

**State University System of Florida Board of Governors  
NEW ACADEMIC DEGREE PROGRAM PRE-PROPOSAL FORM**

**New Academic Program Pre-Proposal Process**

New academic program pre-proposals are initiated and developed by the faculty members. Approval of the pre-proposal must be obtained from department chairs and college deans or equivalent administrators before submission for Academic Affairs level review and consideration for inclusion in the University's Annual Work Plan.

Provide a concise yet thorough response to each section. Obtain the Provost's signature and submit the proposal via the Academic Review Tracking System (ARTS) for review by the Council of Academic Vice President's Academic Coordination Work Group.

<b>Institution</b>	University of South Florida (USF)																																												
<b>Degree Program Title (e.g., M.A. in Biology)</b>	B.S. in Exercise Science and Kinesiology																																												
<b>CIP Code</b>	31.0505																																												
<b>Proposed Delivery Mode (% online, if applicable)</b>	Face-to-face																																												
<b>Enrollment Projections (Headcount): Year 1 and Year 5</b>	Year 1: 70 Year 5: 200																																												
<b>Proposed Implementation Date (e.g., Fall 2017)</b>	Fall 2025																																												
<b>Emphasis: (STEM, Health, Global, other)</b>	STEM																																												
<b>Other Programs in the SUS (Including Enrollment and Degrees):</b>	<table border="0"> <tr> <td colspan="2"><b><u>2021 Enrollment</u></b></td> <td colspan="2"><b><u>20/21 Degrees</u></b></td> </tr> <tr> <td colspan="4" style="text-align: center;"><b>CIP Code: 31.0505</b></td> </tr> <tr> <td>FAU:</td> <td>662</td> <td></td> <td>175</td> </tr> <tr> <td>FGCU:</td> <td>351</td> <td></td> <td>49</td> </tr> <tr> <td>UWF:</td> <td>320</td> <td></td> <td>71</td> </tr> <tr> <td>UCF:</td> <td>866</td> <td></td> <td>28</td> </tr> <tr> <td>SUS:</td> <td>2,199</td> <td></td> <td>323</td> </tr> <tr> <td colspan="4" style="text-align: center;"><b>CIP Code: 26.0908</b></td> </tr> <tr> <td>FSU:</td> <td>755</td> <td></td> <td>163</td> </tr> <tr> <td>UF:</td> <td>798</td> <td></td> <td>241</td> </tr> <tr> <td>SUS:</td> <td>1,533</td> <td></td> <td>404</td> </tr> </table>	<b><u>2021 Enrollment</u></b>		<b><u>20/21 Degrees</u></b>		<b>CIP Code: 31.0505</b>				FAU:	662		175	FGCU:	351		49	UWF:	320		71	UCF:	866		28	SUS:	2,199		323	<b>CIP Code: 26.0908</b>				FSU:	755		163	UF:	798		241	SUS:	1,533		404
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**Programs of Strategic Emphasis Waiver** *(for baccalaureate programs only)*

Does the program fall under one of the CIP codes listed below?

Yes

No

If yes, students in the program will be eligible for the Programs of Strategic Emphasis (PSE) waiver. See [Board Regulation 7.008](#) and the [PSE Waiver Guidance](#) for additional details.

CIP CODE	CIP TITLE	CATEGORY
11.0101	Computer and Information Sciences	STEM
11.0103	Information Technology	STEM
13.1001	Special Education	EDUCATION
13.1202	Elementary Teacher Education	EDUCATION
14.0801	Civil Engineering	STEM
14.0901	Computer Engineering	STEM
14.1001	Electrical and Electronics Engineering	STEM
27.0101	Mathematics	STEM
40.0801	Physics	STEM
52.0301	Accounting	GAP ANALYSIS
52.0801	Finance	GAP ANALYSIS
52.1201	Management Information Systems	STEM

## Program Summary

Briefly summarize the rationale for the new academic program and consider the following in your narrative (maximum length 250 words):

- The proposed curriculum including areas of emphasis.
- How the proposed program is distinct from others already offered in the SUS (use the 4-digit CIP as a guide).
- How this program supports specific university and SUS missions and strategic plans.
- Collaborative opportunities with other SUS institutions as appropriate.

