ARIZONA STATE UNIVERSITY

PROPOSAL TO ESTABLISH A NEW UNDERGRADUATE DEGREE PROGRAM

This template is to be used only by programs that have received specific written approval from the Provost's office to proceed with internal proposal development and review. The proposal template should be completed in full and submitted to the University Provost's Office [mailto: curriculumplanning@asu.edu]. It must undergo all internal university review and approval steps including those at the unit, college and university levels. A program **may not** be implemented until the Provost's Office notifies the academic unit that the program may be offered.

College/School/Institute:	College of Health Solutions
Department/Division/School:	N/A
Proposing faculty group (*if applicable*)**:**	
Are two or more academic units collaborating on this 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 the development and resources for the degree program by offering courses, faculty or facilities. Please note: This question does not refer to official joint degree programs. Official joint degree programs are ones in which the degree is jointly conferred by two colleges. If the program is jointly conferred, please complete the Proposal to Establish a New Joint Undergraduate Degree Program.

Degree type:	BS-Bachelor of Science
If other; provide degree type title and proposed abbreviation:	
Name of degree program (major):	Sports Science and Performance Programming
Are any concentrations to be established under this degree program?	No, concentrations will not be established.
Is a program fee required?	Yes, a program fee is required.
What is the first catalog year available for students to select on the undergraduate application for this this program?	2019-20

Delivery method and campus or location options: select all locations that apply

☒ Downtown Phoenix ☐ Polytechnic ☐ Tempe ☐ Thunderbird ☐ West ☐ Other: _____

☐ **Both** on-campus **and** ☐ ASU Online* - (check applicable campus(es) from options listed above)

☐ ASU Online only (all courses online and managed by ASU Online)

Note: Once students elect a campus or online option, students will not be able to move 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. Please contact Ed Plus then complete the ASU Online Offering form in Curriculum ChangeMaker to begin this request.

Proposal Contact

Name:	Joseph Marsit	**Title:**	Senior 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: Deborah Helitzer

Signature: Deborah Helitzer **Date:** 12/27/2018

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. Purpose and Nature of Program

Provide a brief program description. Include the distinctive features of the program that make it unique.

Sports Science and Performance Programming focuses on understanding and optimizing physical abilities for active groups ranging from sports to occupational to tactical populations. The ability to work with individuals at close to maximum effort requires specialized knowledge and skills related to these specific populations. The National Strength and Conditioning Association identifies the need for the sports performance and tactical performance coaches to be more knowledgeable about all areas of human physiology and movement mechanics in order to keep up with the ever-expanding technologies used to track and monitor the participant. As humans push closer and closer to reaching maximum potential, the risk for serious and routine injuries continues to rise and the need for experts in this field to handle those specific issues grows. Job openings in this field, ranging from college and professional sports to private industry, request students possess a more specific understanding of the capabilities of the human body when placed under relatively high stress and workloads and the ability to assist participants in not only improving performance under these conditions but recovering and participating with lower risk of injury. These specialized topics represent an area in the broad field of exercise science that is not currently covered in great detail because it is very different from dealing with the generally healthy, but inactive, populations that dominate the focus of much of the coursework in typical exercise science programs. To differentiate the Sports Science and Performance Programming courses for students, and ensure it is understood this degree deals with a very different population, a new prefix (SSP) will be requested for these courses. Sports Science and Performance Programming will also serve to provide more specific coursework for those pre-professional students enrolled in Kinesiology that want to focus their rehabilitation careers in the sports medicine or athletics arena. This new degree provides a viable option for students that begin in pre-professional health majors and find that pathway may not be the best choice for achieving a successful future career and allows CHS to reach out to a new sector of students desiring to work with more active populations or directly in the sports field. The adoption of this degree will make ASU one of a small number of Universities in North America and worldwide to have a specialized degree in Sports Science, and will set ASU to be on track for accreditation in the sports performance field, which has been proposed by the National Strength and Conditioning Association to occur in 2030.

