"/>	Certificate of Proficiency*
5.2.3 <input type="checkbox"/>	Graduate Certificate*
5.4.1 <input type="checkbox"/>	New Administrative Unit
	Administrative Unit Transfer
	Administrative Unit Restructure
	Administrative Unit Consolidation
5.4.2 <input type="checkbox"/>	New Center
	New Institute
	New Bureau
5.5.1 <input type="checkbox"/>	Out-of-Service Area Delivery of Programs
5.5.2 <input type="checkbox"/>	Program Transfer
	Program Restructure
	Program Consolidation
5.5.3 <input checked="" type="checkbox"/>	Name Change of Existing Programs
5.5.4 <input type="checkbox"/>	Program Discontinuation
	Program Suspension
5.5.5 <input type="checkbox"/>	Reinstatement of Previously Suspended Program
	Reinstatement of Previously Suspended Administrative Unit

*Requires "Section V: Program Curriculum" of Abbreviated Template

Chief Academic Officer (or Designee) Signature:

I certify that all required institutional approvals have been obtained prior to submitting this request to the Office of the Commissioner.

Signature

Date:

Printed Name:

¹ CIP codes must be recommended by the submitting institution. For CIP code classifications, please see <http://nces.ed.gov/ipeds/cipcode/Default.aspx?y=55>.

Program Request - Abbreviated Template
University of Utah
Bachelor of Science Exercise and Sport Science Major
06/10/2013

Section I: Request

The Department of Exercise and Sport Science at the University of Utah proposes that the following alternation to the current Fitness Leadership emphasis be made starting the Fall of 2014:

1. Emphasis name be changed to Fitness and Wellness Specialist. The Department Faculty have met and approved this change. This proposal was then taken to the College of Health Curriculum Committee and the name change was approved.

Section II: Need

Changing the name of the emphasis from Fitness Leadership to Fitness and Wellness Specialist will align the program better with the current job market and terminology current to the field, as well as make it easier to determine which professional area the candidate has expertise and professional preparation. The name change also better reflects the content of the emphasis coursework and skill development.

Section III: Institutional Impact

There is no anticipated impact to the department or institution.

Section IV: Finances

There is no anticipated financial impact to the department or institution.

Section V: Program Curriculum

Emphasis Requirements (Fall 2014)

Exercise and Sport Science Emphasis: Fitness and Wellness Specialist	Credit Hours	Semester Enrolled
Required Courses		
MATH 1050 College Algebra	4	
MATH 1040/1070 Statistics (or an approved statistics course)	3	
BIOL 2325 Human Anatomy (Req. Prereq. BIOL 1210)	4	
BIOL 2420 Human Physiology (Req. Prereq BIOL 2325)	4	
NUTR 1020 Foundations of Nutrition	3	
ESS 2500 Exploration of Movement Science (Prereq or CoReq Statistics)	3	
ESS 2600 or 2601* Sport and American Society	3	
ESS 3091 or 3094* Exercise Physiology (Prereq BIOL 2325, BIOL 2420 & ESS 2500)	3	
ESS 3092 Kinesiology (Prereq BIOL 2325 & ESS 2500)	3	
ESS 3340 or 3341* Sport Psychology	3	
ESS 3670 Physical Activity Epidemiology (Prereq ESS 3091/3094)	3	
HEDU 4251 Facilitating Physical Activity and Other Healthy Behaviors	3	
ESS 4464 Exercise Instructor Training	3	
ESS 4465 Exercise Programming	3	
ESS 4466 Exercise Programming	3	
ESS 4670 Aging and Exercise (Prereq ESS 3091/3094)	3	
ESS 4690 Training and Planning	3	
ESS 4800 Practicum	4	
ESS 4810 Supervised	6	
NUTR 5360 Weight Management	3	
Sub-Total:	67	Upper Division: 43
Elective Courses (from approved list)		
ESS Elective (ESS only)	3	
ESS Elective (ESS or NUTR only)	3	
ESS Elective (ESS, HEDU, or NUTR only)	3	
Sub-Total:	9	Upper Division: 9
Total Number of Credits:	76	

Program Schedule

Standard Course Planner for Fitness Leadership Emphasis				
FALL 1		Cr Hrs	SPRING 1	Cr Hrs
MATH 1050 - College Algebra		4	MATH 1040/1070 - Statistics	3
WR2 - Writing 2010		3	BIOL 1210 (SF) - Principals of Biology	4
HF		3	AI	3
FF		3	HF	3
2 Credits of Electives		2	2 Credits of Electives	2
Total Credits		15	Total Credits	15
FALL 2		Cr Hrs	SPRING 3	Cr Hrs
ESS 2500 - Exploration of Movement Science		3	BIOL 2420 - Human Physiology	4
BIOL 2325 - Human Anatomy		4	ESS 2600 - Sport and American Society	3
FF		3	ESS 3340 - Sport Psychology	3
NUTR 1020 (AS) - Foundations of Nutrition		3	6 Credits of Electives	6
2 Credits of Electives		2		
Total Credits		15	Total Credits	16
FALL 3		Cr Hrs	SPRING 3	Cr Hrs
ESS 3091 (QI) - Exercise Physiology		3	ESS 4464 - Exercise Instructor Training	3
ESS 3092 - Kinesiology		3	ESS 4465 (QI) - Exercise Programming	3
CW		3	ESS 4466 - Applied Exercise Programming	3
DV		3	ESS 4670 - Aging and Exercise	3
3 Credits of Electives		3	ESS, NUTR, or H EDU Elective	3
Total Credits		15	Total Credits	15
FALL 4		Cr Hrs	SPRING 4	Cr Hrs
ESS 4800 - Practicum		4	ESS 4810 - Supervised Internship	6
ESS 3670 - PA Epidemiology		3	IR	3
H EDU 4251 - Facilitatiing Physical Activity & Other Healthy Behaviors		3	ESS 4690 - Training and Planning	3
ESS Elective		3	NUTR 5360 - Weight Management	3
ESS or NUTR Elective		3		
Total Credits		16	Total Credits	15

HF: Humanities Exploration
 FF: Fine Arts Exploration
 AI: American Institutions
 AS: Applied Science
 SF: Physical/Life Science Exploration
 CW: Upper Division Communication/Writing
 DV: Diversity
 IR: International Requirement
 QI: Quantitative Intensive BS



COMMUNICATION SCIENCES
AND DISORDERS

EXERCISE AND
SPORT SCIENCE

HEALTH PROMOTION
AND EDUCATION

NUTRITION

OCCUPATIONAL THERAPY

PARKS, RECREATION
AND TOURISM

PHYSICAL THERAPY

MEMORANDUM

To: Curriculum Administration
From: Robin L. Marcus, Ph.D. *RL Marcus*
Interim Dean, College of Health
Date: August 20, 2013
Re: Support for Exercise and Sport Science Emphasis
Change

The College of Health supports the Emphasis name change from Fitness Leadership to Fitness and Wellness Specialist. The name change more accurately reflects the current status of the field, as shown in the description included.

The Committee's support of name change would be appreciated. If you should need additional information, please contact me.