The University of South Florida currently offers a major in Exercise Science in CIP Code 13.1314. This pre-proposal is to request a new bachelor's degree in CIP Code 31.0505 to align USF's program with its current M.S. in Exercise Science and with similarly-named programs in the state of Florida and the nation that are offered in CIP Code 31.0505.

FAU, FGCU, UCF, and UWF offer undergraduate programs in CIP 31.0505 and FSU and UF offer undergraduate programs in CIP Code 26.0908. USF's program will be more diverse and offer more courses with hands-on experience, including five lab-based courses, and three experiential learning courses--one where students train faculty and staff at USF as well as senior adults in the community. In addition, students in USF's program will be required to complete a six- or nine-credit-hour internship in their final semester.

USF's program supports USF's mission by generating knowledge and fostering intellectual development by offering challenging courses that integrate high-impact practices (research, collaborative assignments, service learning, experiential learning). The program will contribute to student success and beyond (Goal 1) because the current major has a graduation rate of 90 percent.. Faculty have research expertise in areas that impact occupational safety and health, chronic disease, and sports medicine (Goal 2). There are established relationships with community and USF partners through internships and collaborative projects (Goal 3). With the program's increased infrastructure, we plan to increase revenue generation through community-based exercise testing (Goal 4).

Faculty in the current major and the M.S. collaborate with faculty in USF's Colleges of Public Health, Medicine, Nursing, and Engineering and are open to finding ways to collaborate with SUS institutions.

## Student Demand

Briefly describe the student demand for the proposed program and consider the following in your narrative (maximum length 250 words):

- Student interest in this program.
- Number of graduates and students enrolled in similar programs currently offered online or face-to-face. For assistance, see the Board of Governors interactive data source: <https://www.flbog.edu/resources/academic/resources-new-program-proposals/>.
- If this would be a duplicative program in the System, explain why this should be warranted.
- As applicable, professional credentials requirements.

A degree in Exercise Science prepares students for careers in strength and conditioning, corporate fitness, community-based fitness, and cardiac rehabilitation as well as post-baccalaureate studies.

Until Fall 2023, USF's B.S. in Exercise Science was a limited access program with a cohort of 36 students. In Fall 2023, with the removal of limited access status, the program enrolled approximately 197 new students and 34 current students for a total of 231 enrollments. Approximately 300 additional students have declared the current Exercise Science major for Fall 2024.

Students enrolled in similar programs range from 320 – 800, with between 28 and 250 graduates, as seen in the Florida BOG's Degrees and Enrollments data (<https://www.flbog.edu/resources/data-analytics/dashboards/>).

According to Lightcast data, in 2021, regionally there are over three times the number of job openings for degrees completed. Lightcast data in 2022 shows a 13.6 percent increase in employment statewide, and a 10.5 percent increase regionally. In Florida, the employment growth rate (2020 – 2030) for Exercise Physiologists is 22 percent (onetonline.org). As such, duplicative programs in the state are warranted due to the unmet student demand in the Tampa Bay area as well as the growth of the Tampa Bay area.

Advanced professionals in Exercise Science hold certification by the National Strength and Conditioning Association (Certified Strength and Conditioning Specialist) and American College of Sports Medicine (Certified Exercise Physiologist); each of which require a degree in Exercise Science. USF's curriculum will prepare students for each of these certifications.

## Workforce and Economic Development Needs

Briefly describe how the proposed program meets workforce and economic development needs and consider the following in your narrative (maximum length 250 words):

- Impact of this program at the local, state, national, and international levels.
- Any specific needs for research and service that the program would fulfill.
- Changing of professional credential requirements.

Significant increased health care costs lead to a national emphasis on physical activity as a prevention strategy. More than 80 percent of adults do not meet the Department of Health and Human Services' Physical Activity Guidelines for Americans

(<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>).