2. Student Learning Outcomes and Assessment Methods

Assessment Plan

Attach a PDF copy of the assessment plan printed from the University Office of Evaluation and Educational Effectiveness assessment portal demonstrating UOEEE's approval of your assessment plan for this program. Visit the assessment portal at https://uoeee.asu.edu/assessment-portal or contact uoeee@asu.edu with any questions.

3. Academic Curriculum and Requirements

A. Major Map

Attach a copy of the "proposed" major map for this degree program. If this program will be delivered online as well as in-person, attach a copy of both the major map and the online major map. Instructions on how to create a "proposed major map" in BAMM can be found in the Build a Major Map Training Guide.

B. Summary of Credit Hours Required for this Program

Total credit hours must be 120 and include first year composition, general studies, core/required courses, program specific electives, and any additional requirements (e.g., concentration credits).

Requirements	Credit Hours
First Year Composition	**6**
ASU 101 (or equivalent)	1
General Studies	12
Core/required courses	29
Program specific electives	15
Additional requirements	30
University electives	27
Total	**120**

C. Core/Required Courses

i. Total required and/or core course credit hours

29

ii. List the prefix, number, name and credit hours for each required/core course for this program

EXW 215 Resistance Training and Recovery Instructional Laboratory (3)

EXW 217 Fitness and Flexibility Instructional Laboratory (3)

EXW 315 Physiological Foundations of Movement (3)

EXW 316 Physiological Foundations of Movement Laboratory (1)

KIN 101 Introduction to Kinesiology (3)

KIN 290 Introduction to Evidence-Based Practice (L) (3)

KIN 348 Psychological Skills for Optimal Performance (SB) (3)

SSP 325 Applied Anatomy and Biomechanics of Sport and Movement (4)

SSP 423 Performance Testing and Technology (3)

SSP 434 Sports Movement and Conditioning (3)

D. Program Specific Electives

i. Total required program elective credit hours

15

ii. List the prefix, number, name and credit hours for any program specific electives for this program

CHS 394 Special Topics: CHS Peer Instructional Facilitator (3)

EXW 320 Management and Leadership in Exercise and Wellness (3)

EXW 442 Motivational Interviewing (3)

EXW 499 Individualized Instruction (3)

KIN 415 Theory of Corrective Exercise (3)

KIN 441 Physiology of Women in Sport (L) (3)

NTR 457 Sports Nutrition (3)

SSP 460 Resistance Training Application and Theory (3)

SSP 461 Plyometrics and Power Training (3)

SSP 484 Internship (3)

E. Additional Program Requirements, if any:

List and describe any capstone experiences, milestone, and/or additional requirements.

The B.S. in Sports Science and Performance Programming will require a senior year capstone internship experience. Students will self-select an appropriate performance training facility that matches their interests and future career goals. This program will utilize this network of field sites to provide students a pre-professional experience prior to graduation and will also use the evaluations from the site supervisors at these locations as part of the evaluation of the effectiveness of the academics provided to the students in the degree.

SSP 484 Internship (3)

CHS 100 Designing Your Well-Being (SB) (3)

Pre-requisites:

BIO 201 Human Anatomy and Physiology I (SG) (4)

BIO 202 Human Anatomy and Physiology II (SG) (4)

CHM 101 Introductory Chemistry (SQ) or CHM 113 General Chemistry I (SQ) (4)

MAT 117 College Algebra (MA) (3)

NTR 241: Human Nutrition (3)

PSY 101 Introduction to Psychology (SB) (3)

PSY 230 Introduction to Statistics or STP 226 Elements of Statistics (CS) (3)

General Electives: 27

F. Concentrations

i. Are any concentrations to be established under this degree program? **No, concentrations will not be established.**

ii. If yes, are concentrations required? (Select One)

iii. List courses & additional requirements for the proposed concentration(s)

Concentration Name	Total credit hours	Core/Required Courses for Concentration (Prefix, # & Title)	Total Core credit hours	Program Specific Electives (include course name and prefix)	Total Elective credit hours	Additional Requirements (i.e. milestones, capstones)

4. New Course Development

A. Will a new course prefix (es) be required for this degree program? Yes
If yes, list prefix name(s) (i.e. ENG- English): SSP

Note: A request for a New Prefix form must be completed for each new prefix required and submitted with this proposal: New prefix request form.

