Pre-Proposal Form – New Graduate Degree Program

Pre-Proposal Process
1. Faculty prepare and submit the pre-proposal for Department and College approval.

2. Once approved by your department and college, submit one hard-copy of the entire set to Carol Hines-Cobb in the Graduate School – BEH 304. Email one electronic copy of the entire set to chines-cobb@grad.usf.edu in the Graduate School.

3. Once received the proposal will be scheduled for the Roundtable/Graduate Executive Coordination Committee Discussion.

4. Once reviewed by the Roundtable, the faculty may proceed with preparing the full proposal, including any recommendations of the Roundtable/GECC.

Program Proposal Information

<table>
<thead>
<tr>
<th>Degree Program (Major) Name (e.g. M.A. in Biology)</th>
<th>Type/Print Clearly:</th>
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<tbody>
<tr>
<td>M.S. Exercise Science</td>
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| CIP Code | 31.0505 |

| Are any other graduate programs at USF offered under this CIP code? If yes, list them | No |

<table>
<thead>
<tr>
<th>College Department</th>
<th>Education Physical Education and Exercise Science</th>
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| Target date for first admissions (e.g. Fall 2012) | Fall 2010 |

Answer the following in brief but complete responses:

1. Why is the program needed?
   
   **see attached for all questions.**

2. What are the primary goals?

3. What is unique about this program that makes it worthy of approval and something students will want to participate in?
4. What interdisciplinary opportunities exist for this proposal?
   *Include other faculty, programs, or colleges that may have interest in the plan*

5. Would the approval this program support the Strategic Plan and if so, how?

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**PRE-PLAN APPROVAL for the proposed: M.S. degree in Exercise Science**

<table>
<thead>
<tr>
<th>PRE-PLAN APPROVAL</th>
<th>Name</th>
<th>Signature</th>
<th>Action</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faculty Name and Email</td>
<td>Marcus Kilpatrick</td>
<td>Marcus Kilpatrick</td>
<td>Email: <a href="mailto:mkilpatrick@usf.edu">mkilpatrick@usf.edu</a></td>
<td>2-1-2010</td>
</tr>
<tr>
<td>Dept. Chair</td>
<td>Stephen Sanders</td>
<td></td>
<td>☑ Approve</td>
<td>2-1-10</td>
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<tr>
<td>College Committee Chair</td>
<td></td>
<td></td>
<td>Not approved</td>
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<td>College Dean or Designee</td>
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<td>Not approved</td>
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<tr>
<td>Roundtable Concurrence / GECC Graduate Exec. Coordination Committee</td>
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**Next Actions:**

- ☐ Approved to move forward with development of Full Proposal
- ☐ Not approved to move forward with development of Full Proposal
- ☐ Tabled pending:
  - ☐ Concurrence from the following areas: ____________________________
  - ☐ Clarification of information: ____________________________
  - ☐ Other: ____________________________

- ☐ Other:

For information on development of the full Proposal, refer to the Graduate School website (www.grad.usf.edu) on New Degree Program Development.
NARRATIVES ASSOCIATED WITH THE NEW PROGRAM PROPOSAL

Contents:
- Responses to Pre-Proposal Questions
- Pre-Proposal Narrative: includes a 500 word maximum
- Full Proposal Narrative: includes a 250-word maximum

RESPONSES TO PRE-PROPOSAL QUESTIONS

1. Why is the program needed?

   This program is needed to allow the School of Physical Education and Exercise Science to move forward with respect to graduate education and research. The existing program currently operates as a concentration within an M.A. degree in Physical Education. Approval of this proposal would allow our department to offer a separate degree in Exercise Science. Such a change would provide many benefits including the recruitment of outstanding students to USF. The program aims to serve the growing exercise science profession and meet the needs of this profession. Exercise science developed from the fields of physical education, public health, and medicine and has been recognized as an independent field of study for approximately three decades. Preparation at the master's and doctoral level is commonplace among major research institutions in the United States and abroad. Exercise science professionals work in areas such as worksite health promotion, all levels of athletics, wellness, clinical rehabilitation, and sport performance positions, to name just a few. The need for regular physical activity to promote and maintain health is well-established (American Heart Association, 2007; Surgeon General's Report, 1996) and the advancement of physical activity has been declared a national health priority in the Healthy People Initiatives, namely Healthy People 2020 (US Dept of Health and Human Services, 2009). Investment in physical activity promotion amongst youth, adults, and aging populations is recommended as a powerful tool to combat morbidity and mortality and rising health care costs. This program intends to target students with existing background in the discipline who desire advanced education that will allow them to be leaders in the profession. The graduate degree is quickly becoming the preferred degree for many employers and the only other graduate degree in the Tampa Bay area is offered through a brand new satellite campus of Barry University in St. Petersburg. While this program may be of adequate quality, the cost to attend is prohibitive for most residents of Tampa Bay. The School of Physical Education and Exercise Science currently offers this program as a concentration within an existing Physical Education degree and the current pursuit is to develop an independent degree. The program in its current form enrolls approximately 35 students and class enrollment has averaged more than 20 per section in the last two years.
2. What are the primary goals?