According to the U. S Bureau of Labor Statistics, "Employment of Exercise Physiologists is projected to grow 10 percent from 2022 to 2032, much faster than the average for all occupations. Demand for these workers may rise as hospitals emphasize exercise and preventive care to help people who have cardiovascular and pulmonary diseases to improve their health." In Florida, the projected growth (2020 – 2030) for Exercise Physiologists is 22 percent. (O\*Net OnLine)

To help improve health, Exercise is Medicine (EIM) began as a collaborative effort between the American Medical Association and the American College of Sports Medicine (ACSM) in 2007 and is now a large, global initiative (<https://www.exerciseismedicine.org/eim-in-action/eim-on-campus/>). USF's Exercise Science faculty collaborate with USF's Recreation and Wellness in leading the University's EIM initiative.

Faculty in the Exercise Science program have been active and successful in obtaining federal research funding from National Institute for Occupational Safety and Health (NIOSH) in addressing heat stress and strain which is more prevalent with global warming, and National Cancer Institute (NIH),

Advanced professionals in Exercise Science hold certifications by the National Strength and Conditioning Association (Certified Strength and Conditioning Specialist) and American College of Sports Medicine (Certified Exercise Physiologist); each of which require a degree in Exercise Science and USF's curriculum will prepare students for each of these certifications.

## National and Florida Workforce Demand

In the table below, provide occupational linkages or jobs graduates will be qualified to perform based on the training provided for the proposed program that does not currently appear in the most recent version of the Search by CIP or SOC Employment Projections Data Tool provided periodically by Board staff.

### Occupational Linkages for the Proposed Program

SOC Code	Occupation Title	Source / Reason for Inclusion
N/A	N/A	N/A

*Note: SOC Code 29-1128 Exercise Physiologists is the only SOC associated with CIP Codes 31.0505 and 26.0908 and is included in the current version of the CIP/SOC Employment Projections Data Tool provided by the Board staff. Consequently, N/A has been inserted in the table above.*

In the table below, include data for all linked occupations, including those in the table above. Use data from the Search by CIP or SOC Employment Projections Data Tool provided periodically by Board staff.

### Labor Market Demand, CIP Code 31.0505

Occupations	Percent Change in Job Openings		Annual Average Job Openings		Total # of New Jobs		Education Level Needed for Entry
	FL XXXX- XX	U.S. XXXX- XX	FL XXXX- XX	U.S. XXXX- XX	FL XXXX- XX	U.S. XXXX- XX	
Exercise Physiologists	14.3	9.1	82	1,700	133	1,900	B

Sources:

Date Retrieved: 11/21/2023

U.S. Bureau of Labor Statistics - <https://data.bls.gov/projections/occupationProj>

Florida Department of Economic Opportunity - <http://www.floridajobs.org/labor-market-information/data-center/statistical-programs/employment-projections>

I support the exploration of this degree proposal.

\_\_\_\_\_  
Print Provost's Name

\_\_\_\_\_  
Provost's Signature

\_\_\_\_\_  
Date

**USF Pre-Proposal Supplemental Application Form**  
*For internal USF use only*

**New Academic Program Pre-Proposal Process**

New academic program pre-proposals are initiated and developed by the faculty. Approval of the pre-proposal must be obtained from department chairs/school directors and college deans or equivalent administrators before submission to the appropriate faculty council for review and subsequent inclusion on the USF's Accountability Plan.

Before beginning a pre-proposal, please contact Cynthia Brown Hernandez (cynthiab@usf.edu) to confirm that the new degree is on the Academic Master Plan (AMP) and process to move forward.