B. New Courses Required for Proposed Degree Program
List all new courses required for this program, including course prefix, number and course description.

SSP 325 Applied Anatomy and Biomechanics of Sport and Movement (4) - teaches students how to appraise the body structure of their clients so strengths can be fully utilized and weaknesses improved

SSP 423 Performance Testing and Technology (3) - theoretical basis and practical application of performance based assessment and review of current technologies utilized for assessment and evaluation in the field

SSP 484 Internship (3)

The current courses of EXW 434, 460 and 494 (Plyometrics and Power Training) will be moved to the new prefix of SSP 434, 460, and 461 respectively.

Note: New course requests must be submitted electronically via Curriculum ChangeMaker and undergo all internal university review and approval steps including those at the unit, college, and university levels.

5. Program Need

Explain why the university needs to offer this program (include target audience and market).

According to the Bureau of Labor Statistics, there is a bright outlook for those going into coaching careers with an above average 10-14% predicted increase in openings over the next 10 years. Recent legislation enacted by the NCAA which mandates the Certified Strength and Conditioning Specialist (CSCS) certification for all performance coaches has been followed by similar actions from Major League Baseball (MLB) and the National Basketball Association (NBA). The National Football League (NFL) is considering a similar action. Tragically, an average of eight deaths per year occur during sports performance training attributable to poor education and supervision at the high school level. Eventually, the need to have educated and certified performance coaches at all levels of sport will be the norm and not the exception. The CSCS and any similar certification require a Bachelor of Science degree before sitting for the examination. The Sports Science and Performance Programming degree will be designed to prepare students to sit for their CSCS certification and critically evaluate the new technologies that are constantly being created in the field of sports performance. In addition, a new certification by the National Strength and Conditioning Association (NSCA) targeted towards tactical performance professionals, those working with high activity occupations, i.e., military, police, firefighters, EMT's, has become available and is becoming the gold standard for planning performance programs for this underserved population. The job market in both areas is positive as the recognition for the specialized skills required to work with those clients who are at the peak of their performance capabilities is better understood.

Based on data from Emsi Analyst, there are currently 750 institutions offering programs in the general exercise area. In 2016, over 40,000 new graduates were conferred with over 70,000 new job openings and expected growth of 8% between 2017-2022. There are no universities offering this program in Arizona, and ASU is currently not able to compete for students with this interest. A 0.5% market share of students would yield over 200 graduates per year from the program. There is a high demand for skills in fitness training, exercise physiology, kinesiology and biotechnology which are all key class components of the Sports Science and Performance Programming degree and will separate graduates of this program from other institutions.

6. Impact on Other Programs

List other academic units that might be impacted by the proposed program and describe the potential impact (e.g., how the implementation of this program might affect student headcount/enrollment, student recruitment, faculty participation, course content, etc. in other programs). Attach letters of collaboration/support from impacted programs.

This degree program would be unique to ASU and a majority of universities across the country; however, both the Exercise and Wellness degree and the Kinesiology degree have students currently interested in pursuing careers similar to those that this degree targets. The SSP degree will consist of focused coursework specific to the areas of human performance and performance optimization through physical activity programs. Some students will shift amongst these degrees as they find their true path to future success. The benefit of this degree will be the targeting of a new population of student interested in this specific field that have not considered ASU in the past. Current faculty in both Exercise and Wellness and Kinesiology with specific experience in the sports performance field will be able to provide the content and support for the courses. Letters of support and collaboration are attached.

7. Projected Enrollment

How many new students do you anticipate enrolling in this program each year for the next five years?

