

The completed and signed proposal should be submitted by the Dean’s Office to: curriculumplanning@asu.edu. Before academic units can advertise undergraduate concentrations or include them in their offerings as described in the university catalogs, they must be recommended for approval by the Senate Curriculum and Academic Programs Committee and approved by the University Provost.

Definition and minimum requirements:

A concentration is a formalized selection of courses within a major.

- A concentration requires a minimum of 15 semester hours of which at least 9 semester hours must be upper division. Specialized concentrations (e.g., BIS Concentrations) may have additional or different requirements.
- A concentration is offered by a single unit and is intended exclusively for students pursuing a particular major. If a concentration consists of courses from more than one college the approval of each college Dean is required.

College/School/Institute: College of Health Solutions
Department/Division/School: School of Nutrition and Health Promotion
Proposing Faculty Group (if applicable): Exercise Science and Health Promotion
If this is an official joint degree program? No, this is not a joint degree program

If “Yes” List all the additional college(s)/school(s)/institute(s) that will be involved in offering the degree program and providing the necessary resources. Note: All units offering this program must have collaborated in the proposal development and completed the appropriate unit and college/school approvals.

Existing Degree and Major under which this concentration will be established: Exercise and Wellness
Proposed Concentration Name: Strength and Conditioning Specialist
What is the first catalog year available for students to select on the undergraduate application for this this program? 2016-17
Delivery method: On-campus only (ground courses and/or iCourses)

Note: Once students elect a campus or On-line option, students will not be able to move back and forth between the on-campus and the ASU Online options. Approval from the Office of the University Provost and Philip Regier (Executive Vice Provost and Dean) is required to offer programs through ASU Online.

Campus/Locations: indicate all locations where this program will be offered.

Downtown Phoenix Polytechnic Tempe West Other:

Proposal Contact

Name: Joseph Marsit **Title:** Lecturer
Phone number: 602-496-1869 **Email:** joseph.marsit@asu.edu

DEAN APPROVAL(S)

This proposal has been approved by all necessary unit and College/School levels of review. I recommend implementation of the proposed organizational change.

College/School/Division Dean name: Julie Liss

Signature  **Date:** 2 / 3 / 16

College/School/Division Dean name: _____
(if more than one college involved)

Signature _____ **Date:** / / 20

Note: An electronic signature, an email from the dean or dean’s designee, or a PDF of the signed signature page is acceptable.

1. OVERVIEW

- A.** Provide a brief description of the new concentration (including the specific focus of the new concentration, relationship to other concentrations in this degree program, etc).

The strength and conditioning specialist concentration is designed for students who want to work with competitive athletic or occupational athletic populations. These students will work with high school, college or professional sports organizations in scholastic or private sports performance training facilities, with tactical sports performance clients (military, police, firefighters, EMT) in municipal or government run facilities or with individual clients participating in competitive recreational activities. The student will be prepared to sit for the Certified Strength and Conditioning Specialist (CSCS) examination at the completion of their course work. Students in this concentration will be exposed to applied assessment labs and practical fieldwork to gain the knowledge they will need to be competent coaches in this field. This concentration will complement the other concentrations within the BS in Exercise and Wellness degree. The addition of this concentration will allow students to focus more specifically on strength and conditioning and exercise performance in sport or tactical populations.

- B.** Explain the unit's need for the new concentration (e.g., market demand, research base, direction of the discipline, and interdisciplinary considerations). How will the new concentration complement the existing degree program?

The field of high performance fitness and preparation of athletes for competition is growing rapidly. There is a need to shift from the current one (1) concentration offered in the exercise and wellness degree to three (3) concentrations, which will better align our programs with the career markets available for our students. The field of coaching is listed by O*Net as having a bright outlook, with a greater than 22% growth rate expected in positions from 2012-2022 (onetonline.org). Students in the Exercise and Wellness degree have demonstrated a desire to learn in greater depths the skill of performance coaching. This concentration will afford these students an opportunity to broaden their foundation of skills and abilities in the field of exercise and wellness and will specifically prepare them for the highest level of certification in the field of performance training.

