

1. Overview

- A. Provide a brief description of the new certificate.
The personal fitness training certificate will provide students with the basic knowledge required to attain an entry-level fitness certification and provide competent instruction for safe implementation of fitness programs for those in the general, healthy population.
- B. This proposed certificate (check one):
 - Is cross disciplinary; or
 - Is certified by a professional or accredited organization/governmental agency; or,
 - Clearly leads to advanced specialization in a field; or,
 - Is granted to a program that does not currently have a major.
- C. Why should this be a certificate rather than a concentration or a minor?
Completion of this certificate will provide students with a structured and focused set of courses that will enhance their personal knowledge; or the certificate can be used to make graduates more marketable with their own baccalaureate degree. The certificate provides the information required for entry-level positions in the field of exercise and wellness and should not be a concentration area as students in the Exercise and Wellness major will be eligible to attain advanced-level accredited certifications and positions of higher rank.
- D. Affiliation
If the certificate program is affiliated with a degree program, include a brief statement of how it will complement the program. If it is not affiliated with a degree program, incorporate a statement as to how it will provide an opportunity for a student to gain knowledge or skills not already available at ASU.
The personal fitness training certificate will be able to provide an opportunity to students in non-Exercise and Wellness majors that may have a need for entry-level fitness instruction to compliment parts of their job or future opportunities. For some career opportunities, such as health coach or medical practitioner, a professional may be asked to provide an opinion, design or evaluate a basic physical fitness program for a client or patient; the certificate provides the opportunity for those students to get the basic knowledge in this area that they may need to be more competitive when applying for future positions. This certificate will utilize classes currently being offered by the undergraduate Exercise and Wellness degree and will not compete with those graduates as it will only provide the competency to students to acquire entry-level fitness certifications.
- E. Demand
Explain the need for the new certificate (e.g., market demand, interdisciplinary considerations).
Preventative medicine is becoming a more widely used and a recognized necessity to provide health solutions for the 21st century. Physical activity is the leading component of preventative medicine; having this certificate will make our students better health care practitioners in the future.
- F. Projected enrollment
What are enrollment projections for the first three years?

	1st Year	2nd Year (Yr. 1 continuing + new entering)	3rd Year (Yr. 1 & 2 continuing + new entering)
Number of Students (Headcount)	12	30	60

2. Support and Impact

A. Faculty governance

Provide a supporting letter from the chair of the academic unit verifying that the proposed certificate has received faculty approval through appropriate governance procedures in the unit and that the unit has the resources to support the certificate as presented in the proposal, without impacting core program resources.

see attached

B. Other related programs

Identify other related ASU programs and outline how the new certificate 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 few related programs to this proposed certificate due to the fact that Exercise and Wellness is the only physical activity and exercise related degree at ASU. Students participating in the healthy lifestyles coaching degree and kinesiology may see the need to have a practical and applied understanding of exercise when moving into their full-time careers.

C. Letter(s) of support

Provide a supporting letter from each college/school dean from which individual courses are taken.

3. Academic Curriculum and Requirements

A. Knowledge, competencies, and skills

List the knowledge, competencies, and skills (learning outcomes) students should have when they complete this proposed certificate. Examples of program learning outcomes can be found at (<http://www.asu.edu/oue/assessment.html>).

Students will possess the knowledge and skill to:

- instruct and create a resistance training program for healthy individuals
- instruct and create a flexibility and cardio-vascular training program for healthy individuals
- properly screen and introduce a healthy individual to a physical activity program
- understand fitness facility operations and management

B. Admissions criteria

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

Same criteria used for Exercise and Wellness degree students

C. Curricular structure

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

Required certificate courses

Prefix	Number	Title	Is this a new Course?	Credit Hours
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	302	Fundamentals of Wellness, L	No	3
EXW	320	Management and Leadership in Exercise and Wellness	No	3
EXW	335	Physical Activity and Fitness Concepts	No	3
<i>Section sub-total:</i>				15

Elective certificate courses (choose 1 of 3)

Prefix	Number	Title	Is this a new Course?	Credit Hours
EXW	344	Physical Activity in Health and Disease	No	3
EXW	400	Stress Management for Wellness	No	3
EXW	410	Obesity Perspectives and Prescriptions	No	3
<i>Section sub-total:</i>				3

Other certificate requirements

E.g. – Capstone experience, internship, clinical requirements, field studies, foreign language skills as applicable

Credit Hours

Section sub-total:

Total minimum credit hours required for certificate 18

- D. Minimum residency requirement
How many hours of the certificate must be ASU credit?
12
- E. New Courses
Provide a brief course description for each new course.
None

Note: All new required courses should be submitted in Curriculum Changemaker and ready for Provost’s Office approval before this certificate is put on Curriculum and Academic Programs Committee (CAPC) agenda.

4. Administration and Resources

A. Administration

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

The certificate will be administered using the same resources currently utilized by the exercise and wellness degree. This includes admissions, advisement and retention.

B. Resources

What are the resource implications for the proposed certificate, 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 certificate 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 certificate.

As the certificate program grows, there may be a need to increase the number of sections required in the course competency labs. However, in the short term, there is sufficient faculty and other resources to cover this certificate, no new resources are required.

C. Primary Faculty

List the primary faculty participants regarding this proposed certificate. For interdisciplinary certificates, please include the relevant names of faculty members from across the University.

Name	Title	Area(s) of Specialization as they relate to proposed certificate
Holly Aguila	Instructor	Physical Activity and Health and Foundations of Wellness
Janelle Anderson	Instructor	Foundations of Wellness
Simon Holzapfel	Clinical Assistant Professor	Physical Activity and Health
Joe Marsit	Lecturer	Management and Leadership Resistance Training
Jonathan Kurka	Instructor	Flexibility
Laura Kobar	Instructor	Cardio-vascular exercise

5. Additional Materials

- A. Complete and attach the Appendix document.
- B. Provide one or more model programs of study (if appropriate).
- C. Attach other information that will be useful to the review committees and the Office of the Provost.