5-YEAR PROJECTED ANNUAL ENROLLMENT					
	1st Year	**2nd Year** (Yr 1 continuing + new entering)	**3rd Year** (Yr 1 & 2 continuing + new entering)	**4th Year** (Yrs 1, 2, 3 continuing + new entering)	**5th Year** (Yrs 1, 2, 3, 4 continuing + new entering)

Number of Students Majoring (Headcount)	40	100	200	310	400

8. Accreditation or Licensing Requirements

If applicable, provide the names of the external agencies for accreditation, professional licensing, etc. that guide your curriculum for this program, if any. Describe any requirements for accreditation or licensing.

N/A

9. Faculty & Staff

A. Current Faculty

List the name, rank, highest degree obtained, and area of specialization or expertise of all current faculty who will teach in the program, and estimate their level of involvement.

Joseph Marsit, Senior Lecturer, MS - sports performance specialist - degree lead and 4 course load per semester

Kristin Hoffner, Principal Lecturer, MS - sport psychology and kinesiology - 1-2 courses per semester

Jesse Vezina, Lecturer, MS - resistance training and performance programming specialist - 2-3 courses per semester

Rachel Larson, Instructor, MS - resistance training, sport conditioning, coaching specialist - 2-3 courses per semester

Natasha Carr, Instructor, MS - freshman foundations, sports movement and sport psychology - 1-2 courses per semester

Simon Holzapfel, Clinical Assistant Professor, PhD - exercise physiology - 1-2 course per semester

Christopher Berger, Clinical Assistant Professor, PhD - kinesiology and exercise physiology - 1-2 courses per semester

Jonathan Kurka, Instructor, PhD - conditioning and movement specialist - 1-2 courses per semester

Simin Levinson, Clinical Assistant Professor, MS - sports nutrition - 1 course per semester

Floris Wardenaar, Assistant Professor, PhD - sports science and nutrition - consulting

Christopher Ramos, PhD - biomechanics and sports performance - 1 course per year

Rachel Hollingsworth, PhD - sports performance, sport psychology, physiology - 1 course per year

B. New Faculty

Describe the new faculty hiring needed during the next three years to sustain the program. List the anticipated hiring schedule and financial sources for supporting the addition of these faculty members.

At this time, no new hires would be anticipated.

C. Administration of the Program

Explain how the program will be administered for the purposes of admissions, advising, course offerings, etc. Discuss the available staff support.

All admissions will be managed by ASU's Undergraduate Admissions Office. The College of Health Solutions maintains a centralized advising/academic support staff. There are currently 14 full-time Academic Advising Coordinators/Specialists/Managers and support staff available for advisement of students. Scheduling of courses will be administered by the same academic support staff who currently perform that function for the college; these staff input the data provided by faculty who coordinate and delineate course offerings and faculty assignments.

10. Resources (necessary to launch and sustain the program)

A. Required Resources

Describe any new resources required for this program's success, such as new support staff, new facilities, new library resources, new technology resources, etc.

N/A

B. Resource Acquisition

Explain how the resources to support this program will be obtained.

N/A

APPENDIX
OPERATIONAL INFORMATION FOR UNDERGRADUATE PROGRAMS
(This information is used to populate the Degree Search/catalog website.)

1. **Program Name (Major):** Sports Science and Performance Programming

2. **Marketing Description** (*Optional.* 50 words maximum. The marketing description should not repeat content found in the program description)

   Through theoretical and practical application, the sports science and performance programming degree program prepares you to learn the art and science of maximizing human performance capabilities for competition, work or recreation and to reduce the potential of injury for those participants.

3. **Program Description** (150 words maximum)

   The BS program in sports science and performance programming prepares students to work with participants whose primary objective is maximizing their performance potential, regardless of the environment. Pushing the limits of performance for success in sports, combat or other tactical situations as well as understanding the stress the body undergoes during training for sport, work or recreational activities allows degree recipients to best plan successful exercise and recovery programs. Graduates are well-prepared to sit for the test to become a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, to work in the sports performance field or for graduate study in advanced sports science programs.

