

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: Exercise for Obesity Prevention
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 / 20 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 concentration in Exercise for Obesity Prevention is designed to prepare students with the knowledge and skills necessary to assist others in adopting physical activity behaviors for healthy lifestyles, obesity prevention and weight management. This concentration will allow students an opportunity to engage in focused study on the use of exercise for reducing disease risk and improving health in meeting the challenges of obesity. Students will take courses from within the School of Nutrition and Health Promotion (SNHP) to learn to assess health and fitness, learn about the etiology and consequences of obesity, and provide appropriate exercise prescriptions for health and weight management goals. Students in this concentration will be prepared for post-baccalaureate opportunities such as sitting for the ACSM Certified Exercise Physiologist (ACSM EP-C) certification exam from the American College of Sports Medicine at the completion of their course work. Additionally, students will be well suited to pursue an MS degree in Obesity Prevention and Management offered in the School of Nutrition and Health Promotion. Students in this concentration will be exposed to applied assessment labs and practical internships to gain the knowledge and experience they will need to be competent exercise and health promotion professionals.

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 physical activity for obesity prevention and weight management as the targeted population of their studies

- 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?

Arizona State University launched the Obesity Solutions initiative in 2013 to develop partnerships and evidence-based solutions to address the contributors to and consequences of obesity. The need for programs that will enhance students' ability to work with individuals and populations at risk of obesity and to develop effective strategies for prevention and management of the condition across the lifespan were identified. The concentration in Exercise for Obesity Prevention will contribute to that effort. Additionally there is a need to expand our current single concentration in Exercise and Wellness into 3 separate concentrations to better align our programs with the career markets available for our students. The target audience and market for this concentration will be students who are seeking preparation for careers in fitness and obesity prevention programs, obesity and bariatric health centers, or in healthy lifestyles and weight management settings. Employment of professionals with expertise in exercise, physical activity and obesity is expected to grow by up to 19 percent (1) through 2022 as national emphasis on prevention for reducing health care costs continues to expand (2).

The American College of Sports Medicine now offers the Exercise is Medicine specialty certificate to add to the Exercise Physiologist certification. With the mandates from the Affordable Care Act for insurance providers to assist obese patients with weight loss; medical professionals will be looking for specific fitness professionals that can work with their overweight and obese patients. Currently, there are specialized fitness certifications to work with clients that have cancer or diabetes; it is not far sighted to see obesity certifications are the most logical step for many credentialing agencies.

It is our belief that this concentration affords our students access to classes that will prepare them for the future of health care in this country. It also is a perfect complement to our nutritional programs. There should be endless opportunities for collaboration and networking between professionals that truly represent a solution to the epidemic of obesity.

1. Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2014-15 Edition, Athletic Trainers and Exercise Physiologists, on the Internet at <http://www.bls.gov/ooh/healthcare/athletic-trainers-and-exercise-physiologists.htm> (accessed, April 12, 2015)
2. Trust for America's Health. A Healthier America 2013: Strategies to Move from Sick Care to Health Care in the Next Four Years. Washington, DC: Trust for America's Health, January 2013. <http://www.rwjf.org/content/dam/farm/reports/reports/2013/rwjf403989> (accessed April 2015)

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 at Arizona State University

- 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 will be able to:

- Explain the etiology of obesity, including the contribution of genetic and environmental factors.
- Explain the role of nutrition and physical activity in maintaining optimal health and weight management throughout the lifespan.
- Explain the factors that regulate fuel (protein, carbohydrate, and fat) selection and utilization in varying types and intensities of exercise and its implications for weight management.
- Identify and explain various psychosocial aspects of obesity, including cultural bias, body image, and weight/fat prejudice.
- Identify problems with caloric restriction, health implications of weight loss and variability, and the limitations and recommendations of exercise prescription for weight loss, weight control, and health.

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 a student's comprehension of the knowledge skills and abilities defined above the following criteria for program evaluation will be utilized:

1. At least 80% of students will score 70% or above on the EXW 425 Exercise Prescription Client Intervention Project
2. At least 80% of students will score 70% or above on the KIN 442 Fuel Metabolism comprehensive Final Examination
3. At least 80% of students will score 70% or above on the EXW 410 Obesity: Perspectives and Prescriptions Group Project and Presentation

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.

