

Graduate and Extended Studies Committee
Short Form Proposal Template

- I. **Who** - Academic Unit Name:
Master of Science in Kinesiology – Integrative Wellness
- II. **Impact** – Will this proposal impact other departments, schools or Ryan Library (Yes/No)? If yes, please describe and provide date of contact to respective personnel.
No.
- III. **What** – Proposal Summary:

MS Kinesiology: Integrative Wellness Track

- I. To make revisions to program eligibility requirements in the Integrative Wellness catalog as outlined in the attachment: *Kinesiology_MS_Integrative_Wellness_Catalog edits.*
- II. To add KIN 625: Special Topics – Advanced Health & Wellness Coaching into the permanent catalog as KIN 677: Advanced Health & Wellness Coaching
- III. To replace KIN 610: Evidence-Based Practice and Decision Making in Kinesiology with KIN 607: Evidence-Based Practices and Research Methods
- IV. To add KIN 697: Project Seminar in Integrative Wellness to “Concentration Courses”
- V. To revise the list of “Concentration Electives” to remove KIN 611: Managing Personnel, Facilities, and Events in Sport and add KIN 657: Wellness Entrepreneurship (3) and KIN 667: Disruptive Health Technologies.
- VI. To strike KIN 651: Seminar in Kinesiology as an option in the “Foundations Courses” but retain as a “Concentration Elective.”
- VII. To reorganize the list of “Foundation Courses” and “Concentration Courses” to swap the display of KIN 627: Behavior Change Models, Methods and Theories with KIN 687: Mind-Body Medicine.
- VIII. To make minor editorial changes to the MS-KIN course descriptions as outlined in the attachment: *Kinesiology_MS_Integrative_Wellness_Course_Description Edits.*
- IV. **When** – Academic Year and Semester Changes to Take Place:
2019-20

V. **Why** – Proposal Rationale:

I. To ensure well-qualified candidates who will be most optimally prepared for success in the program, we are proposing the addition of a requirement of a minimum of three years of professional experience in the area of health, wellness or fitness specifically for applicants with a non-health related baccalaureate degree.

II. Advanced Health and Wellness Coaching is currently being taught as a KIN 625: Special Topics course. Adding Advanced Health and Wellness Coaching to the catalog as a stand-alone course (KIN 677) reflects the importance of the content as a core component of the program learning outcomes and as a required course in our recognition as an approved program for students to be eligible to sit for the National Board Certification in Health and Wellness Coaching. It also more clearly lists the aim of the course to students and on transcripts as compared with the KIN 625: Special Topics label.

III. The change to the course name and description more accurately reflect the key content in the course as it has been developed and has been offered for the past two years specifically in the Integrative Wellness program. Given that KIN 610: Evidence-Based Practice and Decision Making in Kinesiology is a course offered in and specifically designed for students in the MS-KIN Traditional Concentrations, who learn research methods in a separate course (KIN 605) we propose a new course number (KIN 607) that effectively distinguishes the combined evidence-based practice and research methods course currently being offered in the Integrative Wellness program. This course specifically prepares students for scholarly pursuits as master level professionals, including the development of a capstone project and a foundation from which to build upon in a doctoral program and real-world professional practice.

IV. To effectively prepare students to develop professional projects in the area of professional interest within the field of integrative wellness, we are proposing the addition of KIN 697: Project Seminar in Kinesiology to the list of “Concentration Courses.” This course also would specifically provide students with the guidance and structure needed to develop a quality capstone project, similarly to KIN 650: Research Project Seminar in Kinesiology in the MS-KIN Traditional Concentrations.

V. To provide elective options that best align with the program outcomes and student interests and to allow students more flexibility in tailoring their learning experience in alignment with their professional aspirations, we are proposing removing KIN 611: Managing Personnel, Facilities and Events in Sport and moving KIN 657: Wellness Entrepreneurship and KIN 667: Disruptive Health Technologies to the list of “Concentration Electives” in which students will have the ability to take two (2) elective courses of their choosing. Presently there are no integrative wellness students taking KIN 611 and the feedback from the previous cohort indicated that the course, which is specific to the sport management concentration, did not provide content directly applicable to their professional aspirations the field of integrative wellness. Given the diversity of students in the program in terms of professional background (e.g., nurses, dietitians, exercise professionals, health coaches, etc.), moving KIN 657 and KIN 667 to concentration electives as opposed to required concentration courses enables students to best structure their studies in alignment with their professional path of interest.

VI. Through student feedback and faculty input during the first cohort, we have learned that the Mind-Body Medicine content aligns better with many of the students’ professional aspirations in the field of integrative wellness than KIN 651: Seminar in Kinesiology (all students in the program are taking KIN 687 this year). We therefore wish to remove KIN 651 from the list of “Foundation Courses” but keep the course in the “Course Electives” list where it already appears.

VII. To more accurately display the courses in the program sequence, we propose moving KIN 627: Behavior Change Models, Methods and Theories to the list of “Foundation Courses” and moving KIN 687: Mind-Body

Medicine to the list of “Concentration Courses.” Other than the category in which each course is listed, no other changes are being requested for these courses.

VIII. The minor edits proposed to the MS-KIN course descriptions are to correct typos and to more accurately reflect the key content in each of the courses as they have been developed and are currently offered.

VI. **How** – Curricular Changes:

- a. Step 1: In the Catalog Review folder (\\ptloma.edu\shared\Catalog Review) provided by the VPAA Office use *track changes* to prepare the proposed catalog text.
- b. Step 2: Arrange a meeting with the GESC chair and Records liaison to review the catalog text proposal and receive assistance in submission of the proposed catalog copy. Include this with your proposal.

Total course/unit additions: 2 courses/3 units

Total course/unit deletions: 2 courses/6 units

Staffing increase/decrease: 0

Library resourcing impact: 0

Net Financial impact: 0

Note: Submit completed Short Form Proposal along with the revised Catalog Copy not later than **two weeks** prior to Graduate and Extended Studies Committee meeting. Please plan accordingly.