2. Support and Impact

- A.** Provide a supporting letter from the chair of the academic unit verifying that the proposed concentration has received faculty approval through appropriate governance procedures in the unit and that the unit has the resources to support the concentration as presented in the proposal, without impacting core course resources.
- B.** Identify other related ASU programs and outline how the new concentration will complement these existing ASU programs. (If applicable, statements of support from potentially-affected academic unit administrators need to be included with this proposal submission.)

There are no related programs offered at Arizona State University. Strength and conditioning is a specialized field for coaches and other practitioners specializing in human performance enhancement. A letter has been provided from the Mary Lou Fulton Teachers College stating that there is no appreciable overlap with their program in Secondary Education (Physical Education).

- C.** Provide a supporting letter from each college/school dean from which individual courses, or the entire concentration, are taken.

3. Student Learning Outcomes and Assessment Methods

A. Knowledge, competencies, and skills

List the knowledge, competencies, and skills students should have when they graduate from the proposed degree program. You can find examples of program Learning Outcomes at (<https://uoeee.asu.edu/plan-outcomes>).

Students graduating with their strength and conditioning specialist concentration will be professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance.

Students graduating with their strength and conditioning specialist concentration will be able to conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding injury prevention.

Students graduating with their strength and conditioning specialist concentration will recognize that their area of expertise is separate and distinct, and will understand to consult with and refer athletes to other professionals when appropriate.

Students graduating with their strength and conditioning specialist concentration will apply scientific knowledge to physically train military, fire and rescue, law enforcement, protective services, and other emergency personnel to improve performance, promote wellness, and decrease injury risk.

Students graduating with the strength and conditioning specialist concentration will have the knowledge to sit for the Certified Strength and Conditioning Specialist Certification or the Tactical Strength and Conditioning-Facilitator certification offered by the National Strength and Conditioning Association.

B. Assessment

Describe the plan and methods to assess whether students have achieved the knowledge, competencies and skills identified in the Learning Outcomes. You can find examples of assessment methods at (<https://uoeee.asu.edu/creating-plan>).

To assess the students' level of competency with regards to this concentration the following evaluation criteria will be used:

1. At least 80% of students will attain a score of 75% or better on the EXW 434 Sports and Fitness Conditioning - Complete Conditioning Program Design assignment
2. At least 80% of students will score above 75% in EXW 434 Sport and Fitness Conditioning final comprehensive examination
3. At least 80% of students will score above 75% in EXW 460 Resistance Training and Applied Theory final examination

4. Academic Curriculum and Requirements

- A. Provide the admissions criteria for the proposed concentration. If they are identical to the admission criteria for the existing major and degree program under which this concentration will be established, please note that here.

Admissions criteria for this proposed concentration will be identical to those utilized for the Exercise and Wellness undergraduate degree program. Students must meet general university admission requirements.

- B. Provide the curricular structure for this concentration. Be specific in listing required courses and specify the total minimum number of hours required for the concentration.

Required Core Courses for the Degree/Major				
Prefix	Number	Title	Is this a new Course?	Credit Hours
EXW	100	Introduction to Health and Wellness	No	3
EXW	101	Foundations in Exercise Science and Wellness	No	3

EXW	214	Flexibility Instructional Competency Laboratory	No	2
EXW	216	Muscular Strength Instructional Competency Laboratory	No	2
EXW	218	Cardiovascular Instructional Competency Laboratory	No	2
EXW	284	Exercise and Wellness Preinternship	No	1
EXW	315	Physiological Foundations of Movement	No	3
EXW	316	Physiological Foundations of Movement Laboratory	No	1
EXW	330	Kinesiological Foundations of Movement	No	4
EXW	342	Health Behavior Change	No	3
EXW	420	Exercise Testing	No	4
EXW	425	Exercise Prescription	No	3
<i>Section sub-total:</i>				31
Required Concentration Courses				
Prefix	Number	Title	Is this a new Course?	Credit Hours
EXW	320	Management and Leadership in Exercise and Wellness	No	3
EXW	434	Fitness and Strength Conditioning	No	3
EXW	460	Resistance Training Application and Theory	No	3
EXW	498	Pro-Seminar	No	3
NTR	241	Human Nutrition	No	3
NTR	457	Sports Nutrition	No	3
<i>Section sub-total:</i>				18
Elective Concentration Courses				
Prefix	Number	Title	Is this a new Course?	Credit Hours
			(Select one)	
			(Select one)	
			(Select one)	
			(Select one)	
			(Select one)	
<i>Section sub-total:</i>				
Other Concentration Requirements				
<i>E.g. – Capstone experience, internship, clinical requirements, field studies, foreign language skills as applicable</i>				Credit Hours
EXW 484 – capstone internship				4
<i>Section subtotal:</i>				4
Total minimum credit hours required for concentration				53