4. **Contact and Support Information**

Building code and room number: *(Search ASU map)*	HLTHN, 4th floor
Program office telephone number: (*i.e. 480/965-2100*)	602/496-3300
Program Email Address:	chs@asu.edu
Program Website Address:	https://chs.asu.edu

5. **Delivery/Campus Information Options:** On-campus only (ground courses and/or iCourses)

   Note: Once students elect a campus or online option, students will not be able to move 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. Please contact Ed Plus then complete the ASU Online Offering form in Curriculum ChangeMaker to begin this request.

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

☒ Downtown Phoenix ☐ Polytechnic ☐ Tempe ☐ Thunderbird ☐ West ☐ Other: _____

7. **Additional Program Description Information**

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

8. **Career Opportunities**
   Provide a brief description of career opportunities available for this degree program. (150 words maximum)

   Career options for this degree include opportunities in sports performance training in high school, collegiate, professional and private sector markets. In addition, students are prepared for careers in tactical performance training with local, state and national governmental agencies including work with police, firefighters and military personnel.

9. **Additional Freshman Admission Requirements**
   If applicable, list any freshman admission requirements that are higher than and/or in addition to the university minimum undergraduate admission requirements.

   N/A

10. **Additional Transfer Admission Requirements**

If applicable, list any admission requirements for transfer students that are higher than and/or in addition to the university minimum undergraduate transfer admission requirements.

N/A

11. Change of Major Requirements

Standard change of major text is as follows: A current ASU student has no additional requirements for changing majors. Students should refer to https://students.asu.edu/changingmajors for information about how to change a major to this program.

If applicable, list any additional requirements for students who may change their major into this program.

N/A

12. Global Experience

Standard global experience text is as follows. You may personalize this text to your college or to this program specifically.

With over 250 programs in more than 65 countries (ranging from one week to one year), study abroad is possible for all ASU students wishing to gain global skills and knowledge in preparation for a 21st-century career. Students earn ASU credit for completed courses, while staying on track for graduation, and may apply financial aid and scholarships toward program costs. https://mystudyabroad.asu.edu/

13. Keywords

List all keywords used to search for this program (limit 10). Keywords should be specific to the proposed program.

sports performance

performance coach

strength coach

speed coach

strength and conditioning

certified strength and conditioning specialist

athletic training

tactical performance specialist

athletic enhancement

fitness

14. Advising Committee Code

List the existing advising committee code to be associated with this degree.

UGNHDA

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

15. First Required Math Course

List the first math course required in the major map.

MAT 117

16. WUE Eligible

Has a request been submitted to the 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 Provost.

17. Math Intensity

a. List the highest math course required on the major map. (This will not appear on Degree Search.)

MAT 117

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

18. ONET Codes

Identify ONET/SOC codes that should be displayed on Degree Search. ONET/SOC codes can be found at: http://www.onetonline.org/crosswalk/SOC/. Alternate titles displayed on Degree Search may vary and can be found at: https://catalog.asu.edu/alternate-career-titles.

27-2022.00		29-2031.00	
29-9091.00		31-2022.00	
39-9031.00			
11-9039.02			
29-1128.00			

19. Area(s) of Interest

A. Select **one (1)** primary area of interest from the list below that applies to this program.

☐	**Architecture & Construction**	☒	**Health & Wellness**
☐	**Arts**	☐	**Humanities**
☐	**Business**	☐	**Interdisciplinary Studies**
☐	**Communications & Media**	☐	**Law, Justice, & Public Service**
☐	**Computing & Mathematics**	☐	**STEM**
☐	**Education & Teaching**	☐	**Science**
☐	**Engineering & Technology**	☐	**Social and Behavioral Sciences**
☐	**Entrepreneurship**	☐	**Sustainability**
☐	**Exploratory**		

B. Select **one (1)** secondary area of interest from the list below that applies to this program.

☐	**Architecture & Construction**	☐	**Health & Wellness**
☐	**Arts**	☐	**Humanities**
☐	**Business**	☐	**Interdisciplinary Studies**
☐	**Communications & Media**	☐	**Law, Justice, & Public Service**
☐	**Computing & Mathematics**	☐	**STEM**
☐	**Education & Teaching**	☒	**Science**
☐	**Engineering & Technology**	☐	**Social and Behavioral Sciences**
☐	**Entrepreneurship**	☐	**Sustainability**
☐	**Exploratory**		