The primary goals of the program include: 1) the development of knowledge related to the role of the cardiorespiratory system in exercise and sport participation; 2) the development of knowledge related to the psychological aspects of physical activity and the ability to facilitate behavior change related to fitness and sport behavior; 3) the development of requisite skills to assess aerobic and anaerobic fitness for all individuals; 4) the development of development of the skills necessary to design, implement, and evaluate fitness programs for all populations; and 5) the development of basic and applied research skills related to exercise science. Achieving these goals will facilitate the development of highly trained exercise scientists to work in hospitals, sports organizations, community fitness facilities, and corporate wellness programs.

3. What is unique about this program that makes it worthy of approval and something students will want to participate in?

This program integrates biology, physiology, nutrition, health promotion, and psychology. These characteristics of the program make it unique and well-positioned to provide significant benefit to the global community through graduate education and research. Additionally, the proposed program is officially designated as “new” because of the name and degree change (from an M.A. to an M.S.) but is conceptually a “revised” program in that many aspects of the existing program match conceptually with the proposed program.

4. What interdisciplinary opportunities exist for this proposal?

The proposed program will enhance interdisciplinary opportunities across campus in many ways. Faculty and students in our department have current relationships with the Department of Psychology, Moffitt Cancer Center, USF Health, the College of Public Health, and USF Athletics. These opportunities allow mutual access to faculty and students, research laboratories, research data sets, and many other resources that allow for an infrastructure that facilitates optimal educational and research collaborations. The proposed change will enhance these existing relationships and expand future opportunities related to teaching, research, and service.
5. Would the approval of this program support the Strategic Plan and if so, how?

Approval of this program would support each of the goals described in the Strategic Plan. The proposed program will facilitate interdisciplinary research across the USF campus in areas ranging from psychology to medicine. Students will be encouraged to participate with School faculty and other faculties across campus in the development of research proposals and grant applications. The proposed program will enhance the quality of graduate education within the School of Physical Education and Exercise Science through the development of a degree that is sought by young professionals desiring to make an impact in the world of health and sport. As the program grows and develops appropriate standards will be installed to attract the best and brightest students. The proposed program would enhance the capacity of university to strengthen and sustain healthy communities through education and research related to exercise behavior and health-related outcomes. Students and faculty will actively pursue opportunities for community engagement through collaboration with USF Athletics, Campus Recreation, and USF Health. The proposed program will increase the quality of our graduate education and research capabilities with particular emphasis on facilitating growth in external grants and contracts. Additionally, the program will facilitate the development of relationships with organizations and individuals in the community with hopes of establishing revenue streams in the form of endowments, scholarships, and research contracts.

Letter from the Dean’s Office Regarding Resources

The Director of the School of Physical Education and Exercise Science has initiated a dialogue with the Dean’s Office regarding this program proposal. The message conveyed by the Director is that the proposed program will not require new resources. The Director of the School will continue the dialogue in the coming weeks during GPC review with hopes of including the letter of support in any proposal package that makes its way to Graduate School.
PRE-PROPOSAL NARRATIVE

The proposed program would officially be a “new” program, but is conceptually a “revised” program. More specifically, the School of Physical Education and Exercise Science currently has a single master’s degree that serves all graduate students in the School. This degree program has a concentration for Physical Education pedagogy and a separate concentration in Exercise Science. The Exercise Science concentration was approved less than 10 years ago and the original aspects of the degree have become outdated and limit the ability to optimally attract students and grow the program.

The field of exercise science has experienced significant growth over the last decade and a degree in Exercise Science has become the professional standard for jobs in areas such as strength and conditioning, cardiac rehabilitation, and worksite health promotion. The development of skills related to exercise physiology, psychological aspects, fitness assessment, exercise program development, and research will enhance the professional profile of USF graduates in Exercise Science.

Though the history of exercise science is attached to physical education both conceptually and academically, this program at USF is at a place in its development that is best served by the changes being proposed within this proposal. Specifically, the move from an M.A. degree to an M.S. degree reflect the nature of the discipline and the curriculum currently being offered to our students because the base of all high quality exercise science programs is the scientific base of biology and physiology. Additionally, the current degree being conferred to our graduates is in Physical Education (with an Exercise Science concentration) and the title of the degree is simply not reflective of what our students learn. The existing program does not aim to train physical educators but instead endeavors to prepare highly trained exercise scientists to work in hospitals, sports organizations, community fitness facilities, and corporations. Both proposed changes (in name and title) would allow this program to be more in line with the programs at peer research institutions.

One additional noteworthy consideration is that program has been informally evolving in this direction over the last five years. These steps have included the development of more than ten new courses. Most of these courses have been taught at least once and some have been taught twice or more. Our program has been working closely with the College of Education graduate offices during this process and they have been very helpful in facilitating the efforts that ultimately resulted in this formal proposal. Our faculty will be able to administer this proposed program with no additional faculty resources because we have been delivering the courses and all that remains is the change in degree name currently being proposed.

These changes to the program will enhance interdisciplinary opportunities across campus. Faculty and students in our department have relationships with the Department of Psychology, Moffitt Cancer Center, USF Health, the College of Public Health, and USF Athletics. The proposed change will enhance these existing relationships and should also expand future opportunities.