- C. A minimum residency requirement: How many hours of the concentration must be ASU credit? 15
- D. Provide a brief course description for each new course.

There are no new courses required for the concentration.

Note: All new required courses should be submitted in Curriculum Changemaker and ready for the University Provost's Office approval before this concentration is put on the CAPC agenda.

5. Administration and Resources

A. How will the proposed concentration be administered (including admissions, student advisement, retention, etc.)?

All admissions will be managed by ASU’s Undergraduate Admissions Office. The School of Nutrition and Health Promotion (SNHP) maintains a centralized advising/academic support staff. Students in the B.S. Exercise and Wellness (EXW) program will utilize the SNHP Advising Center for all academic-related needs. There are currently 14 full time Academic Advising Coordinators/Specialists/Managers and support staff available for advisement of students in the SNHP degree programs and the approximately 3,500 students. Scheduling of courses will be administered by the same academic support staff who currently perform that function for SNHP; these staff input the data provided by faculty who coordinate and delineate course offerings and faculty assignments. There is an Associate Director under whom the B.S. EXW program falls, as well as administrative staff persons to coordinate course offerings, student support/enrichment services, and budgetary control.

B. What are enrollment projections for the next three years?

	1st Year	2nd Year (Yr 1 continuing + new entering)	3rd Year (Yr 1 & 2 continuing + new entering)
Number of Students (Headcount)	30	80	130

C. What are the resource implications for the proposed concentration, including any projected budget needs? Will new books, library holdings, equipment, laboratory space and/or personnel be required now or in the future? If multiple units/programs will collaborate in offering this concentration please discuss the resource contribution of each participating program. Letters of support must be included from all academic units that will commit resources to this concentration.

Exercise Science and Health Promotion program and faculty have all of the resources necessary to offer this concentration at this time. There are no necessary resource purchases required for the concentration. Continued upkeep of current equipment using student fees from established courses will be adequate.

D. Please list the primary faculty participants regarding this proposed concentration. For interdisciplinary concentrations, please include the relevant names of faculty members from across the University.

Name	Title	Area(s) of Specialization as they relate to proposed concentration
Joseph Marsit	Lecturer	Certified Strength and Conditioning Specialist, Sports Performance program development, Management and Leadership, Exercise prescription
Kent Lorenz	Lecturer	Certified Strength and Conditioning Specialist, resistance training, periodization and program design
Jared Dickinson	Assistant Professor	Muscle physiology, Resistance training theory
Simin Levinson	Clinical Assistant Professor	RD, Sports nutrition
Christopher Berger	Clinical Assistant Professor	Exercise physiology, Applied kinesiology
Pamela Swan	Associate Professor	Exercise testing, Exercise physiology
Siddhartha Angadi	Assistant Professor	Exercise physiology

Kathy Campbell	Principal Lecturer	Fellow American College of Sports Medicine, Exercise physiology, Exercise prescription
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6. Additional Materials

- A. Prepare and attach a Major Map. Please use the "proposed map" function to create a Major Map in [BAMM](#). This feature is explained in the training document available on Build a Major Map (BAMM) Training Resources.
- B. *Complete and attach the Appendix document.*
- C. Attach other information that will be useful to the review committees and the Office of the University Provost.

**APPENDIX
OPERATIONAL INFORMATION FOR UNDERGRADUATE CONCENTRATIONS**

(This information is used to populate the Degree Search/catalog website.
Please consider the student audience in creating your text.)