2019 - 2020 Major Map

Sport Science and Performance Programming, (Proposed)

School/College:
BTVTSKT

Term 1 0 - 14 Credit Hours Critical course signified by	Hours	Minimum Grade	Notes
KIN 101: Introduction to Kinesiology	3	C	• An SAT, ACT, Accuplacer, IELTS, or TOEFL score determines placement into first-year composition courses • Mathematics Placement Assessment score determines placement in mathematics course • ASU 101 or college-specific equivalent First-Year Seminar required of all freshman students • Students interested in pursuing graduate school should take a higher level math in term 1 (or later as an elective for those placing into MAT 117 in term 1). • Students who enter the major as freshmen must complete CHS 100; students who enter the major with more than 45 hours may complete CHS 300 instead. • Join a student club or professional organization.
CHM 101: Introductory Chemistry (SQ) OR CHM 113: General Chemistry I (SQ)	4	C	
CHS 100: Designing Your Well-Being (SB) OR CHS 300: The Science of Well-Being (SB)	3	C	
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	
Term hours subtotal:	14		

Term 2 14 - 29 Credit Hours Critical course signified by	Hours	Minimum Grade	Notes
PSY 101: Introduction to Psychology (SB)	3	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	
MAT 117: College Algebra (MA)	3	C	
Cultural Diversity in the U.S. (C)	3		
Humanities, Arts and Design (HU) AND Global Awareness (G)	3		
Complete ENG 101 or ENG 105 or ENG 107 course(s)	0		
Term hours subtotal:	15		

Term 3 29 - 45 Credit Hours Critical course signified by	Hours	Minimum Grade	Notes
BIO 201: Human Anatomy and Physiology I (SG)	4	C	• Secure a part-time job or volunteer experience. • Become a student member of a professional organization.
EXW 215: Resistance Training and Recovery Instructional Laboratory	3	C	
NTR 241: Human Nutrition	3	C	
STP 226: Elements of Statistics (CS) OR PSY 230: Introduction to Statistics (CS)	3	C	
Elective	3		
Complete Mathematics (MA) requirement	0		
Term hours subtotal:	16		

Term 4 45 - 61 Credit Hours Critical course signified by	Hours	Minimum Grade	Notes

BIO 202: Human Anatomy and Physiology II (SG)	4	C	• Explore an internship
KIN 290: Introduction to Evidence-Based Practice (L)	3	C	
EXW 217: Fitness and Flexibility Instructional Laboratory	3	C	
Complete 2 courses: Elective	6		
Term hours subtotal:	16		

Term 5 61 - 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	• Develop your professional online presence. • Thinking about graduate school? Consider registering for a grad school test prep course.
KIN 348: Psychological Skills for Optimal Performance (SB)	3	C	
Upper Division Major Electives	3	C	
Upper Division Elective	3		
Elective	3		
Term hours subtotal:	16		

Term 6 77 - 93 Credit Hours Necessary course signified by	**Hours**	**Minimum Grade**	**Notes**
SSP 325: Applied Anatomy and Biomechanics of Sport and Movement	4	C	• Gather professional references.
Upper Division Major Electives	3	C	
Humanities, Arts and Design (HU) AND Historical Awareness (H)	3		
Complete 2 courses: Elective	6		
Complete Cultural Diversity in the U.S. (C) AND Global Awareness (G) AND Historical Awareness (H) course(s).			
Term hours subtotal:	16		

Term 7 93 - 108 Credit Hours Necessary course signified by	**Hours**	**Minimum Grade**	**Notes**
SSP 423: Performance Testing and Technology	3	C	
SSP 434: Sports Movement and Conditioning	3	C	
Upper Division Major Electives	3	C	
Upper Division Literacy and Critical Inquiry (L)	3		
Upper Division Elective	3		
Term hours subtotal:	15		