PROVOST OFFICE APPROVAL(S)

This proposal has been approved by all necessary Provost office levels of review. I recommend implementation of the proposed organizational change.

Office of the University Provost

Signature

Date: / /20

Note: An electronic signature, email, or a PDF of the signed signature page is acceptable.

APPENDIX

OPERATIONAL INFORMATION FOR UNDERGRADUATE CERTIFICATES

(This information is used to populate the Degree Search/catalog website.

Please consider the student audience in creating your text.)

A. **Proposed Certificate Name:**
Personal Fitness Training

B. **Description (150 words maximum)**

The personal fitness training certificate provides students with the knowledge, skills and competencies they will need to design physical activity programs and give instruction in them to a relatively healthy population that is interested in improving general fitness and lowering the risk of developing hypokinetic disease. After completion of the certificate, students will have the ability to obtain an entry-level fitness certification through any accredited association.

C. **Contact and Support Information**

Building Name, code and room number: (Search ASU map)	HLTHS 444AA
Program office telephone number: (<i>i.e.</i> 480/965-2100)	602/496-3300
Program Email Address:	chs@asu.edu
Program Website Address:	https://chs.asu.edu

D. **Program Requirements:** Provide applicable information regarding the program such as curricular restrictions or requirements, specific course lists, or academic retention requirements.

Required Courses (15 credit hours)

EXW 214 Flexibility Instructional Competency Laboratory (2)
EXW 216 Muscular Strength Instructional Competency Laboratory (2)
EXW 218 Cardiovascular Instructional Competency Laboratory (2)
EXW 302 Fundamentals of Wellness, L (3)
EXW 320 Management and Leadership in Exercise and Wellness (3)
EXW 335 Physical Activity and Fitness Concepts (3)

Select one course from below (3 credit hours)

EXW 344 Physical Activity in Health and Disease (3)
EXW 400 Stress Management for Wellness (3)
EXW 410 Obesity Perspectives and Prescriptions (3)

Students must earn a minimum grade of “C” (2.00) in all courses in the certificate.

Depending on a students’s undergraduate program of study, prerequisite courses may be needed in order to complete the requirements of this certificate. The following prerequisite courses are needed in order to complete the requirements of this certificate: BIO 201 Human Anatomy and Physiology I, SG (4); BIO 202 Human Anatomy and Physiology II, SG (4); EXW 101 Foundations in Exercise Science and Wellness (3); PSY 101 Introduction to Psychology, SB (3).

In order to receive the certificate, students must complete their bachelor’s degree at ASU along with all certificate requirements.

E. **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.)

Students interested in pursuing the certificate should speak with an academic advisor in the College of Health Solutions.

F. **Delivery/Campus Information Delivery:** 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 Provost and Philip Regier (Executive Vice Provost and Dean) is required to offer programs through ASU Online.

G. **Campus/Locations:**

Indicate **all** locations where this program will be offered.

Downtown Polytechnic Tempe Thunderbird West Other:
Phoenix

September 2, 2016

Keith D. Lindor, MD
Dean
College of Health Solutions

Dear Keith:

As the interim associate director for the Exercise Science and Health Promotion (ESHP) program, I have reviewed the proposal for the Personal Fitness Training certificate and fully support it moving forward. This certificate will be offered through the Exercise and Wellness undergraduate degree program. It was presented by the Exercise and Wellness (EXW) undergraduate degree curriculum coordinator at an ESHP faculty meeting for review and comment; and was presented in full detail to the members of the EXW undergraduate curriculum committee, who voted in full support of the certificate.

The certificate will utilize classes currently being offered in the EXW degree program. The 200 level courses that will be utilized by the certificate are part of the core courses for the larger EXW degree; however, they are currently taught in multiple sections each semester as well as during the summer session and the program has the resources to increase the number of sections should that become a necessity in years to come. The upper division courses chosen for the certificate are elective classes for the EXW degree and are offered in large sections both face-to-face and in iCourse formats. These courses are capable of expanding when needed to accommodate a larger number of students. EXW program resources will not be negatively impacted by the addition of this certificate and will most likely be improved through the addition of "outside" student participation in this certificate.

There is great potential value in having a certificate that will bolster the skill set of students graduating with degrees from the College of Health Solutions as well as offering a certificate specific to a line of work that many college students use to earn income over their college career.

Sincerely,



Steven P. Hooker, Ph.D., FACSM, FNAK (#528)
Associate Dean of Research, College of Health Solutions
Interim Director, School of Nutrition and Health Promotion
Interim Associate Director and Professor, Exercise Science and Health Promotion
Senior Sustainability Scientist, Global Institute of Sustainability

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snhp@asu.edu | <http://healthpromotion.asu.edu>

Support Letter from Tannah Broman, Kinesiology:

I am fully in support of this certificate. I think a number of KIN majors would see value in this certificate as many of them, though they have intentions of going to PT school, would like to incorporate personal training into their future practice. In addition, this may help to retain students in our degree who might otherwise change to different major when they realized their GPA may not be high enough for graduate school. This would allow those students to stay in the degree but to have a career option available upon graduation. Lastly, from a broader perspective, I could see students in a number of majors (such as nutrition, health education, etc.) being interested in augmenting their degree with this certificate.

Tannah Broman, M.S.

Principal Lecturer, Exercise Science and Health Promotion
Coordinator, Kinesiology