Proposed Concentration Name: Strength and Conditioning Specialist

1. Program Description (150 words maximum)

The strength and conditioning specialist concentration is designed for students who want to work with competitive athletic or occupational athletic populations. These students will work with high school, college or professional sports organizations in scholastic or private sports performance training facilities, with tactical sports performance clients (military, police, firefighters, EMT) in municipal or government run facilities or with individual clients participating in competitive recreational activities. The student will be prepared to sit for the Certified Strength and Conditioning Specialist or the Tactical Strength and Conditioning-Facilitator examinations offered by the National Strength and Conditioning Association (<https://www.nasca.com>) at the completion of their course work. Students in this concentration will be exposed to applied assessment labs and practical fieldwork to gain the knowledge they will need to be competent coaches in this field.

2. Contact and Support Information

Office Location (Building & Room): HLTHN 4th floor
Campus Telephone Number: 602/496-2644
Program email address: chs@asu.edu
Program website address: <https://snhp.asu.edu/programs/exercise-wellness>

3. Additional Program Description Information

- A. Additional program fee required for this program? Yes No
- B. Does this program have a second language requirement? Yes No

4. Delivery/Campus Information

Delivery Method: On-campus only (ground courses and/or iCourses)

Note: Once students elect a campus or On-line option, students will not be able to move back and forth between the on-campus and the ASU Online options. Approval from the Office of the University Provost and Philip Regier (Executive Vice Provost and Dean) is required to offer programs through ASU Online.

Campus(es) and/or Locations Check all locations where the program will be offered.

- Downtown
- Polytechnic
- Tempe
- West
- Other (please specify)

Operational information:

Once students select a campus or On-line option, students will not be able to move back and forth between the on-campus the ASU Online option.

5. Career Opportunities & Concentration(s)

Provide a brief description of career opportunities available for this degree program with the proposed concentration.

- athletic trainer*
- fitness center director
- group exercise specialist
- personal training
- physical therapist*
- physical therapy technician
- sports performance coach
- sports performance director
- sports scout
- tactical performance coach

*Additional prerequisites and post-graduate degrees are required.

6. Additional Admission Requirements

If applicable list any admission requirements (freshman and/or transfer) that are higher than and/or in addition to the university minimum undergraduate admission requirements.)

N/A

7. Keywords

List all keywords used to search for this program. Keywords should be specific to the proposed program.

sports performance, strength training, strength and conditioning, weightlifting, resistance training, speed, agility, performance enhancement, certified strength and conditioning specialist, CSCS, high performance fitness, sports conditioning, conditioning, high intensity training, sports performance enhancement, strength coach, performance coach, tactical fitness, occupational athlete, athletic training

8. Advising Committee Code

List the existing advising committee code associated with this degree. UGNH01

Note: If a new advising committee needs to be created, please complete the following form:
Proposal to create an undergraduate advising committee

9. Western Undergraduate Exchange (WUE) Eligible:

Has a request been submitted to the University Provost by the Dean to consider this degree program as eligible for [WUE?](#)

No

Note: No action will be taken during the implementation process with regards to WUE until approval is received from the University Provost.

10. First Required Math Course List the first math course required in the major map. MAT 117 or MAT 170**11. Math Intensity**

- a. List the highest math required on the major map. (This will not appear on Degree Search.) MAT 117 or MAT 170
- b. What is the math intensity as indicated by the highest math required on the major map? Math intensity categorization can be found here: <https://catalog.asu.edu/mathintensity> Moderate

12. CIP codes

- a. Identify CIP codes that should be displayed on Degree Search. CIP codes can be found at: <http://www.onetonline.org/crosswalk/CIP/>.

31.0501	27-2022.00
31.0504	39-9031.00
51.0806	31-2021.00
31.0507	29-9091.00
60.0577	29-1069.11

- b. Are any specific career codes (SOC/ONET codes) to be omitted from the CIP codes selected above? (i.e. "Omit 25-10312.00 Engineering Teachers, Postsecondary from CIP code 14.0501 Bioengineering and Biomedical Engineering.")