Admission criteria for this proposed concentration will be identical to the admission criteria for the existing Bachelor of Science in Exercise and Wellness major and degree program.

- #### 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	344	Physical Activity in Health and Disease	No	3
EXW	380	Body Image and Wellness	No	3
EXW	410	Obesity Perspectives and Prescriptions	No	3
EXW	412	Pediatric Obesity	No	3
KIN	442	Fuel Metabolism	No	3
NTR	241	Human 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				Credit Hours
<i>E.g. – Capstone experience, internship, clinical requirements, field studies, foreign language skills as applicable</i>				
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)	20	40	80

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.

The 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
Pamela Swan	Associate Professor	Exercise Testing, Obesity Exercise Prescription, Physical Activity and Disease
Glenn Gaesser	Professor	Exercise Physiology, Fuel Metabolism, Physical Activity and Disease
Gabriel Shaibi	Associate Professor	Pediatric Obesity
Barbara Ainsworth	Professor	Physical Activity and Disease, Epidemiology
Michelle Miller	Instructor	Human Nutrition
Shawn Hrcir	Lecturer	Body Image and Wellness, Health Education and Health Promotion
Jack Chisum	Senior Lecturer	Health Behavior Change
Joseph Marsit	Lecturer	Exercise Prescription

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: Exercise for Obesity Prevention

1. Program Description (150 words maximum)

The concentration in exercise for obesity prevention will prepare students to assist others in adopting physical activity behaviors for healthy lifestyles, obesity prevention and weight management. Students will engage in focused study on the use of exercise for reducing disease risk and improving health in meeting the challenges of obesity. Students will learn to assess health and fitness, learn about the etiology and consequences of obesity and provide appropriate exercise prescriptions for health and weight management goals. Students will be prepared for the American College of Sports Medicine Certified Exercise Physiologist certification exam. Students in this concentration will be exposed to applied assessment labs and practical internships to gain the knowledge and experience they will need to be competent exercise and health promotion professionals.

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.

Students who complete the bachelor's degree program in exercise and wellness with a concentration in exercise for obesity prevention will be well-suited for employment in fitness and wellness-oriented locations such as:

- bariatric weight loss clinic counseling and management
- corporate fitness and worksite wellness
- health care systems and medical centers
- lifestyle and weight management consulting
- nonprofit disease prevention agencies (e.g., American Heart Association)
- university fitness and wellness centers

Students also will be well-prepared for admission into graduate programs in exercise physiology, obesity prevention and management, rehabilitative fields (e.g. physical therapy) and medicine.

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.

Exercise, Exercise Physiologist, Physical Activity, Obesity, Obesity Prevention, Weight Management, Bariatric, Health, Healthy Lifestyles

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**

- List the highest math required on the major map. (This will not appear on Degree Search.) MAT 117 or MAT 170
- 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/>.

29-1128.00

11-9039.02

.....

.....

.....

- 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 (Exercise for Obesity Prevention), (Proposed)




JEZDDVE



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	
	KIN 290: Introduction to Evidence-Based Practice (L)		3	C	
	Humanities, Arts and Design (HU) AND Historical Awareness (H)		3		
	Elective		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 330: Kinesiological Foundations of Movement		4	C	
	EXW 380: Body Image and Wellness		3	C	
	Elective		2		
	Term hours subtotal:		16		

Term 6	78 - 93 Credit Hours	Necessary course signified by 	Hours	Minimum Grade	Notes
	EXW 420: Exercise Testing		4	C	
	EXW 342: Health Behavior Change		3	C	
	EXW 344: Physical Activity in Health and Disease		3	C	
	EXW 284: Exercise and Wellness PreInternship		1	C	
	HSC 304: Health Communication		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 410: Obesity Perspectives and Prescriptions		3	C	
	EXW 412: Pediatric Obesity		3	C	
	EXW 450: Social Determinants of Health and Health Behavior ((L or SB) & C)		3	C	
	KIN 422: Motor Control in Special Populations (L)		3	C	
Term hours subtotal:			15		

Term 8	109 - 120 Credit Hours	Necessary course signified by 	Hours	Minimum Grade	Notes
	EXW 484: Internship		6	C	
	Complete 2 courses: Elective		6		
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.

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