Term 8 108 - 120 Credit Hours Necessary course signified by	**Hours**	**Minimum Grade**	**Notes**
SSP 484: Internship	3	C	
Complete 2 courses: Upper Division Major Electives	6	C	
Upper Division Elective	1		
Elective	2		
Term hours subtotal:	12		

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

Major Electives

CHS 394: CHS Peer Instructional Facilitator

EXW 320: Management and Leadership in Exercise and Wellness

EXW 442: Motivational Interviewing

EXW 499: Individualized Instruction

KIN 415: Theory of Corrective Exercise

KIN 441: Physiology of Women in Sport (L)

NTR 457: Sports Nutrition

SSP 460: Resistance Training Application and Theory

SSP 461: Plyometrics and Power Training

SSP 484: Internship

Total Hours: 120
Upper Division Hours: 45 minimum
Major GPA: 2.00 minimum
Cumulative GPA: 2.00 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 2019 - 2020 academic year.

BS in Sport Science and Performance Programming

Status:UOEEE Provisional Approval

Comments:UOEE Approved

Element	Outcome	Measure	Description
Outcome	1		Graduates of the Bachelor of Science in Sport Science and Performance Programming (SSP) will be able to effectively communicate and utilize evidence-based sports performance programs resulting in participants reaching closer to optimum levels of individual and team performance and reducing the risk of injury potential during their participation in their activities.
Plan_1GenEd	1		Creative Thinking;Critical Thinking;Ethical Reasoning;Global, Historical, Cultural Awareness;Information Literacy;Inquiry and Analysis;Problem Solving;Teamwork and Collaboration;Verbal Communication;Written Communication;
Plan_2Concepts	1		The SSP degree is unique in that the skill sets provided through the curriculum come from direct communication with community partners and employers in the area of sports performance. The degree is highly dependent on students participating in work: volunteer, internship or paid, and taking the lessons from the classroom and the experience from the instructors of the program and putting it into practice. Students will be challenged, at the worksite, with the pressures of a fast-paced environment as well as an environment that cannot afford many mistakes. The ability of the graduates to think on their feet, find solutions to complex training problems in the literature and communicate their solutions to coaches, peers and clients will determine their success. The benefit of the applied aspect of the degree is that students are immersed into the world of competitive athletics and must learn how to apply and communicate their knowledge to individuals from a wide variety of cultures and socio-economic conditions.
Plan_3Competencies	1		Because the program is built from the outside-in, gathering information from the potential employers, utilizing faculty with real-world experience in the field and then bolstering it with the science backbone, the graduates will receive an education unmatched at other universities in a field that is in its infancy of progress.
Measure	1	1	Students will successfully complete a capstone internship experience and demonstrate competency in those skills related to improving performance and reducing injury.
PC	1	1	85% or more of students will receive an evaluation score from their site supervisor of 3 (consistently meets expectations) or better on their final performance evaluation in those areas related to program execution. Site supervisor evaluations have been created jointly between community partners and the degree program and reflect competencies the degree strives to meet and are recognized as critical by the internship sites for career success.
Measure	1	2	Students will be evaluated positively in their capstone internship experience on their communication and/or coaching skills.
PC	1	2	At least 85% of Sport Science and Performance Programming students will receive a score of 3 (consistently meets expectations) or higher from their site supervisor on their final performance evaluation on those areas related to communication/coaching.
Measure	1	3	Undergraduate alumni survey items ask whether students have sat and passed a nationally accredited certification exam.