<b>PROGRAM PROPOSAL INFORMATON</b>	<b>TYPE/PRINT CLEARLY</b>
College	Education
Department/School	Department of Educational and Psychological Studies
Campus(es) where Program will be Offered	Tampa Campus
Are any other academic programs at USF offered under this CIP code at the 4-digit level (e.g. 45.01 versus 45.0103)? If yes, list the Degree Type and /Program name.	There are no undergraduate degree programs offered under the four-digit CIP (31.05) on any campus at the University of South Florida.
Does FAMU or FIU have the four-digit CIP? (e.g. 24.01) <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	FAMU offers bachelor's degrees in CIP 31.0501 Physical Education – Teacher Certification, CIP 31.0501 Health, Leisure and Fitness, and CIP 31.0504 Sport Management
Target date for submission to USFBOT	2025

1. How does this program support the University of South Florida and SUS Strategic Plans?

The Exercise Science program, specifically CIP code 31.0505 (Exercise Science and Kinesiology), aligns with USF's strategic area of focus of Health, Society, and Biomedical Science. It is well-established that exercise is linked to reductions in chronic disease and all-cause mortality and can improve over-all health and well-being. Adding an undergraduate program in CIP Code 31.0505 will add to the undergraduate research within this strategic area of focus.

The undergraduate Exercise Science program supports USF goals and objectives; specifically student success at USF and beyond (Goal 1), partnerships and engagement with local, national and global impact (Goal 3), and a diverse and inclusive community for learning and discovery (Goal 4).

Goal 1: Our curriculum includes challenging courses that integrate high-impact practices including internship, practicum, community-engaged learning, and other experiential learning opportunities in individual courses. Our curriculum will contribute to student success by allowing students to tailor their internship according to their career goals with the option of a 6-hour or 9-hour internship. The Practicum course will enhance students' success in their internship and in employability. In addition, students are encouraged to become

involved with faculty researchers in our department in studying exercise psychology, muscle growth, sport nutrition, and heat stress in athletic and occupational settings. Further, students are introduced to our community partners, exercise science alumni, and other potential employers early in the exercise science curriculum and are mentored by them in their practicum and internships.

Goal 3: We continually strengthen current community partnerships and establish new partnerships through our practicum and internship experiences. Also, we engage with our community in addressing health and well-being of older adults with the community engagement of our global citizens course.

Goal 4: We have developed a course which delves into physical activity in diverse populations including those with chronic diseases, developmental disabilities, children, pregnant women, and older adults.

Our program also supports the mission of the College of Education in promoting transformative education and social justice. All of our courses promote critical thinking skills to encourage students to critically evaluate preconceived ideas and previous knowledge. Further, we foster the equality of all of our students in promoting student success, and equality of all in regard to access to exercise and physical activity.

2. Does this program offer collaborative and/or interdisciplinary opportunities with other colleges/departments/schools in USF and/or the SUS? If so, what efforts have been made to initiate collaboration?

We collaborate with several USF entities (USF Campus Recreation, USF Sports Medicine, and USF Strength and Conditioning) through our internship program and other experiential learning courses. As well, we have research collaborations with colleagues in College of Public Health, Morsani College of Medicine, College of Nursing, and College of Engineering. We are also collaborating with colleagues in USF Recreation and Wellness in the Exercise is Medicine initiative.

3. Provide information on the available resources and capacity for this program. In your response, include faculty availability and student support resources including the library. How will department/school/college resources be shifted to support the program?

Our undergraduate Exercise Science major has been in existence for almost 20 years, and as such, we have adequate resources. We currently have six full time faculty members with an average of 13 years of teaching experience, and two new visiting instructors.

Although our classrooms in the Physical Education Building (PED) are not large, we have adequate space for multiple smaller sections which we believe promotes student success in our courses. In addition, our student labs, and our research labs are housed in PED and in campus recreation (REC). We are currently undergoing renovations (worth approximately \$525,000) for some of our research and teaching lab spaces and one of our teaching labs. In 2017, we received almost \$100,000 in equipment and in the past several months, the College has invested approximately \$150,000 for new equipment for our teaching labs. We are housed next door to USF Campus Recreation and two of our labs are housed in Campus Recreations (REC 105 houses our student lab for resistance training, and REC 003 houses our Performance and Physique Enhancement Laboratory). We also use USF Campus Recreation facilities for one of our current courses (PET 4088 – Individualized Fitness/Wellness Programming).