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13. Area(s) of Interest

- A. Select one (1) primary Area of Interest from the list below that applies to this program.

- | | |
|---|--|
| <input type="checkbox"/> <u>Architecture & Construction</u> | <input checked="" type="checkbox"/> Health & Wellness |
| <input type="checkbox"/> <u>Arts</u> | <input type="checkbox"/> Humanities |
| <input type="checkbox"/> Business | <input type="checkbox"/> <u>Interdisciplinary Studies</u> |
| <input type="checkbox"/> <u>Communications & Media</u> | <input type="checkbox"/> <u>Law & Justice</u> |
| <input type="checkbox"/> Computing & Mathematics | <input type="checkbox"/> <u>STEM</u> |
| <input type="checkbox"/> Education & Teaching | <input type="checkbox"/> <u>Science</u> |
| <input type="checkbox"/> <u>Engineering & Technology</u> | <input type="checkbox"/> <u>Social and Behavioral Sciences</u> |
| <input type="checkbox"/> Entrepreneurship | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> <u>Exploratory</u> | |

- B. Select any additional Areas of Interest that apply to this program from the list below.



- | | |
|---|--|
| <input type="checkbox"/> <u>Architecture & Construction</u> | <input type="checkbox"/> Health & Wellness |
| <input type="checkbox"/> <u>Arts</u> | <input type="checkbox"/> Humanities |
| <input type="checkbox"/> Business | <input type="checkbox"/> <u>Interdisciplinary Studies</u> |
| <input type="checkbox"/> <u>Communications & Media</u> | <input type="checkbox"/> <u>Law & Justice</u> |
| <input type="checkbox"/> Computing & Mathematics | <input type="checkbox"/> <u>STEM</u> |
| <input type="checkbox"/> Education & Teaching | <input type="checkbox"/> <u>Science</u> |
| <input type="checkbox"/> <u>Engineering & Technology</u> | <input type="checkbox"/> <u>Social and Behavioral Sciences</u> |
| <input type="checkbox"/> Entrepreneurship | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> <u>Exploratory</u> | |





The following fields are to be completed by the Office of the University Provost.	
CIP Code:	
Plan Code:	

2016 - 2017 Major Map






Exercise and Wellness (Strength and Conditioning Specialist), (Proposed)




KNJXLUD

Term 1	0 - 16 Credit Hours	Critical course signified by 	Hours	Minimum Grade	Notes
	EXW 100: Introduction to Health and Wellness (SB) OR EXW 101: Foundations in Exercise Science and Wellness		3	C	<ul style="list-style-type: none"> • An SAT, ACT, Accuplacer, IELTS or TOEFL score determines placement into first-year composition courses • ASU Mathematics Placement Test score determines placement in mathematics course • ASU 101 or college-specific equivalent First-Year Seminar required of all freshman students • If student plans to eventually enter a graduate school, a higher level math should be taken in term 1 or later as an elective if the student only tests into MAT 117 in term 1.
	CHS 101: The ASU Experience for Health Solutions Students		1		
	ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition		3	C	
	MAT 117: College Algebra (MA) OR MAT 170: Precalculus (MA)		3	C	
	Humanities, Arts and Design (HU) AND Global Awareness (G)		3		
	Elective		3		
	Term hours subtotal:		16		




Term 2	17 - 31 Credit Hours	Critical course signified by 	Hours	Minimum Grade	Notes
	EXW 100: Introduction to Health and Wellness (SB) OR EXW 101: Foundations in Exercise Science and Wellness		3	C	
	EXW 214: Flexibility Instructional Competency Laboratory OR EXW 216: Muscular Strength Instructional Competency Laboratory OR EXW 218: Cardiovascular Instructional Competency Laboratory		2	C	
	CHS 100: Introduction to Health Solutions		3	C	
	CHM 101: Introductory Chemistry (SQ) OR CHM 113: General Chemistry I (SQ)		4	C	
	ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition		3	C	
	Complete ENG 101 OR ENG 105 OR ENG 107 course(s).				
	Term hours subtotal:		15		