Element	Outcome	Measure	Description
PC	1	3	75% or more of the students completing the Sport Science and Performance Programming degree will report that they have taken and passed a nationally accredited certification exam.
Competencies	2		
Concept	2		
Outcome	2		Ensure students are prepared to be successful in this professional career by being competent in both the science and applied aspects of this field.
Plan_1GenEd	2		Critical Thinking;Information Literacy;Inquiry and Analysis;Problem Solving;Quantitative Reasoning/Literacy;Verbal Communication;Written Communication;
Plan_2Concepts	2		The SSP degree is focused on optimizing human performance through a variety of individuals, competitions, needs and conditions. The science background provided gives the students the basic knowledge about how the systems of the body function, putting those systems under the maximum stress and having the ability to understand when and how to manipulate that stress to make progress is the goal for students in this degree. It is critical for professionals in the sports performance careers to have great background knowledge of the applied sciences, but also, the ability to critically evaluate a situation and make appropriate modifications to avoid increasing injury potential. As opposed to working in general health, this is a unique pressure and skill set.
Plan_3Competencies	2		Program graduates will be prepared to pass any required certification examination in their field and a major component of these exams are applied science knowledge and analysis skills. Students in this degree will be prepared and will exceed the national pass average for certification examinations.
Measure	2	1	Students will successfully complete the final exam in the Applied Exercise Physiology course. The final exam will structured to ensure it is an accurate reflection of the knowledge of the students related to the course objectives.
PC	2	1	At least 80% of SSP students will receive a score of C or higher on the final exam in the Applied Exercise Physiology course.
Measure	2	2	Students will successfully complete the final exam in the Applied Anatomy and Biomechanics of Sport and Movement course. The final exam will be structured to accurately reflect the knowledge of students related to course objectives
PC	2	2	At least 80% of SSP students will receive a score of C or higher on the final exam in the Applied Anatomy and Biomechanics of Sport and Movement course.
Measure	2	3	Students will demonstrate the ability to apply the foundational scientific knowledge by successfully complete the video movement analysis exam in the Sports Movement and Conditioning course. The video analysis exam is graded utilizing a rubric to accurately assess the range of understanding and observation a student has based on each video clip.
PC	2	3	At least 80% of SSP students will receive a score of C or higher on the video exam in the Sports Movement and Conditioning course.

ASU School of Nutrition & Health Promotion
ARIZONA STATE UNIVERSITY

June 17, 2018

To Whom It May Concern:

As the Academic Program Lead for the Exercise and Wellness and Kinesiology degree programs in the College of Health Solutions, I would like to offer my enthusiastic support for the proposed B.S. in Sport Science and Performance Programming. This degree will reach an entirely new population of students looking to pursue careers in the field of sport science and sports performance. Effective evaluation and training of high-level performance athletes requires an understanding of specific processes driving elite performance as well as the application of that knowledge and the latest technology to ensure effective programming. This degree will seek to provide that knowledge and training, complementing our existing degrees in Kinesiology (which is more focused on an in-depth understanding of physiological mechanisms as opposed to application) and Exercise and Wellness (which, while more applied, lacks the emphasis on elite performance athletes).

This degree has been well-researched and thoughtfully designed and will provide the College of Health Solutions the chance to offer a program unique to our region. It has my full support and I look forward to the opportunities it would bring to our college and our future students.

Sincerely,

Tannah Broman, M.S.
Academic Program Lead EXW/KIN
tannah.broman@asu.edu

Mary Lou Fulton Teachers College
ARIZONA STATE UNIVERSITY

Dr. Hans van der Mars
Physical Education Teacher Education
& Sport Pedagogy Program
7271 E. Sonoran Arroyo Mall
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Mesa, AZ 85212
Hans.vanderMars@asu.edu

July 26, 2018

To Whom It May Concern:

As a professor and Program Coordinator for the Physical Education Teacher Education Program of the Mary Lou Fulton Teachers College, I would like to offer my support for the proposed B.S. in Sport Science and Performance Programming. This degree will reach an entirely new population of students looking to pursue careers in the field of sport science and high-level sports performance and the focus of the degree on coaching and performance science does not duplicate current curricular offerings in the Physical Education Teacher Education program.

This degree has been well-researched and thoughtfully designed and will provide the College of Health Solutions the chance to offer a program unique to our region. It has my support and I look forward to the opportunities it would bring to CHS and to the students.

Sincerely,

Hans van der Mars, Ph.D.
Professor
Program Director Physical Education
Mary Lou Fulton Teachers College
Research Fellow SHAPE America
Fellow, National Academy of Kinesiology (NAK); Fellow # 474