We have established relationships with approximately 95 potential internship sites in the Tampa Bay area, and that number is increasing through the efforts by our dedicated internship coordinator.

The USF library holds more than 350 serials and more than 5,000 texts and books related to Exercise Science. Historically, these have been adequate for our academic needs. Our College has 15 eligible scholarships, grants, and fellowships with three of those being specifically for Exercise Science majors.

4. If approved, what program(s) will be terminated to accommodate this new program? If the answer is “None”, how will resources (e.g., personnel and operating funds) be reallocated to offer the program?

The current Exercise Science major (in CIP Code 13.1314) will be terminated if USF is approved to offer the B.S. in Exercise Science in CIP Code 31.0505. Since the current major will be terminated, those resources, will be reallocated to the new degree program.

5. How will the program be funded within existing departmental/school/programmatic funds?

The major is currently in existence, and as such, we have sufficient support. In addition, in Fall 2023, the Exercise Science undergraduate major was provided with significant resources in the way of equipment ( $\approx$  \$150K) and renovation of teaching and research lab spaces (amount estimated to be approximately \$525K) from the College’s budget. The major benefactors of this financial support are our undergraduate students.

6. Please list the Student Learning Outcomes for the program (undergraduate programs must comply with BOG Regulation 8.016 “Academic Learning Compacts”).

### **Discipline-specific knowledge and skills**

Describe physiological and nutritional aspects of wellness and human performance in healthy individuals, special populations, and in individuals with chronic disease.

Demonstrate knowledge skills and abilities of selecting appropriate assessment of cardiorespiratory fitness, flexibility, muscular strength, muscular endurance and body composition.

Demonstrate knowledge skills and abilities of selecting appropriate training modalities and progression in cardiorespiratory fitness, flexibility, muscular strength, and muscular endurance according to the desired goals and risk stratification of individuals.

Demonstrate knowledge skills and abilities associated with understanding organization and administration of fitness and wellness programs required of the entry level practitioner in exercise science.

Demonstrate knowledge skills and abilities associated with effective exercise counseling (adoption and adherence) and behavioral strategies in a variety of populations and settings.

Demonstrate knowledge skills and abilities in order to recognize the legal/professional

responsibilities of the entry level practitioner in exercise science.

### **Communication**

Use appropriate written communication skills when interacting with other health professionals, healthy individuals, special populations, and individuals with chronic disease.

Use appropriate oral communication skills when interacting with other health professionals, healthy individuals, special populations, and individuals with chronic disease.

### **Critical Thinking**

Analyze results of assessments of cardiorespiratory fitness, flexibility, muscular strength, muscular endurance and body composition in order to develop and implement appropriate training modalities according to the desired goals and capabilities of the individual.

Design and implement exercise prescriptions in healthy individuals, special populations, and in individuals with chronic disease.

Create and disseminate risk management guidelines for a health/fitness facility, department or organization to reduce member, employee and business risk.

Establish policies and procedures for the management of health fitness facilities based on accepted safety and legal guidelines, standards and regulations.

7. Please list five talking points for the USF representative to use in the presentation to the SUS CAVP Workgroup.
  - a. No additional resources are needed for this “new” program as the major has been in existence (as “Exercise Science”) for almost 20 years.
  - b. According to the Bureau of Labor Statistics, demand for exercise physiologists is expected to grow 9% from 2021 to 2031. The job posting activity compared to the supply of jobs both statewide as well as regionally (includes Tampa-St. Petersburg-Clearwater and North Port-Sarasota-Bradenton) is “aggressive” according to Lightcast data. In 2021, 3,423 related degrees were completed, with 5,737 openings for these occupations of Exercise Trainers and Exercise Physiologists; approximately 1.7 times more job openings than degrees completed. Regionally, there are over three times the number of job openings for degrees completed.
  - c. The degree in P.E. is geared toward teacher education majors and does not meet the needs of our exercise students.
  - d. A new CIP (31.0505) would align with our graduate program in Exercise Science.