Minimum



Term 3	32 - 46 Credit Hours	Critical course signified by 	Hours	Grade	Notes
	BIO 201: Human Anatomy and Physiology I (SG)		4	C	
	EXW 214: Flexibility Instructional Competency Laboratory OR EXW 216: Muscular Strength Instructional Competency Laboratory OR EXW 218: Cardiovascular Instructional Competency Laboratory		2	C	
	NTR 241: Human Nutrition		3	C	
	PSY 101: Introduction to Psychology (SB)		3	C	
	SOC 390: Social Statistics I (CS) OR STP 226: Elements of Statistics (CS) OR STP 231: Statistics for Life Science (CS) OR SWU 321: Statistics for Social Workers (CS)		3	C	
	Complete First-Year Composition requirement.				
	Complete Mathematics (MA) requirement.				
	Term hours subtotal:		15		



Term 4	47 - 61 Credit Hours	Critical course signified by 	Hours	Minimum Grade	Notes
	BIO 202: Human Anatomy and Physiology II (SG)		4	C	
	EXW 214: Flexibility Instructional Competency Laboratory OR EXW 216: Muscular Strength Instructional Competency Laboratory OR EXW 218: Cardiovascular Instructional Competency Laboratory		2	C	
	HSC 210: Cultural Aspects of Health (C)		3	C	
	KIN 290: Introduction to Evidence-Based Practice (L)		3	C	
	Humanities, Arts and Design (HU) AND Historical Awareness (H)		3		
	Term hours subtotal:		15		

Term 5	62 - 77 Credit Hours	Necessary course signified by 	Hours	Minimum Grade	Notes
	EXW 315: Physiological Foundations of Movement AND EXW 316: Physiological Foundations of Movement Laboratory		4	C	
	BMI 201: Introduction to Clinical Informatics		3	C	
	EXW 320: Management and Leadership in Exercise and Wellness		3	C	
	EXW 330: Kinesiological Foundations of Movement		4	C	
	Elective		2		
	Term hours subtotal:		16		

Term 6	78 - 93 Credit Hours	Necessary course signified by 	Hours	Minimum Grade	Notes
	EXW 342: Health Behavior Change		3	C	
	EXW 420: Exercise Testing		4	C	
	EXW 284: Exercise and Wellness PreInternship		1	C	
	HSC 304: Health Communication		3	C	

NTR 457: Sports Nutrition	3	C
Elective	2	
Term hours subtotal:	16	

Term 7	94 - 108 Credit Hours	Necessary course signified by 	Hours	Minimum Grade	Notes
 EXW 425: Exercise Prescription			3	C	
EXW 434: Fitness and Strength Conditioning			3	C	
EXW 460: Resistance Training Application and Theory			3	C	
EXW 498: Pro-Seminar (L)			3	C	
Elective			3		
Term hours subtotal:			15		

Term 8	109 - 120 Credit Hours	Necessary course signified by 	Hours	Minimum Grade	Notes
 EXW 484: Internship			6	C	
Upper Division Humanities, Arts and Design (HU) OR Upper Division Social-Behavioral Sciences (SB)			3		
Elective			3		
Term hours subtotal:			12		

Hide Course List(s)/Track Group(s)

Total Hours: 120
Upper Division Hours: 45 minimum
Major GPA: 2.00 minimum
Cumulative GPA: 2.50 minimum
Total hrs at ASU: 30 minimum
Hrs Resident Credit for Academic Recognition: 56 minimum
Total Community College Hrs: 64 maximum

General University Requirements Legend

General Studies Core Requirements:

- Literacy and Critical Inquiry (L)
- Mathematical Studies (MA)
- Computer/Statistics/Quantitative Applications (CS)
- Humanities, Arts and Design (HU)
- Social-Behavioral Sciences (SB)
- Natural Science - Quantitative (SQ)
- Natural Science - General (SG)

General Studies Awareness Requirements:

- Cultural Diversity in the U.S. (C)
- Global Awareness (G)

- Historical Awareness (H)

First-Year Composition

General Studies designations listed on the major map are current for the 2016 - 2017 academic year.

Letter of Support for new EXW Strength and Conditioning Specialist concentration

Jan. 19, 2016

Mr. Joseph Marsit, MS, CSCS
Lecturer, Exercise Science and Health Promotion
Arizona State University
Undergraduate Exercise and Wellness Degree Coordinator
School of Nutrition and Health Promotion – Health North

Dear Joseph:

It is my understanding that the Exercise and Wellness undergraduate program proposed a concentration for its degree entitled strength and conditioning specialist. This concentration will allow students pursuing careers in non-school physical activity settings, with a specific focus in courses related to sports and high performance fitness and a pathway to certification as strength and conditioning specialist with the National Strength and Conditioning Association.

There is no appreciable overlap with the curriculum of the Physical Education Teacher Education program in Mary Lou Fulton Teachers College's Secondary Education major, where the focus is in preparing students for careers in education where there is an emphasis on fostering physical activity among school-aged youth from a public health perspective. This letter represents my support for the creation of this new concentration in the Exercise and Wellness degree.

Sincerely,



Hans van der Mars, Ph.D.

Professor

Program Director Physical Education

Mary Lou Fulton Teachers College

Fellow, SHAPE America

Fellow, National Academy of Kinesiology (NAK); Fellow # 474

Fellow, North American Society of Health, Physical Education, Recreation, Sport and Dance Professionals (NASHPERSDP)

January 28, 2016

Curriculum Committee
Arizona State University

To Whom It May Concern:

I am pleased to provide my support for the proposal for two new concentrations within the BS in Exercise and Wellness degree and the renaming of a current concentration. The proposed Strength and Conditioning concentration will provide ASU students with a clearly defined program that will prepare them to work specifically in the field of athletic/sports training. The coursework and laboratory experiences will prepare students to sit for the Certified Strength and Conditioning Specialist examination, a well-regarded national credential that will facilitate the students' entry into their profession. The Exercise and Obesity Prevention concentration will offer a broad-based array of courses that address the factors contributing to the obesity epidemic and educate/train students on lifestyle factors that lower risk and offer treatment options for this condition. There is increased awareness of the need for interprofessional interventions at the individual, family, institution, and community levels and the proposed concentration will provide our students with the knowledge and skills to take a leadership role in these efforts. Renaming the current "Exercise and Wellness" concentration to "Fitness and Wellness Specialist" will remove redundancy (the degree and concentration having the same name) and will reflect the emphasis on the state of fitness as a whole vs. the emphasis on exercise as one aspect of fitness.

None of the proposed changes will require new faculty, space, or equipment. No new courses are required. Our current faculty are well qualified to teach the courses required for these three concentrations. I fully support the proposal as written. Please feel free to contact me should additional information be needed.

Sincerely,



Linda Vaughan, PhD, RD, FAND
Director School of Nutrition and Health Promotion and Professor of Nutrition

Letter of Support for EXW Concentrations

April 10, 2015

The Exercise and Wellness undergraduate curriculum committee has worked over the past year to create two new concentrations and to restructure the current Exercise and Wellness BS Degree concentration. The new concentrations will be named,

- Strength and Conditioning Specialist
- Exercise and Obesity Prevention

A third concentration will be a name change from the current Exercise and Wellness concentration,

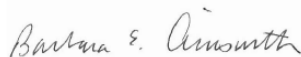
- Fitness and Wellness Specialist (renamed from current).

The new concentrations will allow the students to have a clearer and more direct focus of study in the areas and populations they will work with in their future careers.

The committee presented the new concentrations to the Exercise Science and Health Promotion (ESHP) faculty at our December 2014 faculty meeting and the proposal was unanimously supported. The concentrations will not involve the creation of new courses or new faculty to teach the proposed curriculum. Faculty members in the Exercise Science and Health Promotion program are qualified to teach the courses; there will not be any impact to our core curriculum nor will additional resources be needed to offer these concentrations.

This letter represents my strong support for the creation of these new concentrations in the Exercise and Wellness degree.

Sincerely,



Barbara E. Ainsworth, Ph.D., MPH
Regents' Professor and Associate Director for the ESHP Program